



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **1**

Grains, fruits and vegetables

What do these foods have in common?

Grains, fruits and vegetables provide fiber, vitamins and minerals that we need for good health. Fiber fills you up, and it helps reduce constipation.

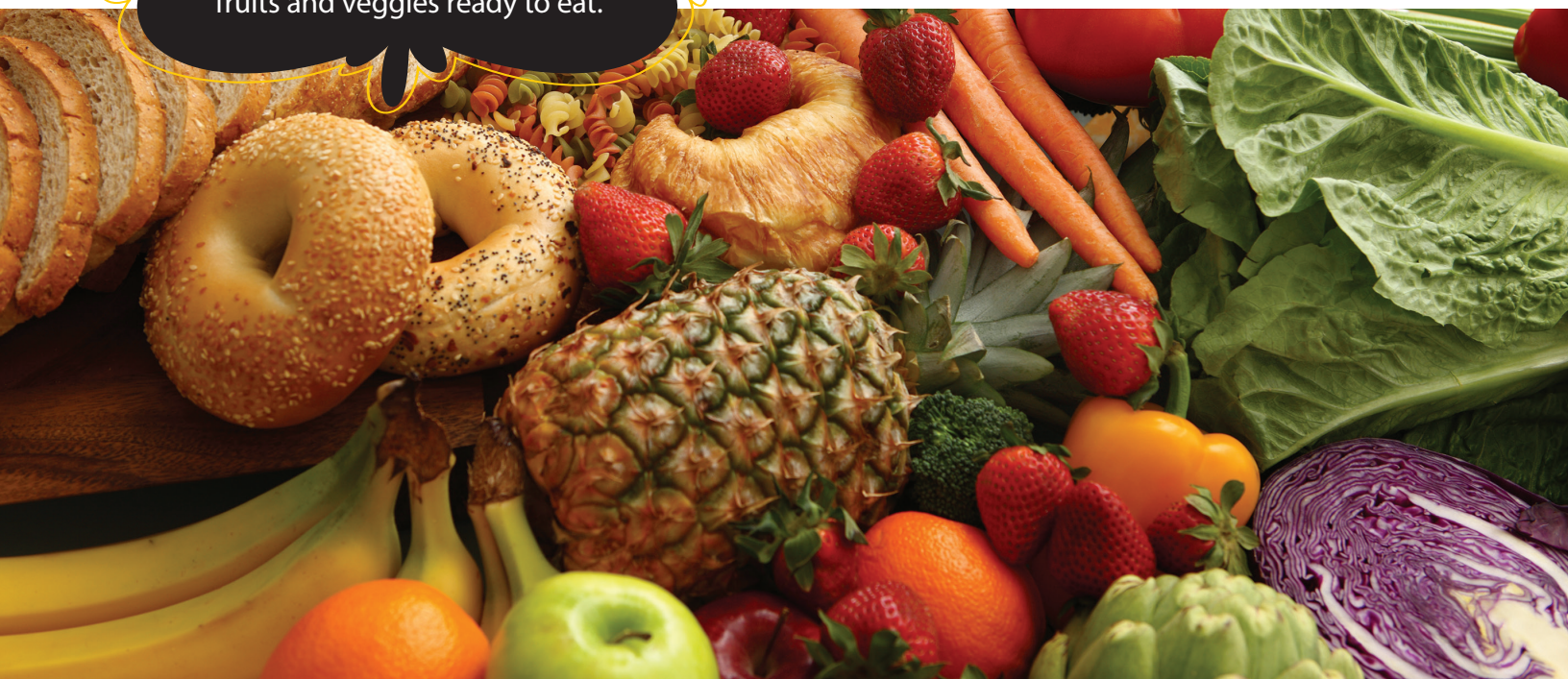
Eating these foods now may help prevent heart disease, diabetes and cancer later in life. Try to make half of the grains you and your child eat each day whole. Whole grains include foods like 100% whole-wheat bread, whole-grain cereals, brown rice, whole wheat pasta, and popcorn. Don't be fooled by the packaging. To be sure your food is whole grain, check the ingredients list. The first word should be "whole", "whole grain", "brown rice" or "100% whole wheat".

Start every day the whole grain way.

When they come home hungry, have fruits and veggies ready to eat.

What can you do to help your child choose a variety of whole grains, fruits and vegetables?

- Children love to be involved in planning and preparing food. Plan snacks that have whole grains, fruits and vegetables such as whole-grain crackers with low-fat cheese topped with shredded carrots. Add a piece of fruit or a small glass of 100% juice.
- Display a weekly calendar on the refrigerator. Ask your child to write in each day what whole grain, fruit or vegetable they want to eat.
- Looking for other ideas for sandwiches? Try 100-percent whole-wheat pita bread, English muffins or tortillas.
- Children love to be involved in preparing food. Make these quick-to-prepare recipes (on back) together.



Recipes

Veggie Toast

(Makes 1 serving)

Ingredients:

- 100-percent whole-wheat bread, toasted
- Part-skim ricotta cheese
- Veggies, washed then sliced thinly

Directions:

1. Wash hands and surfaces.
2. Spread ricotta cheese on 100-percent whole-wheat toast.
3. Add thin slices of veggies to toast.



Sweet Potato Tortilla Roll-Up

(Makes 1 serving)

Ingredients:

- Sweet potato, washed and microwaved until soft
- 1 100-percent whole-wheat tortilla
- Cinnamon and raisins

Directions:

1. Wash hands and surfaces.
2. Pierce the sweet potato skin with a fork 5 to 6 times. Microwave for 5 minutes or until soft, rotating the potato half-way through.
3. Remove sweet potato skin. Mash sweet potato together with cinnamon and raisins.
4. Spread sweet potato mixture over tortilla. Roll up.
5. Serve with fat-free or low-fat milk.

Don't forget!

Move more

Physical activity is an important part of good health. Children and teens need to aim for 60 minutes or more of physical activity every day. Make family time active time. Do things together such as walking in the park (or mall if the weather is bad), playing games and swimming.

Try something new!

Can't think of any new ways to be active together? Here are some ideas:

- Play flashlight tag in the dark.
- Plant a garden and get active by maintaining it.

- Dance to music. Make up new dance moves.
- Play indoor balloon volleyball as a family. Try to keep the balloon in the air.
- Throw lightweight scarves in the air. Keep them in the air as you turn around in a circle and do other moves.



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