



Foods of the Month
USDA MyPlate and Other Fun,
Healthy Activities!

March
All Ages



www.nrpa.org/CommitToHealth
#CommitToHealth



United States Department of Agriculture

A MyPlate Meal

MyPlate Kate

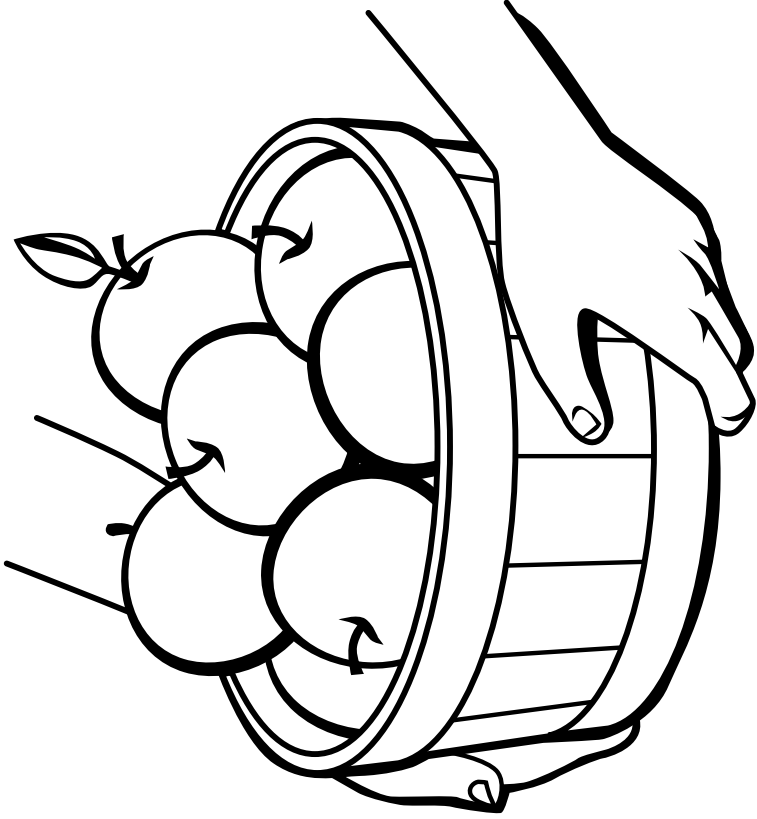


MyPlate Nate

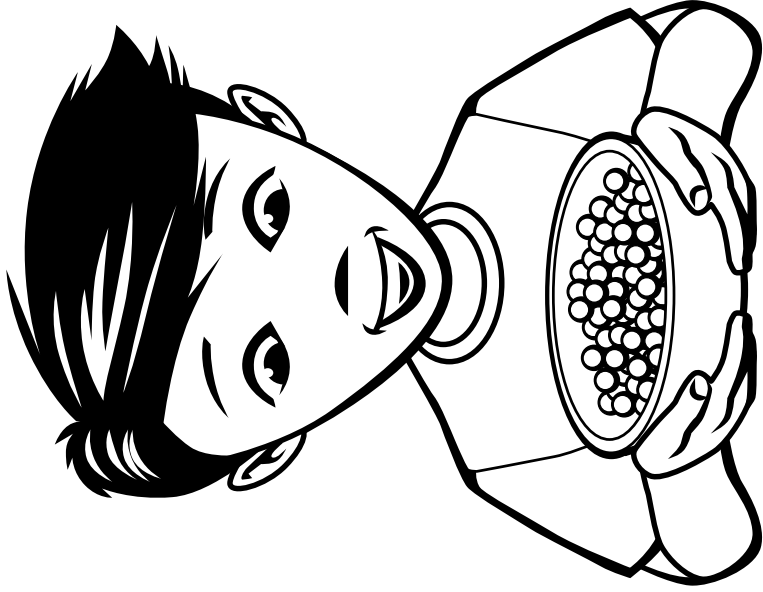


Sight words: I, she, he, we, has, have

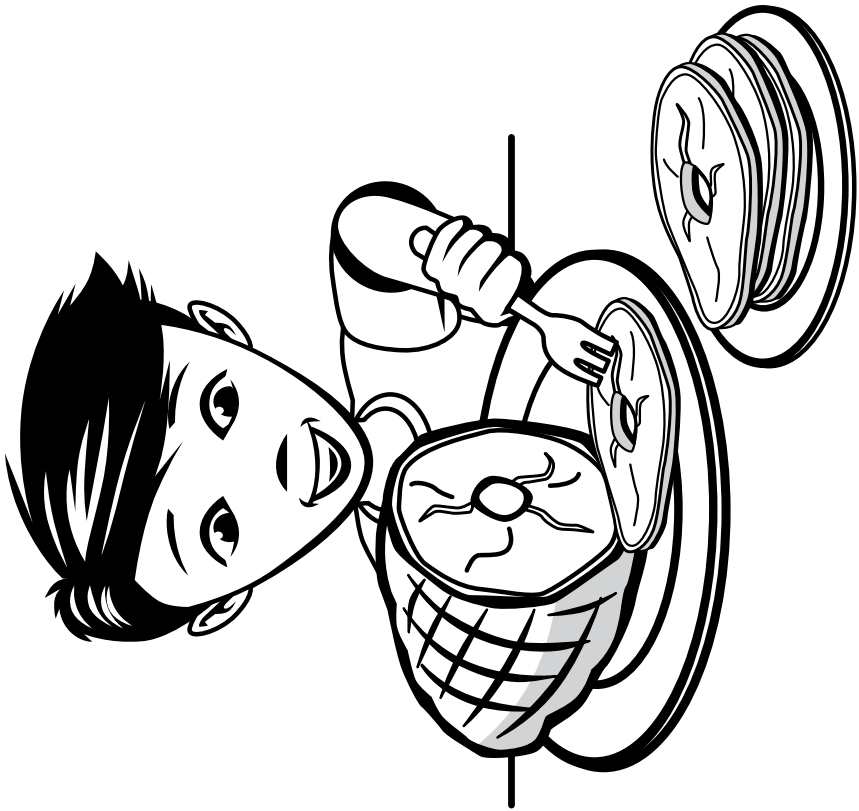
This book belongs to:



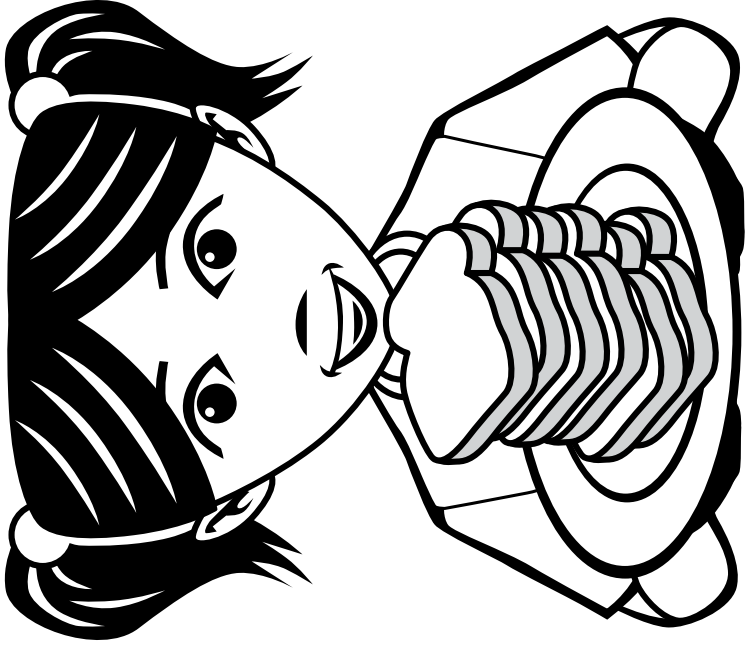
I have apples.



Nate has peas.



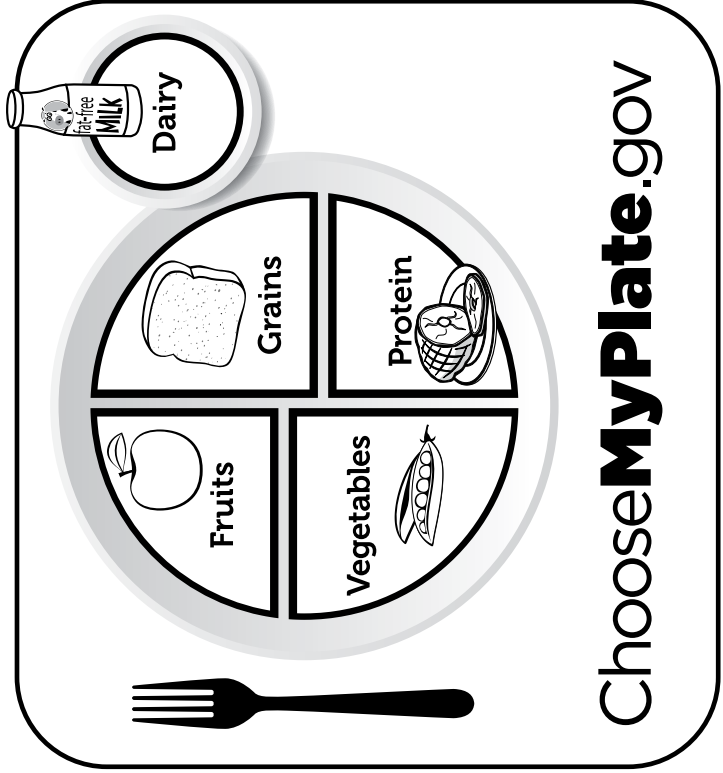
He has ham.



Kate has bread.

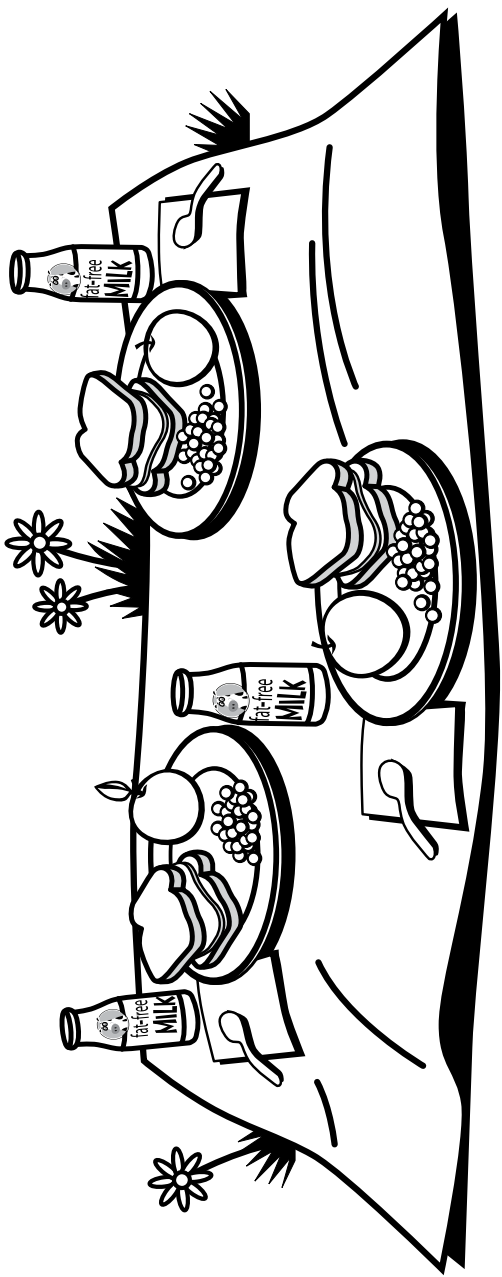


She has milk.

