COMMIT TO HEALTH

Foods of the Month

USDA MyPlate and Other Fun, Healthy Activities!

January

All Ages

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

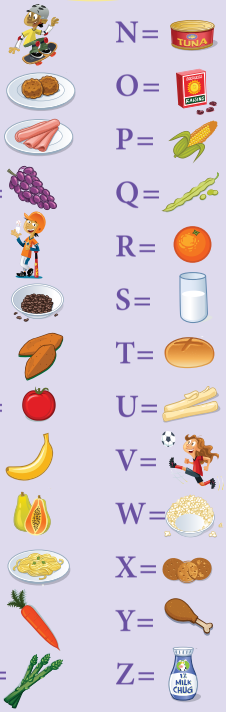
2. Eat foods lower in solid _ _ _

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=



Adapted from
Team Up At Home Team Nutrition Activity Book

USDA
United States Department of Agriculture

Vegetables

Reggie Veggie

Sight words:
I, have

Discover MyPlate

This book belongs to:

_____

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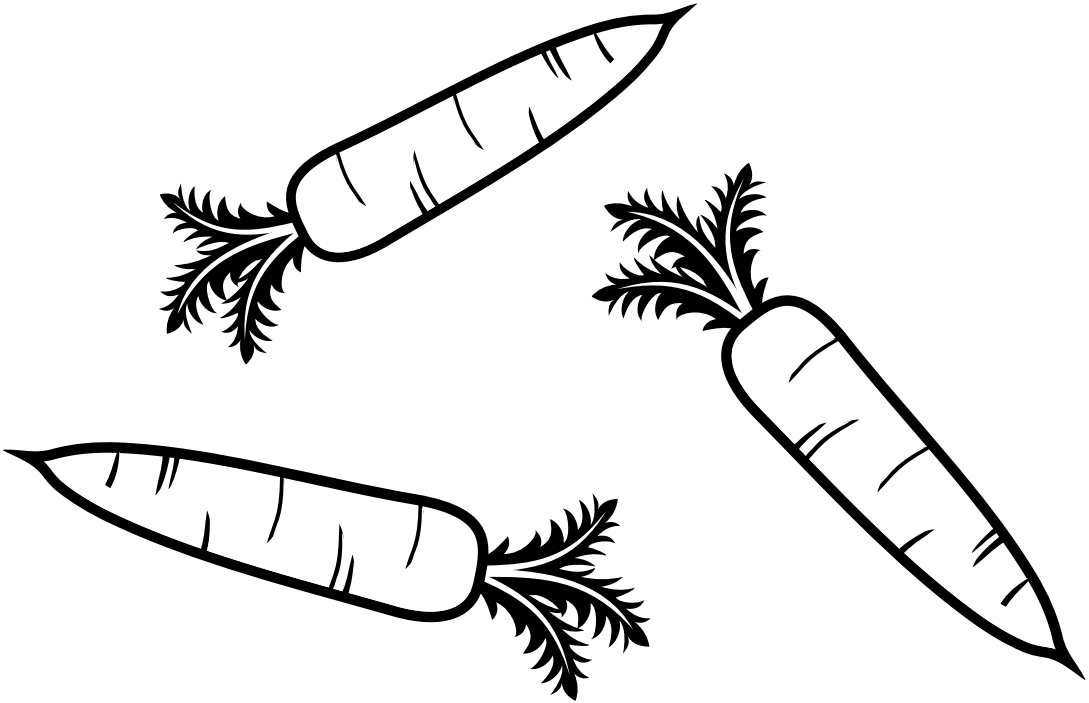
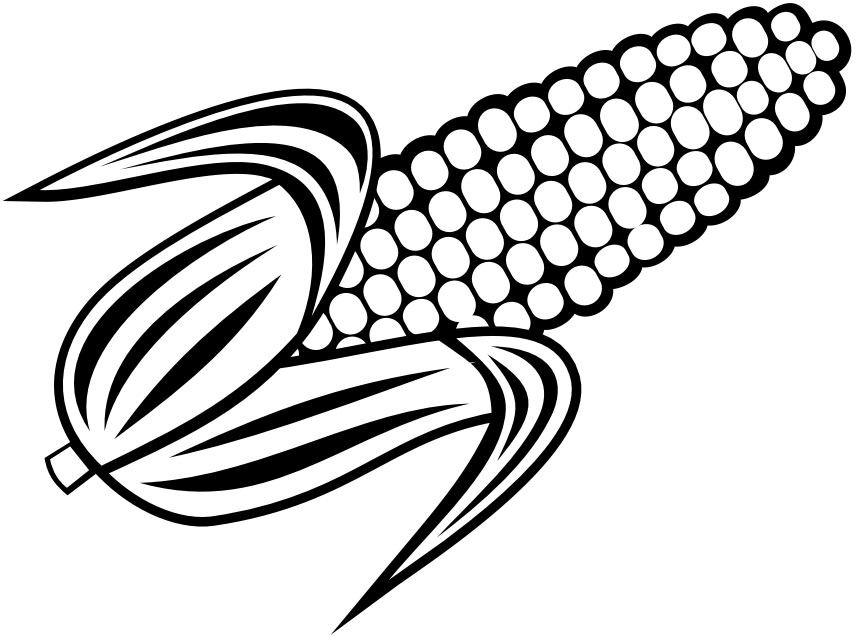
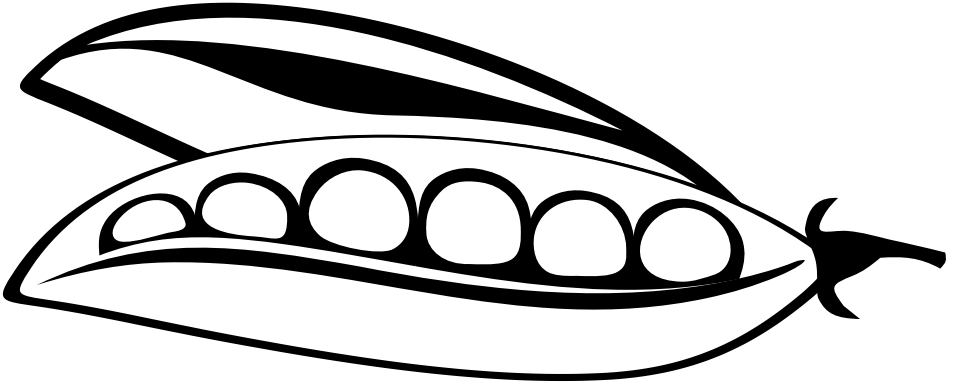


I have carrots.

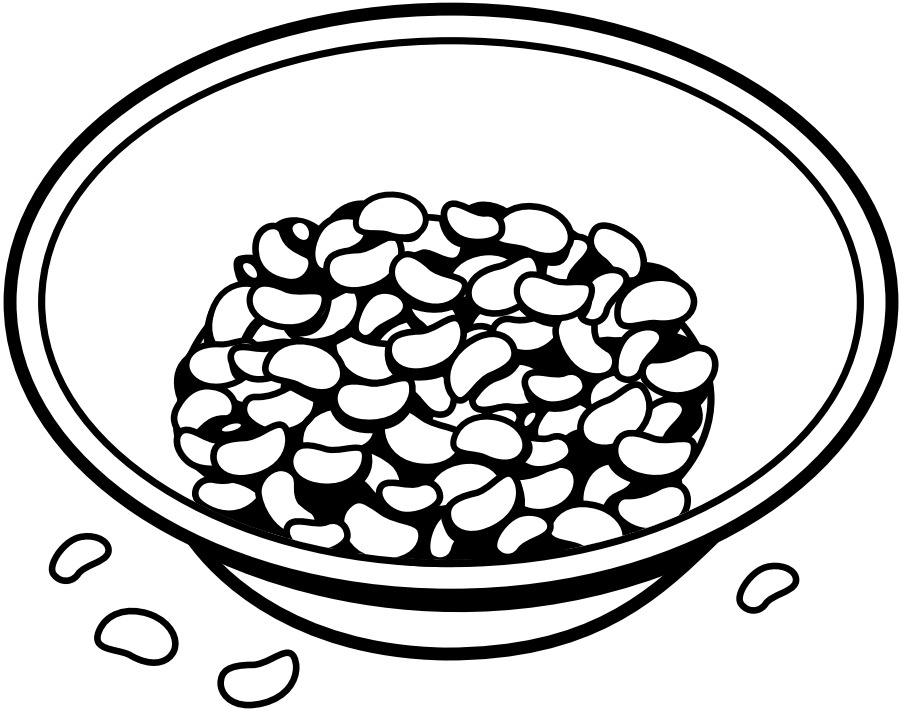


I have corn.



I have peas.

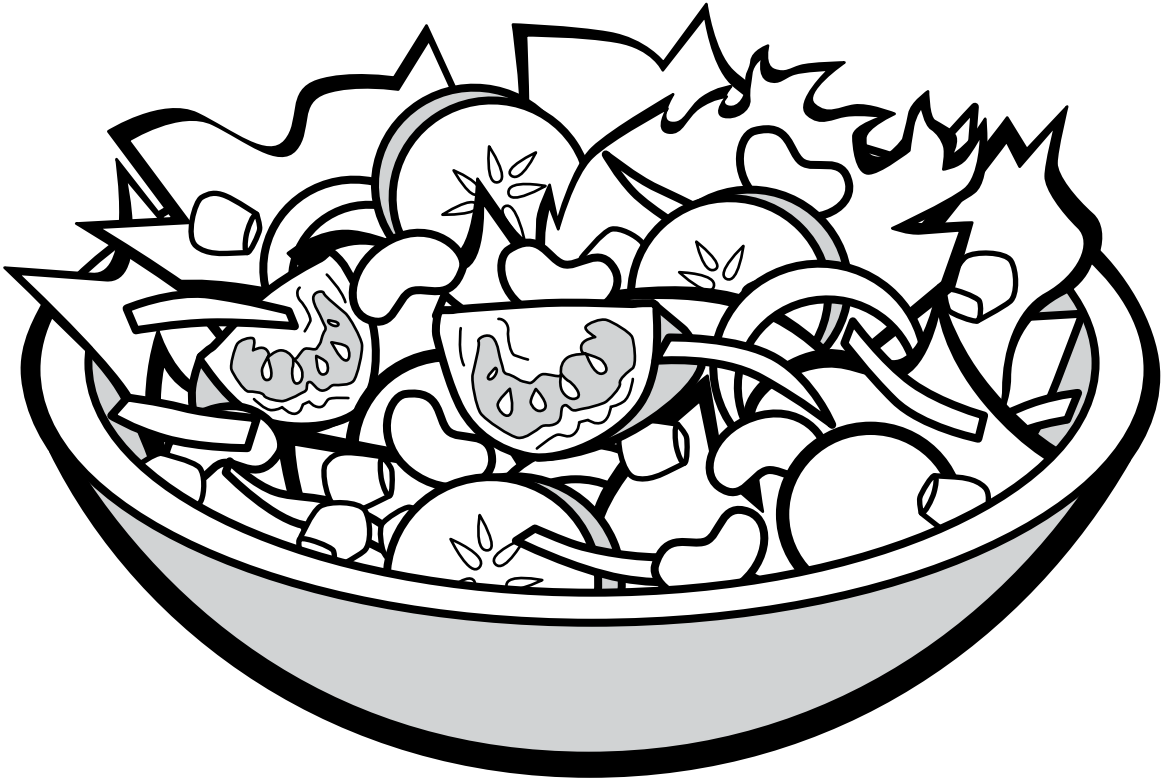
I have tomatoes.



I have beans.

I have broccoli.

I have lettuce.



I have a salad. Yum!

