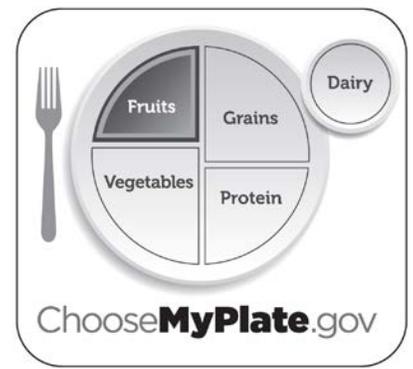


# MyPlate in Practice

3rd grade Family Nutrition and Education Program

Learn more about growing healthy kids' at:

[www.growhappykids.org](http://www.growhappykids.org)

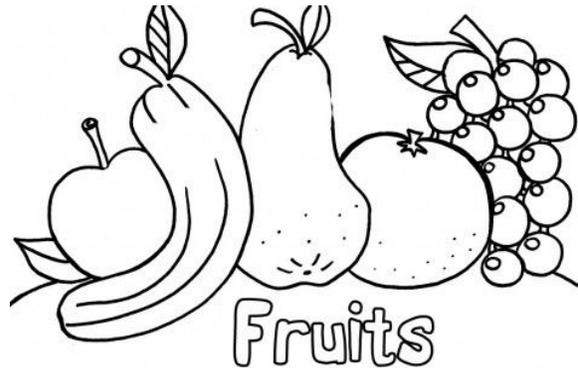


## The Fruits Group

Dear Family,

This week your child learned how fruits help make us strong. Vitamin A in fruits is good for our skin, eyes, and hair. Vitamin C helps cuts and scrapes to heal, gives us nice pink gums, and helps fight colds and other kinds of sickness.

Fruit can be eaten in many forms: fresh, frozen, canned, whole, sauce, and juice. In general, 1 cup of fresh fruit or 100% fruit juice, or ½ cup of dried fruit is one cup from the fruit group. Eat a variety of fruit, and go easy on the fruit juices.



All fruits provide good amounts of vitamins A and C, folic acid, and potassium.

MyPlate says a child between 9 & 13 years old should eat 1½ cups of fruit each day.

Be careful when selecting fruit juices. Only real fruit juice has 100% juice and no added sugar.

Sugar gives us energy, but if we eat too much, our bodies can turn it into fat. Sugar can also be bad for teeth and reduce our appetite for more nutritious foods.



Parent-Child Homework Activity: Reading Juice Labels (see inside)



## SNAP-Ed

WASHINGTON STATE UNIVERSITY  
EXTENSION

1919 NE 78<sup>th</sup> Street, Vancouver, Washington 98665

Phone: 360.397.6060

Join us online: [www.clark.wsu.edu](http://www.clark.wsu.edu)



## Eat Together, Eat Better

A good part of family meals is talking to each other. A good family conversation means grown-ups really listen to what kids have to say.

Questions that can help start good meal-time discussions:

- Talk about what your kids did that day. What was the best thing that happened to you today? The worst thing? The funniest? Ask your child what is one thing she or he learned today?
- If we could spend all day together as a family, what would you like to do?
- If you could ask a famous person over for dinner, who would it be? Why?

### It's In The Bag



Save money by buying fresh fruit that's in season.

Fresh fruit is cheaper than packaged fruits. For example, fresh bananas cost an average of 69¢ per pound. But one package of pre-cut fruit will cost you about \$1.50 per pound.

Food Safety Tip: Always wash fresh fruit before eating!  
This includes fruits with a peel that you remove, such as oranges or melons. Washing fruit removes dirt, germs or other contaminants. Wash fruit under running water, and **DO NOT USE SOAP**. Dry with a paper towel.

# Exercise- Be Active!

## Heart Healthy Exercises – **Word scramble!**

The words listed below name exercises that are good for your heart. Help your child unscramble the words. Then each day try to spend at least 10 to 15 minutes doing one of the activities. Try a new one each day with your child!

nigmwsim

\_\_\_\_\_

ngogjgi

\_\_\_\_\_

nmiugjp eorp

\_\_\_\_\_

tkiangs

\_\_\_\_\_

nadgnic

\_\_\_\_\_

recosc

\_\_\_\_\_

ikibng

\_\_\_\_\_

lkgniaw

\_\_\_\_\_

## Nutrients We Need – Vitamin C

- Vitamin C has many jobs.  
It helps –
  - Keep our gums healthy
  - Heal cuts and bruises
  - Protect us from getting infections
- Vitamin C is found mostly in citrus fruits like oranges, kiwi, grapefruits and lemons, and in strawberries and melons.
- British sailors are called “limeys” because years ago they ate limes to prevent illness from too little vitamin C. The illness was called scurvy.



### Parent-Child Homework Activity

To help your child learn about sugar in juices, look at the juice that your family drinks. With your child, read the labels and find how much added sugar is in the juice.

Are you drinking real juice or flavored sugar water?

On your next shopping trip, compare two juice products for the amount of juice and sugar.

# Fruit Spritzer



## Ingredients:

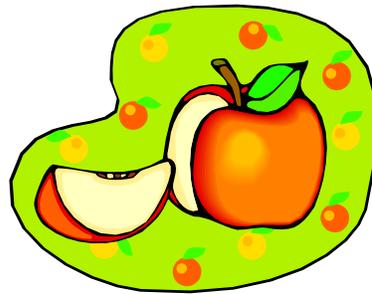
1 quart (32 oz.) chilled seltzer or soda water

12 ounce can 100% juice concentrate (any flavor)

Directions: Mix well and serve cold over ice.

Serving size: 4

# Apple Slices with Peanut Butter Dip



Serves 8 (1/4 cup serving)

## Ingredients:

3/4 cup peanut butter

1 teaspoon vanilla

1 cup plain lowfat yogurt

Apples

## Instructions:

1. Mix peanut butter, vanilla and yogurt in a bowl.
2. Slice apples, dip in peanut butter and enjoy!

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, 1919 NE 78<sup>th</sup> St. Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer.