

2025 Curriculum



Sponsored by *UnitedHealthcare*



VISIT US AT: www.jldallas.org/kids-in-the-kitchen/

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Dear Kids in the Kitchen participants,

The Junior League of Dallas is pleased to present you with the Kids in the Kitchen program. It is our hope that you will share in our vision of reversing the trend of childhood obesity and malnutrition and improving the lives of our children by providing them with the information and tools they need to make healthy decisions.



During this program, we will follow the nutrition guidelines established by the United States Department of Agriculture (USDA) and use the USDA's MyPlate graphic organizer as a basis for the nutrition lessons contained within. The program begins with a pre-test to assess students' prior knowledge around nutrition and physical fitness and then focuses on a different section of the MyPlate as the program progresses.

For Spring 2025, we have modified the program to 5-weeks and included materials so that students can complete it at home or at an agency. Each agency has been provided a reusable grocery bag with supplies to complete the recipes and activities as well as informative handouts. The Kids in the Kitchen theme, "Super Foods + Super Fitness = Super Kids", is incorporated throughout and is designed to be fun, keep the students engaged, and encourage a healthy, balanced way of thinking about nutrition & fitness.

At the end of the program, the students will complete a post-test to assess their learning of the material. The pre and post-tests will be collected to determine students' increased knowledge of nutrition and physical activity and the role of each in living healthy lives.

Thank you again for participating in our Kids in the Kitchen program and providing us with your essential feedback. The Junior League of Dallas would also like to thank United Healthcare for their generous sponsorship. Together, we can instill healthy eating and exercise habits in our youth to help ensure longer, healthier, and happier lives for generations to come.

Sincerely,

The Junior League of Dallas Kids-in-the-Kitchen Committee

<https://www.jldallas.org/kids-in-the-kitchen/>

Pre and Post Program Survey



To assess what participants learn as part of the Kids in the Kitchen program, we ask that all participants complete a [pre and post program survey](#)

- The purpose of the pre-program survey is to determine students' knowledge-level at the beginning of our program. The post-program survey allows students to determine student growth throughout our program.
- Students are entered into a raffle, for prizes, after they have completed each [survey](#).

Note: Include your contact information so that we may contact the winners!



Kitchen Tool Safety Tips

TOASTER AND ELECTRICITY SAFETY

- Never plug a toaster into a power outlet near water. Water and electricity do not mix! If a plugged-in toaster were to fall in water and someone touch it, they could receive an electric shock that could harm them.
- Avoid placing any metal objects in a toaster even if a slice of bread or waffle is stuck. A metal knife placed in a toaster could conduct electricity from the toaster and create an electric shock that could harm someone. If a slice of bread or waffle is stuck in the toaster, unplug the toaster, and ask an adult for assistance with removing the item from the toaster.



KNIFE SAFETY

Knives are very sharp and can cut us if we do not handle them carefully. If you need to carry a knife, be sure to do so with the tip of the knife pointed towards the floor.

- Wear closed toed shoes when handling knives in case one slips from your hand or falls from the counter.
- Always cut away from your body, not towards yourself.

HAND HYGIENE

Did you know that proper hand washing may prevent food poisoning and reduce the spread of the common cold and the flu?

- Dry hands with disposable paper towels, clean cloth towels or air dry.
- Sing two choruses of "Happy Birthday" while you lather up, cleaning your hands for 20 seconds.
- Always wash both the front and back of your hands up to your wrists, and in between fingers and under fingernails.
- Never forget to wash your hands after switching tasks, such as handling raw meat and then cutting vegetables.
- Hands should be washed in warm, soapy water before preparing foods and after handling raw meat, poultry, and seafood.

Week 1 Overview: Food Groups and Superpowers

What we eat and how active we are helps give us our own kind of superpowers. Each week will contain recipes and activities to teach you about a healthy lifestyle

This week, you are going to learn about the five food groups and their superpowers:

- **Fruits & Vegetables**- give you energy, vitamins, anti-oxidants, fiber and water and can keep you from getting sick
- **Whole Grains**- provide energy and fuel the brain and muscles
- **Protein** -fills us up and makes strong muscles
- **Dairy**- builds strong bones, nails, and teeth
- **Healthy Fats**- these aren't a food group, but they help absorb vitamins and minerals in foods and fill us up! More about this later

Everything we eat and drink matters. It is important to have a well-rounded diet that includes the five food groups to ensure that you stay healthy and strong now and in the future.

Each group plays an important role in your health because each group provides essential vitamins and minerals to the body. Variety and amount in each food groups are key. Creating a healthy lifestyle means portioning the right amount.

WHAT TO EXPECT THIS WEEK

- Activity:
 - Read "Week 1 Activity: Read "Jack and the Hungry Giant Eat Right with MyPlate"
 - MyPlate Activity
 - MyPlate Coloring Sheet
 - Crack the Code Worksheet
 - Lets Make Your Plate Activity
 - MyPlate Pledge
 - MyPlate Crossword Puzzle
- Recipe: Food Group Friend: *Will take preparation ahead of time to cut English Muffins and cut up fruit and vegetables.*
- Exercise:
 - Fitness Circuit
 - MyPlate in Motion
 - Bonus: Grocery Store Bingo

Week 1 Overview: Discussion

What we eat and how active we are gives us superpowers. Each week will contain recipes and activities to teach you about a healthy lifestyle.

First Taste:

What do cars, boats, planes, and rocket ships need to keep going? (Fuel). Do people need fuel? Why? Have you felt like you had no energy before? What did it feel like? What made you feel better? If the kids don't mention give us energy/fuel, ask them why we eat. Food gives us energy/fuel for various activities – running, playing ball, school/thinking. It is also important for us to move every day to stay healthy. What kinds of physical activity do you enjoy? How is physical activity good for the body? How can you be more active?

This week, you are going to learn about foods and their superpowers:

- Fruits and vegetables- give you energy, vitamins, antioxidants, fiber and water to keep you healthy and prevent you from getting sick
- Whole Grains- keeps us full and focused longer
- Protein - helps us grow big and strong and keeps us healthy
- Dairy- builds strong bones, nails, and teeth
- Healthy Fats- essential for growth, helps to build a healthy brain, and helps the body absorb other vitamins and minerals

Everything we eat and drink matters. It is essential to have a well-rounded diet that includes various foods to ensure that you stay healthy and strong now, and in the future.

Each group plays a vital role in your health because each group provides essential vitamins and minerals to the body. Variety and amount in each food group are key. Creating a healthy lifestyle means portioning the right amount.

Each segment of the MyPlate represents a food group, and each food group has "superpowers" like helping to form strong bones, improving vision, and building stronger muscles. Fitness also plays an essential role in our health and the wellness of our bodies.

During this program, we will learn more about each food group and its importance.

Protein is found in foods like meat, beans, and nuts and helps to make us feel full and strengthens muscles.

Dairy, like milk, yogurt, and cheese, builds strong bones, teeth, and nails.

Whole grains, like cereal, toast, and pasta, provide energy and fuel the brain and muscles.

Fruits and vegetables are packed with necessary vitamins and minerals, which help to support all parts of your body and immune system.

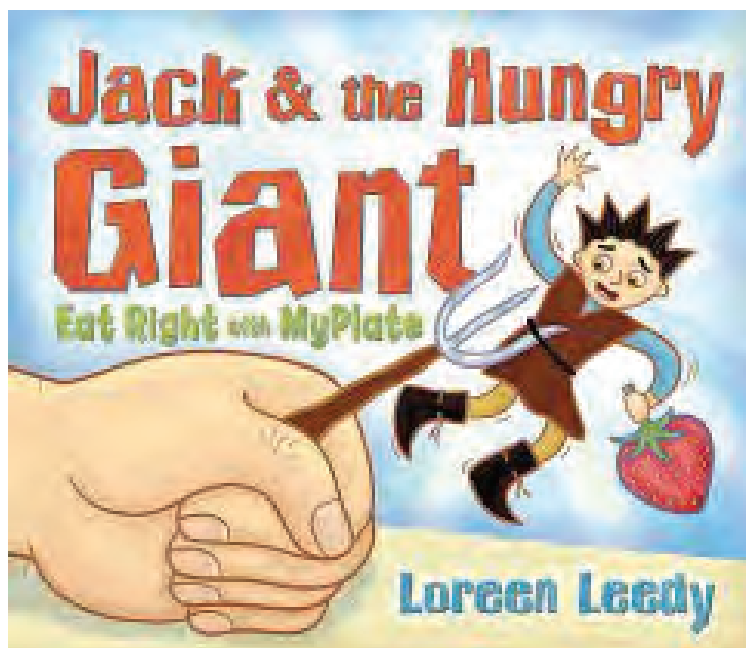
Week 1 Activity:

Read "Jack and the Hungry Giant Eat Right with MyPlate"

Read "Jack and the Hungry Giant Eat Right with MyPlate"

During Reading: Engage students in a discussion about the different food groups and what foods are part of each group.

- Ask students which foods they have tried from that food group on the corresponding page in the book. Let students see the illustrations to help generate ideas.
- After Reading: Choose a few discussion questions for students to talk about.
- How do you think Jack and the giant felt after they started eating a balanced diet? Have you ever noticed a difference in how you feel when you eat healthy foods?
- Have you ever tried a new food that you were unsure about but ended up liking? What was it, and what made you give it a chance?
- What was the main message or lesson you learned from the story "Jack and the Hungry Giant: Eat Right with MyPlate"?
- Can you think of any tips or strategies for making healthier food choices when you're at school or home?



Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V _ A _ R _ I _ E _ T _ Y of foods



1. Eat more _ _ _ _ _ and whole grains



2. Eat foods lower in solid _ _ _ _ _



3. Get your _ _ _ _ _ rich



4. Be _ _ _ _ _



Code

A =	N =
B =	O =
C =	P =
D =	Q =
E =	R =
F =	S =
G =	T =
H =	U =
I =	V =
J =	W =
K =	X =
L =	Y =
M =	Z =

Crack the Secret Code

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Code

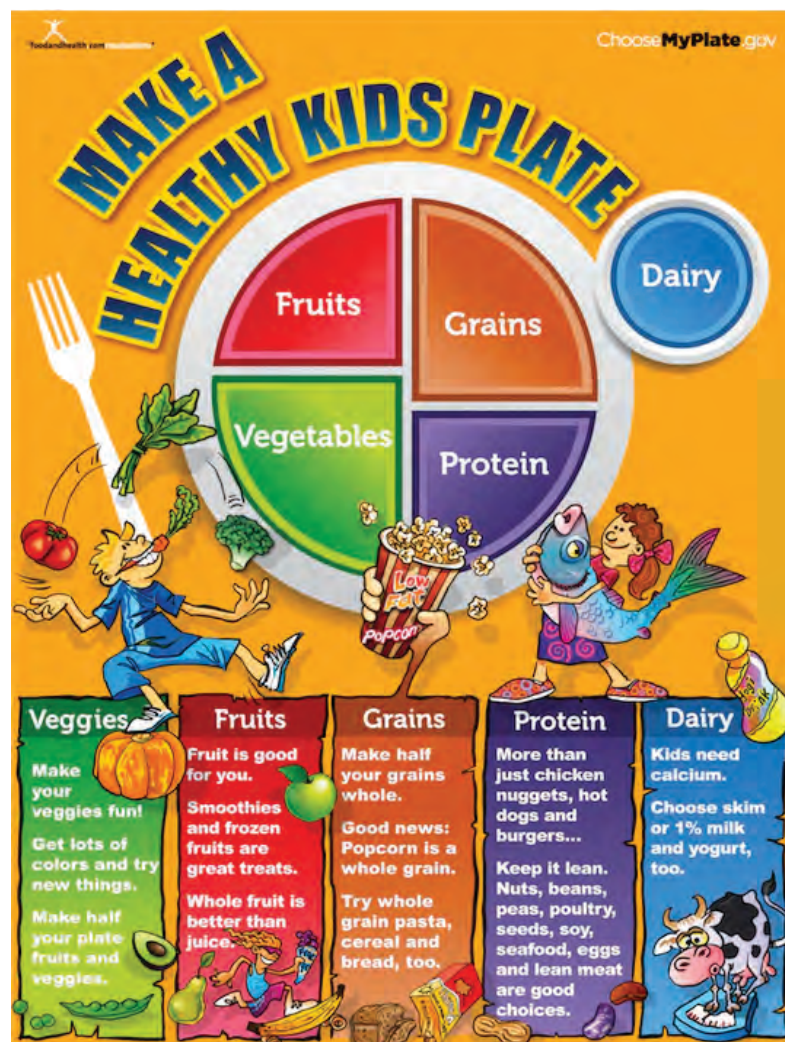
A=		N=	
B=		O=	
C=		P=	
D=		Q=	
E=		R=	
F=		S=	
G=		T=	
H=		U=	
I=		V=	
J=		W=	
K=		X=	
L=		Y=	
M=		Z=	

Week 1 Activity: *MyPlate Activity*

Each segment of the MyPlate represents a food group, and each food group has "superpowers" like helping to form strong bones, improving vision, and building stronger muscles. Fitness also plays an important role in our health and the wellness of our bodies. During this program, we will learn more about each food group and the importance of each.

- Protein is found in foods like meat, beans, and nuts and helps to make us feel full and strengthens muscles.
- Dairy, which are foods like milk, yogurt, and cheese, builds strong bones, teeth, and nails.
- Whole grains, like cereal, toast, and pasta, provide energy and fuel the brain and muscles.
- Fruits and vegetables are packed with necessary vitamins and minerals which help to support all parts of your body and immune system.

Here are some ideas for what your plate should include:



Let's make your plate!

Supplies:

- Paper plate
- Crayons/markers

Directions

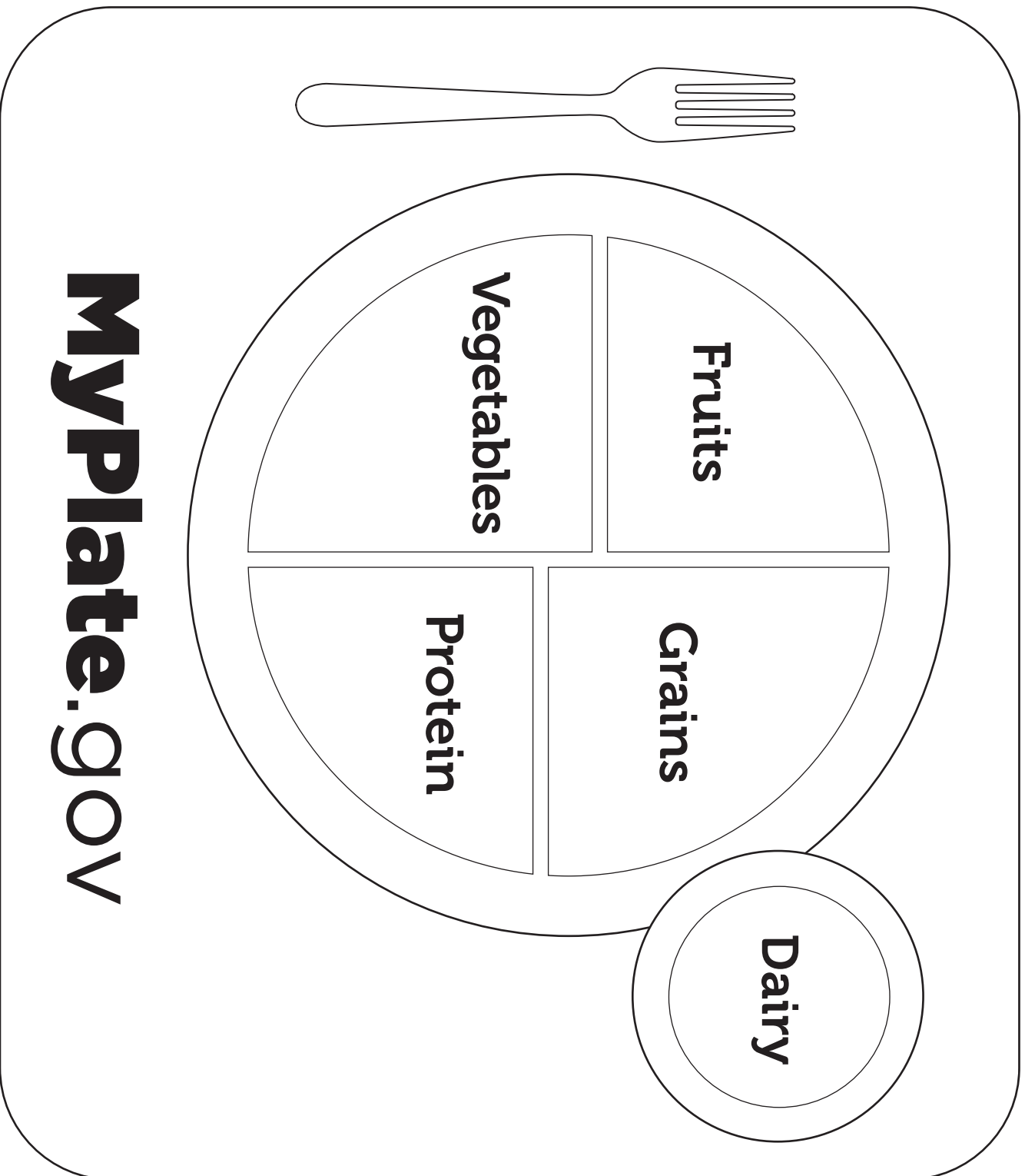
1. Using your paper plate, divide it into segments like the example above, and use your crayons/markers to color each section the color listed. Notice that each section is a different size which represents the appropriate serving size of each food group.
2. The number of servings we need from each group depends on age, activity level, and weight. For most people, a good serving size is about the same size as your palm or fist. It is important not to overeat from one food group and also equally important to not eat too little of a food group. Restaurant portions are often much larger than recommended serving sizes, so we must avoid overeating.
3. Make a list of your 10 favorite foods:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

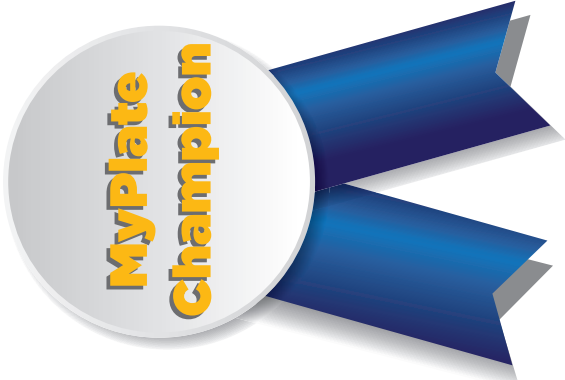
4. Use the colors on the MyPlate photo to draw a colored dot next to each food you listed. This will let you see what food groups you have on your list and help you decide what you may want to consider changing/adding to your plate to be as healthy as you can, but still enjoy your favorites!



United States
Department of
Agriculture



MyPlate.gov

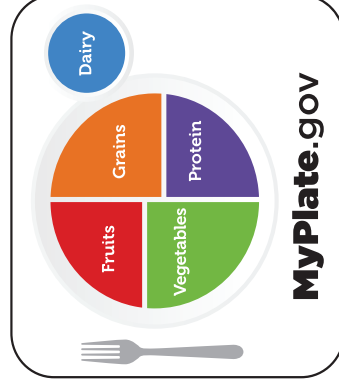


MyPlate Pledge for

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy. I pledge to find fun ways to be active everyday. I will also encourage my friends and family to make smart food choices and be active.

I pledge MyPlate! Everyday I will:

- Eat more fruits & veggies.
- Try whole grains.
- Re-think my drink.



- Focus on lean protein.
- Slow down on sweets.
- Be active my way.

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.



Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.



MyPlate Crossword Puzzle

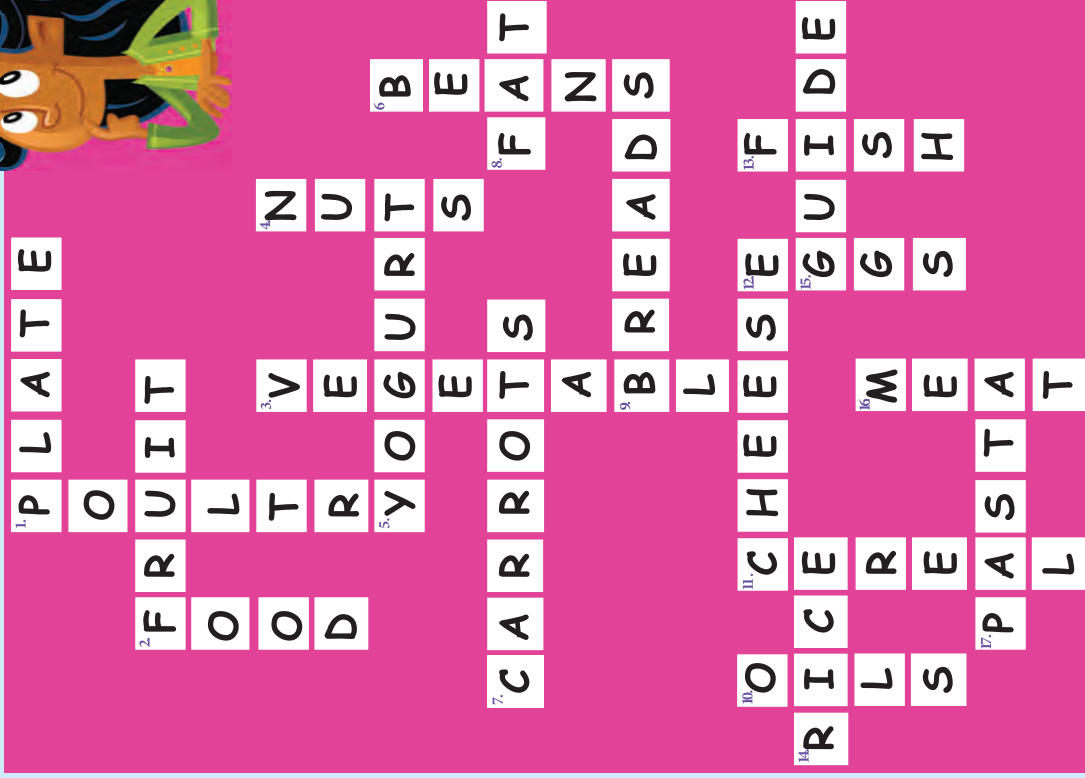
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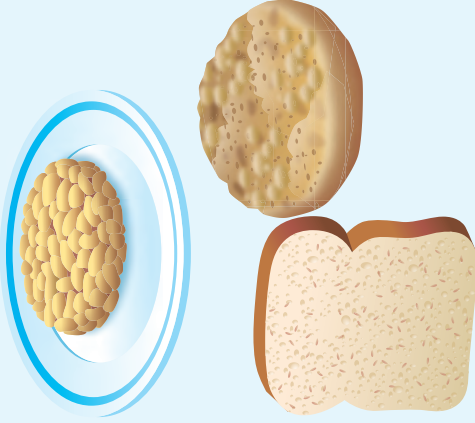
Week 1 Recipe:

Food Group Friend

SHOPPING LIST (suggested)	NOTES
<ul style="list-style-type: none"> <input type="checkbox"/> English muffins <input type="checkbox"/> Hummus <input type="checkbox"/> Cucumbers <input type="checkbox"/> Red peppers <input type="checkbox"/> Apples <input type="checkbox"/> Grapes <input type="checkbox"/> Cheese sticks 	<p>This recipe includes foods from ALL 5 food groups! Each food group provides your body with lots of vitamins and minerals that help to maintain a healthy body.</p> <p>The English muffin is part of the grain group. Grains give our bodies and brain energy to play and learn.</p> <p>We will spread hummus onto the English muffin.</p> <p>Hummus is considered a protein. Protein foods help us maintain healthy bodily functions such as growth, digestion, and healing. Your muscles and your heart are primarily made of protein.</p>
RECIPE INGREDIENTS	
<ul style="list-style-type: none"> <input type="checkbox"/> Grain - 1 English Muffins <input type="checkbox"/> Protein - 1 Tbsp Hummus <input type="checkbox"/> Vegetables - 4 slices Cucumber, 4 slices red pepper <input type="checkbox"/> Fruit - 2 Apple slices, 8 grapes <input type="checkbox"/> Dairy - 1 Cheese stick 	<p>The cucumbers and red pepper are vegetables and the apple slices and grapes are fruits. We are going to use these fruits and vegetables to make a face.</p> <p>Fruits and vegetables contain lots of vitamins and minerals that help you maintain a healthy body. Vitamin A helps your bones stay strong. Vitamin B helps your brain develop and improves your memory. Vitamin C supports your immune system, which keeps you from getting sick. Vitamin E keeps your eyes healthy and allows you to see more clearly.</p>
DIRECTIONS	
<ol style="list-style-type: none"> 1. Cut english muffins in half 2. Spread both sides of English muffin with hummus 3. Build a face on both sides of english muffin with vegetables, fruit, and dairy ingredients 4. Recommend creating one before the lesson as an example. 	

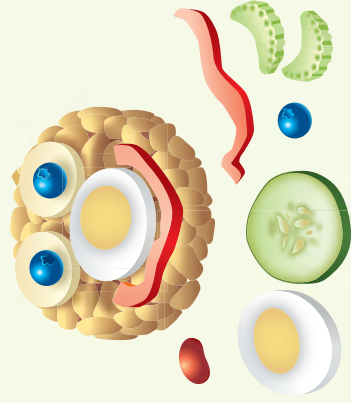
Food Group Friend

1 Get a Head



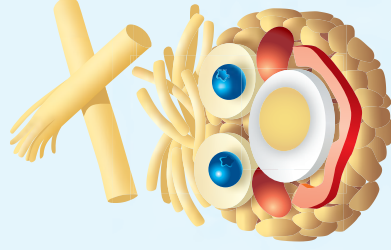
Put a grain on your plate.

2 Make a Face



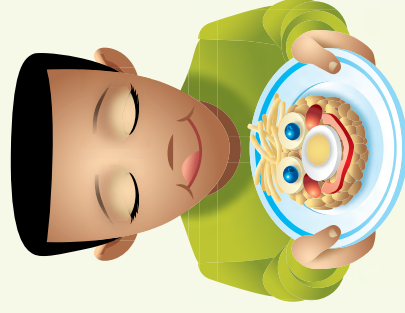
Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend

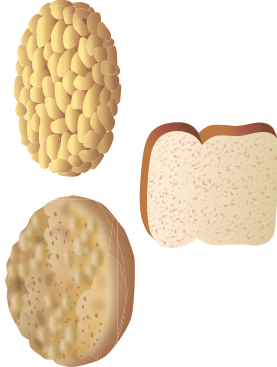


Have you used a food from each food group? If so, enjoy!

Ingredients

Grains

English muffin, brown rice cake, or bread



Protein Foods

beans or egg



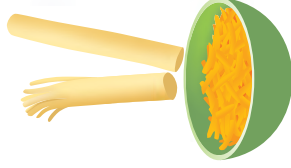
Vegetables

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



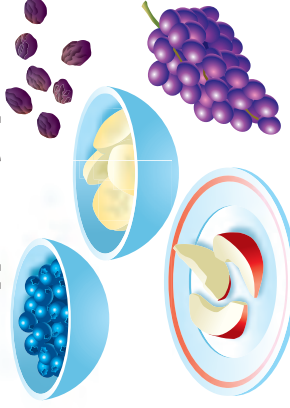
Dairy

low-fat cheese



Fruits

blueberries, bananas, raisins, apples, or grapes



Week 1 Exercise:

Fitness Circuit

Exercise is an important part of a healthy lifestyle for children, and helps set habits at an early age.

Directions:

1. Split students into six equal groups.
2. Assign an exercise to six different places within the room. Here are six examples:
 - Jog in Place
 - Planking for Kids
 - Wall Sits
 - Lunges
 - Mountain Climbers
 - Jumping Jacks
3. Have each group start in a different area of the room with a specific exercise
4. Set the timer: Start with 30 seconds
5. Have the students participate in that exercise for 30 seconds and then transition to the next exercise, while resting in between
6. Once the students have made it around the full circuit, judge whether they should do a second, or third round
7. Have the children participate in the circuit three times per week

YouTube Videos for Reference

- [Jog in Place](#)
- [Planking for Kids](#)
- [Wall Sits](#)
- [Lunges](#)
- [Mountain Climbers](#)
- [Jumping Jacks](#)

Notes: Feel free to substitute other exercises throughout the week based on the fitness level of your students

Week 1 Exercise:

MyPlate in Motion

MyPlate in Motion

Group leader will call out a food. Students will have to decide what food group that food belongs to; fruit, vegetable, grain, dairy, or protein. Each food group is associated with an exercise that the students will do for 30 seconds. At the end of the 30 seconds, share the correct answer with students.

Example: Hold up a picture of a banana. The students pick what food group a banana belongs to and do activity (Fruit -> sit ups) for 30 seconds.

Fruit = Sit ups

[How to Do SIT-UPS](#)

Vegetable = Push ups

[How To Do A Push-Up](#)

Grain = High knees

[High Knees](#)

Dairy = Squats

[Exercise Tutorial - Squat](#)

Protein = Burpees

[How To Do A Burpee](#)

Suggested foods:

- Kiwi, Cantaloupe, Blackberry (fruit)
- Asparagus, Cauliflower, Brussel sprouts (vegetables)
- Bagel, Popcorn, Tortilla (grains)
- Yogurt, String cheese, Cottage cheese (dairy)
- Nuts, Tofu, Beans (protein)

MyPlate Pledge

At the end of the lesson, have each student sign the MyPlate Pledge.

I pledge to be a MyPlate Champion. I will choose healthy foods from the five food groups at school and at home (or elsewhere) to keep my body and mind healthy.

Week 1 Bonus Activity :

MyPlate Grocery Store Bingo

DISCUSSION POINTS

Today we learned about MyPlate and the food groups. It is important to eat food from all of the food groups in order to grow big and strong, give you energy to play and learn, and prevent you from getting sick.

- What are the five food groups? (grain, protein, fruit, vegetable, dairy)
- What is your favorite fruit?
- What is your favorite vegetable?
- What is your favorite dairy food?
- What is your favorite protein?
- What is your favorite grain food?

TAKE HOME ACTIVITY

MyPlate Grocery Store Bingo



MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

 Fruits	 Vegetables	 Grains	 Protein	 Dairy
<p>Apple</p> 	<p>Avocado</p> 	<p>Bread</p> 	<p>Beans</p> 	<p>Milk</p> 
<p>Blueberries</p> 	<p>Broccoli</p> 	<p>Cereal</p> 	<p>Chicken</p> 	<p>Cottage Cheese</p> 
<p>Cantaloupe</p> 	<p>Corn</p> 	<p>Free Space</p> 	<p>Eggs</p> 	<p>Soy Milk</p> 
<p>Grapes</p> 	<p>Sweet Potato</p> 	<p>Popcorn</p> 	<p>Peanut Butter</p> 	<p>Cheese</p> 
<p>Orange</p> 	<p>Tomatoes</p> 	<p>Rice</p> 	<p>Tuna Fish</p> 	<p>Yogurt</p> 

ChooseMyPlate.gov/Families



INFORMATION FOR ADULTS

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a "MyPlate, MyWin!"

AGES: 5 & UP

While most appropriate for elementary school-aged children, this activity can be modified for other ages.

- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

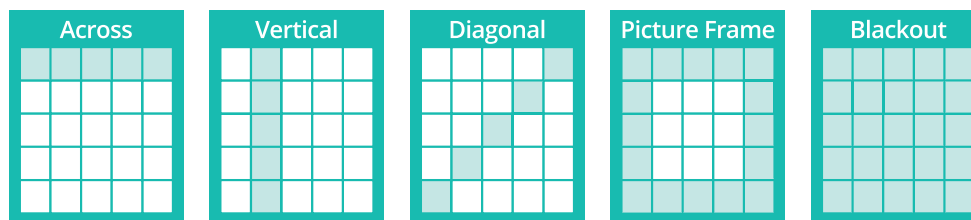
INSTRUCTIONS:

- Print off the bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.



TIPS:

- You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or black out where they try to find every food on the card.



- If you have more than one child with you, kids can either compete against one another— whoever finds five in a row first wins—or work together as a team. This can be especially helpful if you have an older child that can help a younger child.
- Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.

Week 2 Overview: Grains and Dairy

What do you know about Dairy?

- The dairy group consists of milk, cheese, and yogurt.
- The dairy food group is important because it is a great source of protein, calcium and vitamin D. Our bones, teeth, and nails all need calcium to grow and vitamin D helps the body to absorb calcium.
- Did you know that you should consume about 3 servings of dairy per day (depending on age, activity level, etc.)?

What are grains?

- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Examples: bread, pasta, popcorn, and breakfast cereals are examples of grain products.
- The types of grains that are best for us are "whole grains." This means the food is made from the entire grain kernel of wheat, rice, etc. These give our brain and muscles the most energy.
- "Refined grains" do not use the entire kernel, and these are in most packaged snacks, white breads and pastas, and desserts
- Super Kids should make half of their daily grains whole grain to get the most out of their grains.

Discussion Questions:

- What are your favorite sources of dairy?
- What are your favorite grains?
- Can you think of foods that provide both dairy and grain? (Cheese pizza, macaroni and cheese, grilled cheese)

WHAT TO EXPECT THIS WEEK

- Activity: Grain Match, Cow Corner Bookmarks, Cow Mad Lib
- Recipe: Pita Pockets
- Exercise: Up & Moving Meditation, Dairy Facts Fun Run

Week 2 Overview: Allergies to Gluten and Dairy

Allergies to gluten & dairy

- Sometimes, certain foods like milk, cheese, yogurt, bread, and pasta can make some people's tummies hurt because their bodies don't like those foods. Gluten is found in foods made from certain grains, such wheat and barley. But not all grains have gluten!
- If someone has a dairy allergy or gluten allergy, it means their body can't handle these foods well, and they can get sick if they eat them. So, they have to be careful and eat other kinds of foods that don't have dairy and gluten in them to stay healthy.
- When people have a dairy allergy, they can get their nutrients by substituting dairy for options such as almonds, chia seeds, figs, and broccoli. When people have a gluten allergy, they can get nutrients by substituting those grains for other grains - such as rice, oats, and cornmeal.
- Pita Pocket Ingredient Substitutes: (i) rice cake or apple slices for pita pocket (ii) almond or sunflower butter for cream cheese

Week 2 Activity: The Grain Match

Grain Matching Game

We are the grains food group. Can you guess our names? We come from different grains like oats, barley, wheat, and rice. Look for 100% whole grains to be sure you are getting the real deal! We have lots of fiber that helps you feel great and be healthy!

Instructions: Draw a line from the grain food to the name. You can even color the page when you finish!

	Bagel	
	Bread	
	Cereal	
	Cracker	
	Macaroni	
	Oatmeal	
	Pancake	
	Popcorn	
	Pretzel	
	Ravioli	
	Rice	
	Spaghetti	
	Waffle	

Week 2 Activity:

Cow Corner Bookmarks

What You Need:

- White origami paper or plain paper cut into a square
- Pink paper
- Beige Paper
- Scissors
- Glue
- Black Marker
- Optional: Wiggle Eye Stickers



Instructions:

1. Start by folding a sheet of origami paper into half (fold across the diagonal line) to get a triangle.
2. Grab one layer of the paper at the top of the triangle and fold it towards the bottom – a square should form.
3. Take one corner of the triangle and fold it to the bottom middle. Unfold.
4. Do the same with the other side
5. Now fold the same corners to the top of the triangle.
6. Tuck the flaps into the pocket.
7. Your corner bookmark base is now complete.
8. Draw spots with a black marker (or a brown one if you fancy brown and white cows more).
9. Cut a snout out of pink paper. Draw nostrils.
10. Glue the snout on the bookmark.
11. Draw eyes or stick on two wiggle eye stickers.
12. Cut horns out of beige paper and glue them on the bookmark.
13. Your cow corner bookmark is ready!

[Video Tutorial and Pictures:](#)

Dairy Cow MAD LIBS

A M-O-O-O-O-VING STORY ABOUT MILK

DIRECTIONS:

1. Answer the questions below.
2. Use the words from this page to fill in the story on the following page.

NOTE: NO peeking at the story before you answer these questions!

Name a type of truck

A

Favorite variety of cheese

B

Your best friend's name

C

Favorite animal

D

Favorite sport

E

Name a material that is very hard

F

Favorite Holiday

G

The type of milk that you usually drink

H

Favorite song

I

The month of your birthday

J

The town where you live

K

Favorite color

L



A M-O-O-O-O-VING STORY ABOUT MILK

While cruising along in my _____
A
_____, I suddenly came across a _____
B L
cow. Right beside
her was a _____,
D I
singing _____ as loudly
as he could. When the _____
D
saw me, he stopped, stared at me for a
moment, and asked me what I was carrying in my _____
A.

I replied, "I have a load of dairy products that I'm delivering to _____,
K
just
in time for the _____
G
celebration. Did you know that those folks always
celebrate _____
G
in _____?"
J

The cow, who introduced herself as _____,
C
was very pleased that I was carrying

H
milk, yogurt and cheese in my truck. She asked me if I knew why
dairy products were important for good health.


The _____
D
interrupted, anxious to tell me that dairy foods have a lot of
calcium, a nutrient that makes bones as strong as _____
F.

C
agreed and also mentioned that you need strong bones to do your
best at _____
E.

After a snack of crackers, grapes and _____,
B
I said goodbye and
rushed along on my way to _____,
K
delivering my goods just in time for
_____.
G

Week 2 Recipe:

Pita Pockets

AGENCY SHOPPING LIST (suggested)	
<input type="checkbox"/> Pita bread <input type="checkbox"/> Cream Cheese <input type="checkbox"/> Strawberry <input type="checkbox"/> Banana	
RECIPE INGREDIENTS	NOTES
<input type="checkbox"/> 1 pita sliced in half <input type="checkbox"/> 1 Tbsp cream cheese <input type="checkbox"/> 3-5 strawberry slices <input type="checkbox"/> 3-5 banana slices <input type="checkbox"/> Drizzle of honey <i>Ingredient amounts can be adjusted based on preference.</i>	<ul style="list-style-type: none"> This recipe will require paper plates and knives to complete.
DIRECTIONS	
<ol style="list-style-type: none"> 1. Slice pita pocket in half if needed depending on pitas purchased. 2. Carefully prepare the toppings for the pita pockets - slice the strawberries and bananas. 3. Spread cream cheese inside of the pita pocket. 4. Add strawberries and bananas to the inside of the pita pocket. 5. Drizzle with honey on the top for the finishing touch! 	

Nutritional Value

Kids ages 4-10 need 2-3 servings of dairy products daily.

Examples of a serving size are roughly 1oz of cheese, 1/2cup-1 cup of yogurt, 1/2cup-1cup of milk. About 72% of the calcium in the US food supply comes from dairy based foods.

Including grains in your diet provides you with the energy you need every day. Kids ages 4-10 require 6-11 servings a grain daily (1 slice of bread, 1/2 cup rice, 4-5 crackers, etc.)

Discussion Question:

Fun Fact, cream cheese isn't considered to be a member of the dairy group due to its high fat content. To add more calcium to this recipe, replace the cream cheese with ricotta cheese.

Junior League of Dallas: Kids in the Kitchen

Week 2 Exercise:

Up & Moving Meditation

Physical activity is when your body is in motion and your heart rate is higher. It is just as important to practice calming one's mind and body through meditation. Meditation has many positive benefits, including helping to improve focus, manage stress, and reduce negative emotions. Get your body and mind moving with this calming mindfulness exercise from GoNoodle.

Supplies:

- Viewing screen
- Internet connection and browser

Instructions:

1. Open the internet browser.
2. Type in the below web address to access the guided video from GoNoodle.
3. Once the video is on-screen, have students spread out in the space.
4. Hit play. The video is approximately four and a half minutes.

Optional Suggestions:

Consider dimming the lights and have students wiggle out their giggles out before beginning!

Week 2 Exercise:

Dairy Facts Fun Run

Exercise is important for your body and your brain. This activity will get both your body and brain working.

Supplies:

- Questions included below
- Space to run

Instructions:

1. Designate sides of the room as true and false.
2. Students will gather in the middle of the room.
3. Read the trivia questions. Students will select their answers by running to the corresponding side of the room (true or false).
4. Have students return to the middle of the room before reading the next question.

Questions

1. About 73% of calcium available in the food supply is provided by milk and milk products. **TRUE**
2. Milk is packed with essential nutrients including protein, calcium and vitamin D. **TRUE**
3. Chocolate milk should be considered a dessert because it has chocolate. **FALSE**
 - a. Chocolate milk's combination of fluids, carbs, and protein helps rehydrate and refuel muscles after a workout.
4. It takes 12 pounds of whole milk to make 1 gallon of ice cream. **TRUE**
 - a. It takes 21.2 pounds of milk to make 1 pound of butter and 10 pounds of milk to make 1 pound of cheese.
5. Swiss cheese is the most popular natural cheese in the U.S. **FALSE**
 - a. Cheddar is the most popular natural cheese in the U.S.
6. Strawberry is America's favorite flavor of ice cream. **FALSE**
 - a. Vanilla is America's favorite flavor of ice cream
7. To get the same amount of calcium provided by one 8-ounce glass of milk, you would have to eat 16 servings of spinach. **TRUE**
8. The first cow arrived in America in Jamestown in 1611. Until the 1850's nearly every family had its own cow. **TRUE**
9. 48 of the 50 states have dairy farms. **FALSE**
 - a. All 50 states have dairy farms.
10. Milk arrives at your local grocery store within 48 hours of leaving the farm. **TRUE**
11. There are 6 breeds of dairy cows. **TRUE**
 - a. Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire, and Milking Shorthorn
12. Cows are milked once per day. **FALSE**
 - a. Cows are milked 2-3 times per day.
13. The average cow produces 8 gallons of milk per day, that's over 100 glasses of milk. **TRUE**
14. It takes 10 minutes for a cow to be milked. **FALSE**
 - a. It takes 5-7 minutes for a cow to be milked.
15. Cows cannot sweat. **TRUE**- they lose heat through their breath.
16. Water is better than milk at cooling your mouth after eating something spicy. **FALSE**
 - a. Milk is better at cooling your mouth because of the protein casein. It cleanses your taste buds.
17. An average dairy cow weighs 1,200 pounds. **TRUE**
18. Cows drink 30-50 gallons (about a bathtub full) of water each day. **TRUE**

Week 1 Overview:

Discussion

What we eat and how active we are gives us superpowers. Each week will contain recipes and activities to teach you about a healthy lifestyle.

First Taste:

- What do cars, boats, planes, and rocket ships need to keep going? (Fuel). Do people need fuel?

Why?

Have you felt like you had no energy before? What did it feel like? What made you feel better?

- If the kids don't mention give us energy/fuel, ask them why we eat.
- Food gives us energy/fuel for various activities – running, playing ball, school/thinking.
- It is also important for us to move every day to stay healthy. What kinds of physical activity do you enjoy? How is physical activity good for the body? How can you be more active?

This week, you are going to learn about foods and their superpowers:

- Fruits and vegetables- give you energy, vitamins, antioxidants, fiber and water to keep you healthy and prevent you from getting sick
- Whole Grains- keeps us full and focused longer
- Protein - helps us grow big and strong and keeps us healthy
- Dairy- builds strong bones, nails, and teeth
- Healthy Fats- essential for growth, helps to build a healthy brain, and helps the body absorb other vitamins and minerals

•Everything we eat and drink matters. It is essential to have a well-rounded diet that includes various foods to ensure that you stay healthy and strong now, and in the future.

•Each group plays a vital role in your health because each group provides essential vitamins and minerals to the body. Variety and amount in each food group are key. Creating a healthy lifestyle means portioning the right amount.

• Each segment of the MyPlate represents a food group, and each food group has "superpowers" like helping to form strong bones, improving vision, and building stronger muscles. Fitness also plays an essential role in our health and the wellness of our bodies.

• During this program, we will learn more about each food group and its importance. Protein is found in foods like meat, beans, and nuts and helps to make us feel full and strengthens muscles.

• Dairy, like milk, yogurt and cheese, builds strong bones, teeth, and nails.

Week 3 Activity:

Vegetable and Fruits Worksheet

Eating fruits and vegetables are an important part of any healthy diet, but sometimes it is hard to eat enough. Below are a few tips to get kids to eat more vegetables.

Access the separate Activity Workbook packet for a fun, interactive workbook for your students to enjoy throughout the week as you learn about fruits and vegetables.

Top 5 Ways To Get Kids To Eat More Vegetables

Cut vegetables of different colors into different shapes and let kids play a bit. Let them make some fun artwork with their vegetables. Then provide some different dips for them to taste their artwork. Infuse a little fun time with veggies!



Have your children participate in some of the decisions around vegetables. Let them choose which vegetable to include at mealtime and discuss what are the different ways to add that vegetable to the meal. Children become more interested when they have taken part in the decision making.



Be creative and add more finely chopped vegetables to soups, casseroles and sauces. You can even add it to hamburger patties. It may sound a little sneaky but sometimes you have to help children see how delicious vegetables are in different foods.

Have your child plant a vegetable and take care of it. Treat it like a very special "pet" that needs time, attention and care. Kids will be more interested in trying a vegetable that they have nurtured and helped harvest.



Many vegetables can be eaten raw. Kids are funny about smells and texture. See what type of vegetables appeals most: soft, crunchy, smooth? Have a tasting test game with the whole family.

Week 3 Activity:

Bonus Activity: Farmers Market Game

Transform your space into a local farmers' market!

Use any bins, boxes and tables to display fruits or vegetables like you'd see at a farmer's market or supermarket.


Be sure to remove any foods that are not fruits and vegetables.

Talk to your students about how farmers grow these foods and then sell them at the market. You can also plan a trip to your local farmer's market!



Week 3 Recipe:

Veggie Tortilla Roll-up

<p>AGENCY SHOPPING LIST</p> <p>Yields 4 roll-ups (24 pieces):</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1/2 large cucumber, peeled <input type="checkbox"/> 1 1/4 cups spinach <input type="checkbox"/> 1/2 cup of carrots, shredded <input type="checkbox"/> 1/2 container regular cream cheese <input type="checkbox"/> 4 large wraps (burrito size) 	
<p>RECIPE INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1/2 large cucumber, peeled into ribbons <input type="checkbox"/> 1 1/4 cups spinach, chopped <input type="checkbox"/> 1/2 cup carrots, shredded <input type="checkbox"/> 1/2 container regular cream cheese <small>Allergies, try swapping for guacamole or hummus instead</small> <input type="checkbox"/> 4 large wraps (burrito size) <small>Note: Try swapping for wheat or spinach wraps or mix and match to add more color to the plate</small> 	<p>NOTES</p> <p>Useful Tools</p> <ul style="list-style-type: none"> • Silicone spatula • Chef's knife • Tablespoon Vegetable Peeler
<p>DIRECTIONS</p>	
<p>First, prep your ingredients:</p> <ol style="list-style-type: none"> 1. Remove cream cheese from refrigerator to soften. 2. Wash and dry vegetables. 3. Chop the spinach and peel the cucumber into ribbons. 4. Using a silicone spatula or a knife, spread the cream cheese over the wraps (about two tablespoons per wrap). 5. Divide up the cucumber into the wraps and then top with the shredded carrots and spinach. 6. Tightly roll the wrap and use a sharp knife to cut into slices, about 1-inch wide. If needed, secure each wheel with a toothpick. 7. Each wrap makes roughly six pinwheels for a total of 24. 	

Discussion Topic: While the students enjoy their veggie wraps, have them brainstorm how they would recreate this recipe at home using fruit instead of veggies.

Nutritional Value: A veggie wrap is a healthy and fun meal alternative that utilizes an array of fruit and vegetables. Between an average of 300-400 calories and 10 grams of protein, a wrap is a low calorie option full of energy needed to get through the school day.

Week 3 Exercise: *Pass the Watermelon*

Have you ever heard the word "core?" Maybe you have heard of an apple core? Did you know that we have a core? We need to take special care of this area, first with foods like melons, berries, and apples which help our tummy feel good. We also need to exercise this area so that these muscles stay strong because we use them in almost everything we do. Having a strong core makes us better athletes, keeps us from getting hurt, and improves our posture.

Supplies Needed:

- Weighted medicine ball to be used as the "melon"

How to play:

- Instructor will assign each student a partner
- Students will sit side by side with their partner
- One student will start with the 'melon' and twist to the outside away from their partner. Come back to the middle and twist towards their partner
- When they get to their partner, pass the 'melon' to their partner

- Repeat for 1 minute

Challenge #1: Have the students repeat the exercise but this time have them lift their legs off the floor. This abdominal move is commonly referred to as a 'russian twist'.

Challenge #2: Turn the activity into a competition. Have the students count how many times they can pass the ball back and forth during the allotted time.

Week 3 Exercise:

This or That: Fruit and Veggie Edition

Supplies Needed:

- None

How to play:

Instructors will present students with 2 options each round. Once selections are made, students will complete an exercise based on their selection.

Instructional video: 5 minute home exercises for kids: ['Fruit & veggies'](#) edition

- Round 1: Coconut or Kiwi: If coconut was selected, do 5 stand up kneel downs; if kiwi was selected, do 5 pendulum swings on each leg.
- Round 2: Broccoli or Brussel Sprouts: If broccoli was selected, do 10 jumping jacks; if brussel sprouts were selected, do 10 squats.
- Round 3: Banana or Strawberry: If banana was selected, perform banana holds for 10 seconds; if strawberry was selected, do alternating toe taps for 10 seconds.

Week 4 Overview:

Fats and Proteins

What are Fierce Fats?

- When it comes to fats, less is more. Too much fat and oil can prevent us from becoming Super Kids.
- Certain kinds of fats give us energy, protect our organs, help our brains develop, and help our bodies absorb certain vitamins and minerals that are in foods we eat.
- Good kinds of fats are called unsaturated fats. They are found in food like avocado, fish, nuts, olive, and other vegetable oils.
- Unhealthy fats are called saturated or trans fats. They are found in whole milk, butter, ice cream, French fries, as well as chips, cookies, and desserts. Check the nutrition label to see what kind of fat you are eating.
- One fat serving is about 1 teaspoon (4.2 grams), and we want to limit ourselves to about 5 servings (21 grams) a day. For example, one slice of cheddar cheese has about 9 grams of fat.

What are Powerful Proteins?

- Proteins are foods like chicken, eggs, fish, peanuts, tofu, pork, beef, and beans.
- Proteins help our muscles and tissue, and they also help increase iron. Iron carries oxygen in the red blood cells from our lungs to other parts of our bodies.
- Proteins often come from animals and animals have fat, so leaner meats help us get our protein without all the unhealthy fat. Lean meats are things like chicken, fish and pork.
- Protein serving size is about 3 ounces or the size of a deck of cards. We need 4-5 ounces each day.

WHAT TO EXPECT THIS WEEK

- Activity: Protein Word Search
Food Groups Bingo
- Recipe: Sandwich Kabobs
- Exercise: Musical Chairs
Fit-Tac-Toe

Week 4 Activity: Protein Word Search

S T U N A E P I L J
 A A K W H K R O P O
 F U G M A U E F F S
 I Y Q N X L X U E G
 S O Y B E A N S E G
 H M V X H K V U B E
 N A E L X S C P T Y
 S N A E B T E I H S
 N I E T O R P E H L
 N E Y F L F Q F D C
 S E L C S U M T A S



CHICKEN
 SOYBEANS
 PORK
 FISH
 BEANS
 BEEF
 WALNUTS
 PROTEIN
 SEEDS
 PEANUTS
 LEAN
 MUSCLES
 EGGS

Week 4 Activity

Protein Word Search Key



- CHICKEN
- SOYBEANS
- PORK
- FISH
- BEANS
- BEEF
- WALNUTS
- PROTEIN
- SEEDS
- PEANUTS
- LEAN
- MUSCLES
- EGGS



FOOD GROUPS BINGO

TYPE OF ACTIVITY: Math

KEY CONCEPT: Eat a variety of foods

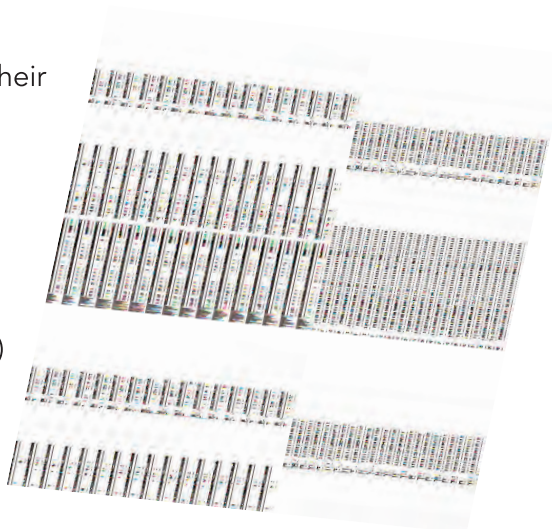


OBJECTIVES:

- › Children will identify the foods on their bingo cards.
- › Children will practice listening and matching skills by listening to food names called and marking them on their cards.

MATERIALS:

- › Bingo cards (see templates)
- › Tokens to mark bingo cards
- › Small pictures of foods on bingo cards (see templates)




























PROCEDURE:

1. Set-up: Cut apart small food pictures and place them in a bag or bowl. Copy enough bingo cards for all children in the group. Laminate bingo cards if desired.
2. Explain to children that they are going to play bingo with pictures of foods from all five food groups. Distribute bingo cards and tokens to children. Point out the different food groups on the cards. Suggested phrases:
 - a. *This game is called Bingo.*
 - b. *Each of your cards is a little bit different. You may have some foods on your card that your neighbor does not have, and they may have some that you don't have.*
 - c. *Each time you hear me call a food on your card, mark it with a token. Your goal is to get five in a row, either up and down or across, or even diagonally. When you get five in a row, call out "Bingo!"*
3. Play bingo with the children. Draw a card, name the food and its food group, and encourage children who have that food on their card to mark it with a token. Continue until a child gets five in a row.
4. Continue playing bingo as long as the children are interested.

ADAPTATIONS/EXTENSIONS:

Family involvement: Allow the children to take home bingo cards for each member of their families and a bag of paper pieces to use as tokens. Encourage families to play bingo together as a review of foods and food groups.

FOOD GROUPS BINGO CARD

Fruits	Vegetables	Protein	Dairy	Grains
				
				
				
				
				

Day 14: Review – Healthy Eating

For more activities, visit eathealthybeactive.net

Week 4 Recipe: Sandwich Kabobs

<p>AGENCY SHOPPING LIST</p> <p>Each Student will need:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice of sandwich meat <input type="checkbox"/> 1 string cheese <input type="checkbox"/> 2 grape tomatoes <input type="checkbox"/> 1 baby pickle (optional) <input type="checkbox"/> 1 slice of whole wheat bread 	
<p>RECIPE INGREDIENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice of sandwich meat <input type="checkbox"/> 1 string cheese <input type="checkbox"/> 2 grape tomatoes <input type="checkbox"/> 1 baby pickle (optional) <input type="checkbox"/> 1 slice of whole wheat bread 	<p>NOTES</p> <ul style="list-style-type: none"> • Materials - Mini cookie cutters, knife to cut ingredients, wooden kabob sticks and paper plate • Have an adult supervise cutting ingredients
<p>DIRECTIONS</p>	
<ol style="list-style-type: none"> 1. Roll up sandwich meat and cut into 4 pieces 2. Cut string cheese into 5 pieces 3. Cut baby pickle in half 4. Cut bread into small squares or shapes using mini cookie cutters to create shapes 5. Place the "sandwich" on the kabob in any preferred order. Example: bread, cheese, tomato, meat, pickle, cheese, meat, bread 6. Enjoy! 	

Nutrition Facts

- Whole wheat bread is usually a healthier choice than white bread since it has more fiber and fewer calories.
- Turkey and other deli meats are high in protein
- Even though the cheese has unhealthy fats, it's high in protein and calcium which are good for you
- A tomato isn't a fat or a protein. It's technically a fruit, and it contains other nutrients like vitamin C, potassium, and antioxidants

Week 4 Recipe:

Discussion Questions after Snack

Questions:

1. Are fats good or bad for you?
2. What type of fat is better for you?
3. What types of fats are not as healthy?
4. What are your favorite proteins to eat?
5. What are your favorite foods that have fats?
6. How many grams of fat are in the sandwich meat based on the food label?
7. How many grams of protein are in the sandwich based on the food label?

Answer Key:

1. Both!
2. Unsaturated fats
3. Saturated fats, trans fats
4. Students name their favorite proteins – maybe chicken, eggs, fish, peanuts, tofu, pork, beef, and beans
5. Students name their favorite fats – maybe milk, nuts, fish, avocado, etc.
6. Refer to sandwich food label from the sandwich kabob snack
7. Refer to sandwich food label from the sandwich kabob snack

Week 4 Exercise:

Musical Chairs

Equipment Needed:

- Chairs (one chair less than the number of players participating)
- Music – play on phone or on a computer

Set Up

- Arrange chairs in a circle with the seats facing outwards
- Players are gathered in a circle around the chairs

How to Play

- Play the music and have the players walk around the perimeter of the chair circle.
- When the music stops, everyone must immediately sit in a chair.
- The one person left standing is out.
- Remove another chair and continue until only one person is left.



Week 4 Exercise:

Fit-Tac-Toe

Exercise Activity: Fit-Tac-Toe

A fitness version to the classic game of tic-tac-toe!

Setup:

1. Make a large tic-tac-toe grid on the floor using the painter's tape.
2. Divide the class into two even lines.
3. Give one line one color of bean bags and the second line the second color of bean bags.
4. Use the painter's tape to create a start line where the two teams are lined up.

Instructions:

1. Once students are lined up in two groups with their sets of bean bags, the teacher should say "Go!"
2. The first person from each of the two teams will walk quickly to the tic-tac-toe grid to drop their bean bag down.
3. When Player 1 gets back from dropping their bean bag, Player 2 will go next to drop the second bean bag, doing their best to work toward a tic-tac-toe.
4. When Player 2 gets back from dropping their bean bag, Player 3 will go to drop the third bean bag, doing their best to complete the tic-tac-toe.
5. If no tic-tac-toe is achieved, then Player 4 can move the team's color of bean bag to a new tic-tac-toe square to try to get a tic-tac-toe
6. Continue until one team gets a tic-tac-toe and will be declared the winner of this round!
7. Play as many times as you have time for.



[Video for reference](#)

Week 5 Overview:

Building a Better Breakfast and Snack

Why is breakfast an important meal?

- Did you know the word "breakfast" means to break the fast? A "fast" is when we do not eat or drink for a period. Each night we go 7-10 hours without food or drink, and we break that fast with breakfast.
- Our bodies work even when they are asleep, using energy and requiring nutrients during that time.
- How do you feel when you skip breakfast? Probably not great, so you can understand why eating a nutritious breakfast is important.
- A nutritious breakfast is one that has at least one item from at least three groups.

What to expect this week:

- Activity:
 - Draw your Meal Plan
 - Make a Meal Plan
 - Food Critic
 - Word Search
- Recipe:
 - Breakfast Protein Balls (Breakfast)
 - Apple Nachos (Healthy Snack)
- Exercise:
 - DIY Fitball and Yoga

Week 5:

Breakfast from Around the World

Breakfast from Around the World

People across the world enjoy different types of food for breakfast to start their day off strong. We are going to review a few examples:

Jamaican Breakfast:

- Callaloo (Vegetables)- Callaloo is made from sautéed leafy green vegetables similar to spinach. Callaloo is sautéed or steamed with green onions and tomatoes or shredded carrots. Like ackee, callaloo is originally from Western Africa and was transported to the Caribbean by slave traders.
- Saltfish (Protein)- Saltfish is usually made with cod. The saltfish is soaked in water and then boiled to remove the salt from the fish. Then, the fish is sautéed with onions, hot peppers, fresh tomatoes, and additional herbs and spices. Boiled or canned ackee is gently added to the fish and then seasoned to taste.
- Ackee (Fruits)- Ackee is one of the national foods of Jamaica. The ackee tree was originally brought to Jamaica by slave traders transporting slaves and goods from Africa to the Caribbean. It has a mild, buttery flavor.
- Breadfruit (Vegetables)- Breadfruit was introduced to Jamaica in 1793 from the South Pacific and has since become one of the main staple foods in the Jamaican diet. This starchy food may be boiled, roasted, or baked and eaten along with other staples such as yams or potatoes.

Colombia:

- Arepas (Carbs)- Arepas are flat, round patties usually made with ground corn flour. They can be grilled, baked, or boiled. Different kinds of arepas are eaten throughout all of South America. They are sometimes topped with cheese or avocado, or split into sandwiches filled with meat and vegetables.
- Eggs (Protein)- Eggs can be served with arepas in many different ways: scrambled, hardboiled and sliced, and more.
- Avocado (Fruit)- Avocado is sometimes used as a topping.
- Fruit juice- Colombia is located on the Equator, which helps give its coastal areas a warm, tropical climate that is good for growing a variety of fruits. Common fruits used for juice are papaya and pineapple.

Japan:

- Miso Soup (Protein)- Miso is a salty paste made out of soybeans that is often mixed into soups. Miso soup paired with plain rice is a very common Japanese meal.
- Rice (Grains)- Rice was first introduced in Japan by the Chinese around 1000 B.C.E. Rice was brought to the region either by warring soldiers or by traveling traders. Rice is now Japan's most commonly grown crop.
- Natto (Protein)- Natto is a sticky, strongly flavored soybean dish. Soybeans are a major part of Japanese food culture and are prepared in many different forms, including natto, tofu, and miso.
- Pickled Cucumber (Vegetable)- Japanese pickles, known as tsukemono, are served at many meals. They can be tangy or salty, and add flavor to the rice.

Ghana:

- Koko (Grain)- This porridge is made from millet, a kind of grain. It's similar to other kinds of porridge like oatmeal.
- Waakye (Grains, Vegetables, & Protein)- Waakye is a rice and beans dish, often made with kidney beans. It is often served with a spicy pepper sauce.
- Eggs (Protein)- Eggs are sometimes a part of dishes in Ghana and may be eaten during all meals.

Level Up: Have the students assign each item to the correct food group

Week 5 Discussion:

Building a Better Breakfast and Snack

Why do we need snacks?

- They help to keep our energy level up during the day, and it's important that we eat a small snack that is nutritious.
- Here are some examples of healthy snack options from each of the food groups
 - Dairy = string cheese
 - Protein = hard-boiled egg
 - Vegetable = baby carrots
 - Fruit = 1 apple
 - Grain = popped popcorn
 - Fats = small handful of almonds

Healthy Snacking

Healthy Snacking With My Plate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

Start with the following tips:

- **Build Your Own** – Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.
- **Prep Ahead** – Portion snack foods into reusable containers when you get home from the grocery store, so they're ready to grab-and-go.
- **Make It A Combo** – Use the food groups to build a satisfying snack: yogurt and berries, apples with nut butter, or whole-grain crackers with turkey and avocado.
- **Eat Vibrant Vegetables** – Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.
- **Wash and Enjoy** – Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.
- **Stock Your Fridge** – Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.

Discussion Questions:

- What does breakfast mean?
- What are some of your favorite breakfast items? What food groups do you eat at breakfast?
- What are foods from "breakfast around the world" would you want to try?
- What are some of your favorite snack foods? What food groups do you eat at snack time?

Week 5 Activity:

Draw your Meal Plan

Based on everything you have learned so far, we know that a variety of foods and 3 meals a day are important!

Supplies Needed:

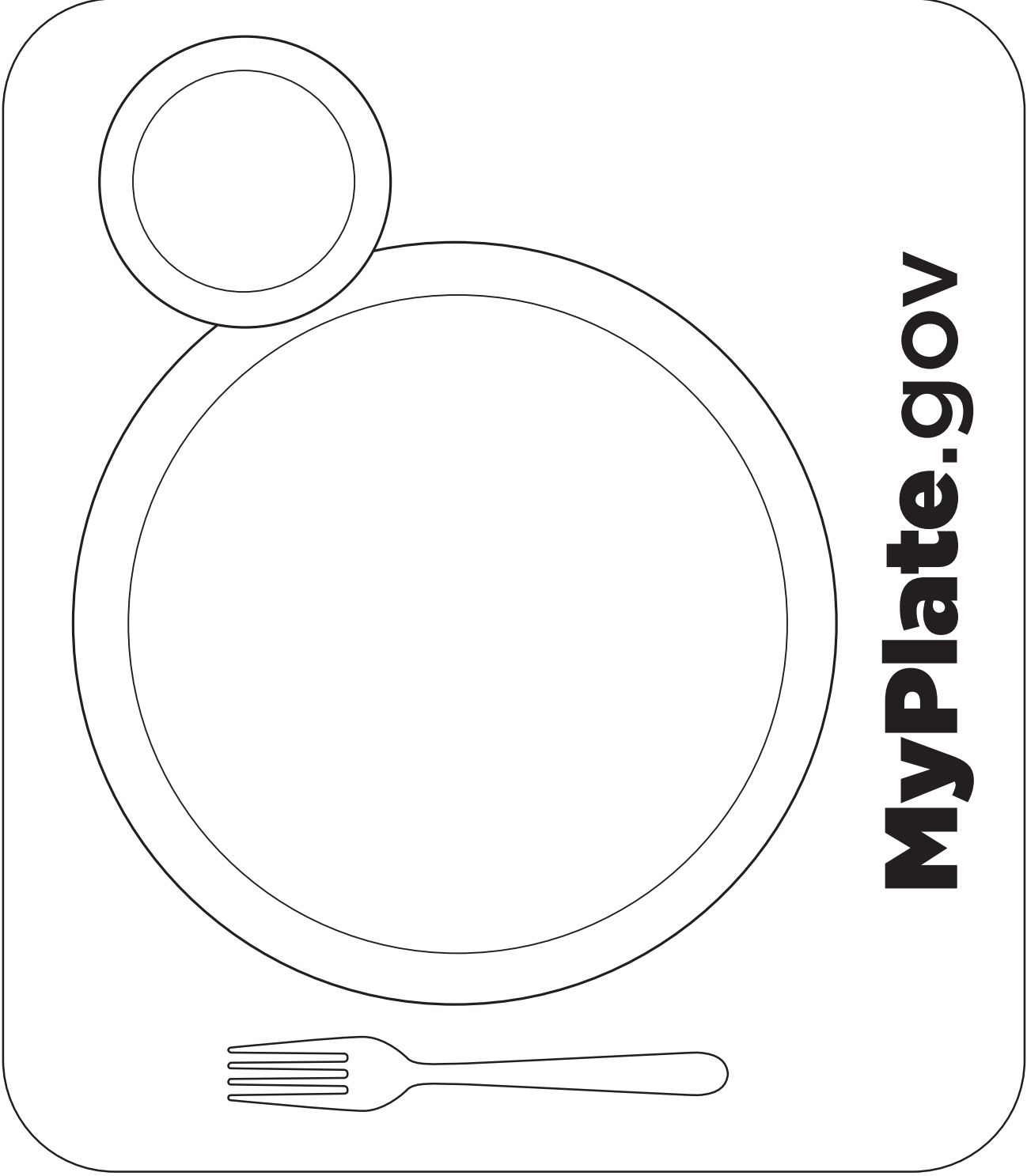
Crayons/markers & worksheets

Directions:

Draw your morning breakfast



United States
Department of
Agriculture



Week 5 Level Up Activity: Make a Meal Plan

Based on everything you have learned so far, we know that a variety of foods and 3 meals a day are important!

Supplies Needed:

- Crayons/markers

Directions: List ideas for meals with at least 3 food groups. An example is included to get you started.

Example:

	Food Group 1	Food Group 2	Food Group 3
Breakfast	Scrambled Eggs	Whole Wheat Toast	Fruit

Use the table below for your meal plan (can you find ways to include more food groups at each meal)?

	Food Group 1	Food Group 2	Food Group 3
Breakfast			
Lunch			
Snack			
Dinner			
Breakfast			
Lunch			
Snack			
Dinner			
Breakfast			
Lunch			
Snack			
Dinner			



Level Up:
After you make each recipe, have the students rate the food on the Food Critic worksheet.

KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

Visual Appeal

1 2 3 4 5
0 0 0 0 0

Smell

1 2 3 4 5
0 0 0 0 0

Taste

1 2 3 4 5
0 0 0 0 0

Texture

1 2 3 4 5
0 0 0 0 0

TOTAL: _____

TOTAL SCORE

😐
 😊
 😄

Serve it again?
 YES NO



FOR EXTRA FUN:

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.



August 2016

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Week 5 Activity: *Word Search*

Now that you have made a yummy breakfast and snack recipe, let's see if you can find the ingredients from the recipe in the word search provided.

Supplies Needed:

Pencils and Word Search Sheet

Directions:

Good luck finding your recipe ingredients!

Week 5 of Kids in the Kitchen: Breakfast and Snacks

H I P F D X E V Q F U M D X X L X
X K Q C H O C O L A T E C H I P S
I P E A N U T B U T T E R H X M U
O C Q B R E A K F A S T Z S R A Y
E N W L V B E R O C Y B C F A L E
D Z B J C C X Y N N V M S Z I P K
R B Z L U C T C V M E L I K S O D
R A K R Q V T J W B B U A N I K S
Q P X R P Q M U X Y M M S P N Z Z
X P O E C C E U U M I J N Q S U E
N L A A B K G I U Y T W A A R O C
R E T O K D W N J S C N C R N J C
H X S D Y N W V O D L M K Z D P D
O A W S U N F L O W E R S E E D S
N H C R A N B E R R I E S C F P X
E Z P B L E T Z O N M G R C Q F H
Y N S B R M X Z N Q Z V H G B X M

snack

chocolate chips

cranberries

apple

breakfast

raisins

honey

sunflower seeds

oats

peanut butter

Week 5 of Kids in the Kitchen: Breakfast and Snacks

H I P F D X E V Q F U M D X X L X
X K Q C H O C O L A T E C H I P S
I P E A N U T B U T T E R H X M U
O C Q B R E A K F A S T Z S R A Y
E N W L V B E R O C Y B C F A L E
D Z B J C C X Y N N V M S Z I P K
R B Z L U C T C V M E L I K S O D
R A K R Q V T J W B B U A N I K S
Q P X R P Q M U X Y M M S P N Z Z
X P O E C C E U U M I J N Q S U E
N L A A B K G I U Y T W A A R O C
R E T O K D W N J S C N C R N J C
H X S D Y N W V O D L M K Z D P D
O A W S U N F L O W E R S E E D S
N H C R A N B E R R I E S C F P X
E Z P B L E T Z O N M G R C Q F H
Y N S B R M X Z N Q Z V H G B X M

snack

chocolate chips

cranberries

apple

breakfast

raisins


honey

sunflower seeds

oats


peanut butter

Week 5 Recipe: Oat Energy Balls

<p>AGENCY SHOPPING LIST (suggested)</p> <p><input type="checkbox"/> All non-perishable ingredients provided.</p>	
<p>RECIPE INGREDIENTS (18 Servings)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 1/2 cups uncooked oats or steel cut oats <input type="checkbox"/> 1/2 cup peanut butter (or other nut butter) <input type="checkbox"/> 1/2 cup honey <input type="checkbox"/> 1/2 cup chocolate chips <input type="checkbox"/> 1 tsp flaxseed (optional for healthy protein and fats) 	<p>NOTES</p> <p>Nutritional Considerations:</p> <p>This recipe provides healthy fats and protein from the flaxseed and peanut butter. Also, the steel-cut oats keep you fuller longer and provide many heart health benefits.</p>
<p>DIRECTIONS</p>	
<ol style="list-style-type: none"> 1. Wash hands with soap and water. 2. Add all ingredients to a large bowl except the chocolate chips. 3. Mix well with a large spoon then fold in the chocolate chips. 4. Refrigerate for 30 minutes and roll into balls (alternative, for smaller children smash flat into cookie shape). 5. Taste. 6. Store extras in the refrigerator. 	

Week 5 Recipe:

Apple Nachos

<p>AGENCY SHOPPING LIST (suggested)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples 	
<p>RECIPE INGREDIENTS (1 Serving)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 teaspoon lemon juice <input type="checkbox"/> 1 medium apple (thinly sliced) <input type="checkbox"/> 1 tablespoon sunflower seeds (unsalted and shelled) <input type="checkbox"/> 1 tablespoon cranberries or raisins <input type="checkbox"/> 1 tablespoon chocolate chips (mini) <input type="checkbox"/> 2 tablespoons peanut butter (creamy style) <input type="checkbox"/> 1 tablespoon honey 	<p>NOTES</p> <p>Nutritional Considerations: The apple improves the processing of food in your body and protects against many diseases. The peanut butter and sunflower seeds provide healthy fats and protein to your body.</p>
<p>DIRECTIONS</p>	
<ol style="list-style-type: none"> 1. Wash hands with soap and water. 2. Gently rub apples under cool running water. 3. Add lemon juice to sliced apples to reduce browning. 4. Spread apple slices on a plate. 5. Top apple slices with sunflower seeds, dried cranberries, and mini chocolate chips. 6. Combine peanut butter and honey in a small, microwaveable safe container. Microwave 20 seconds and stir until smooth. Be careful when removing from microwave. (optional) 7. Drizzle peanut butter sauce over apple slices. 	

Week 5 Exercise: DIY Fitball

How to Play FitBall:

Supplies:

- DIY FitBall (12-inch beach ball)
- Marker
- Music on a device
- Speakers to play the music
- DJ - A person in charge of starting/stopping the music during the game.



FitBall Directions:

1. Blow up a 12-inch beach ball
2. Using a permanent marker, write 3-4 fitness activities per color panel. Modify or change activities as needed depending on the ages of the participants.
 - a. Activity Options:

Yellow Panel:	Orange Panel	Green Panel	White Panel	Red Panel	Blue Panel
<ul style="list-style-type: none"> • 5 Squats • 10 Toes Touches • 10 Arm Circles (Backward) 	<ul style="list-style-type: none"> • Run in Place for 10 counts • 5 push-ups • Stork Stand (Hold each leg for 5 counts) • 5 Side to Side Jumps 	<ul style="list-style-type: none"> • 5 jumping jacks • 10 sit-ups • Butterfly Sit (Hold for 10 counts) 	<ul style="list-style-type: none"> • Straddle Sit (Left, right, center for 5 counts each) • 10 Lunges (Alternating Legs) • 10 Shoulder Rolls (Forward 5 times & backward 5 times) 	<ul style="list-style-type: none"> • 10 Arm Circles (Forward) • Side Arm Stretch (Hold each arm for 5 counts) • 5 Forward and Backward Jumps 	<ul style="list-style-type: none"> • 5 Jumps to the Sky • Hop on 1 Foot (5 Hops per foot) • Upward Arm Stretch (Hold for 10 counts)

Game Directions:

1. Participants arrange themselves in a circle.
2. The DJ starts the music and participants will hand or toss the beach ball from one person to the next while the music is playing.
3. When the music stops, the person holding the beach ball picks the activity closest to his or her right thumb for the group to perform. Make sure everyone had the appropriate space before starting the activity.
4. Return to your group circle and continue playing the game as time allows.

Additional Tips:

- If an exercise is chosen that has already been done during that activity, I recommend the participant to pick the closest exercise that has not been completed.
- Participants will be tempted to hit the ball like playing volleyball and may cause the activity to become louder due to everyone getting excited. If you would like a calmer game, instruct participants that they cannot hit the ball.

animal themed HIIT WORKOUT FOR KIDS



FROG JUMPS

Hop, hop, hop up and down like a frog!



BEAR WALKS

With your hands & feet on the floor, hips high, walk left and right.



GORILLA SHUFFLES

In a low sumo squat, use your hands to balance and shuffle around the room



STARFISH JUMPS

The classic jumping jack; jump up and down spreading your arms and legs wide



CHEETAH RUNS

Run in place as fast as you can, just like a cheetah!



CRAB WALKS

Place your hands on the ground behind you, lift your hips, and crawl on your hands and feet



ELEPHANT STOMPS







March in place, lifting your knees up high and then stomping them to the ground as hard as you can






Week 5 Exercise: *Roll the Dice Yoga*

How to Play Roll the Dice Yoga:

Supplies:

- 2 Dice
- Yoga Pose Sheet

Dice Number	Pose	Description
2	Boat Pose	 <p>Balance on your buttocks with your legs up. Then rock in the water like a boat.</p>
3	Cat Pose	 <p>Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat.</p>
4	Child's Pose	 <p>Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths</p>
5	Crescent Moon Pose	 <p>Stand up- reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to center. Tilt your body to the other side</p>
6	Downward Facing Dog Pose	 <p>From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs</p>
7	Plank Pose	 <p>Step back to balance on your palms and on your bent toes, keeping your arms straight and your back long and flat. Pretend to be an alligator floating in the water</p>

8	Seated Twist Pose	 <p>Start in Staff Pose with your body in an L shape. Bend your right knee and place your right foot over the other side of your left knee. Check that your spine is straight and your right foot is flat on the ground. Twist your upper body to the right. Take your left elbow to your right knee and your right hand back behind you.</p>
9	Standing Forward Bend Pose	 <p>From standing, bend your upper body, reach for your toes, and sway your arms like a jellyfish</p>
10	Tree Pose	 <p>Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree</p>
11	Warrior 2 Pose	 <p>From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward</p>
12	Butterfly Pose	 <p>Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly</p>

Appendix:

Water

How Much Water Should You Drink Today?

- 1-8 year old (girls and boys): 4 cups of water per day
- 9-13 year old: 7 cups of water per day for girls and 8 cups of water per day for boys
- 14-18 year old: 8 cups of water per day for girls and 11 cups of water per day for boys

Signs of Dehydration:

- Dry Mouth: your mouth can feel dry like when you eat salty snacks without drinking anything
- Dark Urine: When you aren't drinking enough water, your pee can look darker than usual, like the color of apple juice instead of lemonade
- Fatigue: Not drinking enough water can make you feel tired and low on energy, like when you have been playing all day without taking a break
- Headache: A little thumping or pounding feeling your head or a dizzy feeling

Appendix: *Water*

How Much Water Should You Drink Today?



Appendix:

Foods to Eat When Sick

Sometimes when we are not feeling well, our tummies can get upset, and we need to eat foods that are gentle on our stomachs. That's where the BRAT diet comes in.

BRAT: (1) Banana, (2) Rice, (3) Apple Sauce, and (4) Toast

- Remember to stay hydrated by drinking plenty of water, clear fluids, and herbal teas.
- It's important to focus on gentle, easy to digest foods when sick to help your body recover and feel better soon.
- Chicken Noodle Soup is like a warm hug for your tummy when you are not feeling well.
- Crackers are gentle on your stomach and can help calm nausea or an upset tummy. They are easy to snack on when you are feeling queasy.
- Popsicles can be soothing for a sore throat and help keep you hydrated.

Appendix:

Sugar

Let's talk Sugar

- Do you know what sugar is and where we can find it? Sugar is a type of sweetener that makes things taste yummy like candy, cookies, and soda.
- What is sugar? Sugar is a sweet substance that gives food a sweet taste. Sugar can come in different forms, such as granulated sugar, brown sugar, and powdered sugar.
- Where can we find sugar? Sugar can be found in foods and beverages. Sugar can be naturally found in fruits, but it can also be added to many processed foods like soda, cookies, and ice cream.
- Natural sugar is better for our bodies because it comes with other nutrients that are good for our health, while processed sugar can be harmful if consumed in excess.

Appendix:

Food Safety

Important Food Safety Tips

- Handwashing: Wash your hands before and after handling food
- Clean Surfaces: wipe down countertops and cutting boards with hot soapy water
- Check Expiration Dates

How long can food sit on the counter?

- Food Safety: Leaving food out on the counter for too long can make it unsafe to eat. Bacteria can grow on food if its left at room temperature for an extended period of time, which can make people sick.
- Time Limit: It is best put away perishable food like meat, poultry, dairy products, and cooked leftovers within 2 hours of being cooked or taking out of the refrigerator. In the Summer, the time changes to on hour.
- Refrigeration: Put your leftovers in the refrigerator promptly to keep it safe to eat.
- Check Before Eating: If food has been left out for too long or looks or smells different, it's best to throw away to avoid getting sick.

Appendix

Overview: Nutrition Label

Why are nutrition labels important?

- They have the information you need to make healthy choices through the day and help you compare two foods.
- <https://www.youtube.com/watch?v=OWMSJqnYFMY>

Information found on a nutrition label:

- Serving Size & Number of Servings: If you eat or drink 2 servings of a food or beverage, you are getting 2x the calories and nutrients listed.
- Calories Per Serving:
 - (1) Everyone's calorie needs are different depending on age, gender, height, weight, and amount of physical activity.
 - (2) Generally, 100 calories per serving is considered moderate and 400 calories per serving is considered high.
- Nutrients Per Serving:
 - (1) Choose your nutrients wisely
 - (2) 5% Daily Value (DV) of a nutrient per serving is considered low, while 20% DV is considered high
 - (3) Important Nutrients: fiber, iron, Vitamin D, calcium, potassium
 - (4) Nutrients you want less of: saturated fat, sodium (salt), added sugar, trans fats

See the following guides and cool tips for Nutrition Labels and a Word Search to apply what you have learned.

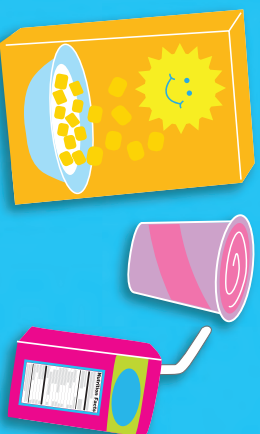
The Nutrition Facts Label

Look for It and Use It!

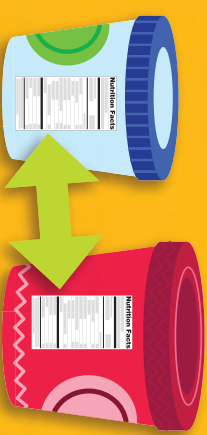
Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can — and often do — contain more than one serving!

If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSx2

Size up Servings

Consider the Calories

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.

TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.



Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is **low** and **20% DV** or more per serving is **high**

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Calcium
- Potassium

Nutrients To Get Less Of

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts
Read the Label



Nutrition Facts

Read the Label

COOL TIPS FOR KIDS

Use the
Nutrition Facts Label
to Make
Smart Food Choices



FDA U.S. FOOD & DRUG
ADMINISTRATION

Revised: October 2018
www.fda.gov/nutritioneducation

Using the Nutrition Facts Label

Look for the **Nutrition Facts** label on food and beverage packages. Once you spot it, you'll find a wealth of information to make **healthy food choices**.

Using the Nutrition Facts label is as easy as 1-2-3!

1

Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. **Pay attention to the serving size and the number of servings you eat** or drink to discover the total number of calories and nutrients you are consuming.

If you eat or drink two servings of the food or beverage, you are getting double the calories and nutrients that are listed on the label. And keep in mind, packages can—and often do—contain more than one serving!

2

Consider the Calories

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. **To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.**

Everyone’s calorie needs are different and depend on age, sex, height, weight, and physical activity level. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.

- TIP**
- **100 calories** per serving of an individual food is considered a **moderate** amount
 - **400 calories** or more per serving of an individual food is considered **high** in calories

3

Choose Nutrients Wisely

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see if a serving of the food is high or low in an individual nutrient and to compare food products.

- TIP**
- **5% DV** or less of a nutrient per serving is considered **low**
 - **20% DV** or more of a nutrient per serving is considered **high**

Choose foods that are higher in nutrients to get more of (dietary fiber, vitamin D, calcium, iron, and potassium) and lower in nutrients to get less of (saturated fat, *trans* fat, sodium, and added sugars).

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



At Home

Tips for Kids

See how easy and fun it can be to get your food facts first!

Measure out Single Servings of Snacks

Read the Nutrition Facts label on your favorite snacks and measure out single servings according to the serving size listed on the label. Keep them in resealable plastic bags or containers so you can quickly grab-and-go!



Add Healthy Choices to the Family Shopping List

Read the Label on food packages in your pantry and refrigerator. Then, add items to your family's shopping list that are higher in nutrients to get more of and lower in nutrients to get less of.



Challenge Your Friends and Family

Challenge your friends and family to Read the Label when choosing a favorite snack. Look for interesting facts on Nutrition Facts labels ... and then try to stump each other.

Ask them to guess things like:

- How big is one serving of the snack?
- How many servings are in the package?
- Which snacks are higher or lower in calories or in a particular nutrient?

When you're done—choose your favorite healthy snacks and dig in (watch the serving size, of course)!



Play a Game

Hang out with other kids at the Snack Shack in the virtual world of Whyville. Play two fun games—Label Lingo and Snack Sort—and practice reading the label and making healthy snack choices!



Revised: October 2018

www.fda.gov/nutritioneducation



At Lunch Time



Tips for Kids

See how easy and fun it can be to get your food facts first!

Read the Label in the Cafeteria Line

Look for the Nutrition Facts label on food and beverage packages like dairy products, snacks, and other foods in your school cafeteria. Choose the ones that are higher in nutrients to get more of and lower in nutrients to get less of.



Take the Great Lunchbox Challenge

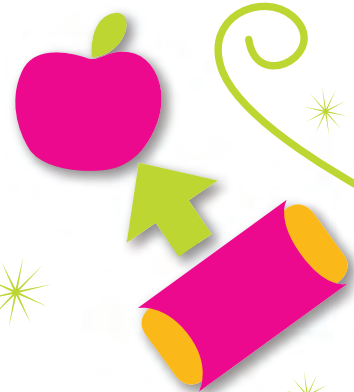
Can you pack a healthy, 600-calorie (or other calorie amount) lunch? Read the Label on breads, sandwich ingredients, and snacks to put together a tasty lunch. Try a whole grain pita or tortilla as an alternative to some breads ... try spreads like mustard or hummus instead of mayonnaise ... and measure out single servings of snacks.

Check out the Nutrition Information

Look for nutrition information at restaurants. If it's not posted, ask if it's available. You can also check online before you head out to eat — just visit your favorite restaurant's website.

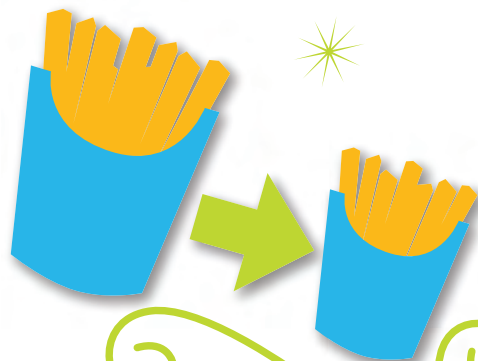
Swap Out One Item

See if you can figure out which menu items are lower in nutrients to get less of. Then replace one food you would have ordered that is higher in saturated fat, sodium, or sugars with one that is lower in these nutrients. Now that's smart swapping!



Compare Different Foods and Meal Sizes

Check out the differences in calories and nutrients between various menu choices. Compare foods that are prepared different ways, like grilled chicken vs. fried chicken, baked potatoes vs. French fries ... and compare small vs. large portions. And remember, a "super-sized" item can mean doubling (or tripling) the calories and nutrients because the serving size is larger.



Nutrition Facts
Read the Label

Revised: October 2018

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At The Supermarket

Tips for Kids

See how easy and fun it can be to get your food facts first!

Check out the Cereal Aisle

Try to find a cereal that is lower in added sugars and higher in dietary fiber. Compare that cereal to ones you currently have at home.

Compare Frozen Pizzas and Veggies

Chill out in the freezer section and Read the Label. Compare frozen pizzas and vegetables (with and without sauce). Look for ones that are lower in saturated fat and sodium and are higher in dietary fiber, vitamin D, calcium, iron, and potassium.

Read the Label on Nuts and Seeds

Nut butters and unsalted nuts and seeds can make great snacks because they are good sources of protein, healthy fats, dietary fiber, vitamins, and minerals. However, it's easy to eat more of these snacks than intended, so don't forget to check out the serving sizes.

Look for Healthy Sweets

Try fruits as healthy sweet snacks and desserts and use fruit to top foods like cereal, yogurt, and pancakes instead of sugars, syrups, or other sweet toppings. Choose fresh fruits or packaged fruits (such as frozen, dried, and canned in 100% fruit juice) that are lower in added sugars and higher in dietary fiber, vitamins, and minerals.



Nutrition Facts
Read the Label

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www.fda.gov/nutritioneducation



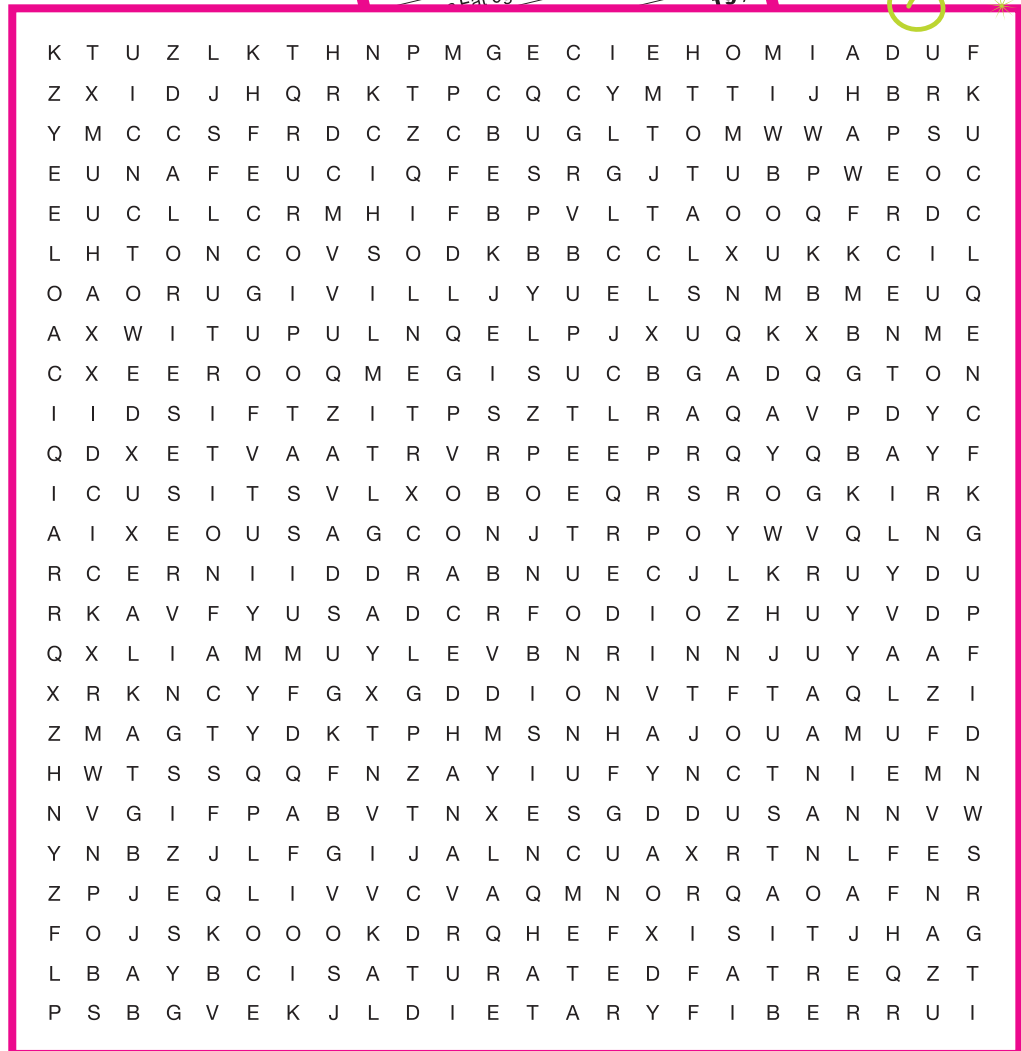
Make Smart Choices!

Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D



No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

1 Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2 Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

3 Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Nutrition Facts
Read the Label



Pre and Post Program Survey



To assess what participants learn as part of the Kids in the Kitchen program, we ask that all participants complete a [pre and post program survey](#)

- The purpose of the pre-program survey is to determine students' knowledge-level at the beginning of our program. The post-program survey allows students to determine student growth throughout our program.
- Students are entered into a raffle, for prizes, after they have completed each [survey](#).

Note: Include your contact information so that we may contact the winners!





