



Let's Eat!

This month, your child will be studying nutrition and learning how to make more healthful food choices. The lessons will cover:

Lesson 1: Nutrients

Lesson 2: Healthful and Less Healthful Foods

Lesson 3: Food Labels

Lesson 4: Healthful Habits

Please post this chart at home and do one activity with your child each day. Check off each activity you have performed.

Word for the Day

nutrient—the parts of your food that your body uses to grow and repair itself

The Switch

Instead of rice with dinner, try one of these:

bulgur—a cracked wheat that is cooked like rice. It can be made with onions, parsley, and vegetables. Popular in the Middle East.

couscous—a fluffy type of pasta that resembles pastina. It is popular in the Middle East and Africa.

Both of these products are available in many grocery stores in the same aisle as the rice and pasta.

Today's Snack

Veggie Roll-up. Cut carrots, celery, or peppers into sticks. Wrap a strip of cheese around each stick.

Have your child plan tonight's dessert—but it must be healthful! How about custard, baked apple, or low-fat yogurt with a fresh fruit topping?

American Food

What ethnic group has contributed the most to current American diets? Native Americans! They taught settlers how to eat corn, pumpkins, tomatoes, turkey, and cranberries. How often does your family eat these foods?

Today's Challenge

Everyone in the house agrees to make today sugar-free!

Word for the Day

stomach—the place where food goes after you swallow. What happens to food in the stomach?

(The stomach squeezes and mixes food with juices until it becomes more liquid.)
Words that end in '-ose' are often other names for _____.

Word for the Day

starch—the nutrient that gives you lots of energy. The foods with lots of starch are from which food group?

(The grain group, which also includes pasta, cereal, rice, and bread.)

Today's Advice

Make half your plate fruit and vegetables.
Make half your grains whole.

Dr. Smartstuff's Sandwich (serves 4)

- 1 can tuna, drained
- 1 tablespoon each:
minced carrot, celery
- 1/2 onion, minced (optional)
- 1/2 teaspoon mustard
- approx 1 Tbs. vegetable oil
- 2 Tbs. vinegar (or to taste)

pita or whole grain bread

Mix all ingredients.

Serve on bread.

Do you let your child eat pre-sweetened cereal?

It could be 70% sugar! Starting today, why not add just one handful of sugary cereal to a serving of unsweetened cereal? Gradually, stop buying the sugar cereal altogether.

Today's Riddle

Which has more salt: fast food, French fries or fast food cherry pie?
(The cherry pie has twice as much salt as the French fries! Watch out for hidden salt in your child's diet.)

Watch Out!

Recent studies have shown that children as young as five should limit their cholesterol if there is a history of heart disease or diabetes in the family.

Word for the Day

protein—the nutrient that helps your body build new tissues and repair itself

Try Betsy's Bedtime Treat

- 1/2 cup low-fat milk
- 1/2 teaspoon vanilla
- cinnamon

Heat milk until frothy. Add vanilla. Pour into a mug and sprinkle with cinnamon.

Breakfast Special!

- Willie's All-white Pizza
- Toast an English muffin.
- Top with cottage cheese and bananas. Put under broiler.