



Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson 2

Variety + being active = good health

For good health, choose a variety of foods, be physically active and wash hands to remove germs. Your children learn by watching you. Do these things and they will too!

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

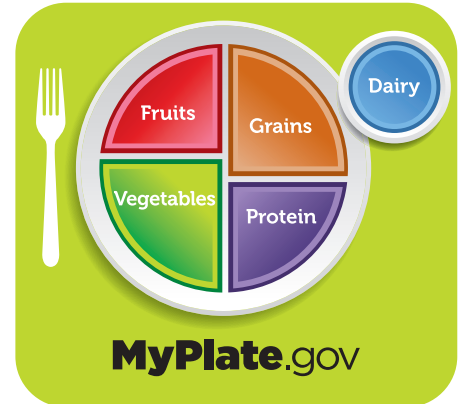
Children love to be involved in choosing food. Make the recipe on the back of this newsletter together. It uses foods from most of the food groups.

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 biking. Here are other ideas to help you get moving 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.



U.S. Department of Agriculture. ChooseMyPlate.gov

MyPlate is your plate!

Use MyPlate to remind you and your family to choose a variety of foods when planning a meal.

A healthy meal starts with filling half your plate with fruits and vegetables and the rest with smaller amounts of grains and protein foods. Dairy foods can be in the form of a drink, low-fat foods like cheese, or low-fat yogurt with fruit as a dessert.

Make family time
active time

Kids in the Kitchen

Your child gets to practice skills like:

- spoon ingredients into serving bowl
- cutting fruit with a plastic knife

Recipe

Nearly All Food Groups Sundae

Ingredients:

- Low-fat vanilla yogurt or other flavor, or plain nonfat yogurt
- Nuts such as peanuts or seeds such as sunflower seeds
- Fresh fruit in season, canned fruit in juice, or frozen fruit without sugar added
- Your favorite unsweetened dry cereal

Directions:

1. Wash hands and surfaces.
2. Place ingredients in bowls. Open yogurt containers.
3. Spoon ingredients into serving bowls.
4. Refrigerate leftovers immediately.

For a special treat:

Use glass serving bowls. Encourage your child to spoon the ingredients into different layers to make a pretty sundae!

Layer or mix: Which sundae do you prefer?

Have your child mix the sundae ingredients together in a serving bowl and taste. Ask: Do you like this better than when you layered the ingredients in your dish?



Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms>.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food?

Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.