

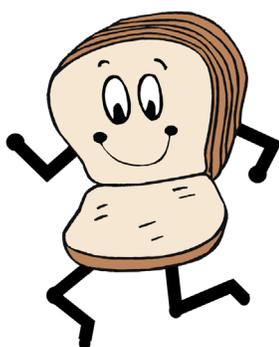


Learn more about growing healthy kids at: www.growhappykids.org

Dear Parent or Guardian,

Today I shared my messages with your child's class. They are on the back of this letter for you to read. We also learned about foods in the MyPlate Grain Group. Some of the nutrients that grains contain include carbohydrates, water, and fiber.

Grain carbohydrates are found in the orange section of MyPlate. Your child learned there are many different foods in this group, including bread, tortillas, rice, pasta, cereal and crackers.



We call the Grain Group the "Go" group because whole grain carbohydrates give us energy to Go, Go, Go – all day long. Ask your child to explain how carbohydrates for people are like gas for cars.

We also learned that fiber is found in plants and helps to sweep our insides (intestines) clean, just like a whisk broom. In grains, fiber is the brown, flecky part of the seed. This is easily seen in whole grains, like brown rice and whole oats.

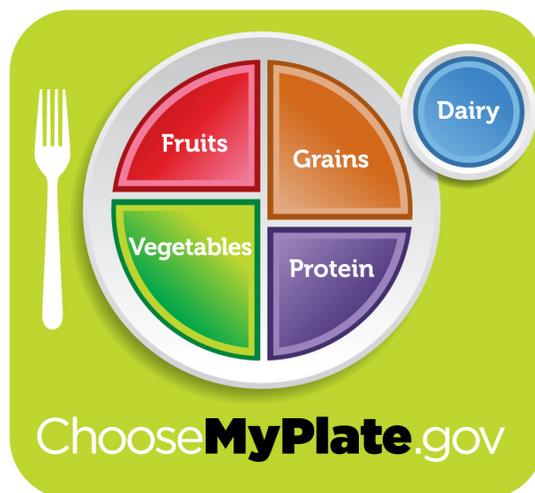
Foods high in fiber require more chewing and help keep us feeling full for a longer time. Try to make half of the grains you eat every day whole grains. Today we sampled a Goofy Grain Sandwich that is full of fun surprises. I put the recipe on the back of this sheet for you and your child to try at home.

Your child also discovered that fiber has a "best buddy" named Water. Fiber absorbs water, keeping everything soft and smooth as it moves through our intestines. Water needs to be replaced every day for good health.

Sincerely,



Marty Moose



Marty Moose's Messages



Everyday:

- Romp and play
- Wash your hooves lots
- Lap up plenty of water
- Nibble your food and enjoy
- Graze on plants (fruits, veggies, grains)
- Value *every* creature - including yourself



Goofy Grains Sandwich

Shows how to “make half your grains whole.”

Ingredients:

One slice of whole wheat bread, 1 slice of other bread, peanut butter, jelly, 1 dry unsweetened whole grain cereal (whole wheat chex, oat rings), 1 dry unsweetened refined cereal (puffed rice, corn flakes)

Directions:

Put one slice of each bread on a plate. Spread peanut butter on one slice and jelly on the other slice. Mix two tablespoons of each cereal together in a small bowl. Sprinkle the cereal mixture on top of the peanut butter of your sandwich. Before you put your slices of bread together, identify the different types of grains in your sandwich (wheat, rice, corn, oats, etc.). Eat and enjoy.