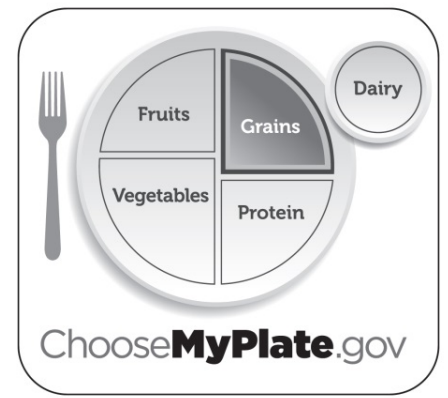


MyPlate in Practice

3rd grade Family Nutrition and Education Program

Learn more about growing healthy kids' at:

www.growhappykids.org



The Grains Group

Dear Family,

This week your child began learning about the Grain Group. Foods from the grain group are an excellent source of B vitamins, iron, and fiber. B vitamins help keep your body healthy and strong. Iron brings the oxygen we breathe to all parts of our body. We need fiber to help keep food moving through our bodies. All plants give us some fiber, but whole grains are especially good sources.

MyPlate says a child between 9 and 13 years old should eat 5-6 servings or a quarter of your plate at each meal from the Grain Group each day.



Whole grains contain the entire grain kernel – the bran, germ, and endosperm.

Refined grains have had the bran and germ removed. This removes fiber, iron, and many B vitamins. Most refined grains are enriched. This means certain vitamins and iron are added back.

Different grains make up the foods we eat. In the United States, common grains are wheat, oats, rice, corn, rye, and barley. Each grain has a different flavor and is used to make different foods.



Parent-Child Homework Activity: Label Reading (see inside)



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

1919 NE 78th Street, Vancouver, Washington 98665

Phone: 360.397.6060

Join us online: www.clark.wsu.edu



Eat Together, Eat Better

Mealtime is a way for families to come together at least once a day. It is a time to talk with each other. Just sitting in the same place together doesn't bring on mealtime memories. Use this time to discuss the day's activities or what your kids like about the meal. Talk about grains and how many different foods they like that are made with wheat, oats, corn, or rice.

It's In The Bag

Remember that whole grain foods give you more fiber and B vitamins in your diet. To find whole grain foods, look on the label for words like "whole grain."

Consider purchasing regular oatmeal instead of the instant kind. It will give you many more vitamins and fiber and much less sugar. Buy whole grain breads, crackers, and pasta.

Try buying and eating foods each day using a different grain, such as wheat, corn, oats, or rice.



Most people feel full longer and eat less when they eat whole grain foods instead of refined grain foods.



Parent-Child Homework Activity

Your child can help find foods that have whole grains in them by reading the labels. Have them look on the ingredient label and find out what grain is used in the products you buy. Also look for cereals with high fiber (more than 3 grams) and low sugar (less than 6 grams).

Exercise – Be Active!

Being physically active is a key to living a longer, healthier, and happier life.

It can reduce stress and provide an overall feeling of well-being.

Physical activity can also help you achieve and maintain a healthy weight and lower risk for illness.



Physical activity and eating right work together for better health.

Being active increases the amount of calories your body uses.

Physical activity simply means movement of the body that uses energy.

It's recommended that children get 60 minutes and adults get 30 minutes of physical activity every day!

Aerobic Activity:

- Walking and Running
- Biking and Dancing
- Swimming and Soccer
- Hopping, Skipping and Jumping

Muscle Strengthening:

- Gymnastics
- Rockwall Climbing
- Yoga and Karate
- Swinging on Playground Equipment
- Resistance Exercise

Nutrients We Need: Grains

- Grains provide vitamins, minerals, and fiber for good health.
- Whole grains, such as whole wheat bread and oatmeal, provide fiber and may help protect you against many diseases.
- Fiber-containing foods promote proper bowel function.
- Fiber-containing foods also help provide a feeling of fullness with fewer calories

Trail Mix

Ingredients:

- 1 cup whole grain, low sugar cereal
- 1 cup air-popped popcorn
- 1 cup raisins
- 1 cup dried fruit

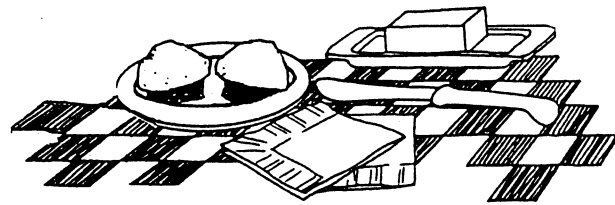
Instructions:

Mix ingredients in a bowl and serve.
For variation add pretzels, nuts and seeds, and other dried fruit.

BLACKBERRY BRAN MUFFINS

(Makes 12)

- 1 cup wheat bran
- 1½ cups whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- ¾ cup milk
- ½ cup molasses or honey
- 2 tablespoons oil
- 1 egg beaten
- Blackberry jam



Instructions:

1. Preheat oven to 400°F.
2. Stir together bran, flour, soda and baking powder and set aside.
3. Blend milk, molasses, oil and egg. Add to dry ingredients and stir just until moistened.
4. Fill greased muffin cups ⅓ full. Put teaspoon of blackberry jam in each filled muffin cup and then fill cups to ⅔ full.
5. Bake 15-20 minutes or until golden brown.

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.