

GO GLOW GROW

MyPyramid Tips for Healthy Eating

Parents,
Selecting and preparing foods that will give your children all the nutrients they need is a big responsibility. MyPyramid is a great tool to help you make good food choices for your whole family.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Where have you seen MyPyramid?

Have you used MyPyramid? If so, how?

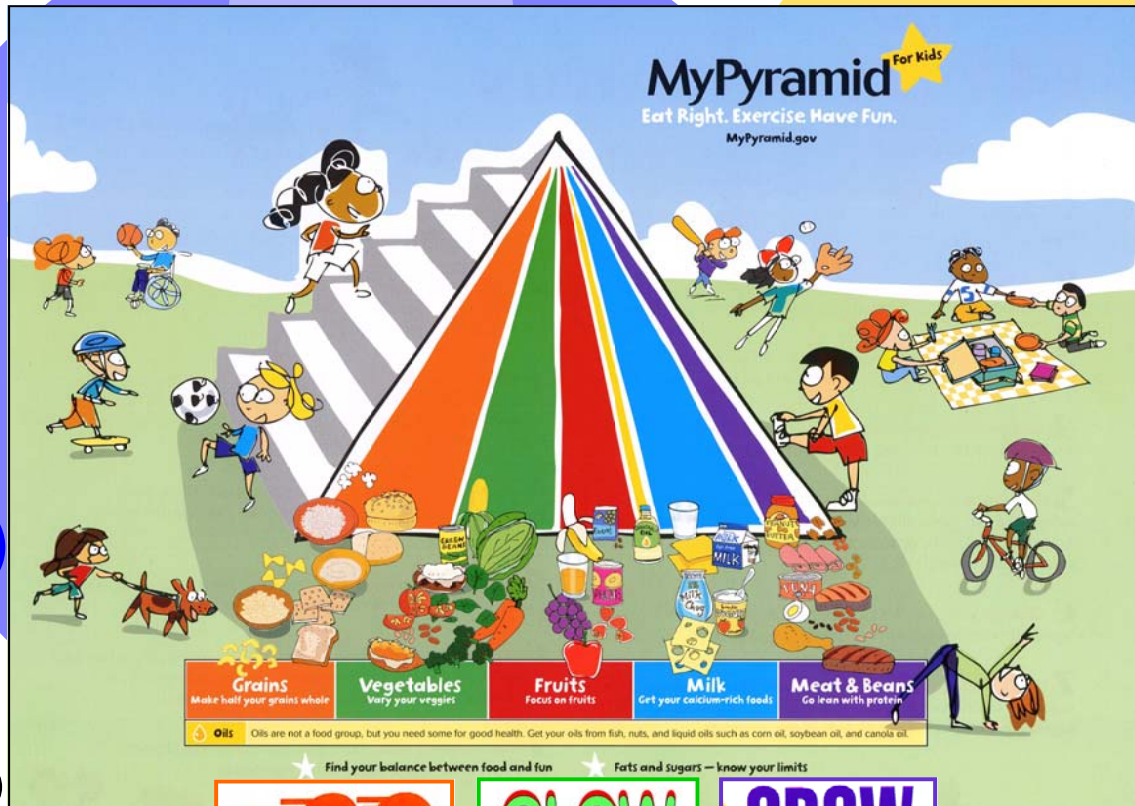
What is the message of MyPyramid?
The key message of the food guide pyramid is variety. Try to eat foods from all of the food groups every day. There are no "good" foods or "bad" foods. Healthy diets depend on choosing a wide variety of foods of all types: grains, vegetables, fruits, meat, and milk products.

FAMILY HANDOUTS — WORKSHOP 1

- Teacher 1
- Teacher 2
- Teacher 4
- Activities 3-5
- Recipes 2-5

Extension - Food Stamp Nutrition Education Program

MyPyramid



How is MyPyramid divided?

MyPyramid is divided into five major food groups: grains, fruits, vegetables, milk, and meat. Each of the food groups provides some, but not all of the nutrients needed each day. No one food group is more important than another. Good health requires a variety of foods from all the food groups. Each of the food groups is a different color. The thin yellow line represents oil.

To simplify MyPyramid for preschoolers, we discuss it by grouping foods according to what they do for us.

- **GO Foods** - The grain group provides the body with energy. It is the base of MyPyramid and the foundation of a healthy diet.
- **GLOW Foods** - The fruit and vegetable groups supply the body with vitamins and minerals to keep the body healthy and functioning properly.
- **GROW Foods** - The milk and meat groups help the body grow and develop strong bones and muscles.

MyPyramid Messages

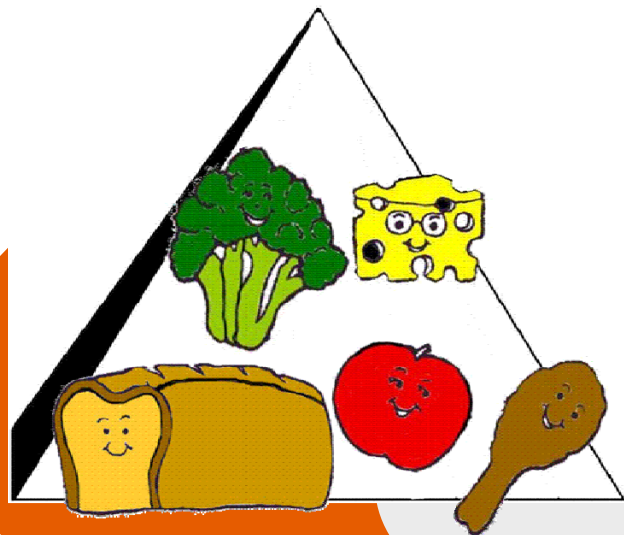
MyPyramid Messages

MyPyramid colorfully shows the five key food groups that should be consumed in a healthy diet. It also emphasizes the importance of daily exercise by the person running up the steps of MyPyramid.

Here are MyPyramid's key messages:

- **Grains Group** – Make at least half your grains whole.
- **Vegetable Group** – Vary your veggies.
- **Fruit Group** – Focus on fruits.
- **Milk Group** – Get your calcium-rich foods.
- **Meat and Beans Group** – Go lean with protein.
- **Physical Activity** – Be active everyday.

Children need foods from the five food groups on MyPyramid just as adults do. Child-size portions might be smaller. For example, a child might eat a half of a banana. As children get older, their serving sizes increase.



Understanding MyPyramid

Understanding MyPyramid

MyPyramid is designed to be a simple reminder to consumers to make healthy food choices and to be active every day. MyPyramid emphasizes activity, proportionality, moderation, variety, personalization, and gradual improvement.



Activity – Activity is represented by the steps and person climbing it. Be active every day.

Proportionality – Proportionality is shown by the different widths of the food groups. The wider the group, the more foods you should eat every day from this group.

Moderation – Moderation is shown by the narrowing of each food group from the bottom to the top. The wider base represents foods with little or no solid fats or added sugars. These foods should be eaten more often.

Variety – Variety is shown by the six color bands representing the five food groups and oil. This reminds us to eat from all food groups for a healthy diet.

Personalization – Personalization is shown by the person on the steps and the slogan. It reminds us that we have individual nutritional needs based on our age, activity and gender.

Gradual Improvement – Gradual improvement is encouraged by the slogan. It tells us that we can all benefit from taking small steps to improve our diet and lifestyle every day.

MyPyramid's ABC's

Use the ABC's to plan for your family's health

- ◆ **A** — Aim for fitness
- ◆ **B** — Build for healthy base
- ◆ **C** — Choose sensibly

Aim for fitness

- ◆ Aim for a healthy weight
- ◆ Be physically active each day

Following these two guidelines will help keep you and your family healthy and fit. Healthy eating and regular physical activity enable people of all ages to work productively, enjoy life, and feel their best. They also help children grow, develop, and do well in school.

Build a healthy base

- ◆ Let MyPyramid guide your food choices
- ◆ Choose a variety of grains daily, especially whole grains
- ◆ Choose a variety of fruits and vegetables daily
- ◆ Keep food safe to eat

Following these four guidelines builds a base for healthy eating. Let MyPyramid guide you so that you get the nutrients your body needs each day. Make grains, fruits, and vegetables the foundation of your meals. This forms a base for good nutrition and good health and may reduce your risk of certain chronic diseases.

Choose sensibly

- ◆ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- ◆ Choose beverages and foods to moderate your intake of sugars.
- ◆ Choose and prepare foods with less salt.
- ◆ If you drink alcoholic beverages, do so in moderation.

Kids in the Kitchen

Did you know that even young children can help prepare meals and that it is beneficial for them? Sometimes, as adults, we may think it is easier and quicker to just prepare meals ourselves and not involve children. However children enjoy helping in the kitchen and they can learn a lot too.

Helping in the kitchen introduces them to new foods. Children who cook new foods are more likely to try them. Trying new foods will increase the variety of foods your children will like.

Children who help in the kitchen learn new skills, build coordination, and feel more confident about the good job they have done.



Helping Out

Give children tasks appropriate for their age:

- Level 1 – Start with stirring, pouring, shaking, and tearing.
- Level 2 – Then, introduce spreading, mixing, and kneading.
- Level 3 – Finally, introduce cutting, grating and measuring.

Expect a few spills. It's a small price to pay for helping your children build new skills and a positive attitude towards helping in the kitchen. Praise your children and tell them they did a great job!

Family Mealtime

Eating as a family is important.

Make Meals Enjoyable

Forcing children to eat creates mealtime battles. Keeping mealtimes pleasant will help children have good eating habits. Children are more likely to eat and try new foods if they see others eating and enjoying foods. Sit down with your children at mealtime. Compliment children on good eating behaviors during mealtime.

Let Children Help

Get children involved in making foods. Children enjoy being part of making meals and snacks. What foods do your children like to help make?



It may be difficult to get a child to try a new food. Give the child one spoonful of food and encourage him/her to try it. Praise the child for trying a new food. A child is more likely to eat a food if a parent or caregiver eats it. Eventually, children will like most foods you and your family like, but it may take some time.

Things To Do With Your Child

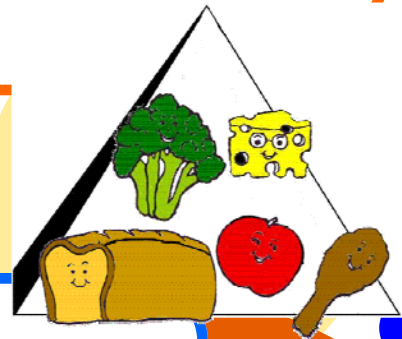
In this lesson you learned about choosing healthy foods and using MyPyramid. You and your children learned about **GO GLOW GROW** foods.

- **GO** foods (breads, cereals, rice and pasta)- these foods give us energy to run and jump and play all day!
- **GLOW** foods (fruits and vegetables)- these foods give us shiny hair and sparkly eyes!
- **GROW** foods (dairy and meat, fish, poultry, eggs, nuts and beans) – these foods help make us grow bigger and stronger!

Family Activity:

Mealtimes are a perfect time to practice these ideas. Try asking questions such as:

- What on your plate is a **GO** food?
- Is your salad a **GLOW** food?
- Are you drinking a **GROW** food or a **GLOW** food?
- Point to each food on your plate and tell if it's a **GO** , **GLOW** or **GROW** food.



Things to talk about with your child.

1. Talk to your child about why it is important to eat healthy every day.
2. Ask your child what he knows about healthy eating.
3. Ask your child if he would like to help you plan a healthy meal. Ask him to suggest foods from each of the **GO** , **GLOW** and **GROW** categories.

GO GLOW GROW

GO Foods Grains, Cereals and Breads

Parents,

The grain food group is the first and largest group of MyPyramid. The foods in this group are referred to as **GO** foods because they provide children with the nutrients they need to "run, jump and play all day!"



GO foods... Make half of your grains whole.

Grains Group and **GO** Foods

The grains group includes:

- ♦ Breads
- ♦ Rolls
- ♦ Flatbreads
- ♦ Hot and cold cereals
- ♦ Pasta
- ♦ Cooked grains such as
 - Rice
 - Oats
 - Barley
- ♦ Crackers

Whole Grains

Whole grains are healthier because they contain higher amounts of vitamins, minerals, and fiber than refined grains. This is because the bran has not been removed. Whole grain products are made from the entire grain kernel with nothing except the husk (chaff) removed.

FAMILY HANDOUTS — WORKSHOP 2

Teacher
1

Activities
17

Recipes
1

Recipes
2

Recipes
5

Recipes
6

A Healthy Start to the Day BREAKFAST

Break The Fast

For a child, as well as for an adult, the day should start with breakfast. Even a small breakfast, such as a piece of toast and glass of juice, is better than no breakfast. Children who are not hungry pay more attention in school and have more energy to work and play than hungry children.

Food provides the body with the energy and fuel it needs through calories. Food should be eaten on a regular basis throughout the day to provide a continuous supply of energy. It is important to refuel the body in the morning.

Your body has been fasting throughout the night — it does not receive any calories or fuel while you are sleeping. So it is important to start the day with a healthful breakfast of a variety of foods from the different food groups.

Ideas For Quick, Healthful Breakfasts

- ✓ Spread peanut butter on toasted whole-grain bread for extra protein.
- ✓ Serve cheese slices with — or melted on — toast.
- ✓ Add fruit — bananas, strawberries, raisins, etc. — to cereal. *Choose cereals that contain six grams or less of sugar per serving.*
- ✓ Make a breakfast shake with milk and fresh fruit or juices.

Making the Most of Your Food Dollars

Have you ever felt as if you were juggling your food budget, time and other responsibilities when at the grocery store? How do you handle this situation? Here are some tips for stretching your food dollars.

Shopping Tips

More Tips

- ◆ Before going to the store, plan how much money or food stamps you'll spend.
- ◆ Check to see which foods you have on hand.
- ◆ Plan your meals for a week, including foods that are on special.
- ◆ Choose fruits and vegetables in season.
- ◆ They can be fresher and less expensive.



List ways you already save money on your food shopping:

Decide where to shop. If possible, plan to shop at a large supermarket. These stores often have lower prices and greater selection than smaller stores. If you do not have a car, try to get a ride to a large store with someone who has a car. In some areas, taking a cab when returning home from a large store may be cheaper than paying the higher prices at a small store.

Shopping Tips



Shopping List

Do you have your shopping list? It will help you shop faster because you know what to get. If you are tempted to buy foods not on your list, ask, "Why am I getting this?" If you need it and forgot to put it on your list, then get it. But if it is something extra you would like to have, think about how it will affect your food budget.

Many times people are tempted to buy foods high in fat or sugar. Buying these foods could ruin your waistline as well as your budget!

In-Store Specials

A shopping list can be flexible. Once you get to the grocery store, look at the in-store flyer for specials. You might find some canned vegetables are a great buy. Could you substitute these vegetables for other vegetables in this week's menu plan?

Sometimes items are marked "3 for \$1" or "4 for \$2." Consider whether or not this is a good buy. How does this price compare to the regular price? Do you need or do you have space to store that many items? Many times you can buy just one item and still get the sale price. For example, if canned items are 4 for \$2, you maybe able to buy one can for 50 cents.

Shopping (continued)

Non-Food Items

Do you buy non-food items, such as toilet paper and laundry detergent, when shopping for food? Money spent on non-food items means less money to spend for food. Don't forget to include money for non-food items if you plan to buy them.

Discount stores may have the lowest prices on non-food items. Look for the best prices on non-food items.



List some new ways you can save money on your food bills:



Money Saving Tips For Buying Grains, Cereals and Breads

Tips for buying breads, cereals, rice, and pasta:

- ◆ Buy day-old bread or rolls — *Use them quickly, freeze them, or use them in recipes.*
- ◆ Buy unsweetened cereals — *Adding a little sugar yourself costs less than buying sweetened cereal.*
- ◆ Store brands may cost less than national brands.
- ◆ Plain pasta shapes like macaroni are cheaper than fancy shapes.
- ◆ Brown rice, regular white rice and converted rice cost less than instant rice.

Things To Do With Your Child

In this lesson you and your child learned more about **GO** foods. These are foods found in the grain group on the MyPyramid. **GO** foods help children “run, jump and play all day!”

Family Activity: A fun activity to do with your child is visit the bread aisle of your local grocery store.

- As you walk down the aisle point out the different types of bread items.
- Have your child join in. Example: wheat bread, oat bread, French bread, English muffins, bagels, pita bread, etc.
- If possible, have your child pick out a new bread to purchase and bring home to try.
- Another day you might try going down the aisle with rice and pasta, or the cereal aisle.

Remember to plan this activity on a day when you have extra time and patience so that it is a positive experience for both you and your child.

Things to talk about with your child.

1. How many **GO** foods can you name?

Cereal, bagel, tortilla, rice, pasta, pretzels, crackers, etc.

2. What do **GO** foods give our body?

They give us energy.

3. Why do our bodies need energy?

To run and jump and play all day!

4. Name **GO** a food that you eat for a snack.

Any food from the grain group.

GO GLOW GROW

GLOW Foods Vegetables and Fruits

Parents,

The vegetable and fruit groups are the green and red sections of MyPyramid. The foods in these two groups are referred to as **GLOW** foods because they provide children with the nutrients they need to make their *"hair shine and eyes sparkle!"*



GLOW foods. . .
Vary your veggies.
Focus on fruits.

