

Exercise Your Options

6th grade Family Nutrition and Education Program



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Dear Family,
This week your student is learning the importance of making healthy eating and activity choices.

During adolescence, youth experience dramatic physical changes. These changes often lead them to make decisions that are not always healthy. For example, as adolescent girls begin to notice a change in their body shape, their perception may be that they are "getting fat". This can sometimes lead them to make unhealthy choices about food and physical activity.

Today, in class, we focused on the nutrients each of the 5 food groups has to offer:

Dairy	→ Calcium
Protein (Meat, Beans, Nuts, and Seeds)	→ Protein
Grains	→ Carbohydrates
Vegetables	→ Vitamin A and Fiber
Fruits	→ Vitamin C and Fiber

Four Tips to Encourage Kids to Eat Right

- ✓ **Quit the "clean-plate club."**
Help kids listen to their own bodies. When they feel full, they're less likely to overeat.
- ✓ **Start them young.**
You may need to serve a new food several times for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.
- ✓ **Drink calories count.**
Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids. Juice is fine when it's 100% fruit, but kids don't need much of it – 4 to 6 ounces a day is enough for preschoolers.
- ✓ **Food is not love.**
When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.



Parent-Student Homework Activity- Tonight, please help and encourage your student to complete the "Test Your Knowledge" activity on page 2 of their workbook.

MyPlate Survival Guide



How Does MyPlate Save Calories?

A double cheeseburger and large fries has 940 calories. The plate isn't balanced—there's too much meat and bread and the potatoes are fried. It barely fits on the plate. Ordering a small burger, side salad and apple slices are much healthier. Now your plate is $\frac{1}{2}$ fruits and vegetables, with $\frac{1}{4}$ starches and $\frac{1}{4}$ meats—just like the MyPlate graphic. Your meal is now 350 calories.

How much should I Eat Per Day?

Fruits - 1.5 to 2 cups per day

Vegetables- 2.5 to 3 cups per day

Grains- 5 to 7 ounces per day

Protein- 5 to 6 ounces per day

Dairy- 3 cups per day

What is a Serving?

Fruits - 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit.

Vegetables - 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens.

Grains-1 slice of bread, 1 cup of ready-to-eat cereal, or $\frac{1}{2}$ cup of cooked rice, cooked pasta, or cooked cereal.

Protein – 3 ounces meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds.

Dairy - 1 cup of milk, yogurt, or soymilk (soy beverage), 1 $\frac{1}{2}$ ounces of natural cheese.

Fruit Spritzer Tasting



This week one of the samples we tasted was a refreshing Fruit Spritzer. This tasty substitute for soda pop is easy and inexpensive to make (see recipe below).

Fruit Spritzer- Makes 10 (8 ounce) servings.

- (1) 2-liter bottle chilled seltzer or soda water
- (1) 16-ounce can fruit juice concentrate (100% juice is best)

1. Mix together and serve cold or over ice.

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact WSU Clark County Extension, at 1919 NE 78th St. Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer. This material was created in part by the University of Missouri Extension.