



# Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson 2

## Make half your grains whole grains

**M**ake at least half of the grains you eat whole grains, such as bread, tortillas, pasta and cereals.

Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.

Whole grains give your kids B vitamins, minerals and fiber to help them feel full longer so they stay alert and can concentrate at school.

### What can you do to help your child choose a variety of whole-wheat or whole-grain breads and other grain foods?

- Next time you are at the grocery store see how many breads your child can count.
- Try a new 100 percent whole-wheat bread.
- Looking for other whole-wheat sandwich wraps? Choose 100 percent whole-wheat pita bread, English muffins or tortillas.
- Try other grains such as couscous or bulgur. They can be added to soups or stews. Or make a stir fry dish and serve over couscous or bulgur. (Couscous cooks very quickly!)
- Children love to be involved in preparing food. Make these recipes together.



Give yourself and those you love the goodness of whole grains.

## Kids in the Kitchen

Your child gets to practice skills like:

- mixing ingredients
- sprinkling the cinnamon-sugar mixture on the toast

## Recipe

### For breakfast or snacks

- Rice warmed with low-fat or fat-free milk, sugar and cinnamon
- 100 percent whole-wheat toast or bagel
- Oatmeal made with heated low-fat or fat-free milk



### Cinnamon Toast

(Makes 1 serving)

#### Ingredients:

- 1 slice 100 percent whole-wheat bread, toasted
- 1½ teaspoons sugar
- ½ teaspoon cinnamon
- margarine

#### Directions:

1. Wash hands and surfaces.
2. Make cinnamon sugar by mixing sugar and cinnamon in a small bowl.
3. Spread margarine on warm toast.
4. Sprinkle toast with a spoonful of the cinnamon-sugar mixture. Enjoy!



### 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.

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