Discover other nutrition education materials developed under the U.S. Department of Agriculture's Team Nutrition initiative at: **http://teamnutrition.usda.gov**.

Finding Fiber

Name: _____ **Date:** _____

There are many ways to eat fruits and vegetables, including raw, canned, frozen, dried, and juiced. Study the **Nutrition Facts labels**, and compare each to find the option with the most fiber. Answer the questions to the right, in your **Garden Journals**.

1) Which food contains the most fiber?

2) Which has more fiber: a whole orange or orange juice?

3) Which has more fiber: apple slices or apple juice?

4) What can you conclude about the amount of fiber in juice versus whole or cut-up fruit?

100% Apple Juice

Nutrition Facts
Serving Size 4 fl ounces (1/2 cup)

Amount Per Serving	
Calories 55	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 0g	**0**%
Sugars 12g	
Proteins 0g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Apple Slices

Nutrition Facts
Serving Size 1/2 cup

Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 8g	**3**%
Dietary Fiber 2g	**8**%
Sugars 6g	
Proteins 0g	

Vitamin A 0% • Vitamin C 4%
Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

100% Orange Juice

Nutrition Facts
Serving Size 4 fl ounces (1/2 cup)

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 0g	**0**%
Sugars 10g	
Proteins 1g	

Vitamin A 0% • Vitamin C 70%
Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Whole Orange

Nutrition Facts
Serving Size 1 small orange (2-3/8" diameter)

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 15g	**5**%
Dietary Fiber 3g	**13**%
Sugars 12g	
Proteins 1g	

Vitamin A 4% • Vitamin C 90%
Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Fuel Up With Veggies...Zoom to the Finish! (Page 1 of 2)

Know how you can really get your engine going? Make half your plate fruits and veggies. They'll help you be your best at school and at play.

Are you fueling up with enough dark-green, red, and orange veggies, and beans and peas during the week? Take the challenge to track your meals for three days to find out if, and how fast, you can zoom across the finish line!

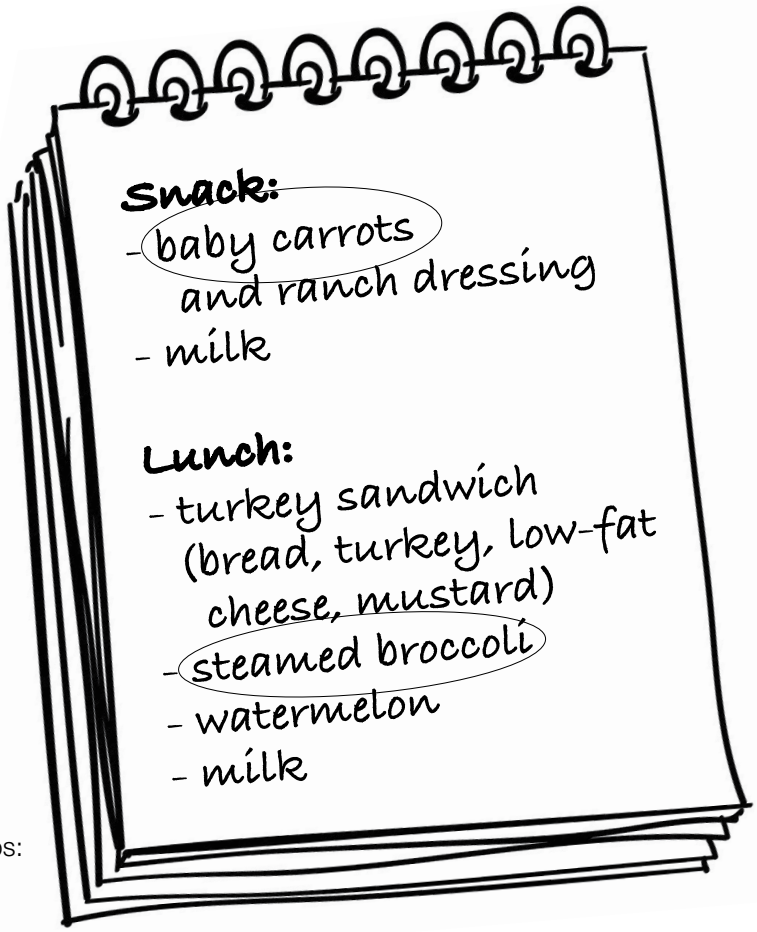
Challenge Instructions:

1) TRACK: For 3 days, write down everything you eat and drink (at meals, snacks, or in between) in your **Garden Journals**. Circle all the veggies. (See example on right.)

2) EVALUATE: Make a list of each new vegetable you tried. Then, sort the vegetables you ate into the five vegetable subgroups: **Dark-Green**, **Red and Orange**, **Beans and Peas**, **Starchy**, and **Other**.

3) ZOOM AROUND THE TRACK:

