



Food Group Express

Second-grade nutrition education newsletter

Lesson **1**

Get on the express to good health

Choosing a variety of foods is your family's ticket to good health. Your children learn by watching you. Choose a variety of foods and they will too!



Sandwiches and stir-fry dishes bring variety to your food choices

Don't think you can include foods from all the food groups in your sandwich?

Think again! Here's a sandwich suggestion that includes foods from all the food groups:

Grain group: 100-percent whole-wheat bread

Vegetable group: tomato or green pepper rings

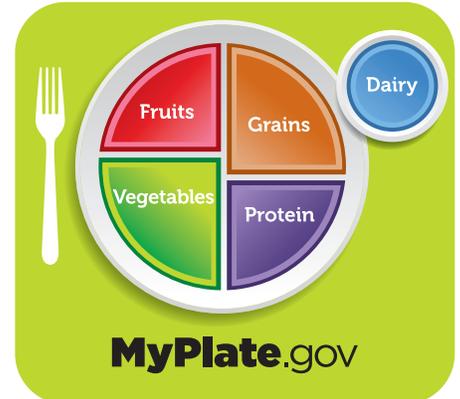
Fruit group: 1 pineapple ring

Protein foods group: deli turkey meat

Dairy group: slice of cheese

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

Children love to be involved in choosing food. Make the recipe provided together. It uses foods from all of the food groups.



U.S. Department of Agriculture. MyPlate.gov

MyPlate is your plate!

Use MyPlate to remind you and your family to choose a variety of foods when planning a meal. A healthy meal starts by filling half your plate with fruits and vegetables. Add smaller amounts of grains and protein foods to the other half. Dairy foods can be added in the form of milk, cheese added to a dish or yogurt with fruit as a dessert.

Tacos, soups, stews and casseroles are good choices to help you include foods from all (or most of) the food groups. Sit down with your child and brainstorm what ingredients could go in these dishes.

What other dishes can you and your child plan that include all of the food groups?

Kids in the Kitchen

Your child gets to practice skills like:

- wash celery and grapes and cut with a plastic knife
- stir ingredients

Recipe

Chicken Salad Sandwich

Makes 4 serving

Ingredients:

- 3 cups diced cooked or canned chicken
- 4 stalks celery (cut into small pieces)
- 1½ cup grapes (sliced in half)
- ¾ cup (or 6 ounces) plain Greek yogurt
- 100-percent whole wheat bread or pita

Directions:

1. Wash hands and surfaces.
2. Mix chicken, grapes, celery, and yogurt in a bowl.
3. Add chicken mixture to bread or pita.
4. Refrigerate leftovers immediately.



Add walnuts and spinach for an extra boost of nutrition.



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.

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-0>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance