

Appendix B: Parent Handouts

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Welcome to School Lunch!

Eating with friends and trying new foods can be fun. There are many choices from each of the five food groups. Draw a line from each lunch food to the correct food group friend. (Answers on back.)

Parents
Check with your child's school about joining them for lunch. It's a great way to learn more about the healthy choices on the menu.

Source: 2017-196-018
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Welcome to School Lunch!

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Meet MyPlate

The **MyPlate** icon reminds us that we need to eat and drink foods from the five food groups: **Fruits, Vegetables, Dairy, Grains, and Protein Foods** are important for good health. **MyPlate** shows the food groups in different sections of the plate. Does this mean that foods need to be separate on your plate? No way! Some of our favorite healthy foods are a mix of food groups. What food groups are in your sandwich or taco?

MyPlate Matching Game

Draw a line from each section of MyPlate to the correct foods below.

Did You Know?
Beans belong to both the Vegetable and Protein Food Groups. Some favorite ways kids like to eat beans are in burritos, tacos, chili, dips, and quesadillas.

Parents
Make half your plate fruits and vegetables. It is an easy way to make sure you (and your family) are getting enough. More information on MyPlate can be found at MyPlate.gov.

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Meet MyPlate

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Be Your Best With Breakfast

Eating breakfast helps you have the energy you need for play and learning. Does your school serve breakfast? Check out the tasty choices. It is fun to eat breakfast with friends!

Parents
Start every day the whole-grain way. Serve whole-grain versions of cereal, bread, tortillas, or pancakes at breakfast. Whole grains give your kids 6 vitamins, minerals, and fiber to help them feel full longer so they stay alert to concentrate at school.

Check the Ingredients List:
Take a few seconds to see if the food is made from whole grains. Look for the word "whole" before the first ingredient. Some examples of whole-grain ingredients are:

- whole wheat
- brown rice
- oatmeal
- quinoa
- whole-grain corn
- buckwheat
- bulgur
- graham flour
- rolled oats
- whole-grain barley
- whole rye
- wild rice

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Be Your Best With Breakfast

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Move, Play, Have Fun!

Try these fun activities below. Cross them off as you and your family enjoy each one. Make up your own! How many can you do?

Ride bikes or scooters.	Play "Simon Says."	Go swimming, toss water balloons, or run through the sprinkler.	Walk to school.
Play hopscotch.	Blow bubbles, chase, and pop them.	Play with a hula hoop.	Kick a soccer ball back and forth.
Play "Catch 1-2-3." Count aloud how many times the ball is caught.	Play sock basketball (toss rolled socks into a laundry basket).	Race to the nearest tree or other landmark.	Jump rope.
Take a walk after dinner and look for a specific shape, like circles or triangles.	Hop! Place a broomstick on the floor. Stand on one side with both feet together. Jump over the stick and back 10 times.	Play volleyball with balloons. Keep a balloon afloat by hitting it back and forth.	Play "ABC Jacks." With each jumping jack, say the letters of the alphabet in order.
Say the days of the week as you touch your toes.	Go on a bug (or leaf, or different-colored cans) hunt.	Have a treasure hunt and see how fast everyone can find clues.	Play some music and have a family dance party.
Play on a playground.	Take the dolls (or dog or action figures) for a walk.	Play tag.	Rake leaves, build a snowman, sweep, or garden.
Walk through the mail on a rainy day.	Choose your own activity.	Play "Follow the Leader."	Go skating.

Parents
Children need at least 60 minutes of physical activity each day. Make family time "active" time.

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Move, Play, Have Fun!

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Snack Time!

MyPlate Nate and Kate like healthy snacks. Their snacks include foods from the five food groups. They choose snacks that do not have too much added sugar, fat, or salt. They only have cookies, cakes, and candies for snacks sometimes—and not too much. This helps them get the foods they need to feel their best and be healthy. Draw your favorite healthy snack on the empty plate below.

Parents
Do you send snacks to school? Try these healthy favorites:

- unsweetened applesauce
- raisins
- whole-grain crackers
- low-fat popcorn
- low-sugar whole-grain cereal

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Snack Time!

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Discover MyPlate with Nate and Kate

Dear family,

Your child is learning about healthy eating. USDA's **Discover MyPlate: Nutrition Education for Kindergarten** shows how eating a variety of foods can be easy and fun!

MyPlate Nate and Kate like to eat foods from all five food groups to stay healthy and strong. Join them on an adventure through the **Pathway to MyPlate** and explore all five food group stops to learn more about where food comes from.

At the end of the Pathway, celebrate together as a family! Eating a variety of fruits, vegetables, grains, protein foods, and dairy can set your family on a path towards a healthy future.

The MyPlate Food Groups:

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy

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Discover MyPlate with Nate and Kate