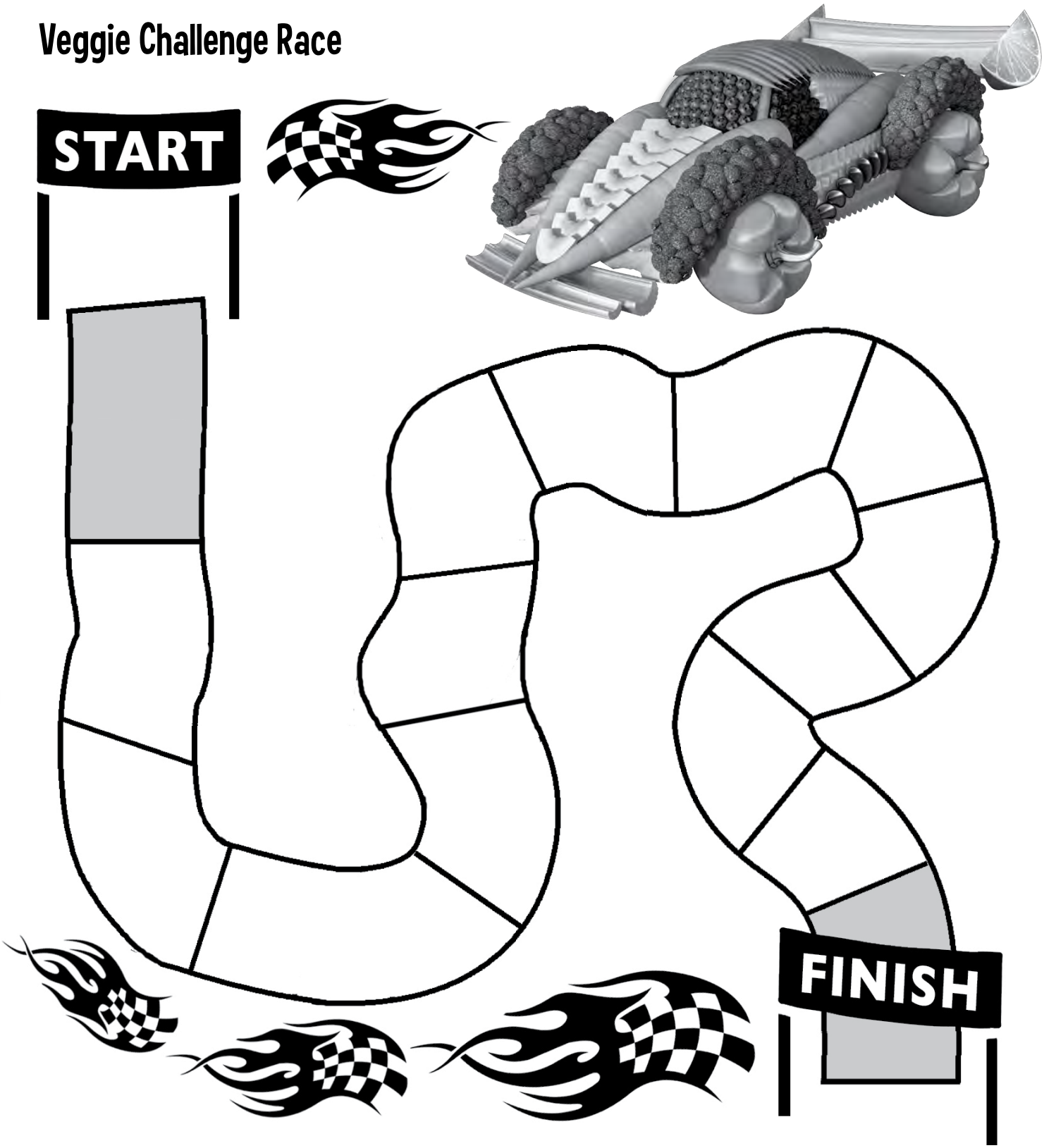
- Use the track on the next page. For each vegetable portion you eat, move one space on the track. You cannot count the same vegetable twice. (For example, If you eat broccoli on Day 1 for lunch and dinner, you can only count it once. But if you eat it also on Day 2, you can move another space.)
- Write down the name of the vegetable in each space you move through.
- Give yourself a **Turbo Boost!** For each **NEW** vegetable you eat, you earn one extra space! Write it into the empty space.
- You may not cross the finish line until you have eaten at least one veggie from EACH of the following subgroups: **Dark-Green**, **Red and Orange**, **Beans and Peas**. Circle them clearly on the track.

