

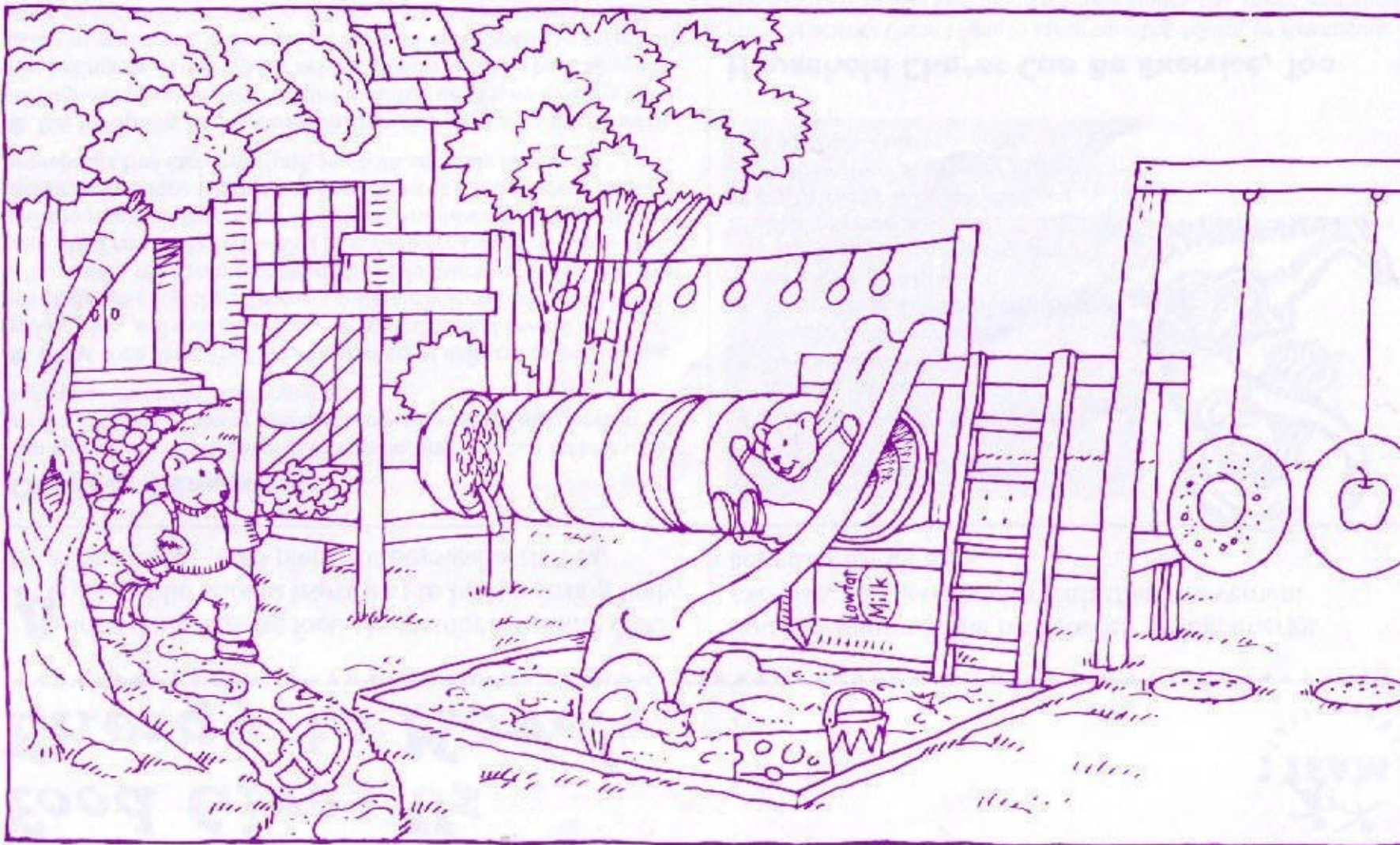
Snacking Is Fun and Nutritious



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Find the low-fat snacks hidden in this picture. Find:
graham cracker, lowfat cheese, lowfat milk, pretzels,
bagels, lowfat cracker, string cheese, chicken, apple,

banana, grapes, orange, carrot, celery, broccoli, cereal,
lowfat cookies, unbuttered popcorn.



