

Dear Family Member,



My class is starting a program to learn about healthy eating and physical-activity choices. I will be learning to:

- build balanced meals using a food grouping system.
- name the main nutrients of each food group.
- balance breakfast, lunch and snacks with healthy choices.
- read the Nutrition Facts label on food packages.

I will also:

- learn about serving sizes of foods.
- learn about the benefits of being physically active.
- learn about healthy beverage choices.

After some of the lessons, I will bring activities home that we can do together. At the end of the program, I will bring home a workbook to show you what I learned about good nutrition and physical activity.

One thing I am excited to learn about making healthy food choices is: _____

Sincerely,

Student name: _____ Parent signature: _____

You are an essential part of your child's good health! Start on a new path today by talking to your child about foods from the five food groups that you can add to your shopping list. Post this chart on your refrigerator as a reminder of healthy food choices.



DAIRY GROUP Get your calcium-rich foods	VEGETABLES GROUP Vary your veggies	FRUITS GROUP Focus on fruits	GRAINS GROUP Make half your grains whole	PROTEIN GROUP Go lean on protein
				

The nutrition information in this program is based on the Dietary Guidelines for Americans, as reflected in the USDA's MyPlate food icon.

For more information about good health for your child and your family, as well as for delicious and nutritious recipes that you can prepare together, visit us at HealthyEating.org.



Better Breakfasts ...

Studies confirm that students who eat breakfast each morning are more attentive in school and perform better on their school work. In less than five minutes, you can put these or other quick breakfast choices on the table—or bag them to eat on the run!

- Cereal, milk and fruit
- Bagel toasted with melted cheese and raisins
- String cheese, whole-wheat crackers and fruit
- Yogurt and fruit smoothies with graham crackers
- Scrambled eggs, corn tortilla and salsa
- Peanut butter and banana sandwich
- Oatmeal with applesauce and nuts
- Apple slices with peanut butter and a granola bar

Smart Snacking ...

Children actually **need** healthy snacks each day because they have smaller stomachs than adults and, therefore, may fill up quickly at mealtime. Healthy snacks are important for children because they act as “mini-meals,” providing up to one-quarter of your child’s daily energy needs and helping to fill nutrient gaps.

But take care! Constant snacking throughout the day can lead to overeating. And, snacks of “extra” foods—those filled with sugar and fat (e.g., candy, cookies, chips, regular soft drinks)—do not help fill nutrient gaps.

Here are some ideas for nutritious, tasty, child-friendly snacks:

- Peanut butter or cheese on whole-wheat crackers
- Fruit (fresh or dried)
- Low-fat yogurt
- Raw, crunchy vegetables (cut into small pieces) and served with dip (optional)
- String cheese
- Quesadilla: whole-wheat or corn tortilla with grated, melted cheese

Apple Bagel Sandwich

Enjoy a unique blend of flavors—cheddar cheese, green apple and cinnamon, for a satisfying breakfast or mid-day snack.

Total preparation time: less than 15 minutes. Cook time: less than 15 minutes. Serves 1.

Ingredients

½ whole wheat Bagel	1 Apple
1 slice Cheddar cheese	a dash of Cinnamon

Preparation

1. Slice the apple into round apple slices.
2. Put the slice of cheese on the top half of the bagel then place the apple slice(s) on top of the cheese and sprinkle some cinnamon on top of the apple.
3. Place bagel on a cookie sheet and bake at 350 degrees for 5 to 10 minutes, or until cheese is melted.