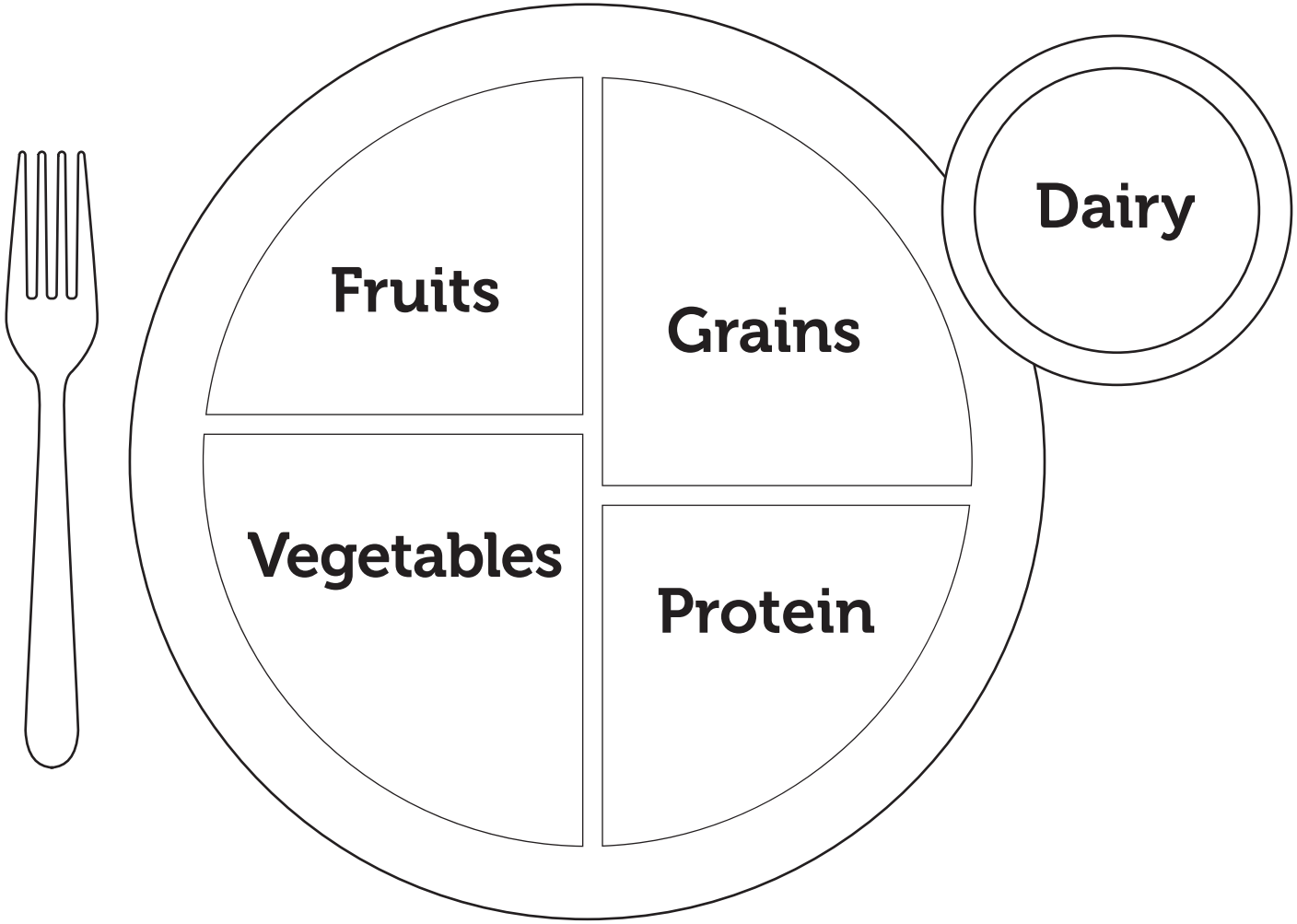


Tip! The more variety you eat, the faster you'll move around the track!

Name: _____ Date: _____

Veggie Challenge Race





ChooseMyPlate.gov

USDA Center for Nutrition Policy and Promotion

MyPlate Crossword Puzzle

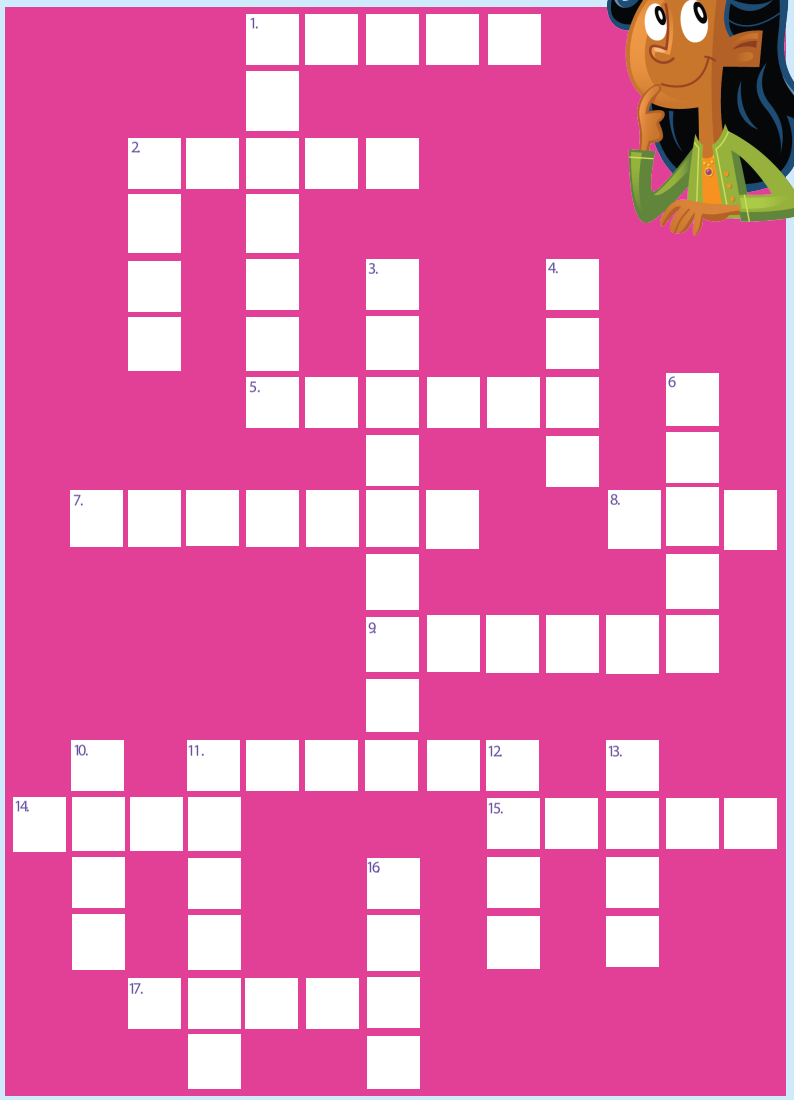
Use the words from MyPlate to help you complete this puzzle.

Across

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

Down

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

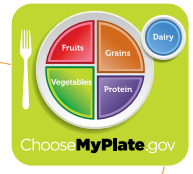


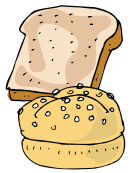
Adapted from
Team Up At Home Team Nutrition Activity Book

MyPlate Grocery Store Treasure Hunt

Families and Friends:

Take this sheet along with you the next time you go to the supermarket, and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child.





Make at least half of your grains whole grains.

GRAINS

Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.

☐ _____ Check the box and name the cereal

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

☐ _____ Check the box and name the bread

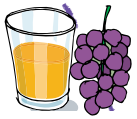
VEGETABLES

Look for a dark green and a red or orange vegetable.

☐ _____ Check the box and name the red or orange vegetable

☐ _____ Check the box and name the dark green vegetable

Color your plate with great tasting veggies.



Fuel up with fruit.

FRUITS

Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

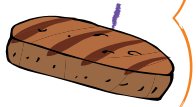
☐ _____ Check the box and name the fruit

Get your calcium-rich foods.

DAIRY

Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

☐ _____ Check the box and name the dairy food



Vary your proteins.

MEAT AND BEANS

Try fish, shellfish, beans, and peas more often. Find a bag of dry beans.

