

Get Involved with Team Nutrition! Toolkit

Quarter 4 Nutrition Message:

“Be Great and Choose MyPlate!”

Eat Smart To Play Hard
Use **MyPlate** to help you fuel up with foods from each food group.

ChooseMyPlate.gov

Keep on Moving!
You need at least **60 minutes** of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!

FRUITS Fuel Up With Fruits at Meals or Snacks
Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.

VEGETABLES Color Your Plate With Great-Tasting Veggies
Try to eat more dark-green, red, and orange vegetables, and beans and peas.

GRAINS Make at Least Half Your Grains Whole Grains
Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.

PROTEIN Vary Your Protein Foods
Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.

DAIRY Get Your Calcium-Rich Foods
Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.

Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.



Overview of Message to Administrators

Dear Administrative Personnel,

We are excited to kick off the last quarter of the school year with you. As a reminder, each toolkit has the **quarterly nutrition message** and **“Weekly Nutrition Announcements”** to build students’ knowledge and improve behavior related to the quarterly message. This toolkit also includes suggested **“Weekly Nutrition Classroom Activities,” “Weekly Social Media Nutrition Messages,” “Eat Well Be Well” parent newsletter,** and **“Supplemental Team Nutrition materials.”** Each component of the toolkit builds on the weekly announcements so that students learn how to incorporate the message into the school day and at home.

For utilizing each component of the toolkit, you can claim points on the checklist as follows:

Weekly Nutrition Announcements: *Establishing a Wellness Culture #1- 1 pt*

Weekly Nutrition Classroom Activities: *Nutrition #23- 2 pts*

Weekly Social Media Nutrition Messages: *Establishing a Wellness Culture #20- 1 pt*

Eat Well Be Well parent newsletter: *Establishing a Wellness Culture #24- 3 pts*

The nutrition message for the fourth quarter of the school year is “Be Great and Choose MyPlate!” The message of this quarter is broken down using the letters in “nutrition” as we use our knowledge of the MyPlate tool. Use the additional resources to get points on your wellness checklist and to improve the knowledge and behavior of your students and community. We wish you the best of luck with the Toolkit and we look forward to hearing about how this enhances your culture of wellness!

Go Team Nutrition!

LCFB & MUSC Boeing Center for Children’s Wellness

Nutrition Weekly Announcements

For Wellness Checklist points claim: Establishing a Wellness Culture #1- 1 pt

Week 1. N is for...Nourish your bodies by creating balanced meals full of nutrients! Our bodies need the nutrients from all food groups so we can continue to grow, excel at sports, and do well at school! Share with your family and friends that colorful plates with at least 3 food groups are beneficial to all of us!

Week 2. U is for...Use the colors of the rainbow to build a healthy meal! Try to eat a fruit or vegetable of each color throughout the week! Don't be afraid to try something new!

Week 3. T is for... Two cups of fruit each day! Aim to get those two cups of fruit at breakfast, lunch, afternoon snack, or even dessert!

Week 4. R is for... Reach for 60 minutes of physical activity! Join a sports team or walking club, do some jumping jacks or get outside after school if you can! Get moving!

Week 5. I is for... Increase whole grains! Next time you're eating your favorite grain, check out the ingredient list to find "whole grain" or "whole oats." Think about simple changes you can make each day to increase your whole grains.

Week 6. T is for...Two cups of vegetables each day! Snack on colorful vegetables like carrots, peppers, and cucumber. At dinner ask to try new vegetables like rutabaga or butternut squash!

Week 7. I is for... Include good fats for your heart and brain! The good fats are the ones that can move around and not get stuck- oils instead of butter. Reach for a salad at lunch. Choose a salad dressing packet that you can see through to make sure you are using a healthy fat!

Week 8. O is for...Only choose beverages that will fuel you such as water. Our bodies are made up of mostly water so remember to stay hydrated with water!

Week 9. N is for... Nutrition is something everyone needs. Share what you have learned this year with your family and friends. Remember, build colorful plates, reach for strong snacks, and remember to balance your meals with foods that fuel you up!

Weekly Nutrition Classroom Activities

For Wellness Checklist points claim: Nutrition #23- 2 pts

Classroom Activity Week 1.

Discussion: Discuss the five different food groups using the MyPlate graphic. Explain that a balanced meal should have at least three different food groups. We need foods from all food groups every day to keep us energized!

Activity: Assign each food group to students and have them research the benefits of that food group. Ask them to share with the class examples of foods (healthy and unhealthy), how many servings they should eat, and the benefits of eating foods from that group.

