

# Family Times

PROMOTING HEALTHY CHOICES

NUTRITION FOR 3<sup>rd</sup> - 5<sup>th</sup> GRADE



**Family Times** is a newsletter provided by HealthMPowers as a resource for families.

Activities and information are presented to help families encourage the adoption and maintenance of healthy behaviors.

Research indicates that family involvement is critical to both the health and the academic performance of young people.

## Healthy Eating Tips

- **Be a role model for your children.** Prepare and eat colorful plates.
- **Allow your children to help prepare fruits and vegetables.**
- **Prepare fruits and vegetables so that they are readily accessible to your children.**

## A Colorful Plate!

Eating a variety of fruits and vegetables each day will provide your family with the wide range of vitamins, minerals, fiber and phytochemicals needed to maintain good health and energy levels. Phytochemicals are substances that give plants their color and provide many health benefits. Researchers believe that for optimum health, you must eat a rainbow of colors. Fill your plate with a variety of colorful fruits and vegetables.



Researchers believe that for optimum health, you must eat a rainbow of colors. Fill your plate with a variety of colorful fruits and vegetables. Check out some of the benefits associated with different colored fruits and vegetables:

- ✓ **Blue/Purple:** improves memory function; lowers risk of some cancers.
- ✓ **Green:** aids vision health; strengthens bones and teeth; lowers risk of some cancers.
- ✓ **White/ Tan/ Brown:** improves heart health; lowers risk of some cancers.
- ✓ **Yellow/Orange:** improves heart health; aids immune system; aids vision health; lowers risk of some cancers.
- ✓ **Red:** improves heart health; memory function; lowers risk of some cancers.

CUT HERE AND RETURN TO CLASSROOM TEACHER

## Family Completion Chart

Young people need to hear health promotion messages at home. Children learn by imitating adults. Help your child learn how to make healthy choices.

Student Name: \_\_\_\_\_

Family Member Signature: \_\_\_\_\_

Comments: \_\_\_\_\_

Number of Activities We Completed this week!

ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

**“I will eat different colored fruits and vegetables at every meal.”**

Please complete the following activities that reinforce this goal with your child, stressing the importance of this health behavior.

Create a recipe with fruits or vegetables. Write the directions here.



Fill in the health benefits of eating the different colored fruits and vegetables below.

Color	Health Benefits
Red	
Green	
Yellow/Orange	
Blue/Purple	
White/Tan/Brown	

We did this!

Write down the color of the fruits and vegetables you eat each day this week.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

We did this!