



Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **2**

MyPlate: Variety counts when making healthy food choices



Use MyPlate to remind you and your family to choose a variety of foods when planning a meal. A healthy meal starts with more fruits and vegetables and smaller amounts of grains and protein foods. Dairy foods can be milk or low-fat foods like cheese added to the meal, or yogurt with fruit as a dessert.

What can you do to help your child choose a variety of foods?

Children love to be involved in choosing food.

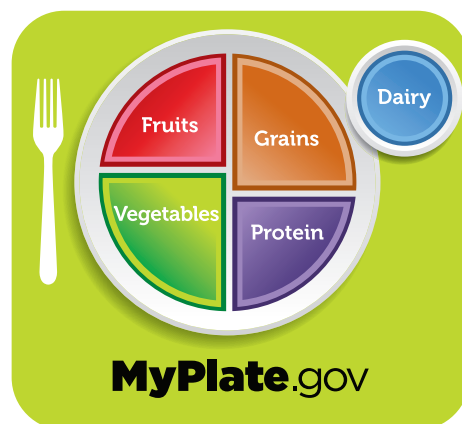
Make a healthy recipe together. The Stir-Fried Rice recipe on the back uses foods from all the food groups, except fruits. Serve with a piece of fruit and you've got a healthy plate like MyPlate.

Children can learn about healthy eating and becoming more active from reading books. Want to find books on those topics to read with your child?

Go to our Goodreads account

<http://umurl.us/OLPI>

(Case-sensitive URL)



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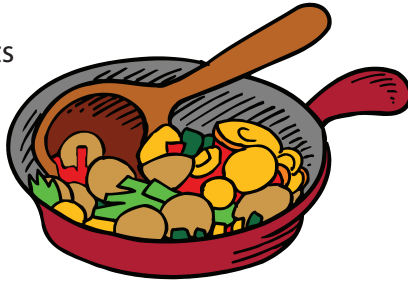


Your children learn by watching you. Choose a variety of foods and be physically active, and they will, too!

Kids in the Kitchen

Your child gets to practice skills like:

- beating eggs
- mixing ingredients



Recipe

Stir-Fried Rice

(Makes 4 servings)

Ingredients:

- 1 tablespoon vegetable oil
- 2 egg (beaten)
- 3½ cups brown rice, cooked
- 1 cup chicken breast, ham or pork, cooked (and chopped)
- 1 cup frozen mixed vegetables
- 2 green onion (sliced)
- soy sauce or hot sauce (optional, to taste)

Directions:

1. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
2. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan.
4. Add meat and vegetables. Stir fry until heated.
5. Add green onions, reserved eggs and sauce to taste. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

Don't forget!

Move more — together!

Physical activity is an important part of good health. Make family time active time. Do things together such as walking in the park, playing games and swimming. Here are other ideas to help you get moving with your child:

- Play music and dance together.
- Move like the animals. Prowl like a tiger, fly like a bird, hop like a bunny, slither like a snake.
- Walk together in every season. Look for tracks in the snow or new flowers in the spring. Find fun shadows in the summer. In the fall, collect leaves.



Why choose brown rice?

Brown rice is a whole grain. It has important nutrients such as zinc, magnesium, B vitamins and fiber. White rice loses fiber during processing.

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms>.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.