Why are Fruits and Vegetables Important in the Diet?

Fruits and vegetables contain a wide variety of vitamins, minerals, and fiber the body needs to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease.

Look for Color

Remember that deeply colored fruits and vegetables provide a wide range of nutrients. It is important to include a colorful variety when planning meals and snacks for kids.

Activities
15

Recipes
1

Recipes
3

Recipes
6

FAMILY HANDOUTS — WORKSHOP 3

Fruit and Vegetable Group

Vitamins

The two most important vitamins in fruits and vegetables are A and C. Vitamin A helps night vision, and helps keep the lining of the mouth, nose, throat, and digestive tract resistant to infection. Vitamin C helps to maintain healthy bones and gums, and helps the body resist infection and utilize iron.



List some vegetables and fruits that you already serve your family:



Minerals

The minerals calcium and iron are found in dark leafy greens. Calcium helps to build strong bones and teeth. Iron keeps blood healthy by carrying oxygen to all of the cells (they need oxygen to survive), especially the brain.

Fiber

All fruits and vegetables contain some fiber; either insoluble or soluble. Insoluble fiber is found in all plants. It does not dissolve in water. This type of fiber makes elimination much easier. Soluble fiber is found in apples, bananas, oranges, carrots, barley, oats and kidney beans.

Vegetables and Fruits

Look for the Best Buy

Compare prices on vegetables & fruits:

- ◆ Fresh
- ◆ Frozen
- ◆ Canned
- ◆ Dried



Buy in Season

Fresh vegetables and fruits purchased in season cost less and are at their peak flavor.



Keep It Safe

Wash vegetables and fruits before preparing or eating them. Keep vegetables and fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.

Tips to Eat More Vegetables and Fruits

- ◆ Plan a meal around vegetables such as a stir-fry or soup.
- ◆ Serve salads as main dishes.
- ◆ Add vegetables to main dishes such as carrots to meatloaf or broccoli to pasta.
- ◆ Keep a bowl of fresh fruit on the counter for snacking.
- ◆ Top your cereal with fruit.
- ◆ Add fruits such as crushed pineapple, mandarin oranges or sliced apples to salads.

Selecting and Serving Vegetables

Ho Hum Vegetables?.....NO WAY!!

Think in terms of COLOR groups when selecting and eating vegetables. They provide lots of necessary Vitamins and minerals and are the green and red groups of MyPyramid.



Deep Yellow and Orange Vegetables

These are excellent sources of Vitamin A needed for great looking skin, nails, and hair, and for good night vision. *Beta Carotene* is the yellow substance in these vegetables that changes to Vitamin A in the body. *Beta Carotene* may prevent heart disease and some cancers.

Examples of vegetables in this group include sweet potatoes, squash, and carrots. So cut up a few carrot sticks and eat them for snacks.

Green Vegetables

These are good sources of Vitamins A and C. Vitamin C is needed for healthy gums and blood vessels, and to help fight infection. Some greens such as broccoli have calcium — needed for strong bones and teeth — and magnesium which helps build bones.

Some examples are spinach, broccoli, kale, and lettuce. Load up a salad with these tasty greens!



Red and Purple Vegetables

These are good sources of Vitamins A and C and other nutrients that can be helpful in reducing the risk of cancer and memory function. Try foods like beets, cabbage, red onions, and tomatoes.

White Vegetables

These are also good sources of vitamins and photochemicals that can be helpful in maintaining heart health and reducing some cancer risks. Try foods like cauliflower, potatoes, jicama, mushrooms, parsnips, and white corn.

Selecting and Serving Fruits

Want a Great Snack?.....A Low Cal Dessert?.....Pick a Fruit!!

Fruit is an excellent source of Vitamins A and C, and potassium. They are naturally low in fat and are a good source of dietary fiber.

Citrus Fruits

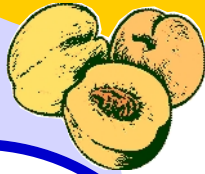
Citrus fruits are the best source of Vitamin C, also known as ascorbic acid. Vitamin C is needed for healthy gums and blood vessels, and to fight infection. Citrus fruits are those with a rind such as oranges, lemons, and grapefruits.

Other fruits with Vitamin C are strawberries, cantaloupe and other melons, and berries.



Yellow and Orange Fruits

Cantaloupe, peaches, and apricots are good sources of Vitamin A which is needed for healthy skin, hair, and nails, and to prevent night-blindness.



Bananas

This fruit is one of the best sources of potassium, which is needed to maintain body fluids and electrolyte balance for proper metabolism.



Raisins, Prunes and Other Dried Fruits

All of these are good sources of iron needed for healthy red blood cells.

Fiber

Eating fruits whole with the skins and small seeds adds dietary fiber. Generally the more the fruit has been processed, the less fiber it has. Natural sugar, a simple carbohydrate that supplies quick energy, is found in all fruits. To get more fiber:

- ◆ *Eat a fresh orange rather than drinking a glass of orange juice.*
- ◆ *Eat an apple with the skin on rather than applesauce.*

Making the Most of Your Food Dollars

Store Layouts

Look out for ways that stores tempt you to spend money. Stores put extra items in places you might be tempted to buy them. For example, there may be small toys for sale in the cereal aisle.

Most stores have a "map" of their store. Pick one up from your favorite store. Keep it handy for planning your next shopping trip.

List a new food shopping tip you will try:

Store Display

Items displayed at the ends of the aisles may not be on sale. Sometimes foods are put at the ends of the aisle because the store wants them to sell faster.

Usually foods placed on the middle shelves, those at eye level, cost more than foods on higher or lower shelves. Have you ever noticed where your store puts name-brand cereals that your children see on television? These cereals are usually right where children will see and ask for them!

Making the Most of Your Food Dollars



Bagging Groceries to Keep Food Safe

Get milk and frozen foods last so they stay cold. At the checkout, ask the bagger to put all the cold and frozen foods together in plastic bags so they are better insulated and won't leak onto other foods.

An insulated cooler can help keep foods cold. If you must drive a long distance home from the store or the weather is hot, take a cooler with you to the store. Put frozen and cold items, such as milk, in the cooler for the drive home.

Checking Out

What items do you see displayed for sale at the checkout line? These items can be very tempting! How do you resist buying these things?





Some supermarkets have candy-free checkout lines. It may help to use these lines if you have your children with you.

Watch for mistakes in the checkout line. Know the prices of foods you are buying so you can check for cash register mistakes. Make sure you get back the correct amount of change.

Making the Most of Your Food Dollars

Shop Seasonally for Fruits and Vegetables

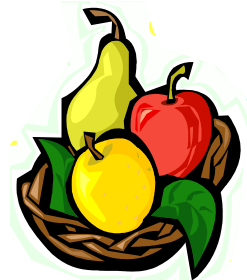
Use fresh fruits and vegetables when they cost less. Prices will vary with the season for some; others are good buys all year. See the chart below for the best time to buy.

 Winter	 Spring	 Summer		 Fall	
Apples	Bananas	Bananas	Cabbage	Apples	Lettuce
Bananas	Citrus Fruits	Berries	Carrots	Bananas	Potatoes
Citrus Fruit	Broccoli	Grapes	Corn	Grapes	Squash
Cabbage	Cabbage	Melons	Greens	Pears	Sweet Potatoes
Carrots	Carrots	Nectarines	Lettuce	Broccoli	
Cauliflower	Lettuce	Peaches	Potatoes	Cabbage	
Lettuce	Potatoes	Beans, green/wax	Summer Squash	Carrots	
Potatoes	Spinach	Broccoli	Tomatoes	Cauliflower	

Circle which foods you will try to serve more often!

Tips for Buying Fruits and Vegetables

- ___ Choose store brands of canned fruits and vegetables to get good quality at a lower price.
- ___ Buy plain frozen vegetables instead of ones with special sauces or seasonings.
- ___ Buy fresh fruits and vegetables in season from grocery stores or farmers' markets.



Put a ★ by the tip you will try on your next food shopping trip!

Things To Do With Your Child

In this lesson you and your child learned more about **GLOW** foods. These are foods found in the vegetable and fruit groups of the Food Guide Pyramid. **GLOW** foods help children's "hair shine and eyes sparkle!"

Family Activity: Talk to your child about **GLOW** foods - fruits and vegetables. Reinforce the idea that **GLOW** foods help you have shiny hair and sparkly eyes.

See how many vegetables he can name.

- Fill a large stockpot with an assortment of vegetables -keep the vegetables whole for this activity.
- Give your child tongs to remove vegetables one at a time.
- Examine each vegetable.
- Discuss the various colors, textures, and sizes.
- Name each vegetable.
- Together talk about how the vegetable tastes.
- If these are vegetables your child has never tasted, it is a great opportunity to discuss trying them.

On another day do the same activity with fruit.

Things to talk about with your child.

1. What kind of foods are **GLOW** foods?
Fruits and vegetables
2. Name a **GLOW** food that is fruit.
Orange, apple, mango, pear, etc.
3. Name a **GLOW** food that is a vegetable.
Carrot, jicama, celery, red pepper, etc.
4. **GLOW** foods help you have shiny what?
Hair
5. **GLOW** foods help you have sparkling what?
Eyes

GO GLOW GROW

GROW Foods Milk and Meat & Beans

Parents,

The milk and meat groups are the blue and purple food groups on MyPyramid. The foods in these two groups are referred to as **GROW** foods because they provide children with the nutrients they need to help them *"grow bigger and stronger!"*



GROW foods. . .
Get your calcium-rich foods.
Go lean with protein.

What are meat & beans and milk group foods?

GROW foods are actually two groups on MyPyramid – the meat & beans group (purple) and the milk group (blue). Foods included in the meat group are: meat, fish, poultry, beans, nuts, eggs and tofu. Foods in the milk group include milk, yogurt, and cheese.

Why are meat & beans and milk group foods important?

Foods from the meat and milk groups provide protein, vitamins and minerals. Protein builds and repairs muscles, skin, brain, blood, bones and internal organs. All foods in these two groups are a good source of protein.

FAMILY HANDOUTS — WORKSHOP 4

Activities

1

Recipes

1

Recipes

4

Recipes

6

Recipes

7

Milk and Meat & Beans Groups

Meat & Beans Group

Meat, poultry, fish, dry beans, eggs, and nuts provide us with protein, vitamins and minerals. Protein is necessary to build and repair our bodies. Children also need protein to grow. Pregnant and lactating women, seniors and people with various illnesses may not consume enough protein in their diets.

Many foods in the meat group contain the mineral iron. Iron-rich foods are important to prevent anemia. It is important to serve low fat dairy products and lean meats whenever possible.

Milk Group

Milk, yogurt and cheese are the best source of calcium. We need calcium for strong bones and teeth, and for our muscles and nerves to work well. Milk also contains Vitamin D. Vitamin D aids in the absorption of calcium.



List some of the good choices you already make in selecting milk and meat foods for your family:



Meat & Beans and Milk Groups

Go Lean With Protein!

- ◆ Select lower fat meats.
- ◆ Remove the skin from poultry.
- ◆ Cut excess fat off meats.
- ◆ Broil, grill, poach or boil, rather than frying.

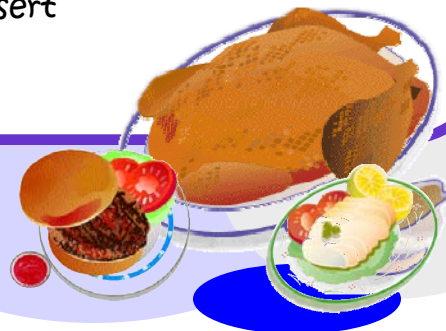


Get Your Calcium!

Drink milk and serve milk group foods. Choose fat-free or low-fat milk, yogurt and cheese. If you usually drink whole milk, switch gradually to fat-free milk to lower saturated fat and calories.

Tips for Serving Milk & Meat Group Foods

- ◆ Choose dry beans or peas as main dish or part one more often.
- ◆ Choose nuts as a snack, on salads, or in main dishes.
- ◆ Serve fish rich in omega-3 fatty acids more often.
- ◆ Read labels and avoid meats and dairy products that are high in saturated fats, trans-fats, cholesterol, and sodium.
- ◆ Make a dip for vegetables and fruit with low-fat cottage cheese or yogurt.
- ◆ Serve fruit and low-fat yogurt as a dessert
- ◆ Add fat-free or low-fat milk to soups.



Selecting and Serving Milk Group Foods

Types of Milk

There are many kinds of milk. Children over the age of 2 and adults should choose reduced-fat or skim milk. The only major difference between the types of milk is the amount of fat! All the other nutrients are about the same.

Different Kinds of Milk

- ◆ Skim (nonfat or fat free) milk has almost no fat per cup.
 - ◆ 1% (low fat) milk has about 1/2 teaspoon of fat per cup.
 - ◆ 2% (reduced fat) milk has about 1 teaspoon of fat per cup.
 - ◆ Whole milk has about 2 teaspoons of fat per cup.
- (Each teaspoon represents 4 grams of fat.)

It is important to cook with milk/milk products because:

- ◆ *People who do not enjoy drinking milk can still get calcium and other important nutrients found in milk by using it in preparing other foods.*
- ◆ *The protein quality of rice, beans, cereals, pasta flour, tortillas and bread is much higher when prepared with milk or cheese.*

Lactose Intolerance

Some people cannot drink milk, or tolerate milk, but they still need a source of calcium. Broccoli, okra, greens such as turnip or beet greens, canned sardines or salmon with their bones, and some types of tofu have calcium.

Bone Health

Think of your bones as a bank. Your bones store 99% of the calcium in your body. If there is enough calcium in the diet, the body deposits some in the bones. If there is not enough calcium in the diet, the body withdraws calcium from the bones to use for contracting muscles and transmitting nerves. Too many withdrawals without enough deposits may eventually cause the bones to become weak and break. This condition is known as osteoporosis or "brittle-bone disease."

Selecting and Serving Meat & Beans Group Foods

Dry Beans

Dry beans, also known as legumes, are very low in fat. They are also high in fiber. Beans may be purchased in dry form or canned. Canned beans may be easier to use, but they usually cost more per serving than do the dry beans, and have added salt.

Dry beans are low in cost and easy to prepare. One cup of cooked dry beans gives you as much protein as 2 ounces of cooked hamburger. But the beef costs twice as much as the beans.

Fish

Fish may be another low-cost, low-fat food you enjoy. Some areas of California have guidelines for eating locally caught fish. For fish safety guidelines in your area, contact your local Extension office or health department.

Saturated Fat and Meat Preparation

Most American adults eat more than enough meat, poultry and fish. Eating too much meat could mean eating too much fat. Most of the fat in meat is saturated fat, the type of fat that can raise blood cholesterol levels. Eating too much meat could also mean eating too much saturated fat.

Save Money

Reduce the amount of meat by combining meat, poultry and fish with noodles or rice and vegetables. Casseroles, stews and stir-fried dishes are tasty ways to use smaller amounts of meat. The money saved on meat is an added bonus.

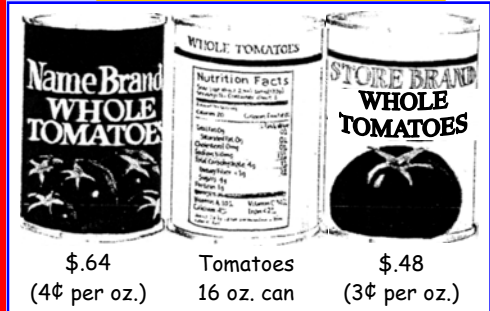
Making the Most of Your Food Dollars

Price Comparisons

Compare Prices

Comparing prices can help you find the best buy. Look at different brands of canned tomatoes. Which one is the best buy? Sometimes you must figure out the price per serving. Stores put the unit price, often the price per ounce, on the shelf. An inexpensive calculator may be a good investment!

Some people believe national or name brands are better than store brands. This usually is not true. Store brands are usually the same quality as name brands.

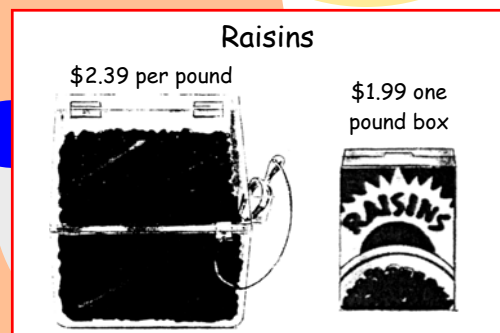


Coupons

Do you have coupons for cereal? Check to see if the coupon will make one cereal a better buy than another brand of similar cereal. Coupons are worthwhile only if they make the foods you usually buy cost even less.

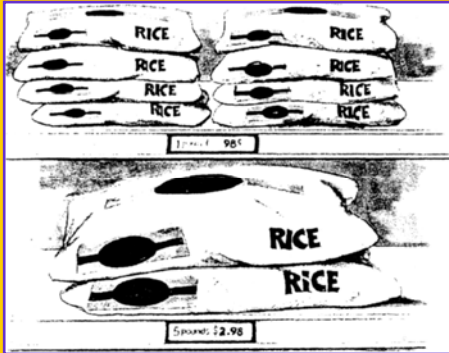
Bulk Foods

The bulk food sections of stores may or may not have lower prices. Be sure to compare their prices with packaged food prices. For example, a 1-pound box of raisins may cost less than a pound of raisins in the bulk food section.



