

KIDS IN NUTRITION

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MESSAGE OF THE WEEK

Dear Parents,

In this week's lesson, students will become familiar with a variety of whole grains, be able to distinguish the difference between whole and processed grains, and name different healthy sources of protein. Students will also be able to explain the importance of fiber and protein for our body. We hope you enjoy our weekly challenge and recipe!

Warmly,
Kids In Nutrition



WHAT DID THE PB&J SAY TO
THE SALAD WHO WANTED TO
MOVE IN?
-SORRY BUDDY, I'M JAM-
PACKED AND GOING NUTS!



WEEK 3:

Grains & Protein

Nutrition Curriculum



KIN



Week 3: Key Points



01 - What is Fiber?

Fiber helps get rid of toxins and waste from the body, acting as a broom cleaning up our insides and helping us poop.



02- Whole Grains vs Processed Grains

Whole grains retain their seed kernel, which is rich in fiber, while processed grains have the kernel removed, stripping away the fiber.



03- On the look out for whole grains...

Whole grain foods often look the exact same as processed grain foods, but with a brown or yellow color.



04 - What is protein?

Proteins are a very important nutrient that we must eat for our brain, heart, and muscles.

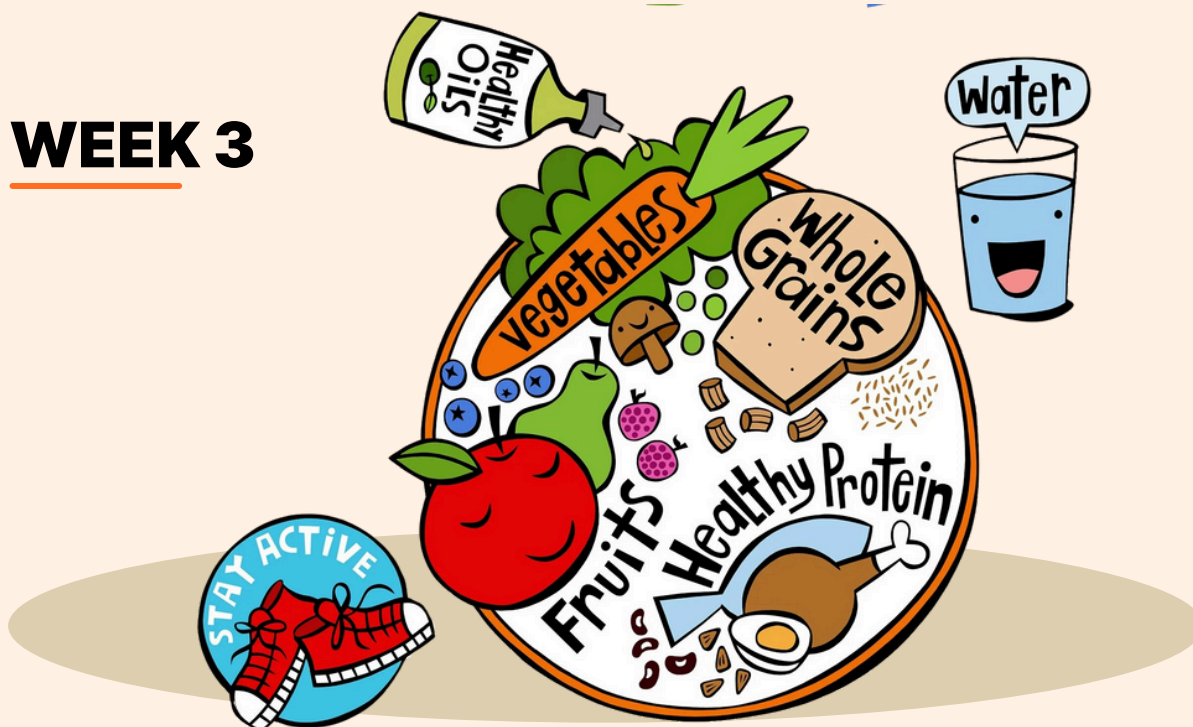


05 -Sources of Protein

Healthy proteins can be found in many foods such as beans, lentils, nuts, eggs, chicken/turkey, and fish.

WEEKLY CHALLENGE

WEEK 3



Spot whole grains 3 times before we see you next time. This can be at home, at your friend's house, in the cafeteria, at the grocery store, or even at the farmer's market!

ITEMS NEEDED

- ▶ New whole grain
- ▶ ENJOY!



Bonus Challenge:
Try a new bean or lentil you've never had before! Legumes are rich in healthy protein!

Check out KIN's [Cool Beans partner](#) for inspiration!



SUSHI BITES

PREP TIME: 20 minutes

SERVINGS: 4

INGREDIENTS:

- 2 cups of cooked rice (white or brown, short grain or sushi rice)
- Protein Options: scrambled eggs, canned beans, edamame, cubed tofu or cooked chicken
- Optional: Soy Sauce or sesame seeds for extra flavor!



INSTRUCTIONS:

1. Prepare the rice: Cook the rice according to package directions and let it cool slightly.
2. Form the rice balls: Wet your hands and form the rice into balls. Have fun!
3. Add protein: Choose a protein (scrambled eggs, tofu, or chicken) and place a small piece on top of each rice ball.
4. Tip: Add a drop of soy sauce or sprinkle sesame seeds on top if desired for extra flavor.
5. Enjoy: Your sushi bites are ready to eat!



ESTIMATED COST: \$1.60 TO \$3.95



THANK YOU &
SEE YOU
NEXT WEEK!



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See KIN's Nutrition Workbook for lesson worksheets, challenges, recipes, and more!

