



The Wide World of Food

This month in THE GREAT BODY SHOP, your child will learn about different kinds of food and why the body needs good food. The lessons cover:

- Lesson 1:** Eat a Plate
- Lesson 2:** Nutrients for Your Body
- Lesson 3:** Have a Snack!
- Lesson 4:** The Importance of a Good Breakfast

Good Home Cooking

Reinforce this month's topic at home:

- Put your child in charge of the dinner salad. Encourage him/her to come up with different vegetables and other ingredients to add each night.
- Try serving an international meal. Ideas include Mexican tacos with lettuce, tomatoes, and ground meat; Chinese stir-fried vegetables and rice; an Italian omelette (called a frittata) with a salad.
- NOTE: Some parents add raw egg to their children's food to "sneak in" extra **protein**. Because of the danger of salmonella poisoning, we advise against eating any uncooked eggs.
- Have your child prepare and sample a variety of healthful foods.

Family Snacks

Your child will learn that most commercially produced snacks have too much sugar, salt, or fat in them. Try making your own "family brand" snacks.

For example: Commercial popsicles have lots of added sugar. Make your own popsicles by freezing fruit juice in a paper cup. Or freeze juice in an ice cube tray for "popsicle cubes." Let your child mix two or three different flavors to create his or her own "special blend."

If your child doesn't like to eat vegetables, try serving them raw and cut-up, with a low-fat dip. This makes vegetables seem more like a treat. You might also try this with cut-up fruit and low-fat vanilla yogurt for a dip.

MyPlate

Your child will learn about the "food plate" in school. ChooseMyPlate is a way of teaching which kinds of foods we should eat each day.

The healthiest diet includes:

- eating whole grains daily
- eating a variety of fruits and vegetables
- the right amount of calories to keep a healthy weight

Go to www.ChooseMyPlate.gov to learn more!

Answers

Food groups in Cool Dude's breakfast:
Fruit Group—orange juice, strawberries
Grain Group—cereal, toast
Dairy Group—milk

What Foods Are Healthful?
The snacks that are not healthful: apple pie, apple turnover, candy bar with peanuts, corn chips, ice cream, potato chips, French fries.
Just remember—good food is good food no matter how you mix it up!