Making the Most of Your Food Dollars

Buying Large Packages



Larger packages are often a better buy. However, if some of the food spoils before you can use it, then it's not a good buy. It also takes more space to store a larger package. Would it be worthwhile for you to buy a large bag of rice or potatoes for your family?

Some stores sell large packages of meat for a lower per-pound price. Do you have freezer space to keep large amounts of meat? If not, the meat would spoil.

You may be able to save money by buying a whole chicken and cutting it up yourself rather than buying chicken pieces. Compare the price per serving of a whole chicken with the price of cut-up pieces.



18 servings \$3.39

12 servings \$3.39



Have you compared the price of single-serving packages to larger packages? The cost per serving in these small packages is usually much higher. For example, 12 single-serving boxes of cereal may cost as much as a large box of cereal with 18 servings.

Making the Most of Your Food Dollars

Homemade vs. Convenience

It usually costs less money to make your own food than to buy a similar convenience food. For example, you can make a casserole with hamburger, noodles and a sauce for less than combining hamburger with a "helper" mix. Prepackaged lunch trays cost more than lunch trays you could make yourself.

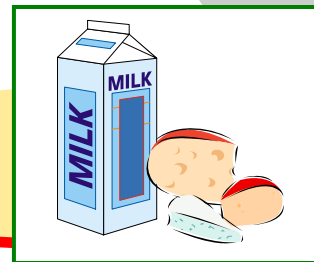


Watch Extras
Money spent on extra foods, such as chips and soft drinks, can add up and ruin a food budget.

Money Saving Tips For Buying Milk and Meat

Tips for Buying Milk and Dairy Products

- Buy the largest container of milk you can use by the date printed on the container.
- Save money by buying a block of cheese and slicing or grating it yourself.



Put a ★ by the tip you will try on your next food shopping trip!



Tips for Buying Meat, Dry Beans and Peas

- Cut up your own meat. Buy a boneless chuck roast to cut up for soup, stew and stir-fry. Whole chicken usually costs less than pieces, and you can cut it yourself.
- Watch for special prices on meat, fish and chicken. Plan meals to use the meat you can buy at a good price.
- Cut down on the amount of luncheon meat and sausages you buy. Pick store brands to save money.
- Buy dried beans, peas and lentils to make hearty, low-cost soups and casseroles.

Things To Do With Your Child

In this lesson you and your child learned more about **GROW** foods. These are foods found in the meat and milk groups of MyPyramid. **GROW** foods help children “grow bigger and stronger!”

Family Activity: Review with you child that **GROW** foods are found in the meat and milk food groups. Your child has learned that beans are a **GROW** food.

Buy a bag of mixed beans.

- Put about a cup of beans on a plate.
- Have your child sort through the beans and see all the different kinds.
- Have her describe the beans-color, shape, etc.
- Sort the different beans into separate piles.
- Using glue and construction paper, show your child how to make a mosaic using the beans.
- Use the rest of the beans to make a hearty meal.

Things to talk about with your child.

1. Name 2 foods from the **GROW** group.

Meat, fish, poultry, eggs, dried beans, nuts, tofu, milk, cheese, yogurt, etc.

2. How do **GROW** foods help your body?

They help you to grow big and strong.

3. What is a **GROW** food that we drink?

Milk

4. What **GROW** food might taste good in a sandwich?

Peanut butter, turkey, cheese, meat

GO GLOW GROW

Food Safety & Hand Washing

Parents,

Serving foods that are safe when your family eats them is just as important as serving healthy foods. Children under the age of 5 are especially at risk for foodborne illness (food poisoning caused by bacteria). This lesson gives you many helpful tips for keeping your family's food safe.



Have you ever had nausea, vomiting and diarrhea, and thought you might have gotten sick from food? Many people who get foodborne illness think they have the flu. Some people call foodborne illness food poisoning.

Foodborne illness is when you get sick from food contaminated by harmful bacteria and molds. Some bacteria and molds make poisons that cause foodborne illness. Have you ever noticed mold on cheese or bread? We can see some molds. However, most of the time we cannot see, smell or taste the bacteria that cause foodborne illness.

There are three important considerations for safely handling food.

- ◆ Type of food
- ◆ Temperature
- ◆ Time

FAMILY HANDOUTS — WORKSHOP 5

Teacher
3

Activities
6-11

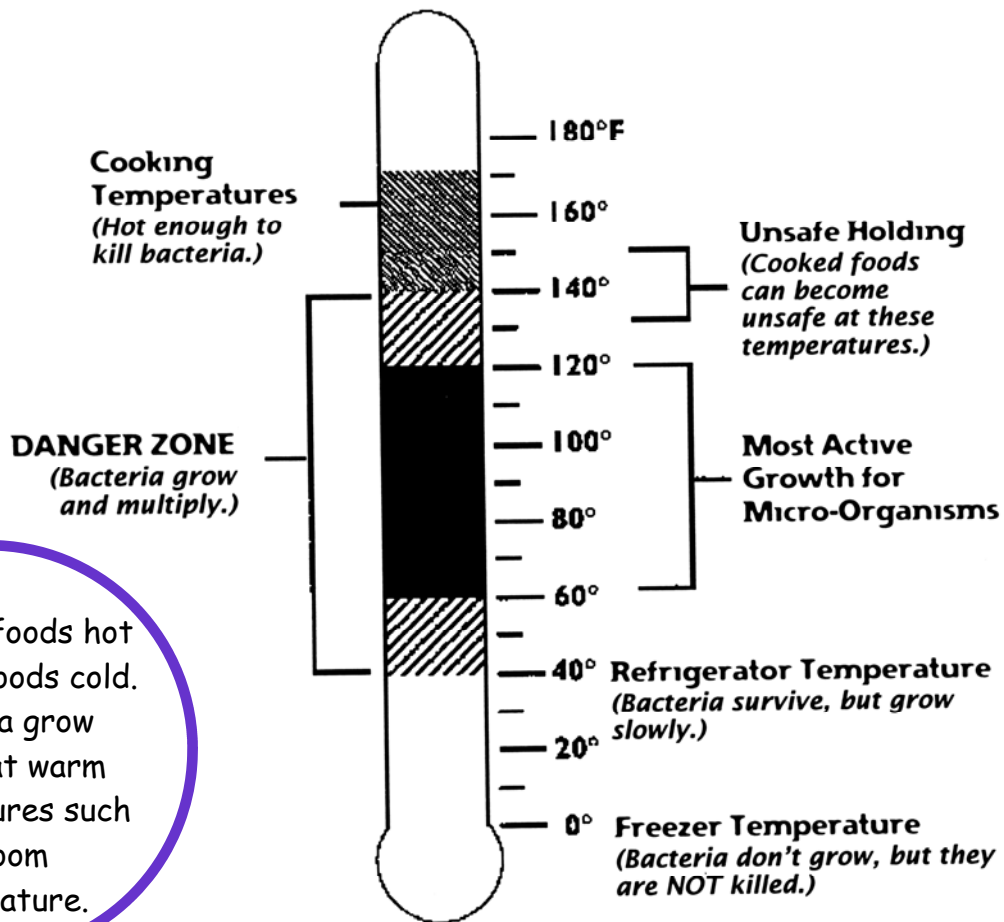
Recipes
5

Recipes
7

University of California Cooperative Extension - Food Stamp Nutrition Education Program

Temperature is Important For Food Safety

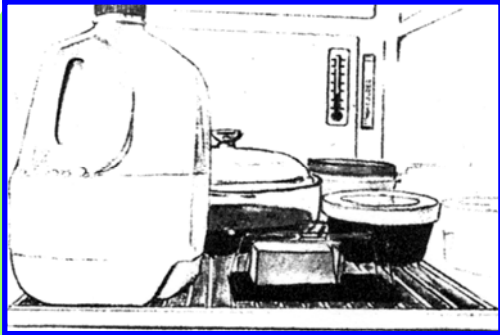
Microorganisms that cause food to spoil are sensitive to changes in temperature. High temperatures (*over 140°F*) slow down their growth.* Microorganisms multiply fastest between 60° and 120°F, but between 40° and 140°F — which is known as **THE DANGER ZONE** — bacteria, yeasts, and molds can grow. Room temperature falls in this range so do **NOT** leave any cooked foods sitting out at room temperature for more than two hours.



Keep hot foods hot and cold foods cold. Bacteria grow quickly at warm temperatures such as room temperature.

* Freezing temperatures inhibit bacteria growth too. (As soon as food thaws, bacteria can start to grow again.)

Food Safety Tips

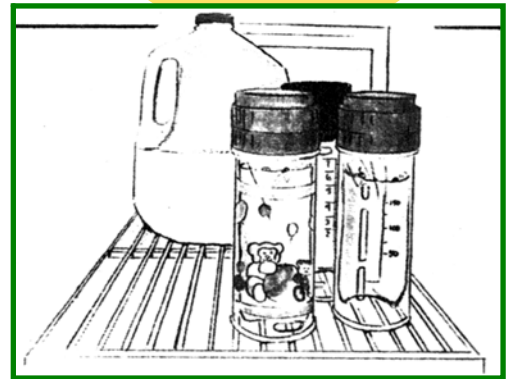


Bacteria Love Room Temperature

Bacteria grow quickly in foods at room temperature. Cold slows the growth of most harmful bacteria. Keep cold foods in the refrigerator or freezer. The temperature in your refrigerator should be between 33 and 40 degrees Fahrenheit. Never let prepared foods, such as leftovers or potato salad, sit out at room temperature.

Baby Food Safety

Bacteria grow very fast in opened cans of baby formula. Never let baby bottles with formula or opened cans of formula sit out at room temperature. If you need to take baby formula with you, use powdered formula and mix only the amount you need just before feeding your baby. Be sure the water you use is clean and safe. Carry mixed formula in an insulated cooler with a freezer pack if you will be gone only a few hours.



Cook Foods Until Done

Have you ever heard, "Don't eat raw or undercooked meat or eggs"? Raw meat, poultry, fish, and eggs must be cooked thoroughly to kill bacteria. Thorough cooking kills most bacteria. Cook all meat, poultry and fish until the juices run clear and there is no pink in the center. Cook poultry until there is no red around the bones. Fish should flake easily. It is best to cook eggs until the yolks are not runny.

Clean Surfaces

Counter Tops

Be sure counter tops and utensils are clean before using them to prepare food. After preparing food, especially raw meat, fish and poultry, wash your hands, counter tops, utensils and anything else that may have gotten dirty. Use hot soapy water and scrub thoroughly. Bacteria from raw meat juices can get onto other foods if hands and food preparation equipment are not washed thoroughly. These bacteria can make you sick.

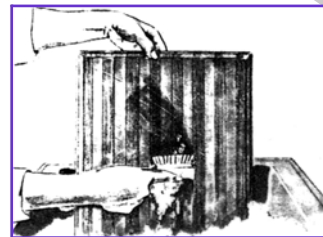


Dish Towels

Dish towels should be used only for drying dishes. Be sure to hang dish towels to dry and wash them every week. Putting clean dishes in a drying rack to air dry is the best way to dry dishes.

Cutting Boards

Bacteria can get caught in the grooves of a cutting board. Scrub wood and plastic cutting boards thoroughly with hot, soapy water. Let cutting boards dry thoroughly before putting them away.



Pests

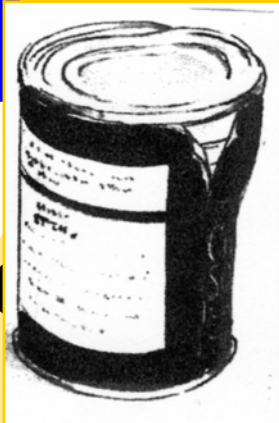
Flies, cockroaches, rodents, and pets can contaminate food. What are some ways that you can keep food safe from insects and animals?

- ◆ Store food in containers with tight-fitting lids. Insects can eat their way through paper boxes and bags.
- ◆ Wash dishes, counter tops and tables after use.
- ◆ Keep pets, such as cats, off counter tops.
- ◆ Fix all water leaks and seal all openings around water pipes, cracks, crevices, and screens. Insects and rodents can get into houses through these small openings.
- ◆ Keep trash in a covered container and remove trash daily.

Spoilage Tips



Do not use food from cans that are bulging, show signs of rust, or are past their expiration dates. If a can is dented on the seam or rim, throw it out. If a can is dented, peel away a small section of its label to see if the dent is on the seam. Do not eat food from cracked jars or damaged packages.

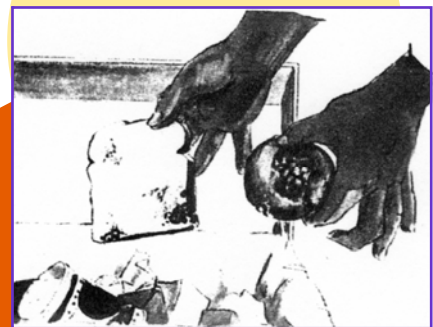


Spoiled food may smell bad or look cloudy or moldy. However, food does not have to have these signs to be bad. Never taste food you think may be spoiled or contaminated. Do not eat food that was not cooked or stored properly. Put spoiled food down the garbage disposal or wrap it up and throw it in the trash so children, pets and wildlife cannot get to it.

If you dent a can, open it and put it in another container in the refrigerator. Use this food in the next two to three days. A dent could allow germs to get into the food.

Mold

Throw away moldy foods such as bread, cornmeal, fruit, jam, and soft cheeses such as cottage cheese. You can not safely remove the mold from these foods. Wash your hands after handling moldy foods. You can cut off mold on hard cheese, such as cheddar. Be sure to cut off and discard mold plus at least 1/2 inch around the moldy area.



Remember, WHEN IN DOUBT, THROW IT OUT!

Things To Do With Your Child

In this lesson you and your child learned about food safety and the importance of hand washing. Making sure your child washes his or her hands properly is a big step in teaching good health and hygiene. Below is another activity to do with your child.

Family Activity: Make a chart to record your child's hand washing. Filling the chart with stars or stickers can be its own reward or you can reward her with a special treat such as playing a game with Mom or Dad or a trip to the park.

Things to Talk About With Your Child

1. Where do germs live?
 - *Everywhere*
2. What can we do to get rid of germs on our hands?
 - *Wash them*
3. Do we use warm or cold water to wash our hands?
 - *Warm*
4. How long should you scrub your hands?
 - *20 seconds or as long as it takes to sing Happy Birthday*
5. We should always wash our hands before doing what?
 - *Eating*
 - *Cooking*
 - *Touching food*
6. We should always wash our hands after doing what?
 - *Going to the bathroom*
 - *Playing outside*
 - *Touching an animal*
 - *Blowing your nose*

GO GLOW GROW

Physical Activity and Fitness

Parents,

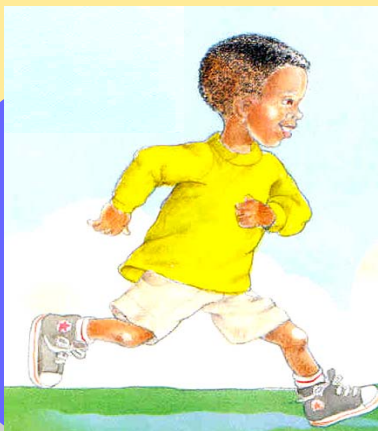
Getting enough exercise every day is just as important as eating healthy. To be healthy, young children should be physically active at 60 minutes a day. Children should be encouraged to play, because *"Play keeps their bodies strong!"*



MyPyramid.gov

Why is Exercise Important to Preschoolers' Health?

Physical activity is needed for the healthy growth and development of young children. Through active play, children learn about their bodies, their physical abilities, and how to control their bodies within their environment.



Make physical activity fun for your children. Plan active games, dancing, family exercises, and relay races.

Combine music and movement every day. Give children the chance to be a jet plane, a galloping horse, or a speeding train.

FAMILY HANDOUTS — WORKSHOP 6

Teacher
2

Activities
6

Parents
7

Parents
10

Physical Activity

Children who participate in regular physical activity from an early age are more likely to develop and continue an active lifestyle throughout their teenage and adult years.

Regular physical activity in childhood and adolescence:

- Improves muscular strength and endurance
- Helps build healthy bones and muscles
- Helps maintain a healthy weight
- Reduces anxiety and stress
- Increases self esteem
- May improve blood pressure and cholesterol levels
- Reduces the risk of developing type 2 diabetes
- Reduces the risk of developing chronic adult diseases such as heart disease and stroke

Preschoolers enjoy running, jumping, bouncing and catching a ball. They like to bend, twist, swing, and stretch into shapes that mirror what they see. They need opportunities to practice and to repeat these skills while at the same time having successful experiences with movement.

List ways you already provide physical activity for your family:

Preschoolers are not interested in the number of minutes that they marched or the number of points that they scored. They need a chance to play cooperatively, enjoy movement, and build motor skills. Movement and games should be a positive experience for everyone.

Good Health = Good Nutrition + Exercise

Weight Gain

One out of every four American children is overweight. The good news is parents can help their children maintain a healthy weight by encouraging physical activity and healthful eating habits.

Children, like adults, gain weight when they eat more calories than they use during daily activities. But unlike adults, growing children should not restrict calories to achieve a healthy weight. Restricting calories and nutrients can stunt growth and impair learning. Instead children should focus on increasing physical activity and eating appropriate amounts of a variety of foods.



How much exercise do preschool children need?

The general guideline is that children get at least one hour of physical activity a day. Experts are saying that one hour is an amount that seems to be appropriate for children to gain the health benefits from being physically active.

It's important to understand the nature of physical activity for children. Children are "spurters." They spurt; they rest and recover, play hard for five to ten minutes, stop, rest and the game is on again. They will not be physically active for one hour all at once.

Children need to move. The recommendation is that children don't go longer than two hours without physical activity. When children walk, jog, run, climb, etc., it is physical activity or exercise. Physical activity sets the stage for lifelong fitness.

GO GLOW GROW



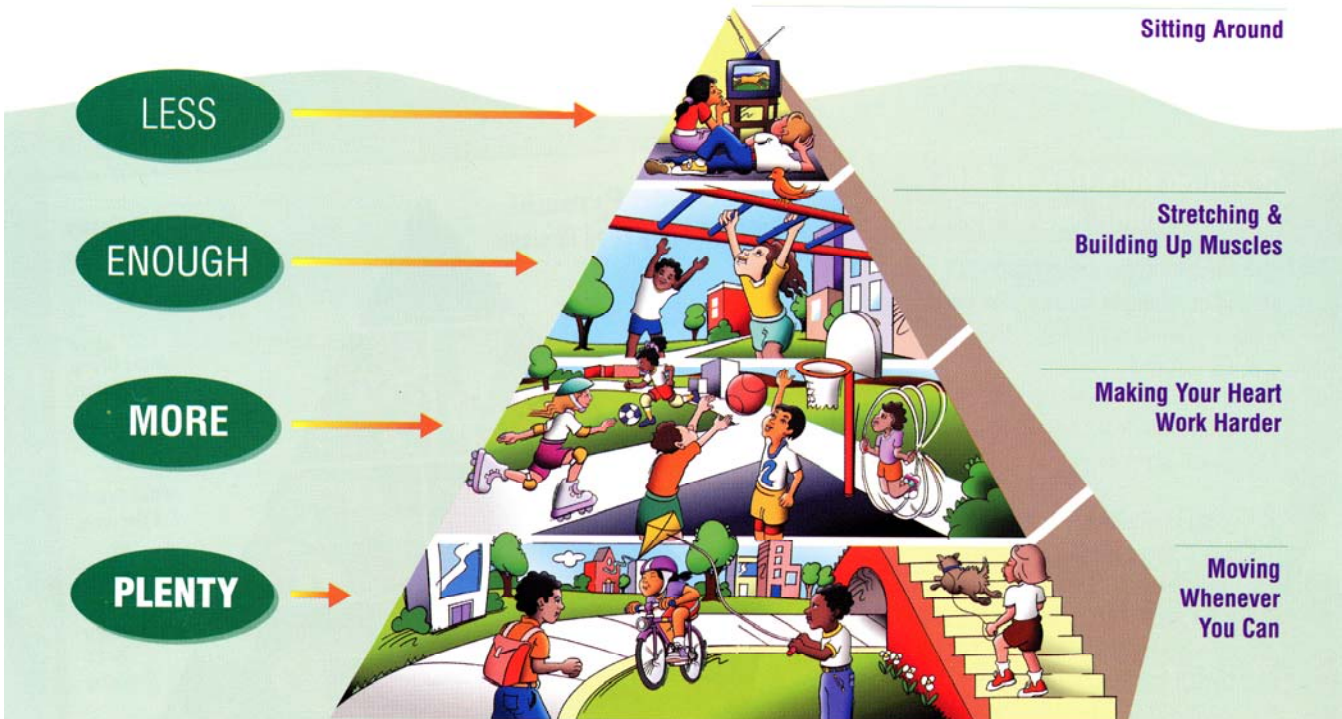
10 Steps for Parents

Make Physical Activity Easy

Children can have fun and improve their health by being physically active every day. Children should aim to get at least 60 minutes of moderate physical activity on most days. Parents can help:

What is the right level of activity?
 If you can talk without being breathless, you're okay. If you can sing, you're not moving enough.

- 1 Create safe places.**
Watch over children's activities.
- 2 Set a good example.**
Be active with your children.
- 3 Promote physical activity.**
Encourage children to be physically active at home, at school, and with friends.
- 4 Limit sitting-around time.**
Alternate time spent sitting with time spent moving.
- 5 Establish a routine.**
Set aside time each day as activity time.
- 6 Coach a team.**
Encourage children to participate in neighborhood sports.
- 7 Set up a home gym.**
Get children involved in creating a gym using household items. Canned foods make good weights.
- 8 Try aerobic activities.**
Check children's heart rates before, during and after activities to see how hard they are working.
- 9 Throw an activity party.**
Make your child's birthday party activity-centered.
- 10 Work with your school.**
Be sure your school offers physical activity time for all students.





10 Steps for Parents

Healthy Eating at School

Do you know if your kids are eating healthy school meals? The only real way to be sure is to get involved. Show you care. Show the school that what your kids eat matters a lot. Because it does. Here's a checklist of what you can do to get results:

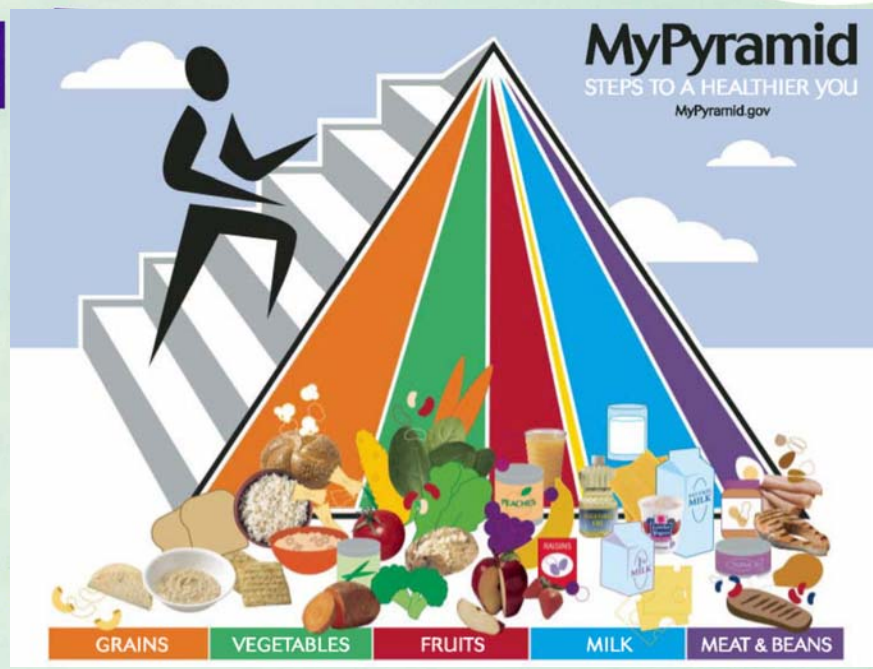
- 1 Do lunch with the kids.**
Eat breakfast or lunch at school with your kids. See what the meals are like. Notice the atmosphere. If you don't like what you see, do something.
- 2 Talk out of school.**
Make your opinions heard. Talk to other parents. Work with your PTA and school board to support healthy school meals.
- 3 Discuss your principles.**
Go to the principal. Discuss the importance of good nutrition and physical activity. Suggest programs. Ask for cooperation. Follow through.
- 4 Know what's for lunch.**
Get a weekly menu of school meals. Ask for the nutrition facts so you can be sure the menu meets the U.S. Government Dietary Guidelines for Americans. Keep it magnetized to your refrigerator. Discuss all the healthy choices with your kids.
- 5 Team up with foodservice staff.**
Visit the school cafeteria. Get to know the staff. Let them know you value their services ... and appreciate good daily nutrition for your child.
- 6 Plant a seed.**
Show your kids and their friends where healthy food comes from. Help your school start an edible landscape with a garden of goodies like fruits, vegetables and herbs.
- 7 Throw a tasting party.**
Volunteer to organize a classroom tasting party to introduce and encourage nutritious new foods the kids may never have tried.
- 8 Set up a group.**
Get involved. Form a parent advisory committee for school meals. Recruit enthusiastic "can-do" people to work with you.
- 9 Serve your kids food for thought.**
Make sure kids appreciate how healthy breakfasts and lunches serve their minds as well as their bodies.
- 10 Listen.**
If you listen to what your kids are learning at school about good nutrition, you can help them all put their knowledge to work at home, too.

Teaching Kids How to Eat Right at Home and at School

Good nutrition begins at home. It should continue at school. MyPyramid is based on the official U.S. Government guidelines for healthy eating. It's designed so kids and adults can learn and remember how to eat right every day.

So study it ▲ Practice it
Show it to your kids ▲ Tack it up
Talk it up ▲ Give examples
Make it fun ▲ Your kids will eat it up

And they'll grow up knowing how to choose foods that promise healthier, happier lives.



Food Labels

Label Reading for Better Eating

Reading Nutrition Facts Labels can help you choose foods for a healthy diet. Check out the Percent Daily Value (%DV) column. The %DV shows how much of a nutrient in one serving contributes to your overall day's diet.

For example, if a serving of a food has a 45% DV for total fat, that means you have used up almost half of your daily fat intake. The %DV can help you determine quickly and easily if a food product is high or low in a nutrient. It is wise to choose foods with a low number for the %DV for fat, saturated fat, cholesterol, and sodium and a higher number for the %DV for fiber, vitamin A, vitamin C, calcium, and iron.

Macaroni and Cheese

Serving sizes are in common household measurements.

Nutrients listed are important to the health of today's consumer.

Ingredients are listed in descending order — main ingredient is listed first, smallest ingredient is listed last.

Nutrition Facts	
Serving Size 2.5 oz. (70 g./about 1 cup)	
Servings Per Container: about 3	
Amount Per Serving (as prepared)	
Calories 410	Calories from Fat 170
% Daily Value*	
Total Fat 18g	28%
–Saturated Fat 4g	21%
Cholesterol 10mg	4%
Sodium 710mg	30%
Total Carbohydrate 49g	16%
–Dietary Fiber 1g	6%
–Sugars 9g	
Protein 11g	
Vitamin A 15%	Vitamin C 0%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

% Daily Value shows how a food fits into the overall daily diet.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol, and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

Daily Values are based on recommended intakes when eating 2,000 calories per day.

Daily Values are also listed for persons eating 2,500 calories per day.

INGREDIENTS: Enriched macaroni (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin), cheese sauce mix (whey, dehydrated cheese [granular and cheddar (milk, cheese culture, salt, enzymes)], whey protein concentrate, skim milk, buttermilk, sodium tripolyphosphate, sodium phosphate, citric acid, yellow 5 [color], yellow 6 [color], lactic acid)

Limit Sugars and Salt

Sugars, Fats and Oils

Sweets, Fats and Oils are OK to eat once in a while but not often. These foods are very low in nutrients and often have many calories. If we eat too many of these foods, we might not eat enough of the foods we need or might eat too much fat or sugar.

Salt Is In Many Foods

Most foods contain salt as part of their normal composition. However, consuming too much salt can cause high blood pressure. Salt is frequently added during the food processing, preparation, and at the table.

To Consume Less Salt

- ___ Add less salt at the table.
- ___ Don't put the salt shaker on the table.
- ___ Prepare foods with less salt.
- ___ Read labels and choose food with less salt.
- ___ Use less soy sauce, pickles, olives, ketchup, and mustard

To Consume Less Sugar

Use these less often:

- ___ Sodas, fruit drinks, candy, jelly, syrup or honey.
- ___ High sugar breakfast cereals. *(Read the label.)*
- ___ High sugar baked goods: cakes, pies, cookies and donuts.

Put a ★ by the ways you will try to reduce salt and sugar in your diet!

Limit Fats

Fat is a natural part of many foods. It often improves the flavor and texture of food and helps us feel satisfied. Fat is added to many foods. Sometimes we can see the fat in food, sometimes we can't.

Fats have a lot of energy or calories. We need to eat some fat. However, too much fat can lead to weight problems and heart disease.

Babies need more fat in their food than older children because they are growing and developing quickly. The amount of fat in a child's diet should not be limited before the child is two years old. After they turn two, children can enjoy lower-fat food with the rest of the family.

Cooking with Less Fat

- Broil, grill or braise*
- Steam or simmer (poach)*
- Bake or roast*
- Boil or stew*
- Microwave*
- Sauté or stir-fry using very little fat*
- Fry with vegetable oil spray or very little fat*
- Trim the fat off meat or skin off chicken*
- Skim the fat off cooked foods*

Limit Fats When Shopping

- Choose vegetable oils rather than solid fats*
- Choose fat-free or low fat milk products*
- Choose lean meats or poultry*
- Choose fewer processed meats*

Put a ★ by the ways you will try to reduce fat when you cook.

Things To Do With Your Child

In this lesson you and your child learned more about the importance of physical activity. You learned that children need to be physically active for one hour most days of the week.

Family Activity: **Follow the Leader** is great for preschoolers. If the weather is nice this is a wonderful way to not only be physically active but also get some fresh air! You could even do this down the side walk. Include the whole family. The first time you play you might want to be the leader. Once your child gets the idea take turns.

Some locomotor movements to try:

- ◆ Walking
- ◆ Jumping
- ◆ Galloping
- ◆ Wiggling
- ◆ Running
- ◆ Hopping
- ◆ Skipping
- ◆ Stretching



Things to talk about with your child.

1. Moving your body from one place to another is called what?
Physical activity (exercise)
2. Name things that you can do that are physical activities.
Run, jump, dance, climb, ride a bike, etc.
3. What gives you energy to move?
Healthy foods
4. To be healthy and grow bigger you need to do what two things?
Exercise and eat healthy foods

HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds

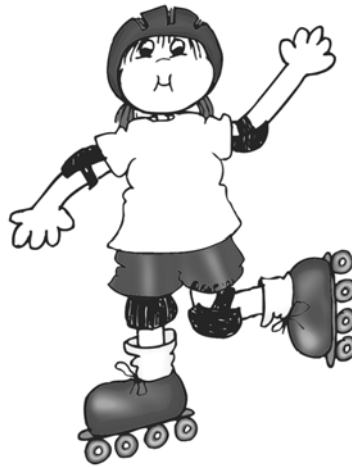


Physical Activity Family Fitness

Exercise is good for you and for your children. It keeps you strong, healthy and happy. Here are some fitness activities that the whole family can do.

What to Do:

- ★ Biking
- ★ Dancing
- ★ Kite flying
- ★ Skating
- ★ Jogging



- ★ Jumping rope
- ★ Throwing a Frisbee
- ★ Walking a dog
- ★ Washing the car
- ★ Skipping

Did You Know?
Children should be physically active for at least 60 minutes a day.



HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid
for 4 to 6-Year-Olds



Home Activities...MyPYRAMID



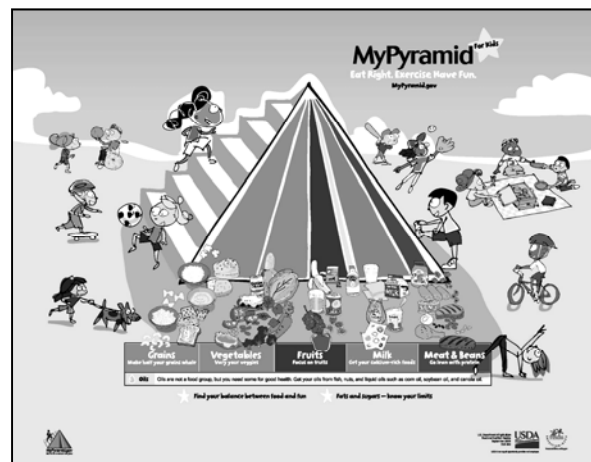
Dear Parents,

This week your child learned about the importance of healthy eating and MyPyramid. We read the fun book *Beastly Feast* and talked about how the animals planned a fun celebration using lots of different foods.

MyPyramid is a general guideline of what to eat each day to consume a healthy diet. If it is followed, you will have all the nutrients you need without eating too much fat or calories.

We hope you will help your child learn more about MyPyramid by doing these fun activities at home.

Enjoy Your Time Together!



Teacher
2

Activities
3-5

...MyPyramid

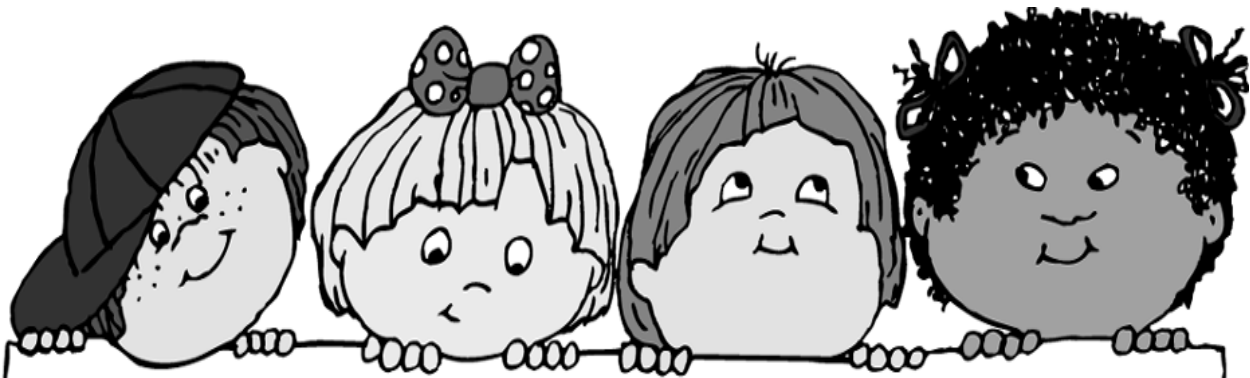
©2008 by the Regents of the University of California

HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid
for 4 to 6-Year-Olds



Home Activities...WASH YOUR HANDS!