☐ _____ Check the box and name the beans

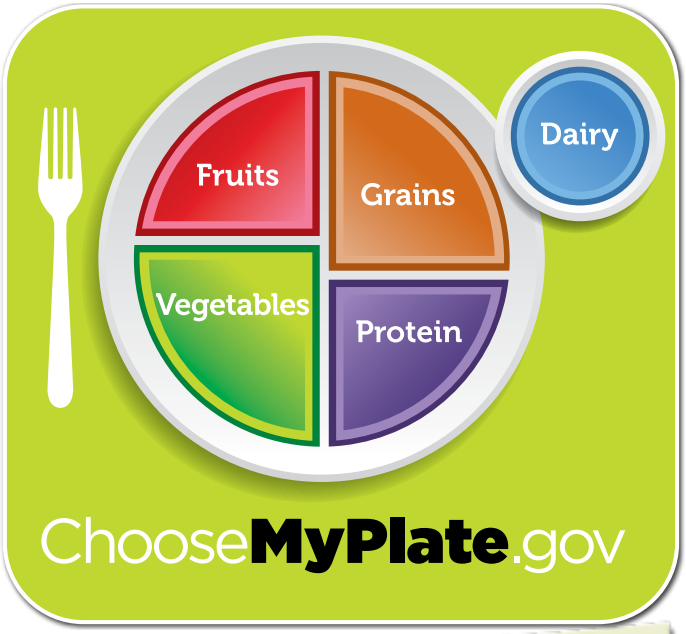
MyPlate at Home

Dear Parents,

Our class is starting a unit called ***Serving Up MyPlate.*** Your child will explore how to make healthy food choices and be physically active, while also building skills in Math, Science, and English Language Arts. Our school hopes these lessons will support your efforts at home to help your child develop healthy eating habits.

This booklet from the United States Department of Agriculture's Team Nutrition initiative offers some fun and easy tips for building healthier family meals that include the five food groups. Be on the lookout, as well, for class work coming home that will show what we are learning at school about making healthy choices. This is a great opportunity to talk with your child about nutrition, try new foods together, and get your child involved in making healthier meals and snacks.

Enjoy!



This week, my family will:

- ❑ Eat a dark-green, red, or orange vegetable at dinner.
- ❑ Switch to a whole-grain cereal at breakfast.
- ❑ Drink fat-free or low-fat (1%) milk at meals.
- ❑ Eat beans or peas at dinner at least once.
- ❑ Drink water instead of soda or other sweet drinks.
- ❑ Enjoy fruit for dessert.

Find recipes and more on the Team Nutrition Web site: http://teamnutrition.usda.gov.

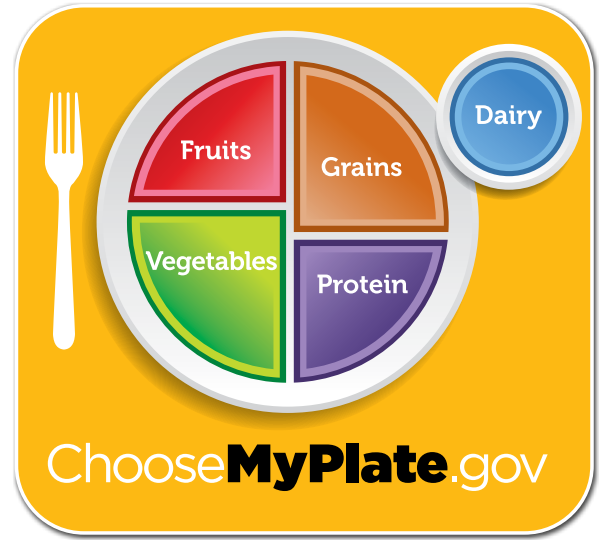
What's for Dinner? Healthier Choices Made Easier

Vary your protein foods. Include beans and peas at dinner at least once a week.

- Dairy: fat-free milk, low-fat cheddar cheese
- Fruits: kiwi, strawberries, bananas
- Vegetables: onions, carrots, corn, red bell pepper, sweet potato, tomatoes
- Grains: cornbread
- Protein: black beans

Make half your grains whole grains. They are good for your heart and digestion and can help you maintain a healthy weight and good overall health.

- Dairy: fat-free milk
- Fruits: orange slices
- Vegetables: red and green cabbage, leaf lettuce, carrots, tomatoes
- Grains: whole-wheat tortilla
- Protein: baked fish (or chicken)



Tips for Families With School-Age Children

Make half your plate fruits and vegetables—*on a budget*

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Look for sales and buy some of each to last until your next shopping trip.
- Choose frozen vegetables that do not have added fat, salt, or sugars.
- Buy canned fruits packed in "100% juice" or water.
- Look for canned vegetables that say "No added salt."

Start every day the whole-grain way

- Serve whole-grain versions of cereal, bread, or pancakes at breakfast.
- Whole grains with more fiber will help your kids feel fuller longer so they stay alert in school.
- Choose foods with "100% whole wheat" or "100% whole grains" on the label. Or check the ingredient list to see if the word "whole" is before the first ingredient listed (for example, whole-wheat flour). If it is, it's whole grain.

Milk matters

Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

- Drink fat-free or low-fat (1%) milk at meals.
- If you're lactose intolerant, try lactose-free or lactose-reduced milk or calcium-fortified soy beverages.

Eat your colors. Offer dark-green, red, or orange vegetables at dinner.

- Dairy: fat-free milk, Parmesan cheese
- Fruits: peaches
- Vegetables: broccoli, tomato sauce
- Grains: whole-wheat pasta
- Protein: lean (90% or leaner) ground beef

Strong bodies need strong bones. Offer fat-free or low-fat (1%) milk at meals.

- Dairy: fat-free milk
- Fruits: pineapple
- Vegetables: green lettuce salad, carrots, tomatoes, green onions
- Grains: brown rice
- Protein: pork trimmed of fat (or skinless chicken breast)

Kids need at least 60 minutes of physical activity **each day.**

Make family time *active* time!