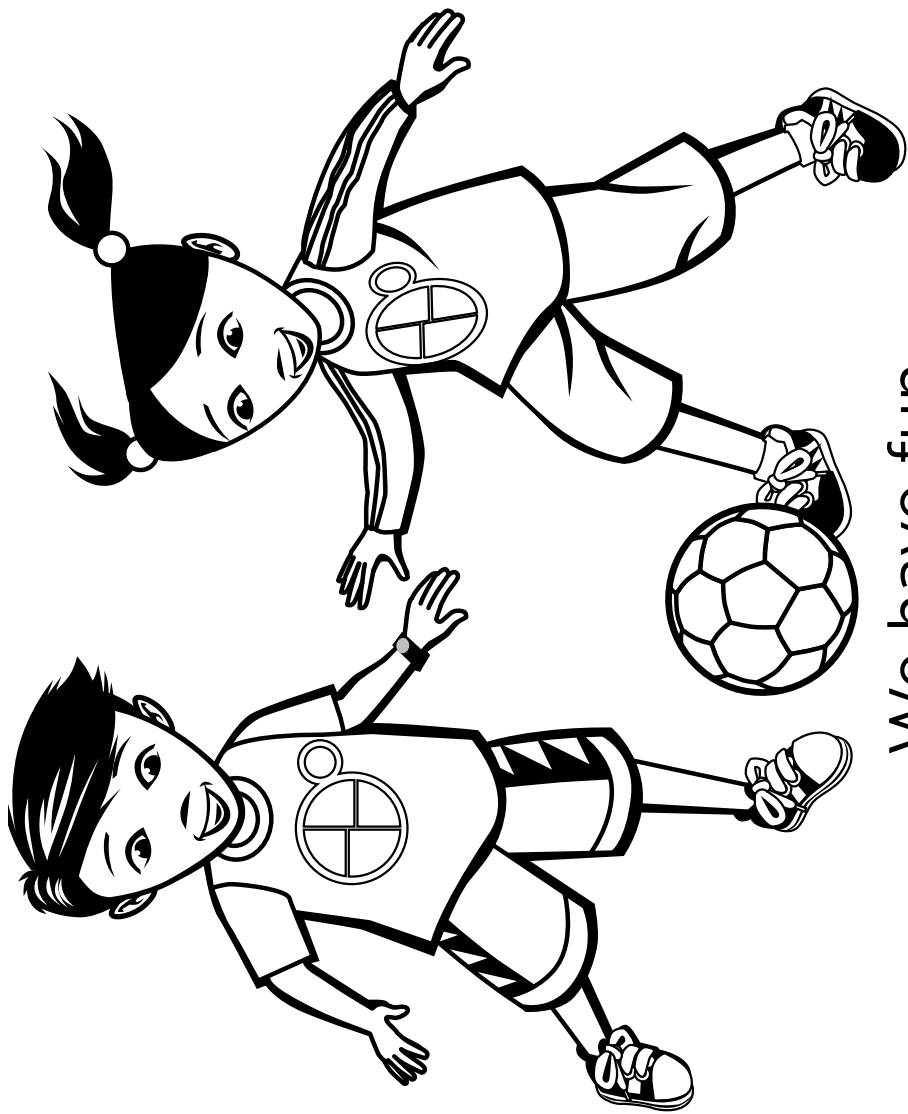


Choose**MyPlate**.gov

We have five food groups.



We have lunch.



We have fun.





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



March is National Nutrition Month!

Do this activity at home with a family member. Bring in what you discovered and share with friends!

Food label fun!

Grab a packaged food from the pantry or fridge at home. This could be breakfast cereal, muesli bars, yoghurt, crackers or basically any food you can find with a label.

READ THE INGREDIENTS LIST TO LEARN WHAT HAS BEEN PUT INTO THE FOOD AND HOW MUCH

DID YOU KNOW ingredients are listed in order from the **BIGGEST** to the **SMALLEST** amount?

If fat or sugar are listed as the first or second ingredient, it is highly likely that this is a sometimes food

PLAY DETECTIVE

SOMETIMES SUGAR AND FAT ARE LISTED USING OTHER NAMES. SEE IF YOU CAN SPOT THESE CULPRITS:

Other names for **FAT**:
oil, vegetable/animal oil/fat, coconut oil, palm oil, shortening, lard, milk solids.