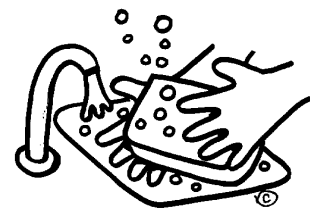


Dear Parents,

This week your child learned about the importance of proper hand washing. We read *Wash Your Hands!* about a little princess and her experiences with hand washing and learned when we should wash our hands for good health.



When done properly, hand washing has been shown to significantly reduce the spread of diseases such as colds, flu, ear infections, strep throat, and other intestinal problems. Soap and water and lots of scrubbing are the best techniques for hand washing. You should scrub your hands for at least 20 seconds to be effective.



We hope you will help your child learn more about hand washing by doing these fun activities at home.

Enjoy Your Time Together!

Teacher
3

Activities
6-11

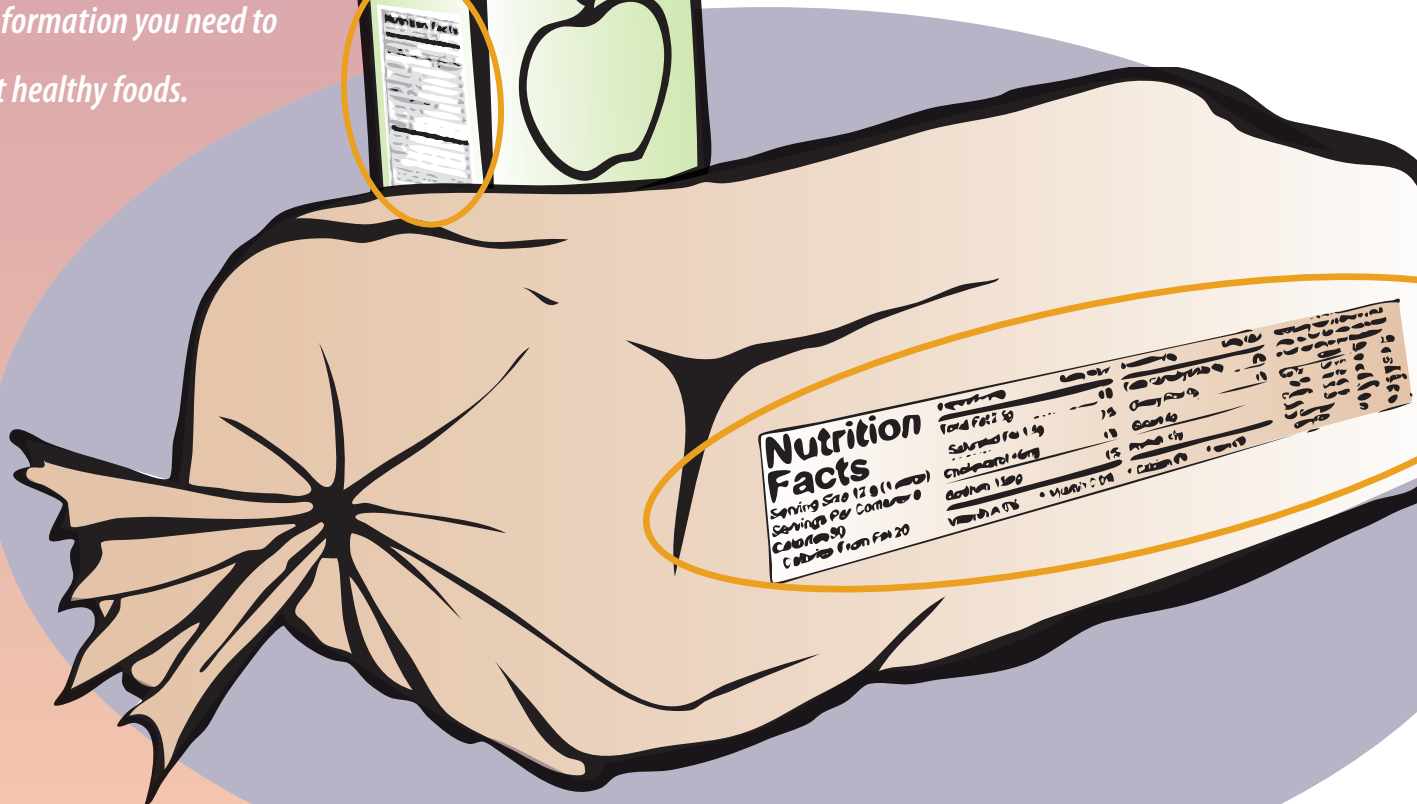
Home Activities...Wash Your Hands!

©2008 by the Regents of the University of California

the Lunch box

LEARNING FROM LABELS

Food labels can help you choose healthy foods for your child's lunch. Today's food labels provide information about ingredients and nutrient content. Read the ingredient and nutrition facts labels for information you need to select healthy foods.



Teacher 1

Teacher 4

Activities 3-5

Recipes 2

Parents 6

Advisor,
County.



University of California
Cooperative Extension
San Luis Obispo County

Ingredient Labels

Ingredient lists tell you what is really in the products you buy. By law, food packages must list all of the ingredients in a product. This information is always printed on the outside of the package.

Food ingredients are listed according to the amount of each ingredient in the package. The ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Here's an example:

Nutrition Facts and ingredient label



Look at this ingredient label from a loaf of **whole-wheat bread**:

Ingredients: **whole** wheat flour, water, wheat gluten, brown sugar, molasses, soybean oil, honey, yeast, salt, cultured wheat starch, oats, soy flour, dough conditioners.

Compare this ingredient label from a loaf of **wheat bread**:

Ingredients: **enriched** wheat flour, water, high-fructose corn syrup, wheat bran, soybean oil, molasses, wheat gluten, salt, whey, calcium sulfate, dough conditioners.

If you want whole grain bread, which loaf do you choose?

You would choose the first loaf, since it is made mainly of whole wheat flour. The second loaf contains mostly enriched wheat flour, which is commonly known as white flour.

Some wheat breads do contain a small amount of whole grain flour. The whole grain flour is usually listed as the third or fourth ingredient, which means that only a small amount was used.

Hint: When the ingredient list is very long, the first two or three ingredients usually make up most of the product.

% Daily Value

The % **Daily Value** column in the Nutrition Facts label shows whether a food is high or low in nutrients. A 5% **Daily Value** or lower means that the food provides a small amount of the nutrient. A food with a 20% **Daily Value** or higher gives a large amount of the nutrient.

Use % **Daily Value** to select foods that are low in fat, saturated fat, cholesterol, and sodium and to select foods that are high in fiber, vitamins, and minerals.

A Quick Guide to % Daily Value

- 5% or less is low
- 20% or more is high

Note: Although this label is based on adult needs, it can be used as a general guide for small children.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value

Total Fat 3g 5%

Saturated Fat 0g 0%

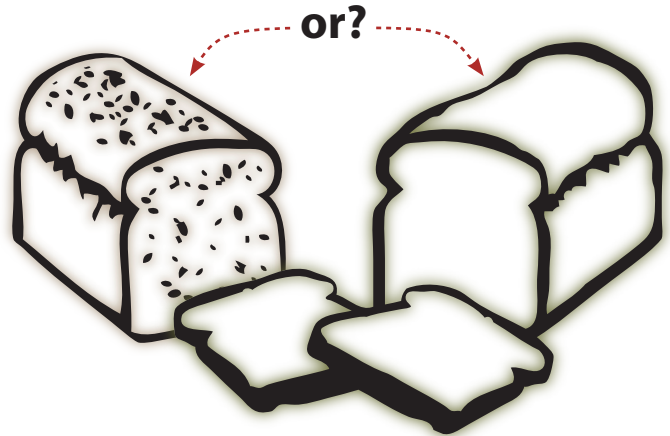
Trans Fat 0g

Confused about Whole Wheat versus Wheat?

Whole wheat bread has the entire wheat kernel and all of the nutrients that naturally occur in wheat, including fiber and micronutrients. The natural color of the wheat kernel contributes to the brown coloring of the bread.

Wheat bread contains mainly enriched white flour. Only part of the wheat kernel is used to make this flour. This flour has been enriched to replace the major nutrients lost during milling. The minor nutrients and fiber are not replaced. The brown color of wheat bread comes from other ingredients, such as molasses.

Today's nutrition experts recommend eating more whole grains to increase our intake of dietary fiber. Diets that are high in fiber may help reduce the risk of some types of cancers and can help lower cholesterol levels.



Healthy Lunch Ideas

*½ tuna sandwich on whole-wheat bread
(made with reduced-fat mayonnaise)*

Mini pretzels

Small green salad

Low-fat milk



Unsweetened, ready-to-eat cereal

Low-fat milk

½ banana

Fresh green beans

Water



Here's a fun meal that your child can help make!

Homemade trail mix (recipe at right)

Carrot sticks

Low-fat milk



Homemade Trail Mix

¼ cup toasted oat cereal

2 tablespoons raisins or chopped dried fruit

1 tablespoon sunflower seeds (without shells)

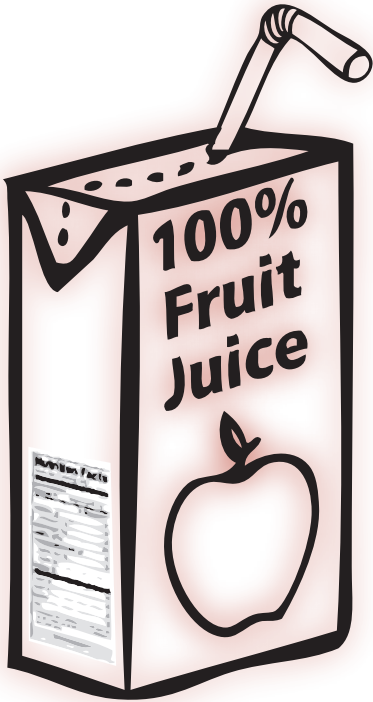
5 pretzel sticks



Place all ingredients in a small, plastic zipper bag. Seal the bag and shake.

the lunch box

Is It Fruit Juice or a Fruit Drink?



Is a beverage real fruit juice or is it an imitation fruit drink?

Use the label to find out.

A juice product that states “100% juice” is made only from fruit juice. This product contains the nutrients that naturally occur in the fruit.

Fruit drinks, fruit-ades, and fruit punches are made mainly of sugar and water. Read the label to learn how much juice is in a product. Most fruit drinks contain less than 10% juice. Fruit drinks may be fortified with one or two of the major vitamins, but they do not have all of the nutrients found in real juice.

For best health, limit 100% fruit juice to no more than 4–6 oz daily for preschool children.

Fruit bits

Fruit rolls

Real fruit

Healthy-Sounding Names

Many foods have healthy-sounding names. Products like fruit bits, fruit rolls, and fruit snacks sound like they are made of fruit. But they are really a form of candy made mainly of sugar, with a small amount of fruit juice concentrate. Don't be fooled by these product names! Put real fruit instead of “fruit snacks” in your child's lunch.

Fruit snacks

Fruit snacks

Fruit rolls

Real fruit

Fruit bits



Granola Bar or Candy Bar?

Here are the first few ingredients on a food label:

Milk chocolate (*made from sugar, cocoa butter, chocolate, lactose, skim milk, milkfat, soy lecithin, artificial flavor*), peanuts, corn syrup, sugar . . .

Is this label from a granola bar or a candy bar?

It's from a candy bar.

These are the first ingredients of another product:

Milk chocolate (*made from sugar, cocoa butter, chocolate, lactose, skim milk, milkfat, soy lecithin, vanillin*), peanuts, corn syrup, sugar, milk . . .

Is this label from a granola bar or a candy bar?

It's from a granola bar.

Many granola bars have ingredients similar to those of candy bars.

Nutritionally, most granola bars and candy bars offer calories mainly from fat and sugar, but little in the way of other nutrients.

DID YOU KNOW?

Sugar has many names. Ingredient labels may list sugar in these ways:

- *corn syrup*
- *honey*
- *corn sweeteners*
- *molasses*
- *high-fructose corn syrup*
- *natural sweetener*
- *invert sugar*
- *malto-dextrin*
- *sugar*
- *brown sugar*
- *any ingredient name ending in -ose (such as dextrose, lactose, and fructose)*

How many sugars are in the following ingredient list?

Unbleached wheat flour, butter, sugar, corn syrup, eggs, dextrose, nonfat milk, baking soda, cream of tartar

Answer: *Three: Sugar, corn syrup, and dextrose.*



Nutrition Facts Label

The **Nutrition Facts label** can help you select healthy foods. This label states the nutritional value in a single serving of the product. It also shows how this food fits into the overall daily diet. For each serving of the product, the label gives the:

- *servicing size*
- *amount of fat, cholesterol, and sodium*
- *amount of carbohydrates, including fiber and sugar*
- *amount of protein*
- *amount this food provides of the daily needs for vitamin A, vitamin C, calcium, and iron (some labels list additional nutrients in this section)*

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 10%

The **Nutrition Facts label** makes it easy to compare two or more products. Let's look at how the Nutrition Facts label can be used to choose a lower-fat alternative to regular potato chips:

Regular Potato Chips

Nutrition Facts	
Serving Size 30g (about 20 chips)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 100
% Daily Value	
Total Fat 11g	17%
Saturated Fat 4g	18%
Trans Fat 0g	

Baked Potato Chips

Nutrition Facts	
Serving Size 1oz. (28g/about 10 chips)	
Servings Per Container About 6	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	

Mini Pretzel Twists

Nutrition Facts	
Serving Size 22 pieces (28g)	
Servings Per Container About 15	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	

The Nutrition Facts labels indicate one serving of each product is similar in size—28 to 30 grams.

- *This serving size of **regular potato chips** has 160 calories and 11 grams of fat.*
- *A similar serving size of **baked potato chips** has 120 calories and only 3 grams of fat.*
- *A serving of the **mini pretzel twists** has 110 calories and 1 gram of fat.*

the Lunch box

SAFE LUNCHES FOR PRESCHOOL CHILDREN

Packing a lunch that will be safe when your child eats it is just as important as packing healthy foods. Children under the age of 5 are at high risk for foodborne illness (food poisoning caused by bacteria).

There are **three** important considerations when selecting foods for safety:

- type of food
- temperature
- time

Teacher
3Teacher
4Activities
6-11Recipes
3Recipes
4s Advisor,
o County.

University of California
Cooperative Extension
San Luis Obispo County

Type of Food

Bacteria that cause foodborne illness grow rapidly in certain types of foods. Meat, poultry, fish, dairy products, soft cheese, and cut fruits and vegetables are most likely to be attacked by foodborne bacteria. When packing these foods in your child's lunch, be sure to pack them safely.

Keep these foods cold:

- meat, poultry, fish

- eggs



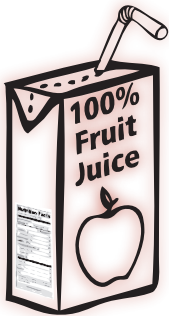
- milk, soft cheese, yogurt

- peeled or cut fruits and vegetables



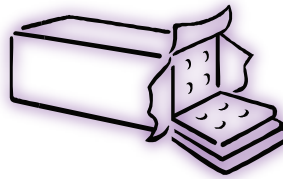
- fruit juice containers that have been opened

- pasta salad



These foods are safe at room temperature:

- bread, crackers, cereal



- peanut butter

- whole, uncut fruit and vegetables

- unopened canned fruit

- dried fruit

- unopened juice boxes

- hard cheese, nuts, and seeds

- unopened cans of tuna, meats, or poultry



Keep these foods hot or cold:

- soups



- chili

- casseroles



- refried or baked beans

Temperature

Follow this saying:

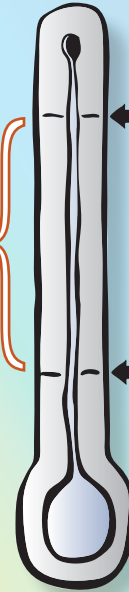
Keep **hot** foods **hot** and **cold** foods **cold**.

Use temperature to keep your child's lunch safe.

Keep foods either above 140°F or below 40°F.

High temperatures kill bacteria and low temperatures slow their growth.

DANGER ZONE



← 140°F (60°C) **HOT**

Bacteria like warm temperatures.

← 40°F (5°C) **COLD**

Temperature Guide to Food Safety

Perishable foods held in the Danger Zone (40°F to 140°F) are subject to rapid growth of bacteria that may cause food poisoning.

Time

Bacteria that cause foodborne illness grow rapidly.

Food can become unsafe to eat in just **2 hours** if left at room temperature.