Resource: https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/mini_poster.pdf

Classroom Activity Week 2.

Discussion: Ask students why it's important to eat lots of different colored foods (Hint: refer back to 3rd quarter toolkit). Share ways to add more color to favorite meals. It's important so that you can get eat a bunch of different nutrients to stay healthy!

Activity: Have students see how many fruits and vegetables they can think of for each color of the rainbow. Offer a prize to the student with the most fruits and vegetables listed and has a least one fruit or vegetable for each color!

Classroom Activity Week 3.

Discussion: Talk about the nutritional benefits of different types of fruits.

Activity: Challenge students to get two types of fruit in today and have them take a selfie with the fruit and bring them into class the next day, or draw a picture of the fruit they ate.

Resource: <https://www.choosemyplate.gov/fruits-nutrients-health>

Classroom Activity Week 4.

Discussion: Educate students on the importance of getting our bodies moving! Talk about different types of exercises and the benefits of each (cardio, strength, stretching/flexibility, etc.). What are some ways to increase physical activity throughout the day?

Activity: Try one of these exercises with your students to get them moving! Have students brainstorm ways how you can incorporate movement into your typical school day.

Resource: https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf

Classroom Activity Week 5.

Discussion: Ask students why they think it's important to eat whole grains. It is important because they have fiber, B vitamins, and minerals which helps keep us full and provides energy! What are some ways they can increase their whole grain consumption?

Activity: Provide visuals such as packages or printouts nutrition labels with ingredients. Have students find where it says "whole grain" or "whole oat" and see if foods are 100% whole grain.

Resource: <https://www.choosemyplate.gov/grains-nutrients-health>

Classroom Activity Week 6.

Discussion: Talk about types of vegetables and what kinds of benefits different vegetables have for us. How many cups of vegetables are you eating per day now? How can you add vegetables to your day?

Activity: Have students research appropriate portion sizes for their age group and have students demonstrate the portion sizes to the class using items from the classroom- encourage them to get creative!

Resource: <https://www.choosemyplate.gov/vegetables-nutrients-health>

Classroom Activity Week 7.

Discussion: Discuss the difference between healthy and unhealthy fats and provide examples of each. Explain that not all fats are bad and our bodies need fats in our diet to be healthy. Healthy fats are liquid at room temperature and keep your body running smoothly just like oil in a car.

Activity: Provide visuals of different fats (butter, vegetable oil, cream cheese...) and have them identify the healthy and unhealthy fats.

Resource: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/dietary-fats>

Classroom Activity Week 8.

Discussion: Explain that water helps us feel awake and full and make sure our bodies work properly! Explore ways that water works in our body. Discuss the benefits of choosing water over sugary beverages.

Activity: Ask students to guess the amount of sugar found in popular sugary beverages (soda, fruit juice, energy drinks, etc.). Demonstrate using sugar packets how much sugar is in each drink. Have students log how many cups of water they are drinking throughout the week to see how many students can drink at least 8 cups per day.

Resource: <https://crayonsandcravings.com/wp-content/uploads/2018/02/Water-Intake-Tracker-Printable.pdf>

Classroom Activity Week 9.

Discussion: Review everything you have learned this year regarding nutrition. Remind them of MyPlate's new message- "*MyPlate, MyWins*" and what that means. What changes have students made to their diets because of what they have learned? What changes will they make in the future?

Activity: Have students plan a meal using what they have learned this quarter. If available, provide students with paper plates and have them draw their meal. Encourage them to show appropriate portion sizes based on MyPlate. Did they incorporate multiple food groups? Is there a variety of colors on the plate? What type of drink did they include with the meal?