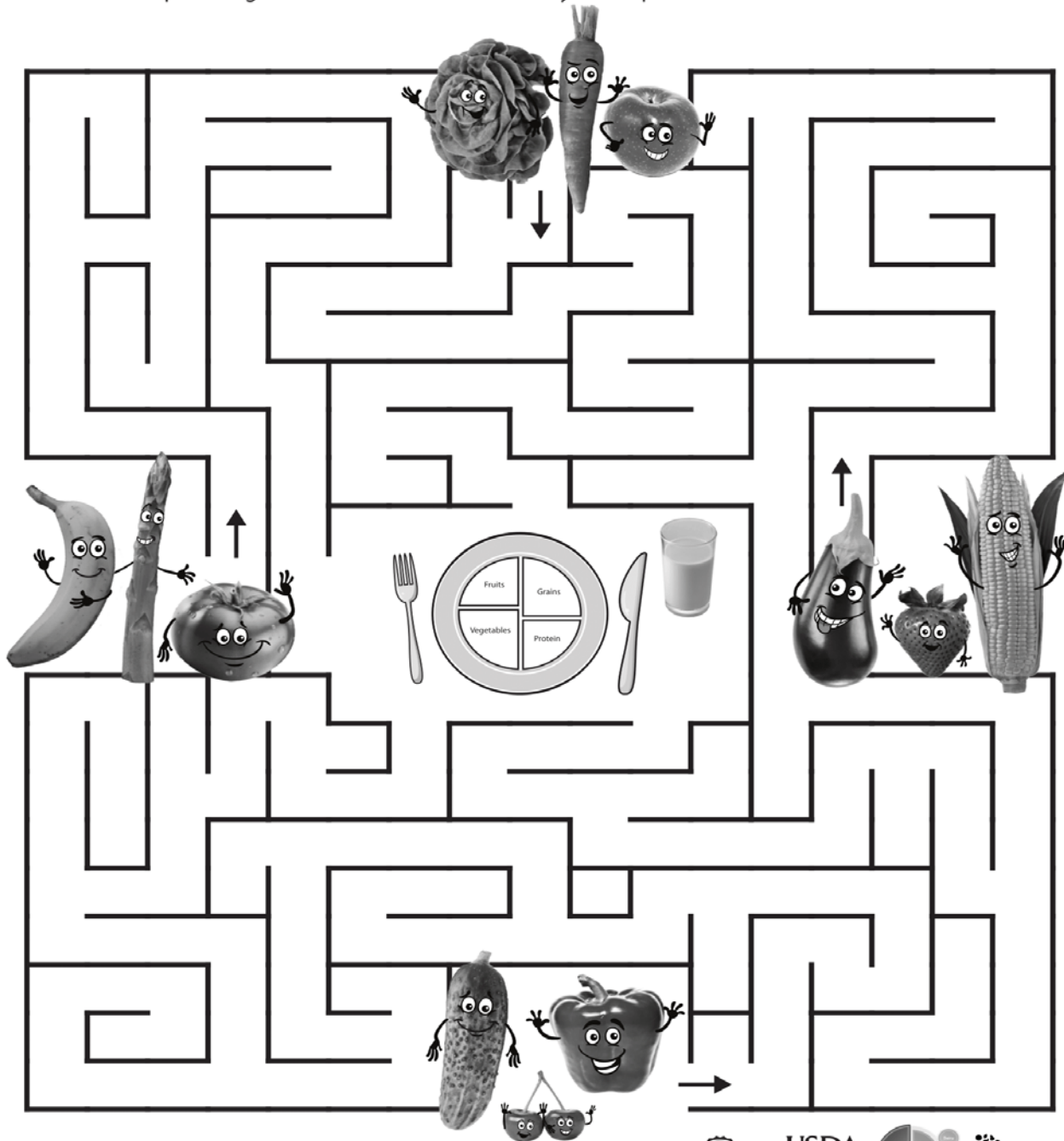


Other names for **SUGAR**: sucrose, maltose, lactose, dextrose, fructose, glucose, glucose syrup, corn syrup, molasses, malt, maltodextrin, fruit juice concentrate

March – National Nutrition Month

Maze to a Healthy Plate

Help the vegetables and fruits find their way to the plate in the center of the maze!



For healthy vegetable and fruit tips and games, visit: EatWellBeWell.org



March is National Nutrition Month!

Help to celebrate National Nutrition Month's theme "**Put Your Best Fork Forward**" by creating your own "Best Fork"! Draw (and color) your favorite healthy foods in and around the fork below. Or simply write the names of the foods! Try to eat these foods as much as you can during the month of March (and every month after that)! Cut out and hang your fork on your refrigerator as a reminder of what you love to eat that is good for you! (Leaders, perhaps copy on larger pieces of paper to provide more room for drawing the nutritious foods and beverages!)

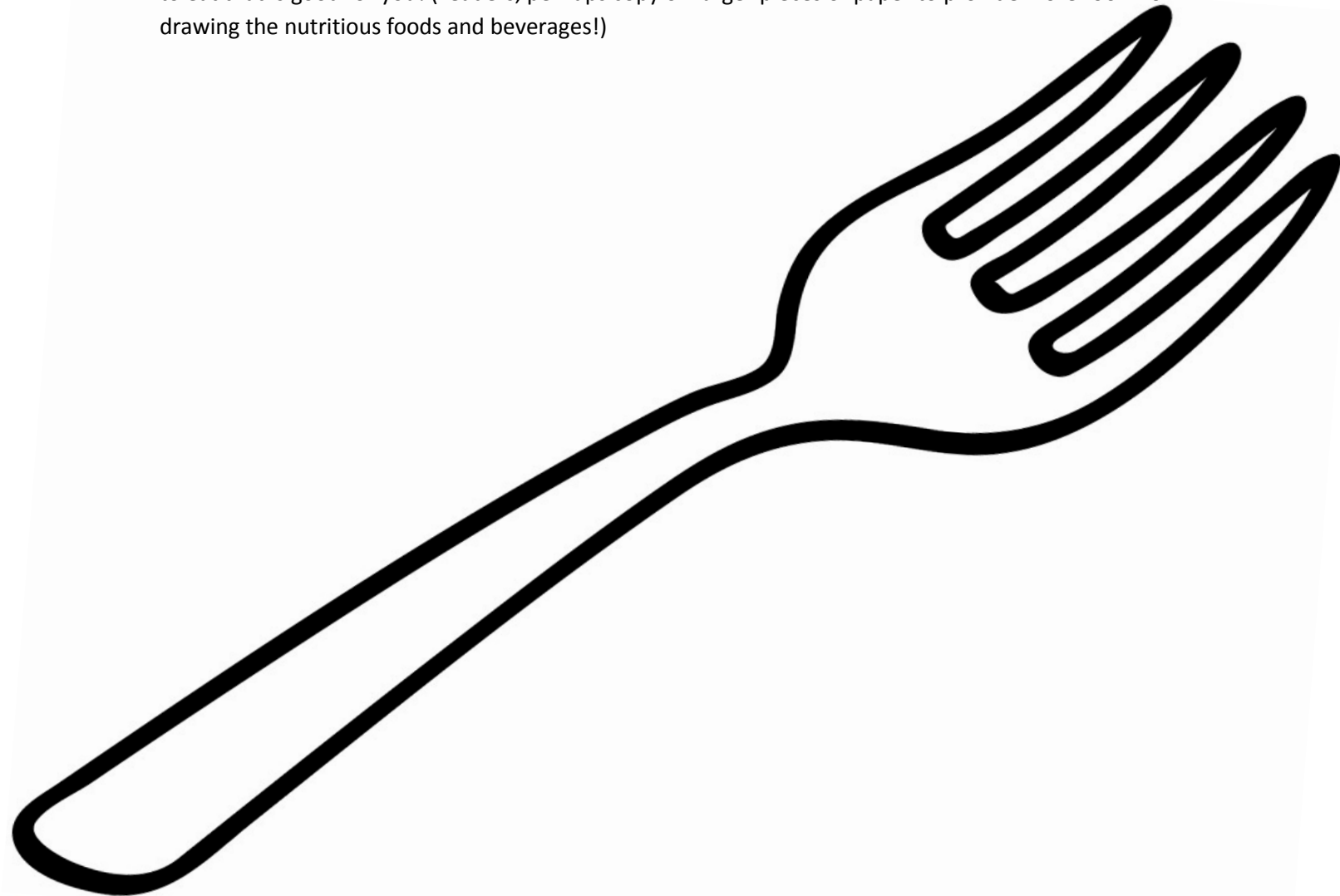
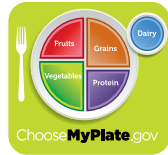


Image Source: <http://www.clipartkid.com/fork-and-spoon-clip-art-clip-art-basic-words-fork-9ts0Rp-clipart/>