Foods held at room temperatures above 90°F can become unsafe in 1 hour.

DID YOU KNOW?

- One person in four living in the United States will have food poisoning this year.
- Common food poisoning symptoms are nausea, vomiting and diarrhea. In severe cases, people can die.
- Good hand washing, keeping the kitchen clean, and storing foods at the proper temperature can help reduce food poisoning.
- Unpasteurized milk and juices are not safe for young children. They can be sources of harmful bacteria like E. coli.

Safe Food Tips

Most foods can be packed safely in your child's lunch.

Use these tips to:

- Pack a safe lunch for your child
- Send a greater variety of foods in your child's lunch

Keep It Clean

Every day:

- Wash your child's lunch box or bag inside and out.
- Wash ice packs.

Before you prepare food:

- Wash your hands.
- Clean cutting boards.
- Clean food counters.
- Wash utensils.

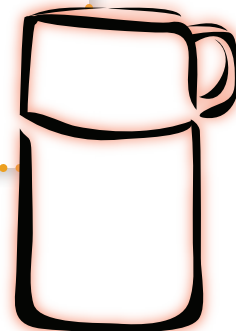
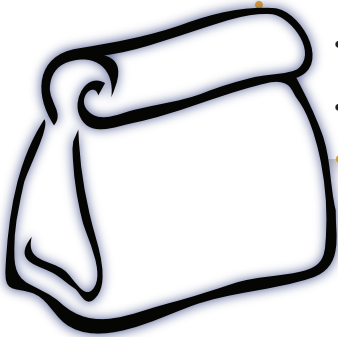
Keep It Cool

- Use an insulated lunch box or bag every day.
- Buy an ice pack and use it every day.
- Pack a chilled sandwich—make it the night before and store it in the refrigerator.
- If your child's school has a refrigerator for children's lunches, use it.



Keep It Hot

- Use an insulated container to send hot foods.
- First, fill the insulated container with boiling water.
- Then let it stand a few minutes.
- Empty the water and add the very hot food.

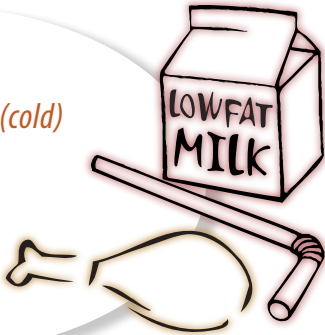


Packing a Safe Lunch

Packing a safe lunch is easier than you may think! Here are some examples:

Example 1

- *baked chicken leg (cold)*
- *cucumber circles*
- *cantaloupe slices*
- *oatmeal cookie*
- *low-fat milk*



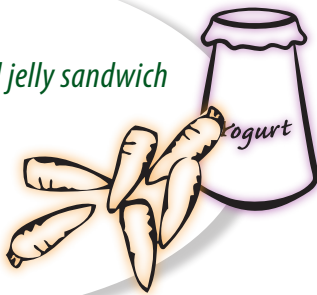
Which foods in this lunch need special handling?

Answer: The chicken, cut vegetable, cut fruit, and milk.

Send this lunch safely with your child by putting the milk into an insulated bottle and packing the entire lunch into an insulated lunch box with a frozen ice pack.

Example 2

- *½ peanut butter and jelly sandwich*
- *yogurt cup*
- *baby carrots*
- *100% orange juice (in a juice box)*



Which foods in this lunch need special handling?

Answer: The yogurt and the peeled carrots.

Send this lunch safely by packing it in an insulated lunch box with a frozen ice pack.

Example 3

- *leftover lasagna*
- *canned fruit cup*
- *water*



Which food in this lunch needs special handling?

Answer: The lasagna.

Send this lunch safely by heating the lasagna and putting it into an insulated container. Or send the lasagna cold in an insulated lunch box with a frozen ice pack.

Example 4

- *bean and cheese burrito*
- *sliced strawberries*
- *water*



Which foods in this lunch need special handling?

Answer: The burrito and cut strawberries.

Send this lunch safely by making the burrito the night before and storing it in the refrigerator. In the morning, pack the entire lunch in an insulated lunch box with a frozen ice pack. The burrito can safely be eaten cold or reheated.

Tips from Preschool Staff

"A local pharmacy gives me ice packs that come packed with prescriptions. They work great for keeping lunches cold."

— Preschool Director

"It's important that parents get in the habit of using ice packs."

— Preschool Teacher

"Ice packs should be used even on cold days."

— Preschool Director

"We let children and parents know that lunches can be stored in our refrigerator. All schools can't offer that, but since we can, we want our families to use the refrigerator."

— Preschool Aide

Another Safety Consideration:

CHOKING

Don't overlook the potential of choking when selecting foods for preschool children. Round foods most commonly cause choking. The American Red Cross indicates that small, dry, hard foods and sticky or tough foods are also common causes of choking.

Foods likely to cause choking are

- whole hot dogs
- hard candy and lollipops
- whole nuts
- whole grapes and cherries
- chewing gum
- popcorn
- spoonfuls of peanut butter
- chunks of food like meat or fruit

Reduce Choking Hazards

The danger of choking can be reduced if you:

- cut grapes and cherries in half
- chop nuts
- spread peanut butter thinly on bread, crackers, or vegetables
- slice or chop chunks of food
- cut hot dogs into quarters lengthwise
- Hard candy and lollipops, chewing gum, and popcorn should not be served to children under 5 years old.

the Lunch box

15 TAKE-ALONG LUNCHES FOR PRESCHOOL CHILDREN

Be Safe: Pack all lunches in an insulated lunch box or bag with a frozen ice pack.

1 ½ turkey sandwich
Carrot sticks
½ banana
Water

2 Celery with peanut butter
2 graham cracker squares
Cantaloupe slices
Low-fat milk

3 Low-fat cheese strips
6 whole-wheat crackers
Tomato wedges
Oatmeal raisin cookie
100% grape juice

4 Ham strips
Small bran muffin
Pineapple tidbits
Low-fat milk

5 Cheese pizza wedge
(small)
Snow peas
100% apple juice

6 ½ peanut butter and
banana sandwich
Broccoli florets
Low-fat milk

7 ½ tuna sandwich
Cucumber circles
Strawberries
Low-fat milk

8 Mini pita with hummus
and lettuce
Orange wedges
Animal crackers
Low-fat milk

9 Low-fat cottage cheese
Pineapple chunks
Bread sticks
Zucchini rounds
Water

10 Homemade trail mix
(recipe on page 2)
Red bell pepper strips
Low-fat milk

11 Bean and cheese burrito
Cherry tomatoes (cut in half)
Peach slices
Water

12 Baked chicken thigh
Graham crackers
Kiwi slices
Low-fat milk

13 ½ roast beef sandwich
Small green salad
(with low-fat dressing)
Grapes (cut in half)
Low-fat milk

14 Leftover casserole
Baby carrots
½ pear
Low-fat milk

15 Unsweetened,
ready-to-eat cereal
Broccoli florets
Tangerine
Low-fat milk

Teacher
4

SON, Nutrition, Family, and Consumer Sciences Advisor,
California Cooperative Extension, San Luis Obispo County.

© 2015 University of California Division
of Agriculture and Natural Resources. All rights reserved.



University of California
Cooperative Extension
San Luis Obispo County

Homemade Trail Mix

- ¼ cup toasted oat cereal
- 2 tablespoons raisins or chopped dried fruit
- 1 tablespoon sunflower seeds (without shells)
- 5 pretzel sticks



Place all ingredients in a small, plastic zipper bag. Seal the bag and shake.



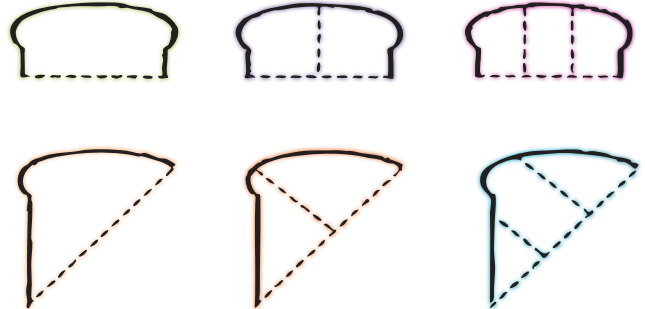
Reduce Fat

Cut down (but don't eliminate) fat in your child's diet by choosing

- low-fat and fat-free dairy products (milk, cheese, yogurt)

Add More Variety

Pack interesting sandwiches for your child's lunch by using different types of breads and fillings. Cut sandwiches into fun shapes using a cookie cutter or these ideas:



- lean meats, poultry, and fish (prepared with no added fat)
- tuna packed in water
- low-fat or fat-free mayonnaise
- fat-free snacks like pretzels

Reduce Added Sugar

Pack a healthier lunch by choosing foods with little or no added sugar.

Use

- *fresh fruit*
- *100% fruit juice*
- *fruit canned in juice*
- *unsweetened ready-to-eat cereal*

Instead of

- *fruit bits, fruit snacks, fruit rolls*
- *fruit drinks*
- *fruit canned in syrup*
- *presweetened ready-to-eat cereal*

Tip: Keep cut fruit from turning brown by dipping it in pineapple juice before you pack it in the lunch.



This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by the ANR Associate Editor for Nutrition and Food Safety.

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096. **For information about obtaining this publication, call (800) 994-8849. For downloading information, call (530) 297-4445.**

Nutrition Matters!**Family Connections: Parent Home Study Letter****Dear Parent/Guardian,**

We will be growing an edible garden -- full of good, nutritious plants we can eat. They give us vitamins, minerals and fiber. The lesson for today was ***The Magical World of Fruits & Vegetables***. For your information, there is one ***Picture Garden*** (indoors) and a ***Surprise Garden*** (outdoors). We encourage you to listen to what your child has to share about his/her gardening experience. Please ask your child:

1. What are some of the things plants need to grow in the garden?

Answer: *Plants need soil, water, sun and food.*

2. Where do the fruits and vegetables we eat come from?

Answer: *All the fruits and vegetables we eat come from a garden or a farm. They are plants and they grow from a seed.*

3. Do you have to eat fruits and vegetables everyday?

Answer: *Everyday, different is better*

Answer: *Yes, I have to eat 5 a day of more.*

4. Do you have to eat fruits and vegetables everyday?

Answer: *Yes, I have to eat 5 a day or more.*

5. Name two vegetables that you like to grow and eat.

Answer: *Child's preference*

Dear Parent: We need volunteers for our garden. If you would like to help us please call:

My phone number is:

THANKS

Nutrition Matters!

Early Childhood Education Curriculum

Module II: From the Garden to the Classroom

Family Connections: Parent Home Study Letter**Dear Parent/Guardian,**

Today we began to plant our seeds in the garden. The title of the lesson was ***Planting a Surprise Edible Garden***. We are taking care of the seeds we planted last week and they are becoming seedlings. We are also taking care of our Seed Viewer and observing what is happening with the large seed. Outside in the garden we planted our first seeds which we will be eating as part of snack. Listen to your child and discover what he/she has learned today. Please ask your child:

- 1. What kind of seeds did you plant in the garden today? Was it difficult? Were they large or small?**
- 2. What kind of fruit or vegetable will you get? Do you know how long will it take to grow?**
- 3. What kind of snack did you eat today?**



Dear Parent: We need volunteers for our garden. If you would like to help us please call:

My phone number is:

THANKS

VISIT US ON THE WEB!
<http://ceplacer.ucdavis.edu>

For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350
Fax: (530) 889-7397
Email: ceplacer@ucdavis.edu



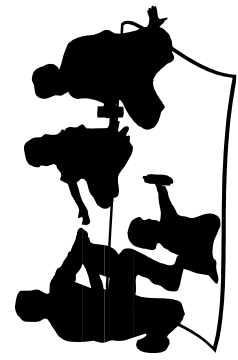
ANR UNIVERSITY of CALIFORNIA
Agriculture & Natural Resources

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristic), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam-era veterans or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities or with respect to any of its employment policies, practices, or procedures. University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200; (510) 987-0096

University of California, United States Department of Agriculture,
Placer and Nevada Counties Cooperating

HELPFUL TIPS IF TIME IS AN ISSUE

- Bring home healthy pre-made foods; roasted chicken, pre-cut salad, whole wheat dinner rolls, and/or fresh fruit.
- If you make your meal at home, make enough to have leftovers the next day.
- Don't limit the family meal to dinner, breakfast works too.
- If you eat out, find a "kid friendly" restaurant; try to sit where it is quiet, and choose healthy foods.
- Picnics at the baseball field or dinner in the lunch room at work can be great places for family meals.



Teacher
1



FAMILY MEALTIME: TAKE A NEW LOOK



Program for Families with Young Children

Nutrition Coalition

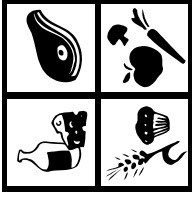
Supported by First 5 Placer County Children and Families Commission

IMPORTANCE OF FAMILY MEALTIME

How many times a week do you and your family share a meal? Did you know family meals have shown to benefit the growth and future habits of your children?

With the fast pace of today, family mealtimes are being replaced by eating on the run and the "drive-thru". However, it is still possible to make time for a family meal.

The first 5 years of a child's life are vital stages of growth. The way we feed our children will effect them now and for the rest of their lives. The family meal is a great way to support the healthy growth of children.



WHAT DO CHILDREN GET OUT OF IT?

- They eat a wider variety of more nutritious foods.
- They are more likely to eat enough fruits and vegetables.
- They learn good eating habits.
- They learn table manners, cooperation, and other good behaviors from adults.
- They learn about food safety, such as the importance of hand washing before eating.
- They learn verbal skills and have a broader vocabulary.
- They gain a better sense of safety and belonging within the family.
- They learn how to make meals.

A SIMPLE GUIDE FOR THE FAMILY MEAL:

- Plan days and times of meals in advance with all family members.
- Share in meal tasks, even small children can help with small jobs.
- Offer a variety of nutritious foods and try new things.
- Turn off TV's, radios, and let the answering machine pick up the phone.
- Talk about positive topics at the table.



- Have meals last at least 20-30 min. It helps adults not to overeat and it allows young children to finish without being rushed.
- Be patient with young children; they are still learning how to eat and can be messy.
- Be a good role model for children. If they see you doing it, they will do it too.

VISIT US ON THE WEB!
<http://ceplacer.ucdavis.edu>

For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350
Fax: (530) 889-7397
Email: ceplacer@ucdavis.edu



Program Partners
UC Cooperative Extension
WIC (Women, Infants, & Children)
Head Start/Placer Community Action Council



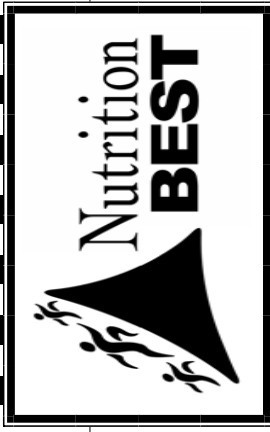
The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristic), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam-era veterans or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities or with respect to any of its employment policies, practices, or procedures. University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200; (510) 987-4096

University of California, United States Department of Agriculture,
Placer and Nevada Counties Cooperating

DID YOU KNOW?

- A fast food child's meal with chicken, dipping sauce, small french fries and a child size soda can contain:
 - 5.25 tsp fat
 - 9.75 tsp sugar
- A grilled chicken sandwich and low-fat milk only contains:
 - 2.5 tsp fat
 - 1.75 tsp sugar

Of these two meals, which would you choose for yourself or your children?



**FAST FOOD:
THE
HEALTHIER
WAY**



Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

TYPICAL FAST-FOOD IS...

Typical fast-food is generally high in:

- fat
- saturated fat
- cholesterol
- sugar
- salt

These foods may also be lacking in many vitamins and minerals that are usually found in fruits and vegetables. For children, eating regularly at fast-food restaurants can create unhealthy eating habits.

Eating fast-foods occasionally is not a problem, but eaten regularly over a lifetime it can promote serious health risks. This is why it is OK to offer children fast-food once in a while, but not on a regular basis.

CHOOSE HEALTHIER FAST-FOOD

When choosing fast-food try to do the following:

- Order milk, instead of soda.
- Choose grilled items, NOT fried.
- Share meals.
- Order side salads with low-fat dressing instead of french fries.
- Ask for ketchup and mustard instead of mayonnaise.
- Don't super size.
- On fast-food days, bring some snacks from home such as carrot sticks, or a banana.



TRY ONE OF THESE ITEMS NEXT TIME!

- Grilled chicken sandwich with ketchup and/or mustard, instead of mayonnaise.
- Small hamburger with ketchup and/or mustard, instead of mayonnaise (ask for extra produce if available).
- Chicken soft taco.
- Bean burrito.
- Green salads with low-fat or fat-free dressing.
- Cheese pizza with regular crust and vegetable or chicken toppings.
- Rotisserie chicken.
- Corn on the cob.
- Deli sandwich with low-fat meats and spread.
- 1% milk.
- 100% fruit juice.
- Baked potato with low-fat toppings or smaller topping portions.
- Yogurt parfait.

VISIT US ON THE WEB!
<http://ceplacer.ucdavis.edu>

For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350
Fax: (530) 889-7397
Email: ceplacer@ucdavis.edu



Program Partners
UC Cooperative Extension
WIC (Women, Infants, & Children)
Head Start-Placer Community Action Council



The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristic), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam-era veterans or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities or with respect to any of its employment policies, practices, or procedures. University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200; (510) 987-0096

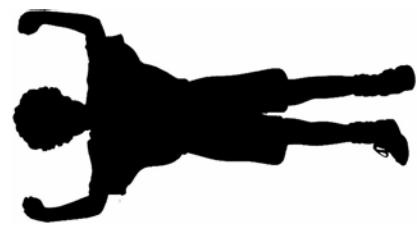
University of California, United States Department of Agriculture,
Placer and Nevada Counties Cooperating

TIPS TO GET MORE IRON

- **Add a little bit of meat to other foods.** This helps your body use the iron in the other foods. Small amounts of meat are good for your health. Try to eat low-fat meats!
- **Cook foods in cast iron skillets, pot, or pans** (they are heavy and black).
- **Soak dry beans** for several hours in cold water before you cook them. Pour off the water and use new water to cook the beans. This way your body will use more of the iron in the beans.
- **Allow children to drink only 2 to 3 cups of milk per day.** Milk is low in iron and can fill them up so they are not hungry for iron rich foods.



**IRON:
THE KEY TO
STRONG
BLOOD**



Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

WHY DO CHILDREN NEED IRON?

Iron is a mineral needed by everyone to keep blood strong. Iron is especially important for children because they are growing. If children do not have enough iron in their blood, they develop anemia. Anemia can cause your child to:

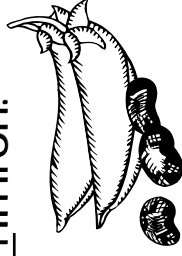
- Look pale, feel tired and weak; act cranky.
- Eat poorly.
- Not grow well.
- Get sick more easily, get infections and headaches.
- Have trouble learning and do poorly in school.

In order for children to get enough iron, they need to eat foods high in iron.

FOODS HIGH IN IRON

Foods VERY HIGH In Iron:

- Beef
- Pork
- Cooked beans
- Cereals with iron added (check the label)
- Baby cereals with iron



Foods HIGH In Iron:

- Chicken
- Turkey
- Canned tuna fish, shrimp, clams
- Tofu
- Corn or flour tortillas, enriched (check the label)
- Rice or pasta, enriched (check the label)
- Spinach, chard, collards
- Prune juice
- Dried fruit
- Peas and snow peas

VITAMIN C AND IRON

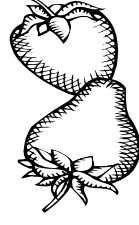
Eat Vitamin C Foods

With Iron Foods. Vitamin C foods help the body use iron. Here are some examples:

- Drink orange juice with breakfast cereal.
- Cook beans with tomatoes.
- Eat peanut butter crackers and orange juice for a snack.

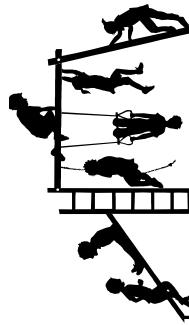
Foods HIGH In Vitamin C:

- Tomato
- Potato
- Broccoli
- Cauliflower
- Cabbage
- Bell pepper
- Orange
- Cantaloupe
- Strawberry
- Grapefruit



REASONS TO TURN OFF THE TELEVISION

- You can spend more time with your child.
- Your child will have more time to play and be creative.
- Your child will be exposed to fewer commercials for toys, fast foods, snacks, cookies, sugary cereals, sodas, etc.



Your child can benefit from watching less television.

Creating healthy eating habits from the start.

Additional information available at:

- American Academy of Pediatrics
<http://www.aap.org>
- Bright Futures
<http://www.brightfutures.org>
- KidsHealth
<http://www.kidshealth.org>

Visit us on the web!

<http://ceplacer.ucdavis.edu>

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350

Fax: (530) 889-7397

Email: ceplacer@ucdavis.edu

Program Partners

UC Cooperative Extension
WIC (Women, Infants, & Children)
Head Start-Placer Community Action Council



UNIVERSITY of CALIFORNIA
**Agriculture &
Natural Resources**

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristic), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam-era veterans or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities or with respect to any of its employment policies, practices, or procedures. University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200; (510) 987-0096

University of California, United States Department of Agriculture,
Placer and Nevada Counties Cooperating

Nutrition
BEST

OPPORTUNITIES ABOUT WITH NO TV AROUND



Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

TV-FREE ACTIVITIES TO DO WITH YOUR CHILD

- Dance
- Bike (or tricycle) ride
- Read together
- Go for a swim
- Play catch or ball
- Sing
- Take a walk
- Play with blocks
- Garden
- Do an art project
- Build a sand castle
- Draw or color
- Go to the park
- Cook – your child can help measure or stir
- Play Simon Says or other games



Your child can help you plant, weed, water, or harvest!

BE A GREAT ROLE MODEL

- What a parent does, or doesn't do, influences a child's health behaviors.
- How much TV do you watch? How active are you?
- Set a good example for your child by exercising.



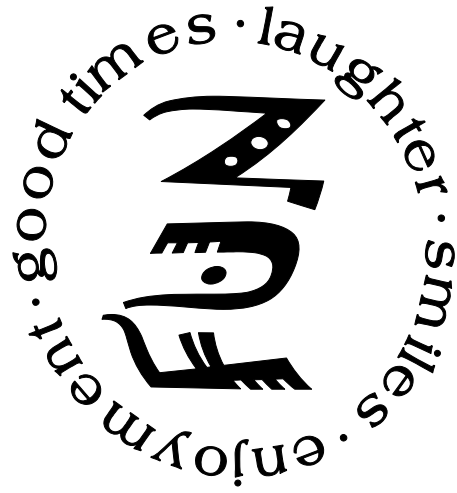
Basketball, soccer, softball, biking, and running are some activities parents can be involved in.

WAYS TO ENCOURAGE JOYFUL MOVEMENT

- Participate in joyful movement with your child (together you can: pull out the bikes/tricycles and go for a ride, go for a walk and look for different animals, play in the sand, etc.).
- Encourage your child to participate in active play.
- Provide opportunities for active play (play groups, parks, etc.).

OUTDOOR SAFETY CONSIDERATIONS

- Wear sunscreen – at least SPF 15.
- Watch children as they cross the street.
- Wear bike helmets – children and adults.
- Never leave a child in, or near, a pool without adult supervision.
- Avoid playing and jumping on trampolines.



THINGS TO AVOID

- Making children clean their plate.
- Don't give food as a reward, punishment, or a BRIBE.
- Don't give attention to bad behaviors.
- Short-order cooking for children.

A Time To Learn

- Meals are a great learning time for children. To make this a good experience and to avoid food battles remember:
- Don't focus attention on bad behavior.
 - It is OK if your child skips a meal once in a while.
 - Give children a five minute warning before meals.
 - Allow time for your child to calm down before eating.
 - Serve a variety of healthy foods.

VISIT US ON THE WEB!

<http://ceplacer.ucdavis.edu>

For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

Nutrition BEST
University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603

Phone: (530) 889-7350

Fax: (530) 889-7397

Email: ceplacer@ucdavis.edu



UNIVERSITY of CALIFORNIA
**Agriculture &
Natural Resources**

The University of California prohibits discrimination against or harassment of any person employed by or seeking employment with the University on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristic), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam-era veterans or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities or with respect to any of its employment policies, practices, or procedures. University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200; (510) 987-0096

University of California, United States Department of Agriculture,
Placer and Nevada Counties Cooperating



FEEDING CHALLENGES: TIPS FOR PREVENTING HASSLES



*Program for Families with
Young Children*
Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

YOUR ROLE AT MEALTIME

Children who have good experiences with healthy food have better eating habits. As a parent, your role is to decide **WHAT** and **WHEN** food is offered, and children decide **HOW MUCH** they are going to eat. This way parents can offer healthy choices, but children still have control over what they eat.

Here are some other tips to encourage good food experiences and avoid struggles:

- Offer a variety of healthy foods. (Be creative)
- Serve meals and snacks at regular times each day.
- Make mealtimes happy times.
- Be a good role model.
- Make sure everyone eating is offered the same foods.



SOME TIPS ON COMMON CHILDHOOD EATING STRUGGLES

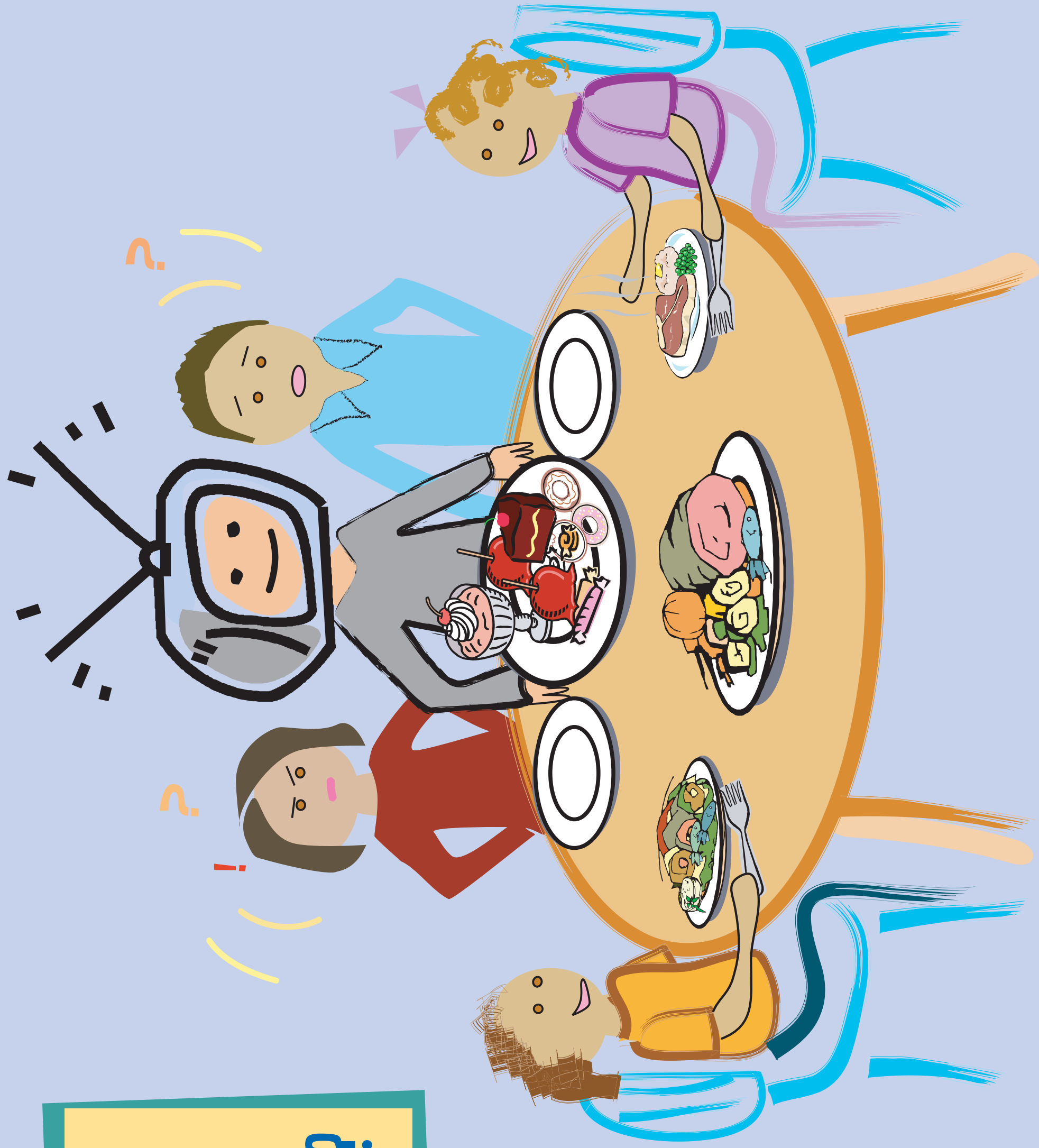
Struggle:	Strategy:	Struggle:	Strategy:
<p>Food jags usually don't last long enough to cause problems in your child's health. Allow the child to eat the food, if it is a healthy food. Keep offering other healthy foods also.</p> <p>Food Jags: wanting to eat only one kind of food for every meal.</p>	<p>Request that your child eat the foods he or she likes. If the child keeps complaining and won't eat, it is OK to send them to their bedroom. Wait until the next meal or snack to offer food again.</p> <p>Complaining: whines about food served for meals or snacks.</p>	<p>Don't force your child to eat other foods. The more attention you give to finicky eating the more finicky children become. Keep offering healthy foods. Encourage a taste of new foods.</p> <p>Finicky Eaters: eats only a few foods. For example, white bread, potatoes, macaroni, and milk.</p>	<p>Continue to offer new foods over time. It may take many tries before your child will try a new food. Encourage your child to taste but don't force the new food.</p> <p>Fear of New Foods: refusing to try new foods</p>
<p>Serve some food your child likes at meals. If your child refuses all foods at a meal, they will not starve; chances are they will be eager to eat the next meal or snack. Avoid being a short-order cook.</p> <p>Food Strikes: refusing food that has been made for a meal.</p>	<p>Food jags usually don't last long enough to cause problems in your child's health. Allow the child to eat the food, if it is a healthy food. Keep offering other healthy foods also.</p>	<p>Turn the TV off during meals. It will distract from your child's eating and with positive family time.</p> <p>TV at Dinner: wants to watch TV during meals.</p>	

WHERE DOES TV FIT INTO YOUR FAMILY PICTURE?

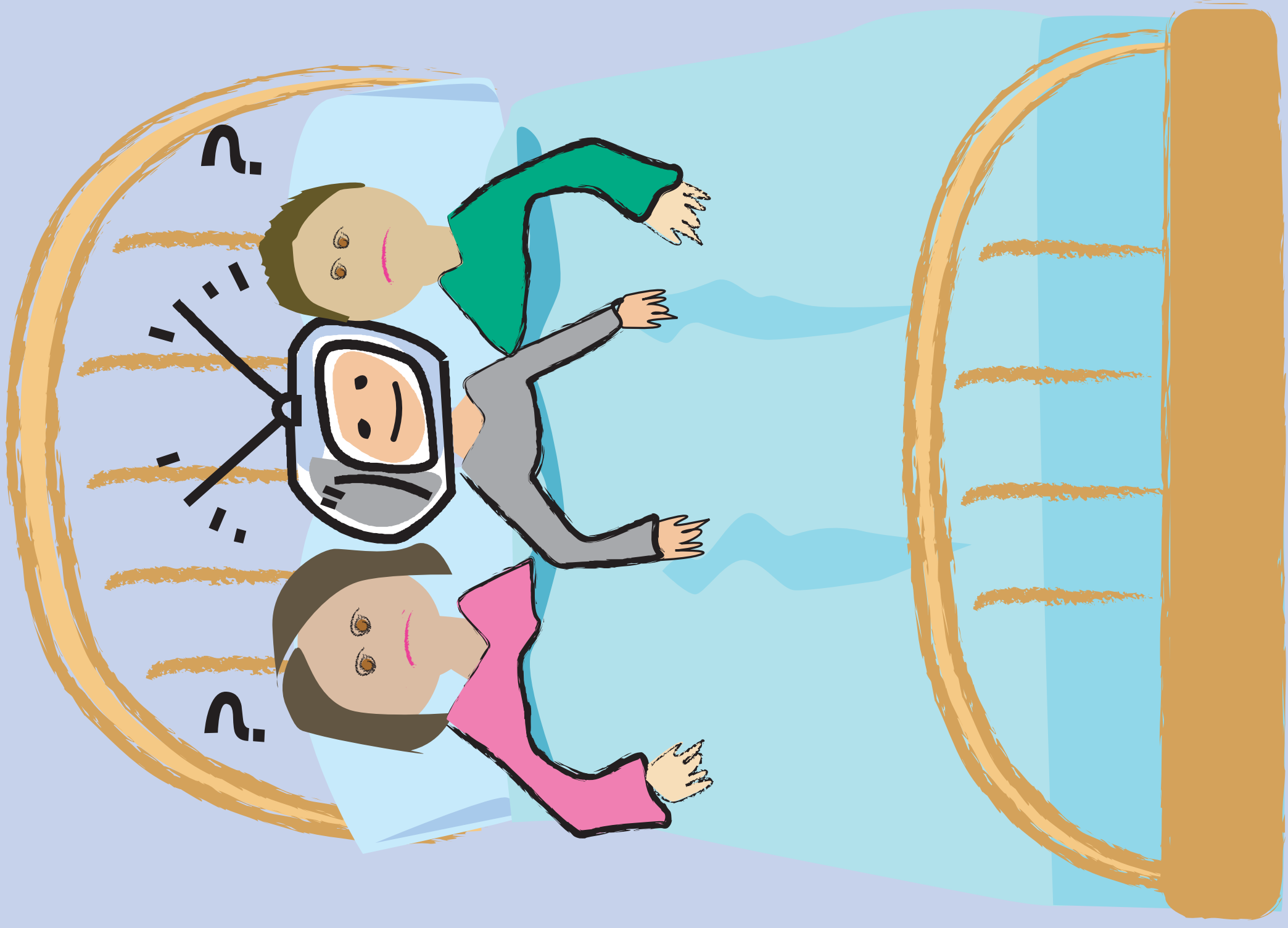


WHEN IS THE TV ON IN YOUR HOUSE?

Is TV
on at
Mealtime?



IS TV IN YOUR BEDROOM?

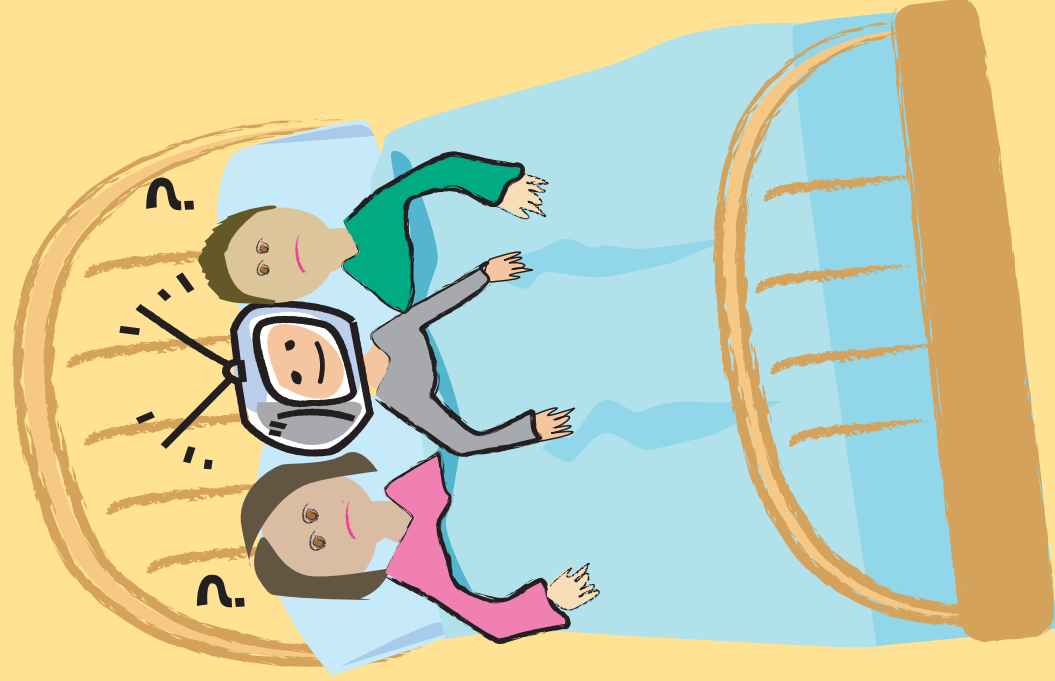


WHEN IS TV ON IN YOUR HOUSE?

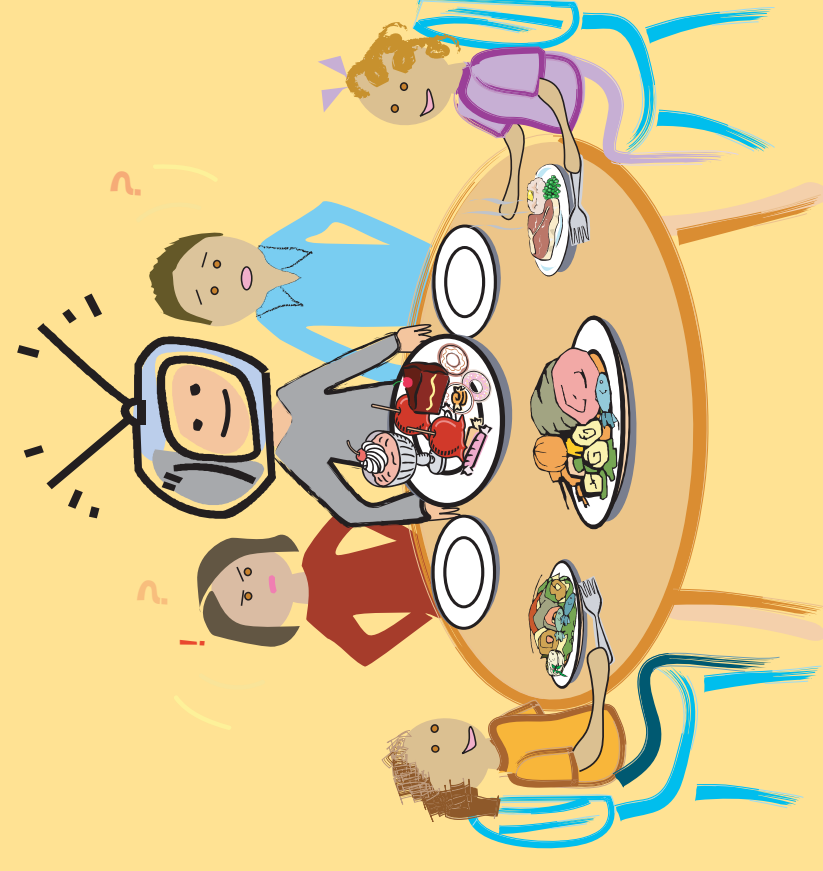
Is it a babysitter?



IS TV ON WHEN YOU....



.... eat dinner?



.... go to bed?

.... do chores?

I LOVE ALL THE OUTSIDE
PASTIMES...



BASEBALL... FISHING...
RIDING A BIKE...



PLAYING OUTDOOR SPORTS...



ON MY VIDEO GAME.

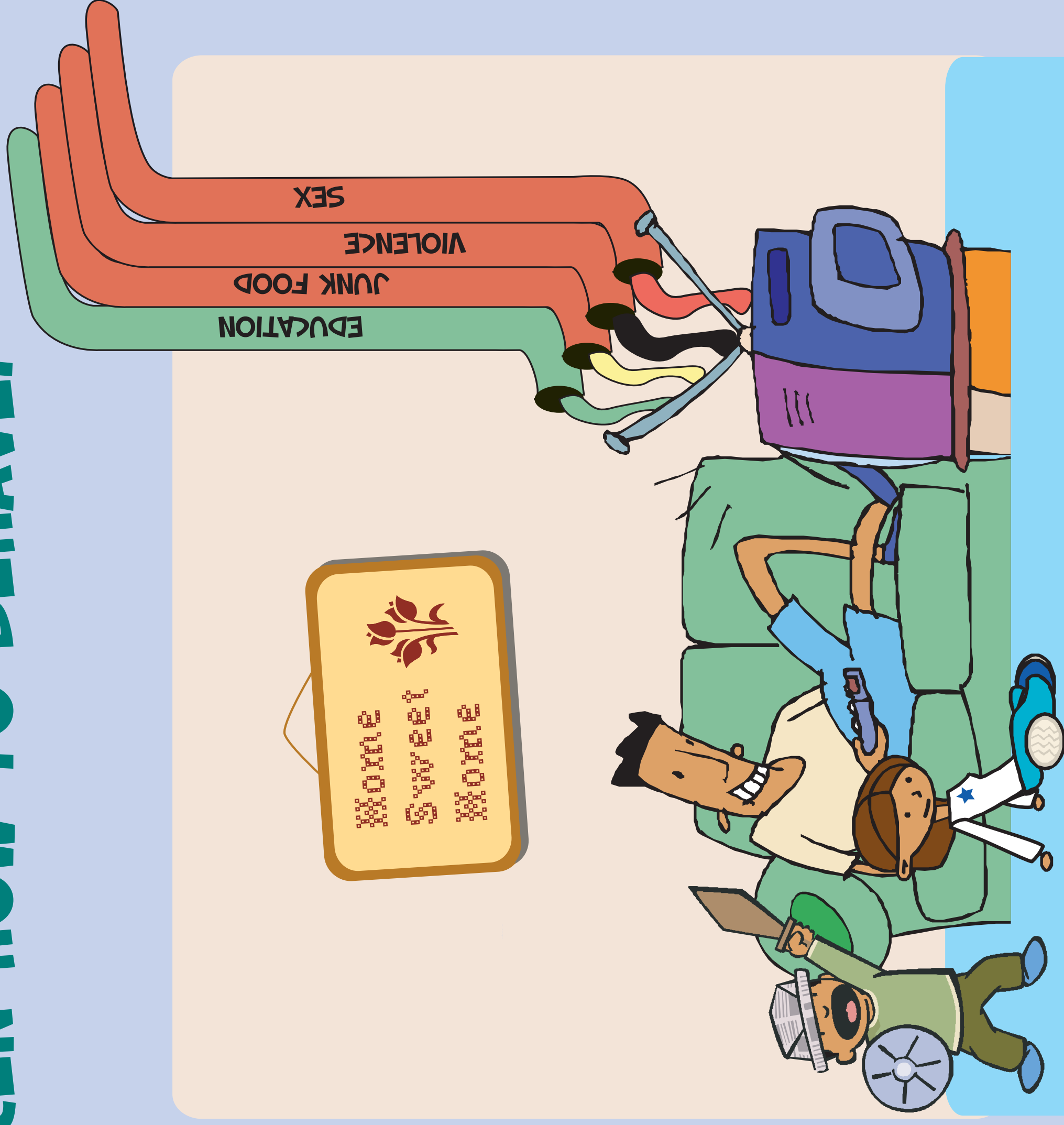


HOW MANY MINUTES A DAY DO YOUR CHILDREN SPEND PLAYING GAMES ON THE COMPUTER?

DO STRANGERS ON TV TEACH YOUR CHILDREN HOW TO BEHAVE?

How do you monitor what your children watch on TV?

How does TV affect what your children wear, eat and behave?



DID YOU KNOW THAT TV CAN HARM CHILDREN AND FAMILY LIFE?

FACTS:

The average American child sees 200,000 violent acts on TV by the age of 18.



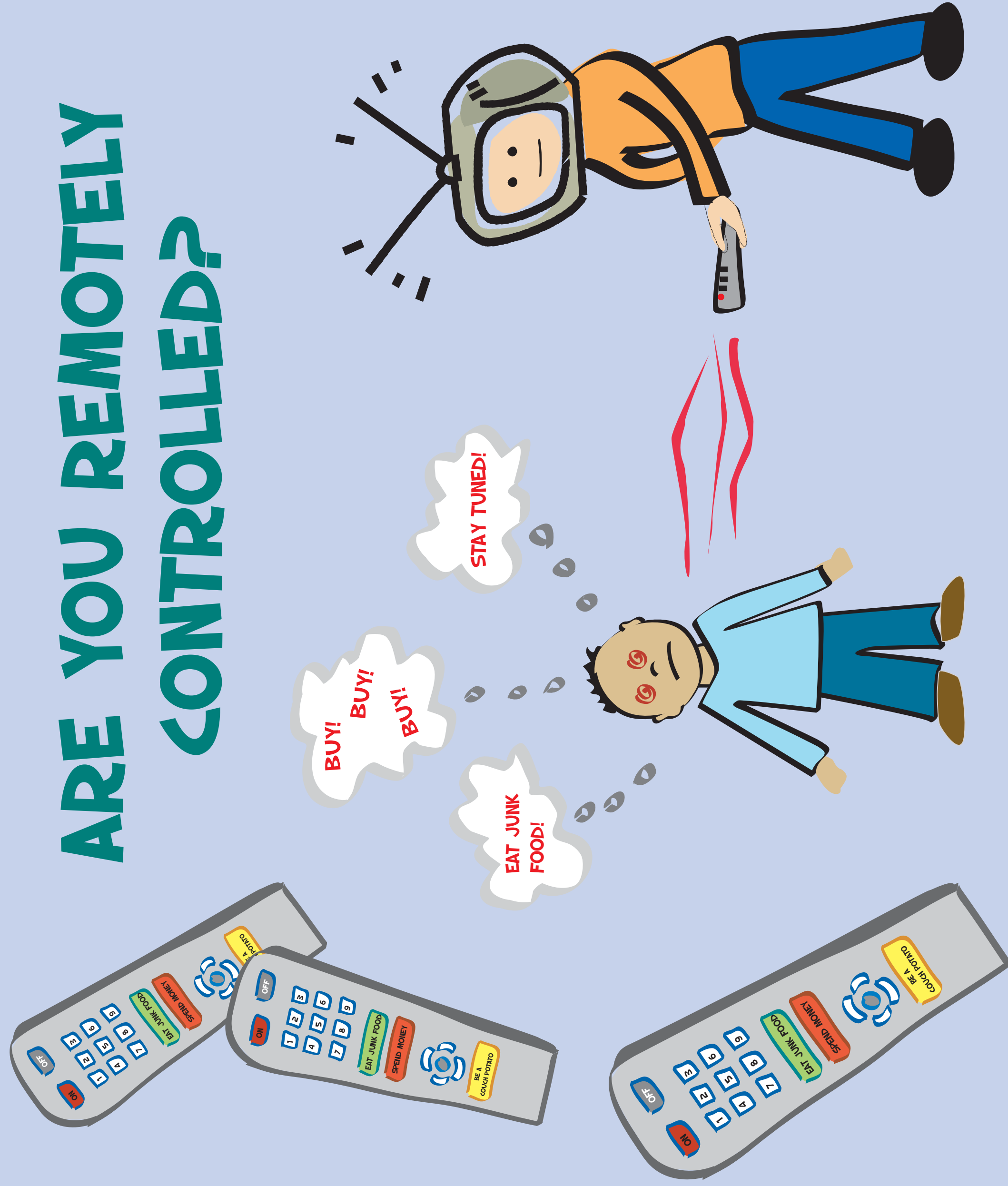
In children, seeing violence can make . . .

- ... violence normal, either as the victim or the victimizer.
- ... children become frightened, worried or suspicious.

40% of families say that they usually or always watch TV during dinner.

54% of 4-6 year olds, when asked, would rather watch TV than spend time with their fathers.

ARE YOU REMOTELY CONTROLLED?



How does TV influence the way you spend your money & time?



Funded by KAISER PERMANENTE
Healthy Eating, Active Living Initiative

DID YOU KNOW THAT TV CAN INTERFERE WITH HEALTHY ACTIVITIES?



(LIKE PHYSICAL ACTIVITY, COMMUNICATION, CREATIVE PLAY, SLEEP, QUIET TIME, SUCCESS IN SCHOOL AND READING).

FACTS:

Children spend more time watching TV (1023 hours/year) than in school (900 hours/year).

Children who watch less TV are less aggressive, ask for fewer toys, and are less likely to be overweight.

Students who watch less than one hour of TV each day are more likely to do better in school.

90% of Saturday AM television commercials are for candy bars, sugary cereals, and other junk food of little nutritional value.

AMERICAN ACADEMY OF PEDIATRICIANS RECOMMENDATIONS FOR TV

Children under 2 years old should not watch television at all

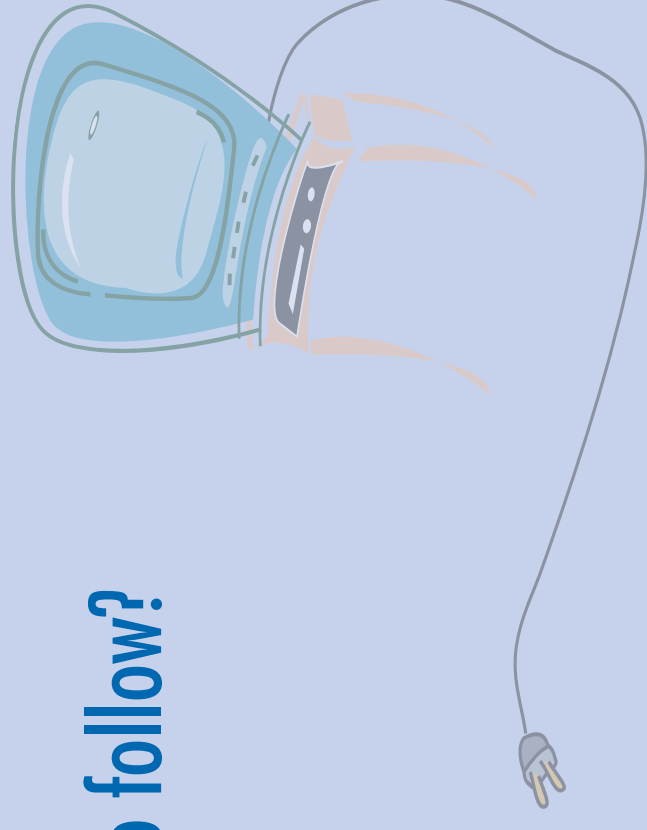
Children over 2 years old should watch
less than 2 hours of quality TV/day

Children should not have a
TV in their bedroom



Which recommendation would be hard for your family to follow?

How much TV is right for your family?



WHAT CAN REPLACE TV?



Did you know that quiet time is ok?

Children and adults need quiet time. If the children say that they are bored, it is ok.

Boredom will help children to learn to decide what to do (by themselves) and get creative.

What are other family activities you can do?

What are your favorite alternatives to TV?

For example:

- Reading corner
- Pretend corner
- Art corner



PARENTS HAVE THE POWER!

To Limit TV and Be a Healthy Family

WHAT STEPS ARE YOU READY TO TAKE?

Turn off TV when no one is watching

Turn off TV one night a week

Turn off TV during mealtime

Monitor TV shows your children watch

Limit TV and video games to less than 2 hours a day

Take TV out of your children's bedroom

Plan family activities other than TV

Cancel Cable TV

