

MyPlate in Practice

3rd grade Family Nutrition and Education Program

Learn more about growing healthy kids' at:

www.growhappykids.org



The Vegetables Group

Dear Family,

We learned about vegetables today – roots, stems, leaves, flowers, fruits, and seeds! Ask your child at dinner tonight if they know what part of the plant they are eating.

Vegetables are high fiber foods. They are also good sources of the nutrients Vitamins A and C, and potassium.

Americans usually eat three or fewer vegetables a day. MyPlate says a child between 9 and 13 years old should enjoy 2-2½ cups of vegetables each day.



In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens, is one cup from the vegetable group.

It can be hard to make kids understand they will be healthier if they eat a lot of vegetables. People who eat 2½ cups of vegetables a day have less cancer and heart disease. So it is important as a parent to make sure to include more vegetables in the family diet!



Parent-Child Homework Activity: Try a New Vegetable (see inside)



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Eat Together, Eat Better

The more children eat meals with their family, the better it is for them. A study found families that eat together eat more vegetables and other healthy foods. It found that kids who eat with their family got better grades in school and got along better with their teachers and other students.

It's In The Bag

When shopping for fresh vegetables, look for deep, dark color. The vegetables with the darkest color are better for you.

Eat more dark-green veggies, like broccoli, spinach, and other dark leafy greens, and more orange veggies, like carrots and sweet potatoes.

It's best to pick vegetables that are in season, are firm, with no cuts or bruises. Frozen and canned veggies are healthy choices too.



Consider buying a vegetable from each part of the plant each week. Ask your child which ones those are.



Parent-Child Homework Activity

One way to get your child to eat more fruits and vegetables is to take a trip to the produce section of your grocery. Look at the many kinds of vegetables and fruits. Buy a vegetable new to your child or family. For example, **jicama** is a fun and tasty vegetable when peeled and cut into sticks.

Exercise- Be Active!

Exercise should be fun for everyone!

The goal should be to get at least 60 minutes of physical activity every day. You can divide the 60 minutes into smaller portions to fit your lifestyle.

Here are some great ways for your family to exercise together:

- Walk around the neighborhood after dinner.



- Play games such as plastic horseshoes, Frisbee, softball, tug-of-war, touch football, kick ball, soccer, jump rope, hula hoop, and tag.
- Turn on music and dance around the living room.
- Plan vacations around exercise such as swimming and biking.
- Household chores can be a family exercise time – bending when sweeping, stretching to wash windows.

Nutrients We Need: Vitamin A

Vitamin A has many jobs. It helps:

- Eyes adjust to dim light
- Keep skin smooth
- Children's bones grow
- Keep hair healthy

Dark green and deep yellow vegetables such as carrots, broccoli, and spinach have lots of vitamin A. You cannot get too much vitamin A from foods.

Did You Know? In 1893, the Supreme Court ruled that tomatoes are a vegetable, because they are eaten during the main part of the meal, rather than as dessert, like cake or ice cream. However, because of the way they are grown, tomatoes are actually a fruit!

Baked Potato Bar



4 medium baking potatoes
Light margarine
Diced tomato
2 cups shredded cheese

2 cups broccoli tops
Fat-free sour cream
Chopped green onion

Instructions:

1. Rinse dirt from potatoes and pierce with a fork.
2. Bake potatoes in microwave for 4 to 5 minutes per potato
3. Meanwhile trim and rinse broccoli and place in a covered bowl.
4. Cut tomatoes and green onions and place in bowls.
5. Cook the broccoli in covered bowl in the microwave for 3 to 4 minutes or until tender.
6. Cut potatoes in half and serve buffet style, allowing everyone to make their own stuffed baked potato.

Ragin' Ramen

4 cups water
2 packages ramen noodles with seasoning packet
2 cups mixed vegetables, frozen or your choice of fresh
2 eggs, beaten or ½ cup cooked chicken, turkey, beef, pork, or fish

Instructions:

- 1) If using fresh vegetables, chop thick ones like carrots and broccoli into small pieces. Tear leafy veggies.
- 2) In a large saucepan, bring water to a boil.
- 3) When water boils, add all vegetables and cook for one minute.
- 4) Add noodles. Boil on medium-high for two minutes. Add meat or eggs. Stir until cooked.
- 5) Remove from heat and stir in one seasoning packet. (Discard the second packet.)

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 Street, Vancouver, WA 98665 or call 360-397-6060. This institution is an equal opportunity provider and employer.