Add more vegetables to your day

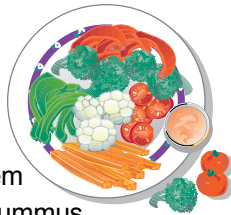
It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies

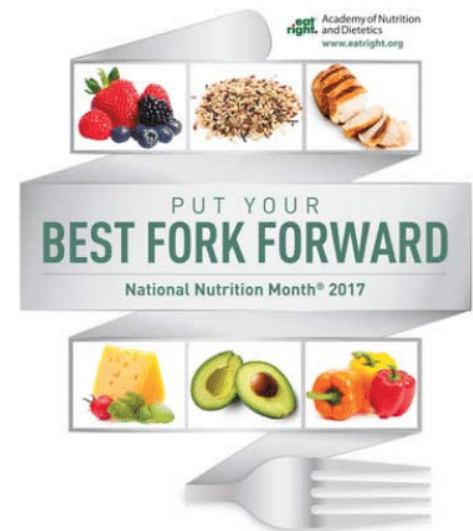
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

March is National Nutrition Month!

Read this to your students at the beginning of the month – even send a copy home with them to share with their families!

National Nutrition Month, created by the Academy of Nutrition and Dietetics, is celebrated each year in March. It focuses on the importance of learning about the food you choose to eat and developing healthy eating and physical activity habits. The theme for this year's National Nutrition Month is *"Put Your Best Fork Forward"*. This is to remind you that you hold the tool (a fork) to make healthy food choices.

National Nutrition Month actually started as "National Nutrition Week" back in March 1973. In 1980 it grew to a month-long observation in response to people becoming more interested in nutrition. Visit the website – NationalNutritionMonth.org for more information on how you can make smart nutrition choices and "put your best fork forward"!



Source: <http://www.eatright.org/resources/national-nutrition-month>

March is National Nutrition Month – Test Your Nutrition Knowledge!!

Can you solve the riddles and then find the answers in the word search?

1. I'm crunchy and orange and grow underground and one of the most popular veggies around!

What am I? _____

2. I'm green as green can be and some say I look like a tiny tree!

What am I? _____

3. I'm yellow and soft and hang in a bunch, peel me open at breakfast and lunch!

What am I? _____

4. I'm hard and green on the outside, inside soft and pink. I have lots of seeds for spitting, good for a picnic I think!

What am I? _____

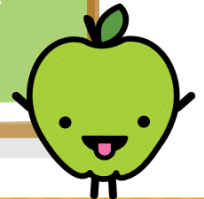
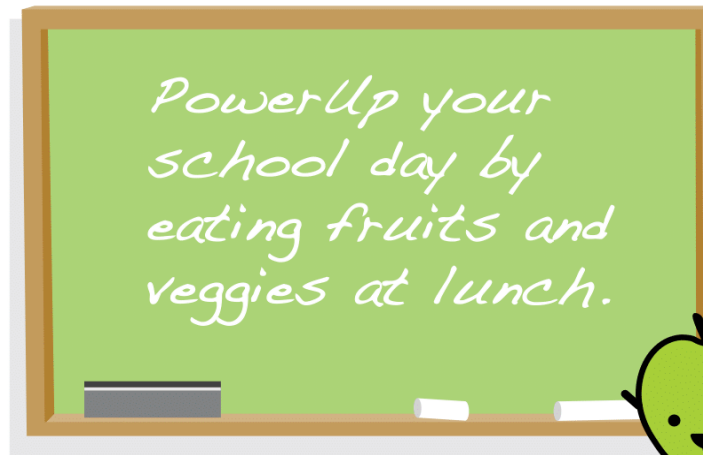
5. I'm red and sweet and wear a little green hat. My seeds are on the outside – imagine that!

What am I? _____

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

Answers: 1. Carrot; 2. Broccoli; 3. Banana; 4. Watermelon; 5. Strawberry.

Answers on page 40.