- Take a family walk after dinner.
- Go on a bike ride.
- Play together — toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your kids.
- Play on a playground or hike at a local park.

Fun ways to get moving indoors...

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

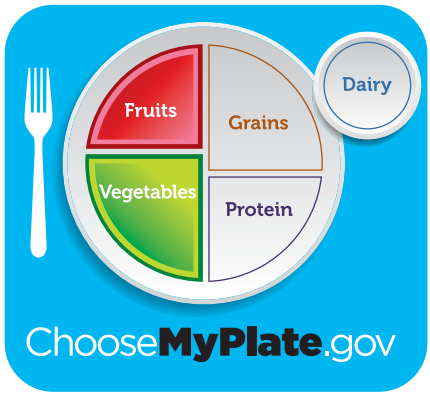
Sip **smarter**

- Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of low-fat (1%) milk is also a tasty way to quench your kids' thirst after play or school.

Did you know...

There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.

Make Half of Your Plate Fruits and Vegetables



Directions:

Start with a class discussion. Have each student list his or her favorite fruit and vegetable. Ask the students how much of their plates are normally taken up by fruits and veggies. Ask them how they feel about trying new fruits and vegetables. What could make it easier?

List and discuss the following tips:

- Choose fresh, frozen, canned, or dried fruits and vegetables. *(Which forms are the best?)*
- Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes. *(What are some examples of dishes you like that include these foods?)*
- Use fruit as snacks, salads, or desserts. *(Why is fruit a good dessert choice?)*
- Keep raw, cut-up vegetables handy for quick snacks. *(List some veggies you could use for this.)*
- Choose whole or cut-up fruits more often than fruit juice. *(Why is this a good idea?)*
- Check juice labels to ensure that they are 100% juice.

ACTIVITY: Crazy Colors

You will need:

✓ ***Crazy Colors* worksheet for each student, timer**

Directions:

- Set a timer for 1 minute, 2 minutes, or whatever amount fits the needs of the students. Instruct the students to list as many fruits and vegetables as they can for each color (you may decide to have students work in pairs for this). When the timer sounds, have the students count how many foods they came up with for each color. The person or group with the most foods listed wins.
- **Variation (older students):** Have each group tell the class the foods they recorded. If another group has the same foods, they must cross them off. The winning group is the one with the most foods left on the list.
- **Variation (younger students):** Draw the foods under each color heading.

Crazy Colors Worksheet

Green	White	Red	Yellow/Orange	Blue/Purple

Crazy Colors

Green	White	Red	Yellow/Orange	Blue/Purple

Crazy Colors Worksheet Key

Green	White	Red	Yellow/Orange	Blue/Purple
Artichokes	Bananas	Beets	Apricots	Black currants
Arugula	Brown pears	Blood oranges	Butternut squash	Black salsify
Asparagus	Cauliflower	Cherries	Cantaloupe	Blackberries
Avocados	Dates	Cranberries	Carrots	Blueberries
Broccoflower	Garlic	Guava	Golden kiwifruit	Dried plums
Broccoli	Ginger	Papaya	Grapefruit	Eggplant
Broccoli rabe	Jerusalem artickoke	Pink grapefruit	Lemon	Elderberries
Brussel sprouts	Jicama	Red grapefruit	Mangoes	Grapes
Celery	Kohlrabi	Pomegranates	Nectarines	Plums
Chayote squash	Mushrooms	Radicchio	Oranges	Pomegranates
Chinese cabbage	Onions	Radishes	Papayas	Prunes
Cucumbers	Parsnips	Raspberries	Peaches	Purple Belgian endive
Endive	Potatoes	Red apples	Persimmons	Purple potatoes
Green apples	Shallots	Red bell peppers	Pineapples	Purple asparagus
Green beans	Turnips	Red chili peppers	Pumpkin	Purple cabbage
Green cabbage	White corn	Red grapes	Rutabagas	Purple carrots
Green grapes	White nectarines	Red onions	Sweet corn	Purple figs
Green onion	White peaches	Red pears	Sweet potatoes	Purple grapes
Green pears		Red peppers	Tangerines	Purple peppers
Green peppers		Red potatoes	Yellow apples	Raisins
Honeydew		Rhubarb	Yellow beets	
Kiwifruit		Strawberries	Yellow figs	
Leafy greens		Tomatoes	Yellow pears	
Leeks		Watermelon	Yellow peppers	
Lettuce			Yellow potatoes	
Limes			Yellow summer squash	
Okra			Yellow tomatoes	
Peas			Yellow watermelon	
Snow peas			Yellow winter squash	
Spinach				
Sugar snap peas				
Watercress				
Zucchini				

The Power of Choice (Page 1 of 2)

Name: _____ **Date:** _____

Fruits and vegetables are naturally low in calories, **added sugars**, and **solid fats** — which makes them healthy choices. Sometimes **sugars** and **solid fats** are added to fruit and vegetable foods during processing or preparation. This can make these foods higher in extra calories that the body does not need.

How do you know what's in a food?
Read and compare the Nutrition Facts labels and ingredients lists of the foods below to see what is in each food, as well as the calories, sodium, and solid fat content.

You have the power of choice. Can you make the healthier one?

Applesauce With Sugar

Nutrition Facts
Serving Size 1/2 cup

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 15mg	**1**%
Total Carbohydrate 23g	**8**%
Dietary Fiber 1g	**4**%
Sugars 22g	
Proteins 0g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Apples, Corn Syrup, High Fructose Corn Syrup, Sugar, Water, Natural Flavor, Ascorbic Acid (Vitamin C).

Which applesauce is lower in **calories**?

_____

_____

What **sugars** are in the ingredient list for the sweetened applesauce?

_____

_____

Unsweetened Applesauce

Nutrition Facts
Serving Size 1/2 cup

Amount Per Serving	
Calories 51	Calories from Fat 0
	% **Daily Value***
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 10mg	**0**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 1g	**5**%
Sugars 12g	
Proteins 0g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Apples, Water, Ascorbic Acid (Vitamin C).

