

Family Times

PROMOTING HEALTHY CHOICES

NUTRITION FOR K - 2nd 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/or 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

- Encourage eating a fruit or vegetable at every meal.
- Eat at least one Vitamin A-rich fruit or vegetable, such as cantaloupe, carrots, sweet potato, spinach, or broccoli daily.
- Eat at least one Vitamin C-rich fruit or vegetable, such as orange juice, grapefruit, pineapple, green peppers or cauliflower daily.

Healthy Eating Requires 5 Fruits and Vegetables Daily!

Eating a variety of fruits and vegetables is critical to promoting good health. Fruits and vegetables contain essential vitamins, minerals and fiber that may help protect you and your family from diseases like stroke, heart disease and some cancers. Families have a lot of food choices and finding the healthy options is often challenging. Taking time to involve your child in the preparation of fruits and vegetables for lunch and dinner can also influence healthy food choices.

Some simple strategies for encouraging fruits and vegetables are listed below.



- Have your child count the number of fruits and vegetables he/she eats in a day. Encourage a minimum of five each day.
- Encourage fruits and vegetables as snack alternatives.
- Grow fresh fruits and vegetables at home, and have your child help.
- Have your child help with the grocery shopping and preparation of fruits and vegetables.
- Have your child identify and eat fruits and vegetables of different colors. Different colored fruits and vegetables provide different vitamins and nutrients.

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!

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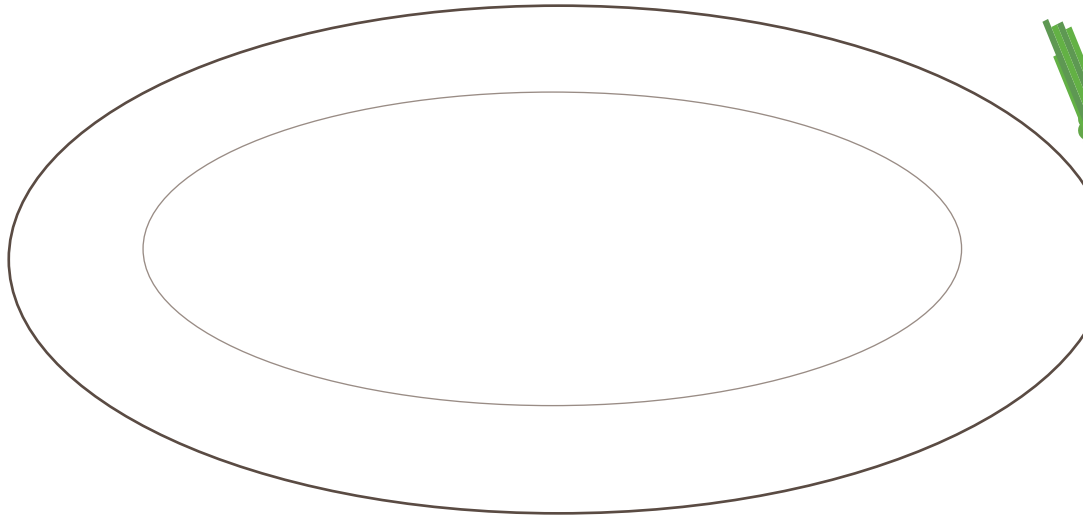
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ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

“I will eat 5 or more fruits and vegetables daily!”

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

Have your child draw five of his/her favorite fruits and vegetables on the plate below. Check to see how many different colors he/she used and encourage eating a variety of different colored fruits and vegetables.



Below is a list of fruits and vegetables. In the space provided, have your child name the color for each. Show your child pictures of any fruits or vegetables with which they are unfamiliar.

Lettuce _____
 Tomato _____
 Carrot _____
 Peas _____
 Corn _____
 Eggplant _____

Coconut _____
 Orange _____
 Pineapple _____
 Grapes _____
 Strawberries _____
 Banana _____

How many different colors did you eat for dinner? _____

We did this!

CUT HERE AND RETURN TO CLASSROOM TEACHER

GROCERY STORE LIST

List with your child some possible fruits and vegetables that can be purchased during your next trip to the grocery store. Ask your child to circle a fruit or vegetable that he/she would like to have or try.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

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