Resource: <https://www.choosemyplate.gov/myplate-mywins>

Weekly Social Media Nutrition Messaging

For Wellness Checklist points claim: Establishing a Wellness Culture #20- 1 pt

<p>Social Media Week 1. N is for... Nourish your bodies by creating balanced meals full of nutrients! How can you make your plate look like MyPlate? Check out these quick and easy MyPlate inspired dinners!</p>
<p>Social Media Week 2. U is for... Use the colors of the rainbow! Use the rainbow to guide you at the grocery store and in the refrigerator to make sure that you are eating all of the colors of the rainbow. Colorful meals and snacks to ensure you are getting all of the nutrients your body needs to grow, learn, and stay protected! How many colors have you eaten this week? Try these 10 healthy rainbow food ideas!</p>
<p>Social Media Week 3. T is for... Two cups of fruit each day! Provide fruit at least two meal times to make sure they are receiving enough fruit for their growing bodies! Try fresh, frozen, or canned (in 100% juice) fruits. Here are some helpful tips for including fruits and veggies during each meal!</p>
<p>Social Media Week 4. R is for... Reach for 60 minutes of physical activity! Encourage a family walk after dinner or do some exercises at home! 10 Ways to Exercise as a Family!</p>
<p>Social Media Week 5. I is for... Increase whole grains! Read the ingredient label at home to find out if your favorite bread, cereal, or snack is made of <i>whole</i> grains. It is a whole grain if the first ingredient says whole wheat, grain or oat! Learn more about whole grains here!</p>
<p>Social Media Week 6. T is for... Two cups of vegetables each day! Aim to eat vegetables at two or more meal times! How can you add more fruits and vegetables to your day? Try some of these ways to increase your fruit and veggies!</p>
<p>Social Media Week 7. I is for... Include good fats for your heart, skin, and brain! Fats have a bad reputation, but they shouldn't! Foods like avocados, olive oil, and nuts are fat sources that help keep us healthy. Try cooking with these oils to get more nutrients and less saturated fat in your meals.</p>
<p>Social Media Week 8. O is for... Only choose beverages that are going to hydrate you! At meal times, choose water. Add fruit to your water for a tasty option! Here are some fun ways to liven up your water!</p>
<p>Social Media Week 9. N is for... Needs are different for everyone! Check out MyPlate, My Wins... do your meals look similar to this plate? Think about small changes you can make each day with your food choices to make big changes in your long-term health!</p>

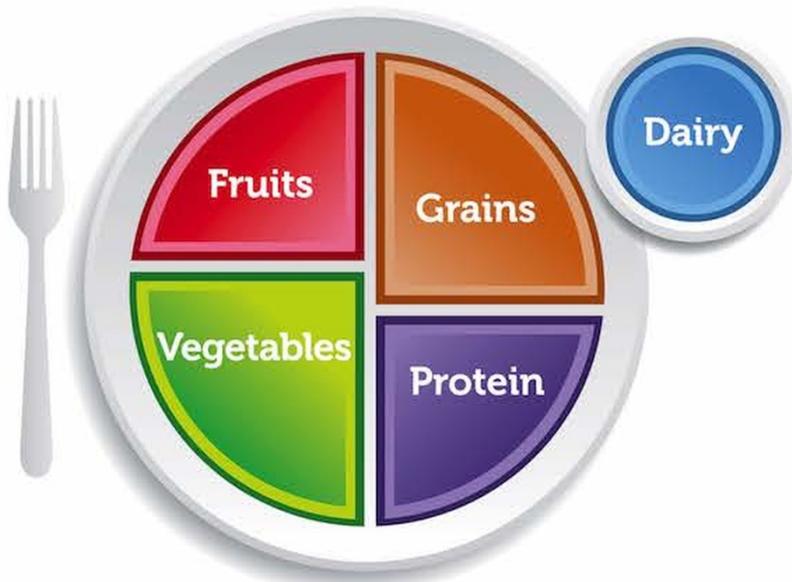
Eat Well. Be Well.

TEAM NUTRITION FEATURE OF THE QUARTER:

Be Great and Choose MyPlate!

Throughout this year we have learned that MyPlate is a useful tool when preparing meals and snacks for the family. Including as many food groups into your meals as you can allows you to feel fueled. Snacks with at least 2 food groups can also help your family perform best at work, school, and play. The more colors you eat in a day, the more nutrients you consume!

Use the visual below as a helpful reminder when building your meals. Check out ChooseMyPlate.gov for more information on nutrition for the whole family, healthy eating tips, and delicious recipes!



Choose**MyPlate**.gov

MyPlate was created by the USDA. The USDA does not endorse any products, services, or organizations. For more classroom resources visit utah.agclassroom.org.



Every food group has its benefits!

Fruits

Fruits provide our bodies with many vitamins and minerals such as potassium, fiber, vitamin C, and folate that help us from getting sick.

Vegetables

Vegetables are good for our blood pressure, eyesight, skin, gums and digestive systems. Vegetables are naturally low in fat and calories.

Whole Grains

Whole grains provide our bodies with fiber, iron, and B vitamins. They help keep us feeling full and regular!

Protein

Healthy proteins are the building blocks for bones, muscles, skin, and blood. Proteins are especially important for active, growing kids.

Dairy

Dairy, especially dairy sources fortified with Vitamin D, help maintain strong bones.