The Power of Choice (Page 2 of 2)

Name: _____ Date: _____

Tomato Soup, Prepared With Water

Nutrition Facts
Serving Size 1 cup

Amount Per Serving	
Calories 75	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 470mg	**20**%
Total Carbohydrate 16g	**5**%
Dietary Fiber 2g	**6**%
Sugars 10g	
Proteins 2g	

Vitamin A	10%	• Vitamin C	26%
Calcium	2%	• Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet.

What is the **%DV** (Percent Daily Value) for **sodium** for the regular tomato soup?

_____

What is the **%DV** for the reduced **sodium** soup?

_____

Reduced-Sodium Tomato Soup, Canned, Prepared With Water

Nutrition Facts
Serving Size 1 cup

Amount Per Serving	
Calories 75	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 80mg	**3**%
Total Carbohydrate 16g	**5**%
Dietary Fiber 2g	**6**%
Sugars 10g	
Proteins 2g	

Vitamin A	10%	• Vitamin C	26%
Calcium	2%	• Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet.

Frozen Broccoli

Nutrition Facts
Serving Size 1/2 cup

Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 10mg	**0**%
Total Carbohydrate 5g	**2**%
Dietary Fiber 3g	**12**%
Sugars 1g	
Proteins 3g	

Vitamin A	20%	• Vitamin C	60%
Calcium	4%	• Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

What is the **%DV** for **saturated fat** for each?

_____

What is the **%DV** for **sodium**?

_____

Which has more **calories**?

_____

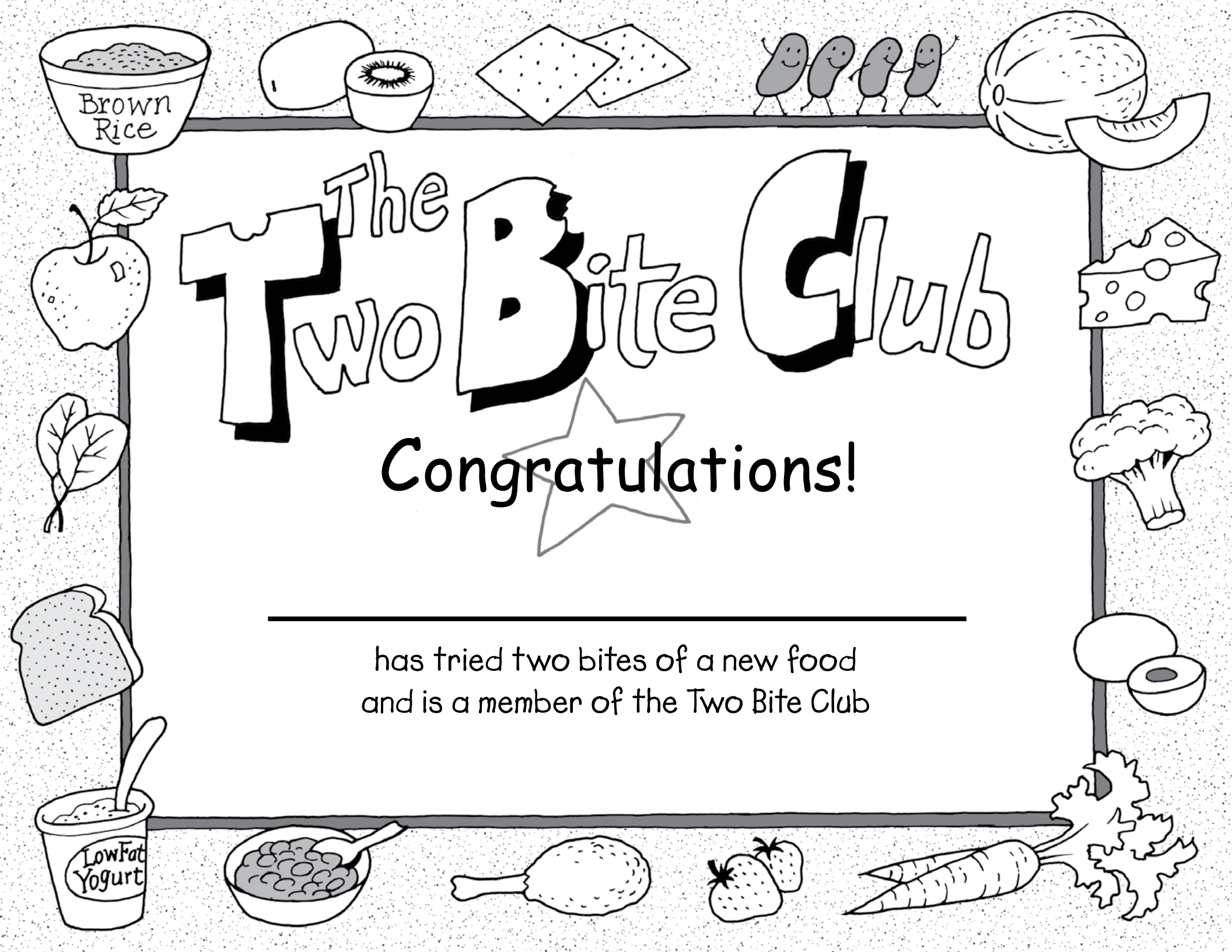
Frozen Broccoli With Cheese Sauce

Nutrition Facts
Serving Size 1/2 cup

Amount Per Serving	
Calories 105	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 14mg	**5**%
Sodium 178mg	**7**%
Total Carbohydrate 7g	**3**%
Dietary Fiber 2g	**8**%
Sugars 3g	
Proteins 6g	

Vitamin A	14%	• Vitamin C	52%
Calcium	15%	• Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.



The Two Bite Club

Congratulations!

_____

has tried two bites of a new food
and is a member of the Two Bite Club