



# Adventures in Nutrition With the Show Me Chef

## MyPlate: Variety counts when making healthy food choices

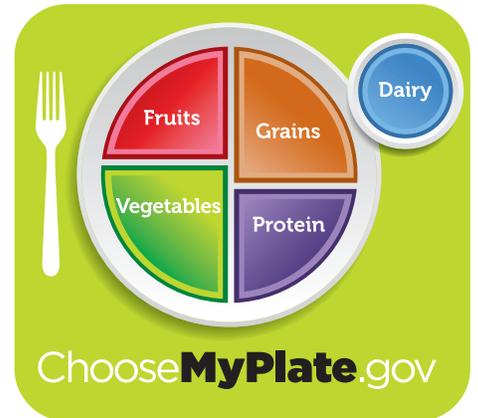
Use MyPlate to remind you and your family to choose a variety of foods when planning a meal. A healthy meal starts with more fruits and vegetables and smaller amounts of grains and protein foods. Dairy foods can be a drink or low-fat foods like cheese added to the meal or low-fat, nonfat yogurt with fruit as a dessert.

### What can you do to help your child choose a variety of foods?

Children love to be involved in choosing food.

Make a Tangy Surprise Pizza together. It uses foods from all the food groups except fruits. Serve with 100 percent orange juice or a piece of fruit and you've got a healthy plate like MyPlate.

You and your children can learn about healthy eating and being physically active from books. Find books for yourself and to read with your children here:  
<http://missourifamilies.org/booksbites/>



U.S. Department of Agriculture. ChooseMyPlate.gov



*Your children learn by watching you. Choose a variety of foods and be physically active and they will too!*

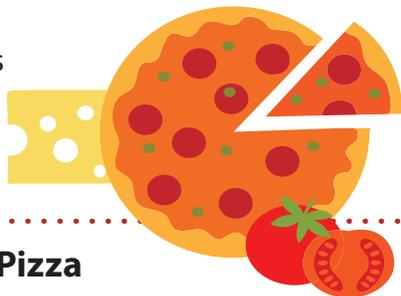


# Recipe

## Kids in the Kitchen

Your child gets to practice skills like:

- beating eggs
- mixing ingredients



### Tangy Surprise Pizza

(Makes 4 servings)

#### Ingredients:

- 1 ½ cups cooked rice (try brown rice)
- 1 egg, beaten
- 1 cup low-fat cheese, grated (about ¼ pound)
- 1 8-ounce can tomato sauce
- ¼ teaspoon oregano
- ¼ teaspoon basil
- ¼ teaspoon garlic powder
- Vegetable cooking spray

#### Directions:

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees.
3. Mix rice, egg and 1 cup grated cheese. Spray 9-inch pie pan with vegetable cooking spray. Bake 20 minutes.
4. Mix tomato sauce and seasonings. Spread evenly over rice. Top with remaining cheese. Bake 10 minutes more.
5. Cut pizza into 4 slices.
6. Refrigerate leftovers immediately.

Sign up for a free e-newsletter at [missourifamilies.org/newsletter/](http://missourifamilies.org/newsletter/).

View videos to see how moms are helping their families eat healthier foods, get more information at <http://www.fns.usda.gov/core-nutrition/online-communication-tools>

## Don't Forget!

# Move More - Together!

Physical activity is an important part of good health. Make family time active time. Do things together such as walking in the park, playing games and swimming. Here are other ideas to help you get movin' with your child:

- Play music and dance together.
- Move like the animals. Prowl like a tiger, fly like a bird, hop like a bunny, slither like a snake.
- Walk together in every season. Look for tracks in the snow or new flowers in the spring. Find fun shadows in the summer. In the fall, collect leaves.



## Why choose brown rice?

Brown rice is a whole grain. It has important nutrients such as zinc, magnesium, B vitamins and fiber. White rice loses fiber during processing.