Eat More Vegetables and Fruits

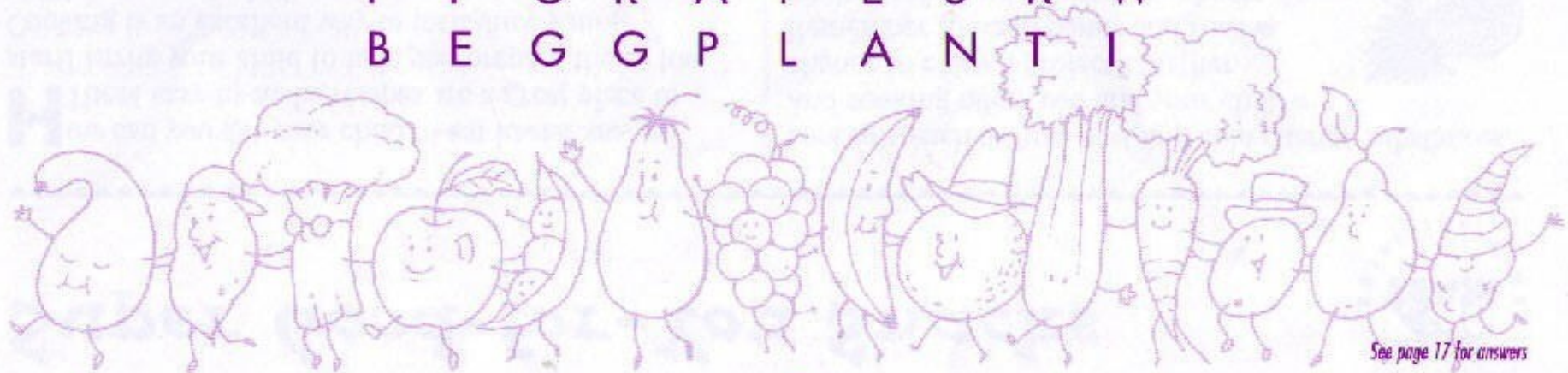


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Vegetables and fruits are delicious and nutritious. Many are rich in vitamins and minerals. Most are naturally low in fat and are good sources of fiber. Can you find these 14 hidden fruits and vegetables?

Find: squash, apple, yams, orange, celery, banana, broccoli, pear, peas, grapes, eggplant, kiwi, carrots, and prunes. The words can read up, down, or across from left to right or right to left!

B	F	S	E	S	E	N	U	R	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



See page 17 for answers

Keep A Healthy Weight



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Kids need calories to grow and develop. Too many calories, too little activity, or both may be the reasons we gain weight. Below are some simple tips to help you keep your weight healthy. Use this code to find the missing words.

CODE 1=L, 2=E, 3=S, 4=O, 5=W, 6=Y, 7=A, 8=K, 9=I, 10=P, 11=C, 12=T, 13=V

1. Remember: calories come from most all the food and drink you _____
3 5 7 1 1 4 5

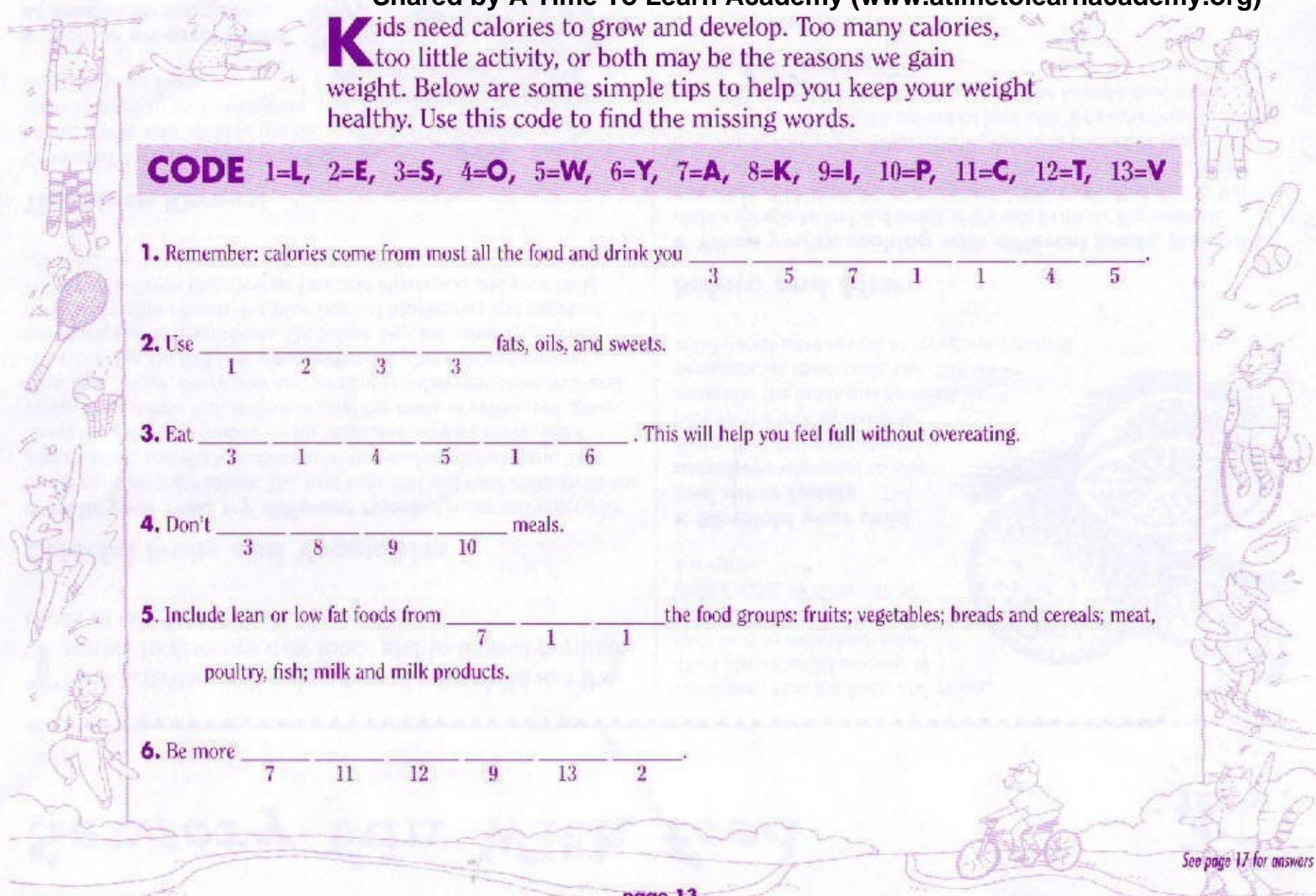
2. Use _____ fats, oils, and sweets.
1 2 3 3

3. Eat _____. This will help you feel full without overeating.
3 1 4 5 1 6

4. Don't _____ meals.
3 8 9 10

5. Include lean or low fat foods from _____ the food groups: fruits; vegetables; breads and cereals; meat, poultry, fish; milk and milk products.
7 1 1

6. Be more _____.
7 11 12 9 13 2



See page 17 for answers

The Wonderful World of Food



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Help your child explore ways that certain foods are the same and different all over the world. Your child can learn about the wonderful world of food with these activities your whole family will enjoy.



Make a French Favorite — Stone Soup

The classic tale *Stone Soup* is the long-ago story of three French soldiers who outsmart a village of people and make a delicious soup in the process. Variations on vegetable soup are found in the foods of many cultures, but there's nothing quite like this French "stone soup"! Read the story with your child, then make your own stone soup! This creative recipe uses ingredients from all five food groups, plus one or two well-washed stones.

- **Review safety procedures** with your child before you begin. Heat the water or stock and stones while your child helps to wash the vegetables. Let your child use a plastic knife or butter knife to help chop the vegetables. Add all the ingredients to the water or stock, then simmer until tender. Remove the stones before serving the soup. Enjoy it with bread and apple juice or cider, like the people in the story.

Try Foods From Other Lands

■ **Add dishes to your family's meals** that are typical of other cultures. For example, make a Chinese stir-fried dish of meat and vegetables to serve with rice. Another night, make a Middle Eastern couscous — a stew of meat and vegetables spooned over grains of couscous. Try an Indian dish of chicken flavored with yogurt and such spices as coriander, cumin, and ginger. You'll find recipes for these dishes in ethnic cookbooks and in many general cookbooks, too.

■ **As you try foods from other cultures**, help your child compare similarities and differences in the ingredients and how they are cooked and taste. Be prepared for your child not to like everything. Remember, the goal is just to introduce your child to foods of other cultures.

■ **If you're not comfortable** doing the cooking yourself, plan an occasional family meal at the different ethnic restaurants in your area.

Explore Your Own Food Heritage

Do you have recipes that have been passed down from older family members? Together with your child, research your own family food heritage.

■ **Compile favorite family recipes** into a notebook or food journal and let your child illustrate the pages. (Blank books for creating food journals are available in many bookstores.) You might also invite your child to help you prepare a simple dish that's part of your family's food heritage to share at school.