

MyPlate in Practice

3rd grade Family Nutrition and Education Program

Learn more about growing healthy kids' at:

www.growhappykids.org



The Protein Group

Dear Family,

This week we learned about the Protein Group.

Different kinds of foods give us good protein for building strong muscles. Some of the animal protein foods are beef, pork, chicken, fish, eggs, and milk products. There are also plant proteins like beans, lentils, split peas, nuts, and seeds that belong in the Protein Group.

MyPlate says a child between 9-13 years old needs 5 ounces



(2-3 servings) or a quarter of your plate from the Protein Group every day.

Many animal protein foods are high in fat. Limit fat by eating more fish and beans and by not eating the skin from chicken. When cooking meats, bake or grill them rather than frying in butter or oil.

Make most of your fat choices from fish, nuts, and vegetable oils, such as canola, olive, and corn. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these ingredients.



Parent-Child Homework Activity: Parent Newsletter Feedback (see inside)



SNAP-Ed

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Eat Together, Eat Better

Sometimes, because of work, school and sports, it is hard for your family to eat together. That is why it is important to plan family mealtimes on a regular basis. If everyone can't make it to dinner, try a family breakfast, dessert, or snack instead. If a family member has practice, such as for soccer or baseball, how about eating at the park when practice is done?

It's In The Bag

Remember to watch the fat in the meats you buy. When buying ground meats, check the label for the percentage of fat. Lunchmeat and hot dogs also vary a lot in the amount of fat they contain. The type of meat (beef, pork, turkey, or chicken) does not determine how much fat is in hot dogs or lunchmeat. Be sure to read the label.



When you buy meat, put it into a plastic bag so the juices don't get onto your fresh produce. When you get it home, put meat into the refrigerator or freezer. Then, wash your hands with soap and water before handling the rest of your groceries.



Parent-Child Homework Activity

We have included an evaluation form with this newsletter that we would like you to fill out and return to school with your student. Please let us know what you think of the six parent newsletters that we have sent home with your student. Share some changes that your family or your student has made because of our nutrition program. Your comments are very much appreciated!

Exercise – Have fun, get fit indoors

Outdoor activities are great for children and adults. But sometimes kids need to stay indoors, either because of bad weather or they are waiting for a parent to get home. Being indoors doesn't mean kids can't be active!

Here are a few indoor activities that get kids moving:

- Hacky sack. A small fabric ball with soft filling, hacky sack can be played anywhere. The idea is to keep the hacky sack off the ground, using only the feet.

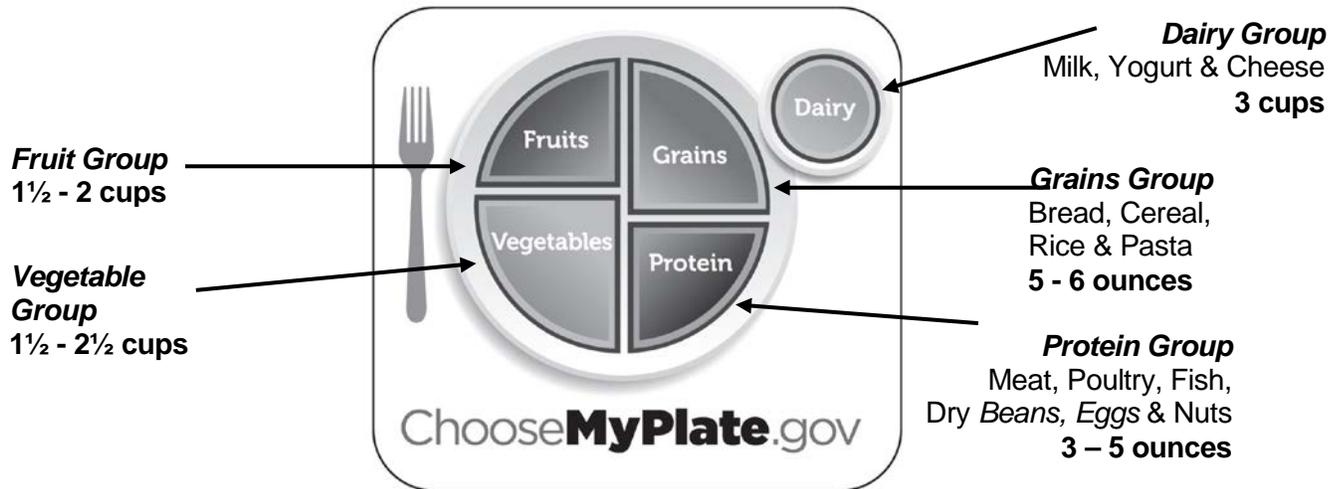
- Jump rope. One of the best all-around exercises is jumping rope. It is great for muscles, bones, and the heart.
- Indoor basketball. A small plastic hoop attaches to a door or cupboard, and a soft foam ball prevents broken lamps or windows.
- Oldies but goodies, such as jumping jacks, squats, push-ups and sit-ups use energy.
- Turn on the music and dance!



Nutrients We Need: Protein

- Protein builds, repairs, and replaces cells all over the body. Blood cells wear out in 120 days. Hair grows. Skin peels.
- Protein is needed for making body fluids, hormones, and enzymes that make the body work.
- Protein from meat, fish, poultry, eggs, milk, and cheese is called "complete." The body easily uses it.
- Protein from dry beans, peas, lentils, and tofu is called "incomplete." To make a complete protein, eat it with a whole grain food.

MyPlate Pizza



MyPlate portions are for children between 8 and 13 years old.

Ingredients: Build your pizza by making choices from each food group using MyPlate. Do you have any other ideas for toppings?

Grains Group	Vegetable Group	Fruit Group	Protein Group	Dairy Group
English muffin	Pizza sauce	Pineapple	Canadian bacon	Mozzarella cheese
Corn tortilla	Spinach		Pepperoni	Cheddar cheese
Biscuit	Zucchini		Sausage	
Bread	Onion		Hamburger	
Pizza crust	Green pepper		Black beans	
	Mushroom		Kidney beans	
	Tomato		Tofu	

Instructions:

Place pizza on a baking sheet. Bake in a 450°F oven about 5 minutes or until hot. Or, place on paper plate and bake in microwave oven about 2 minutes or until hot.

MyPlate Parfait

- 2 graham crackers
- ½ container of yogurt (4 oz. or ½ cup)
- 1 piece of fruit (or combination of apple, banana, pear, peach, berries)
- 1 tablespoon each of nuts and jicama (optional)

Instructions:

Put the graham crackers in a plastic bag and crush them into crumbs with a rolling pin. Put half of them into a glass or bowl. Spoon half of the yogurt into the glass, then some fruit, then more graham crackers. Make the same layers again until all ingredients are used. Sprinkle nuts and optional jicama pieces on top, 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, at 1919 NE 78th St. Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer.