



# Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **5**



The teaspoons (tsp) of fat above is the approximate amount in 1 cup of milk.

## Can you taste the difference?

Different milks have different amounts of fat (see above). You can see the difference in them. Fat-free and low-fat milks are the best choices for good health. You and your child may not taste the difference when choosing the low-fat or fat-free choices.



### What about flavored milk?

Most chocolate or other flavored milks have more added sugar in them than milk without flavoring. Newer flavored milks have less sugar. Which is the better choice for your child? All milks, flavored or not, have all the nutrients your child needs. See if your child will accept regular milk without flavoring. One alternative is to add your own chocolate powder to regular milk. This allows you to control how much powder (and added sugar) goes in the milk. Read the Nutrition Facts label. Some chocolate powders have more sugar than others.

### They're still growing.

Help your kids grow strong. Serve fat-free or low-fat milk at meals.

#### What can you do to help your child choose milk and other dairy foods?

Children learn by watching you. If you choose milk or other dairy foods, they will, too!

- Children love to be involved in preparing food. Make these recipes together.

### Chill!



It's a basic food safety rule and means keep cold foods cold.

Keeping them cold means that germs won't grow as fast, which keeps you from getting sick.

Be extra careful about keeping milk, meat and eggs cold. They spoil easily. Get them in the refrigerator right away after you get home from the store. Keep them chilled until serving time, and refrigerate leftovers immediately.

## Kids in the Kitchen

Your child gets to practice skills like:

- choosing the fruit
- washing the fruit

## Recipe

### Yummy Fruit and Yogurt

#### Ingredients:

- 1 or more 6-ounce containers of low-fat yogurt
- Fruit: bananas, pears, peaches, grapes, strawberries or any kind you like

#### Directions:

1. Wash hands and surfaces.
2. Wash fruits and cut into bite-size pieces.
3. Put fruit on a serving plate with one or more containers of yogurt.
4. Let everyone put some fruit and yogurt on plates. Dip and enjoy!
5. Refrigerate leftovers immediately.



## Weight-bearing activity is where it's at

Weight-bearing activity makes strong bones along with choosing foods with calcium. Strong bones are healthy bones that don't break. Weight-bearing activity is any activity that puts weight on your bones such as walking, jogging, jumping rope and stair climbing. Your child watches you; if you do weight-bearing activities your child will too!

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