



NEWS PARENTS CAN USE

Session 6

I Can Eat a Rainbow!

Colorful Fruit Salad

I Can Eat a RAINBOW!

Today in *Nutrition In Me!* students learned about using different colored foods when planning a meal. Choose foods from all food groups and with a mixture of colors to get plenty of vitamins, minerals, and other health-boosting substances.

Give your plate the “Rainbow Test!” Choose vegetables and fruits that are purple, green, red, orange, white and yellow to make sure your child gets a good range of vitamins, minerals and phytochemicals. Phytochemicals are natural substances in plants that help keep us healthy. They help prevent diseases like cancer, heart disease and eye disease.



Parent's Corner

Children like having a schedule. Knowing when things are going to happen, like eating a snack or a meal, helps them feel secure. Set up approximate meal and snack times so your child knows what to expect.

When time to decide what to eat, give your child a healthy choice. Such as, “Do you want crackers or a banana?” or “Would you like carrots or broccoli with your dinner?” This way, your child learns to make healthy choices.

When Parents and Children Eat Together. . .

- Children do better in school.
- Children have fewer behavior problems.
- Communication between children and adults improves.
- Meals are more nutritious and healthful.
- Food dollars are better used.



10 Reasons to Plan Meals

1. Planning meals ahead of time saves money. Make a list of everything you need for the meals you've planned. The fewer trips you make to the grocery store, the less you spend.
2. Meal planning helps you avoid the "What's for dinner tonight?" panic at the end of the day.
3. Plan your meals with some new foods each week so your family learns to enjoy trying new things.
4. With a meal plan in hand, you're less likely to stop for fast food—which saves your wallet and your waistline.
5. Getting your children involved in meal planning helps avoid "I don't like this, it's yucky." When kids plan it or cook food they are more likely to eat it.
6. Planning meals together teaches important life skills like living within a budget, smart shopping and making healthy choices.
7. Shopping together with planned menus helps kids practice real life math.
8. Planning meals ahead of time teaches us respect for others' tastes.



Families On The Move!

Headed to the mall? Besides parking far away and taking stairs instead of escalators, try this: Start your visit to the mall walking one or two brisk laps inside the mall before doing any shopping. Make a game of it to see if you can do it faster each time). Have fun!

Just Do It!

Making meal planning a game can be a fun family activity. Have each family member plan a meal. Is there a food from each MyPlate food group? Are there three or more colors of food in each meal? Is there a variety of tastes and textures? Do the foods go together well? Then the person who helped plan the meal gets to help prepare it. Even young children can get things from the refrigerator for you, and give things a stir. What a great way to spend time together and to help children learn important life skills.

How Much?

Each day upper elementary students and adults typically need about:

- 5-6 ounces of grains, half of them whole
- 2-1/2 cups of veggies
- 2 cups of fruits
- 3 cups of milk
- 5-6 ounces of meat or beans



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 #6264, jlevenson@wsu.edu at least two weeks prior to the event.