

Dear Family Member,



My class is starting a program called *Nutrition Pathfinders* to learn about healthy eating and physical-activity choices. I will be learning to:

- Balance breakfast, lunch, dinner and snacks with healthy choices using the five food groups.
- Name the main nutrient and their health benefit for each food group.
- Understand the components of the Nutrition Facts label on food packages.
- Determine an appropriate serving size using hand symbols.
- Understand the recommended number of daily servings from each food group.
- Name the kinds and amounts of moderate-vigorous level physical activity needed each day.

After some of the lessons, I will bring home activities that we can do together. At the end of the program, I will bring home a workbook to show you what I learned about good nutrition and physical activity.

Student name: _____

One thing I am excited to learn about making healthy food choices is: _____

Parent name: _____

One thing I am excited for my child to learn about making healthy food choices is: _____

You are an essential part of your child's good health! Start on a new path today by asking your child what he or she has learned in school during the *Nutrition Pathfinders* program. Also, talk to your child about foods from the five food groups that you can add to your shopping list. Post this chart on your refrigerator as a reminder of healthy food choices.



DAIRY GROUP Get your calcium-rich foods	VEGETABLES GROUP Vary your veggies	FRUITS GROUP Focus on fruits	GRAINS GROUP Make half your grains whole	PROTEIN GROUP Go lean on protein

If your child has an allergy, be sure to let his/her teacher know.

The nutrition information in this program is based on the Dietary Guidelines for Americans, as reflected in the USDA's *MyPlate* food icon.

For more information about good health for your child and your family, visit **HealthyEating.org**.



Better Breakfasts ...

Studies confirm that students who eat breakfast each morning are more attentive in school and perform better on their schoolwork. In less than five minutes, you can put these or other quick breakfast choices on the table—or bag them to eat on the run!

- Cereal, milk and fruit
- Bagel toasted with melted cheese and raisins
- String cheese, whole-wheat crackers and fruit
- Yogurt and fruit smoothies with Graham crackers
- Scrambled eggs, corn tortilla and salsa
- Peanut butter and banana sandwich
- Oatmeal with applesauce and nuts
- Apple slices with peanut butter and a granola bar

Smart Snacking ...

Children actually need healthy snacks each day because they have smaller stomachs than adults and, therefore, may fill up quickly at mealtime. Healthy snacks are important for children because they act as “mini-meals,” providing up to one-quarter of your child’s daily energy needs and helping to fill nutrient gaps.

But take care! Constant snacking throughout the day can lead to overeating. And, snacks of “extra” foods—those filled with sugar and fat (e.g., candy, cookies, chips, regular soft drinks)—do not help fill nutrient gaps.

Here are some ideas for nutritious, tasty, child-friendly snacks:

- Peanut butter or cheese on whole-wheat crackers
- Fruit (fresh or dried)
- Low-fat yogurt
- Raw, crunchy vegetables (cut into small pieces) served with dip (*optional*)
- String cheese
- Quesadilla: whole-wheat or corn tortilla with grated, melted cheese



Fresh Fruit Burritos (on our website at HealthyEating.org)

This delicious blend of flavors—fresh fruit, peanut butter and vanilla yogurt, all wrapped up in a flour tortilla—makes a healthy snack for kids and grown-ups alike.

No cooking required. Total preparation time: 15 – 30 minutes. Serves 4.

Ingredients

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|------------------------------------|--------------------------------------|
| 4 6-inch flour Tortillas | 1 medium fresh Peach |
| 4 tablespoons creamy Peanut butter | ¼ cup fresh Blueberries |
| 1 Banana | 4 tablespoons vanilla low-fat Yogurt |
| 4 medium fresh Strawberries | |

Preparation

Wash fresh strawberries, blueberries and peach. Peel peach, halve and remove pit. For each burrito, spread 1 tablespoon peanut butter evenly on a flour tortilla to within ½ inch of edge. Onto each tortilla distribute on a line along the center ¼ sliced banana, 1 sliced strawberry, ¼ thinly sliced peach and approximately 1 tablespoon blueberries. Drizzle 1 tablespoon vanilla yogurt over the fruit. Carefully fold one side of the tortilla over the fruit, tucking the edge under the fruit so it’s not too loosely packed. Roll the folded and tucked portion of the burrito toward the other side; the peanut butter will help hold it together. Enjoy!