



# Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **1**

## Grains, fruits and vegetables

**W**hat do these foods have in common? They have fiber, vitamins and minerals that we need for good health. Fiber helps reduce constipation.

Fiber fills you up, too! Eating these foods now may help ward off heart disease, diabetes and cancer later in life. Make half the total amount of grains you eat or your child eats every day whole grains, such as 100 percent whole-wheat bread, whole-grain baked crackers, whole-grain cereals like toasted oat cereal, whole-wheat pasta, brown rice and popcorn. On the ingredient list, look for "100 percent whole wheat" or the words "whole" or "whole grain" before the name of the grain.

**What can you do to help your child choose a variety of whole grains, fruits and vegetables?**

- Children love to be involved in planning and preparing food. Plan snacks that have whole

grains, fruits and vegetables such as whole-grain crackers with low-fat cheese topped with shredded carrots. Add 100 percent orange juice.

- Display a weekly calendar on the refrigerator. Ask your child to write in each day what whole grain, fruit or vegetable they will eat.
- Looking for other whole-wheat sandwich wraps? Choose 100 percent whole-wheat pita bread, English muffins or tortillas.
- Children love to be involved in preparing food. Make these quick-to-prepare recipes (on back) together.

**Start every day the whole grain way. When they come home hungry, have fruits and veggies ready to eat.**



# Recipes

## Veggie toast

(Makes 1 serving)

### Ingredients:

- 100 percent whole-wheat bread, toasted
- Part-skim ricotta cheese
- Veggies, washed then sliced thinly

### Directions:

1. Wash hands and surfaces.
2. Spread ricotta cheese on toast.
3. Add thin slices of veggies to toast.
4. Serve with 100 percent whole-wheat bread.



## Sweet potato tortilla roll-up

(Makes 1 serving)

### Ingredients:

- Sweet potato, washed and microwaved until soft
- 1 100 percent whole-wheat tortilla
- Cinnamon and raisins

### Directions:

1. Wash hands and surfaces.
2. Remove sweet potato skin. Mash sweet potato together with cinnamon and raisins.
3. Spread sweet potato mixture over tortilla. Roll up.
4. Serve with fat-free or low-fat milk.

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View videos to see how moms are helping their families eat healthier foods, get more information at [http://www.fns.usda.gov/fns/corenutritionmessages/especially\\_for\\_moms\\_page.htm](http://www.fns.usda.gov/fns/corenutritionmessages/especially_for_moms_page.htm)

## 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.

### Try something new!

Can't think of any new ways to be active together? Here are some ideas:

- Play flashlight tag in the dark.
- Plant a garden and get active by maintaining it.
- Dance to music. Make up new dance moves.
- Play indoor balloon volleyball as a family. Try to keep the balloon in the air.
- Throw lightweight scarves in the air. Keep them in the air as you turn around in a circle and do other moves.



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