



Building MyBody

Third-grade nutrition education newsletter

Lesson 2

The wide world of carbohydrates

Explore the new!

Help your child to learn to try new whole-grain foods, fruits and vegetables. Why? These foods provide a variety of important vitamins and minerals which help the body function at its best. These also provide fiber for a healthy digestive system and carbohydrates for energy.

Try some “unfamiliar” choices instead of “familiar” ones. Your children take their lead from you and watch what you do. If they see you eating some of the “unfamiliar” foods they are more likely to do so, too. Try them together!

Familiar:	Unfamiliar:
Grains	
popcorn white rice saltines flour tortillas pasta	brown or wild rice whole-grain crackers whole-grain tortillas whole-wheat couscous quinoa bulgur
Fruits	
apples bananas strawberries blueberries grapes cantaloupe honeydew watermelon oranges pears plums peaches	apricots raspberries cherries kiwifruit mangoes nectarines papaya kumquats pomegranate prunes tangerines



Use the Seasonal and Simple app or website to help you and your kids try new fruits and vegetables.

- Have your children choose a fruit or vegetable from the lists on these pages. Go to <http://seasonalandsimple.info/> to find a recipe with that fruit or vegetable.
- Take a trip to your local farmers market with your children. Seasonal and Simple will show you farmers markets in your area.
- Go to the library to find a book on fruits and vegetables or search the web. Learn more about an unfamiliar fruit or vegetable that your child chooses. If it is grown in Missouri or a surrounding state, you can learn more about it from Seasonal and Simple.



- Go to the bulk food section or pasta section of your grocery store. Choose an unfamiliar grain to prepare at home.

Familiar:	Unfamiliar:
Vegetables	
broccoli lettuce (iceberg, romaine) carrots pumpkin sweet potatoes cabbage cauliflower celery cucumbers peppers green beans tomatoes	bok choy kale spinach collard greens squash jicama asparagus beets eggplant okra parsnips turnips zucchini
<p><i>Note: Some foods in the unfamiliar category may be familiar to you and your child. Other choices may be substituted for the items listed.</i></p>	

What can you do with your kids to try new grains?

If possible, include your child in the preparation of the new grain.

- Have your kids choose an unfamiliar grain from the lists above. Search online for a recipe with that grain.

Make family time, active time

Your children take their lead from you and watch what you do. Plan activities as a family.

What can you do to be more active with your children?

- Go to the local farmers market. Explore new fruits and veggies and get some activity at the same time.
- Find a pick-your-own farm near you at <http://www.pickyourown.org/MO.htm> and get some activity as you pick fruits and veggies.

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>.

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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