



NEWS PARENTS CAN USE

Session 2

MyPlate Adventures

MyPlate Salad

MyPlate Power

Here's the MyPlate guide your child learned about in school today. To use MyPlate, at every meal, eat the foods from each food group in the correct portions suggested by MyPlate. Make grain foods, like rice, bread, cereal or tortillas; take up about $\frac{1}{4}$ of your child's plate so they have plenty of energy to "GO" on. It takes energy to think, learn, move and play.

Add plenty of fruits and vegetables to your plate. These are "GLOW" foods that provide your child with vitamins and minerals to give skin and hair a healthy glow.

"GROW" foods like milk, nuts, eggs, beans and meat help your child's muscles and bones grow. A $\frac{1}{4}$ of the plate for protein foods and a serving from the dairy group will ensure your child will get the vitamins and minerals they need to grow.

Go light on fats and sweets—serve them just once in a while, rather than every day.

To learn about "Go," "Glow," and "Grow" foods, students tasted **MyPlate Salads**.

Bite-sized spinach topped with...

- fresh diced oranges
- sunflower seeds
- reduced-fat grated cheese
- croutons
- apple vinaigrette dressing: 3 tbsp oil, 2 tbsp apple cider vinegar, $\frac{3}{4}$ cup apple juice, $\frac{1}{4}$ tsp

salt & $\frac{1}{2}$ tsp minced garlic.



This delicious and simple salad uses food from every food group. At home, use any lettuce, any kind of fruit, any type of nuts or seeds, and top it off with cracker bits or low-fat croutons and any type of cheese you have on hand.

Parent's Corner

Aim to give your children three meals each day and a healthy snack between meals if they are hungry. Children need nourishment.

Using food for reasons other than nourishment may cause eating problems later. Be careful not to use food as a reward such as, "If you clean your plate you can have dessert." This sends the message that dessert is more important than the meal.

Also, do not use food as a punishment or threat, such as, "You'll go to bed without dinner if you're not good."

Instead, use *non-food* items or activities for rewards or to encourage certain behaviors. Use food to nourish the body.

Families on the Move!

Physical activity isn't just an action—it's a lifestyle. Try these tips for being active each day.

Walk & Talk: Instead of sitting at the table to do homework, take a walk with your child while practicing spelling words, multiplication tables or geography facts.



Household Jobs: Encourage responsibility and teach life skills by having your children help vacuum, dust, mow the lawn, pick up litter, walk the dog, wash the car and more.

Indoor Fun: Designate a space where kids can roll, climb, jump, dance and tumble. Garages-without cars- can become an activity zone on rainy or snowy days.

Just Do It!

It's fun and easy to use the MyPlate. With your child, select one item from two or three food groups for a snack, such as graham crackers with apple slices and peanut butter. Let your child help plan meals too—choose one or more items from each *group* of MyPlate for a meal. For instance, for lunch have a turkey sandwich, carrot sticks, a glass of milk and some fruit. The variety will excite your appetite and the well-balanced nutrition will keep you and your family healthy.



Feed their heads. Fuel their bodies. Fill their hearts.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157 ext 6264, jlevenson@wsu.edu at least two weeks prior to the event.