



Building MyBody

Third-grade nutrition education newsletter

Lesson 1

Getting to know MyPlate

Your children learned about essential nutrients in class – carbohydrates, fats, protein, vitamins, minerals and water. MyPlate helps us choose what to eat so that we get all of the essential nutrients we need. Your children take their lead from you and watch what you do. If they see you eating some of the foods below, they are more likely to do so, too.

Whole grains: Make at least half your grains whole grains

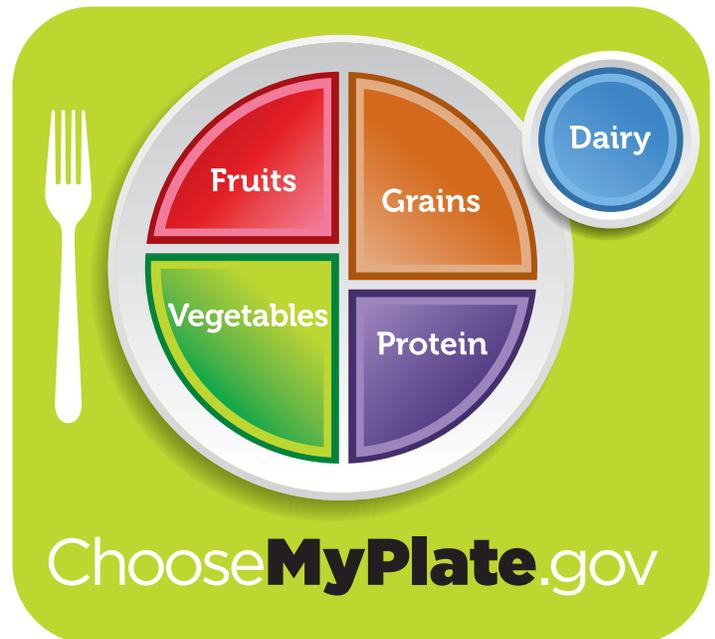
Choose whole grains more often because they have more fiber, vitamins and minerals.

What can you do to offer more whole grains?

- Serve whole-wheat bread and whole-grain breakfast cereals.
- Offer air-popped or reduced fat popcorn as a snack.

Make half your plate fruits and vegetables.

Fruits and vegetables have fiber, vitamins like vitamins A and C and minerals. Vary your veggies by eating different colors and types. Choose dark green (spinach, broccoli, greens such as collard, mustard, turnip and kale, and dark green lettuce such as romaine), orange vegetables (carrots, sweet potatoes, acorn or butternut squash) and red vegetables (tomatoes, peppers), as well as beans and peas (such as split peas, black-eyed peas, and



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black, garbanzo, kidney, pinto and soy beans). Choose fresh fruits, frozen, canned (in juice) and dried, or drink 100 percent fruit juice.

What can you do to offer more fruits and veggies?

- Put a fruit bowl on a table or counter. Keep cut-up fruit in the refrigerator.
- Ask your kids to help choose or prepare fruits and veggies for meals.

Dairy: Switch to fat-free or low-fat (1 percent) milk.

Calcium is an important mineral, especially for young children, but we all need to “feed our bones” with high-calcium foods.

What can you do to offer more milk?

- Serve low-fat choices like skim, 1 percent milk and low-fat cheese or yogurt.
- Make a smoothie with low-fat milk, top a baked potato with low-fat cheese, or dip veggies in a low-fat yogurt dip.

If you can't drink milk go to <http://www.choosemyplate.gov/food-groups/dairy.html> for tips.

Protein Foods: Go lean with protein

We eat enough foods from this group, we just need to make leaner choices and choose a variety of foods. Iron, an important mineral, is found in meat and beans.

What can you do to offer more lean protein or eat more beans?

- Choose lean meats, take the skin off chicken before eating, cut fat off meat, and bake, broil or grill meat instead of frying.
- Make vegetarian dishes, such as a tacos with beans or a stir-fry.

Water

Don't forget water! It is part of all foods in all of the food groups, and it is refreshing!

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Recipe

Stack and snack the five food groups

Recipe from: Becky Roark, NPA, Southwest Region

Adults: You can make this snack with your kids. It has foods from all the food groups. Wash your hands, scrubbing for 20 seconds or as long as it takes to sing the ABCs.

Ingredients:

- Turkey pepperoni (lower in fat than regular pepperoni)
- Low-fat cheese slices
- Spinach leaves*
- Low-fat, reduced fat whole-grain crackers
- Orange juice

How to make it:

1. Wash hands and surfaces.
2. Wash the spinach leaves, dry.
3. Cut the cheese slices so they fit on the crackers.
4. Stack the pepperoni, cheese, spinach leaves on the crackers.
5. Serve with orange juice.
6. Refrigerate leftovers immediately.

*Consider locally grown spinach. Go to <http://agebb.missouri.edu/fmktdir/harvest.htm> for a Missouri fruit and vegetable harvest calendar and a Missouri farmers market directory.