JUICY JOKES



Q. What kind of vegetable likes to look at animals?

A. A zoo-chini!

Q. What's a dancer's favorite kind of vegetable?

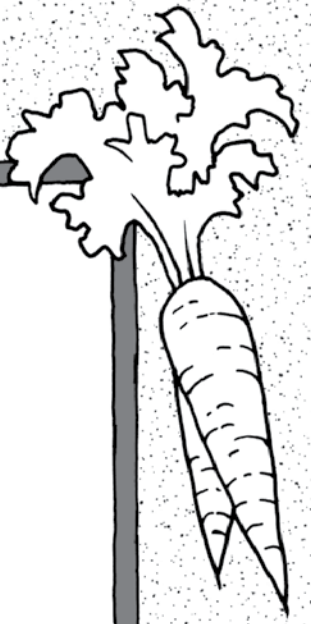
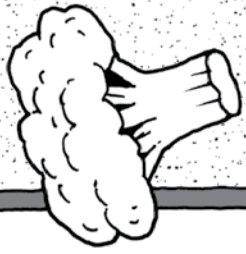
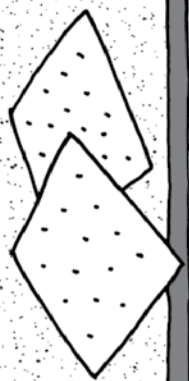
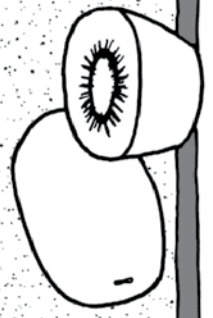
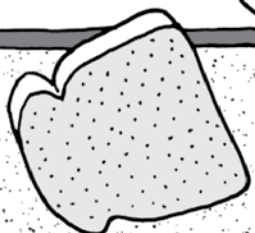
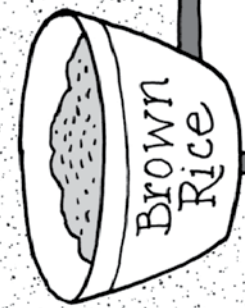
A. Spin-ach!

Q. What's a taxi driver's favorite kind of vegetable?

A. A cab-bage!

Q. What does corn say when it feels embarrassed?

A. "Aw, shucks!"



The Two Bite Club

Congratulations!

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



MyPlate Word Blanks

"Cook-Off Craze"

How to play: Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story to them.

WORD LIST

- | | |
|----------------------------------|-----------------------------------|
| 1. Noun: _____ | 10. Orange/red vegetable: _____ |
| 2. Your name: _____ | 11. Grain food: _____ |
| 3. Friend's name: _____ | 12. Lean protein food: _____ |
| 4. Verb (ending in "ing"): _____ | 13. Dairy food: _____ |
| 5. Verb (ending in "ing"): _____ | 14. Noun (plural): _____ |
| 6. Green vegetable: _____ | 15. Adjective: _____ |
| 7. Noun (plural): _____ | 16. Fruit: _____ |
| 8. Noun (plural): _____ | 17. Verb (ending in "ing"): _____ |
| 9. Color: _____ | 18. Verb (past tense): _____ |

----- Fold Here -----

"Cook-Off Craze"

It was the end of the school year, and summer was just around the corner. It was almost time for the annual (1) _____ County School End-of-Year Cook-Off! (2) _____ and (3) _____ entered themselves in the cook-off. They knew they had a good chance of winning if they used fresh veggies from Grandma and Grandpa's garden — the secret to their recipe! They were ready to start (4) _____!

Once they got the pot of water (5) _____, they began adding the ingredients. While (2) _____ chopped up the (6) _____, (3) _____ washed the (7) _____. (8) _____ and (9) _____ cabbage were next. After this, they threw in some grated (10) _____, going crazy with all of their yummy fresh veggies! Making sure they didn't forget some grains, they added some whole wheat (11) _____, and for protein power, chopped (12) _____. For a finishing touch, they sprinkled some low-fat (13) _____ on top. *Voilà!* Summer Garden Soup!

The day of the cook-off finally arrived and they were ready. The event was a huge success! At the end of the day, it came time for the group of (14) _____ to announce the winners. After Runner-Up went to a (15) _____ (16) _____ frozen yogurt, (2) _____ and (3) _____ were (17) _____ their breath. "And first place, with the highest score, goes to (2) _____ and (3) _____'s Summer Garden Soup!!!" They were so happy that they (18) _____ all day long!



Word Blank #1