



# KIDS IN NUTRITION

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# MESSAGE OF THE WEEK

Dear Parents,

Greetings from Kids in Nutrition! In Week 6, students will learn about the importance of Moderation and a Balanced Plate. KIN instructors will also explain the six things to look for in Nutrition Labels. We hope you enjoy our weekly challenge and bonus challenge. See you next week!

Warmly,  
Kids In Nutrition



WHAT DID ONE PLATE  
SAY TO THE OTHER  
PLATE?

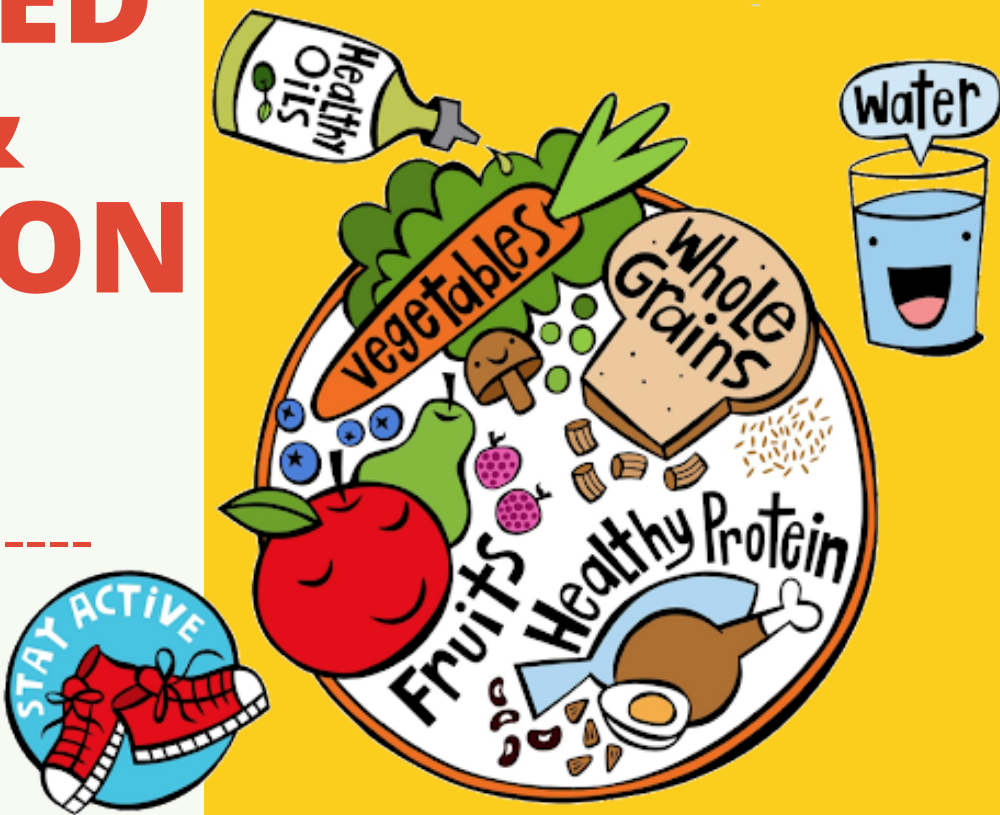
"LUNCH IS ON ME!"



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# MODERATION, BALANCED PLATE, & NUTRITION LABELS

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Kids In Nutrition



## WEEK 6

Nutrition Curriculum

# Week 6: Key Points



## 01 - What is Moderation?

Moderation means balance! It means that our bodies love variety. It also means that we can still enjoy our favorite sweets and treats here and there.



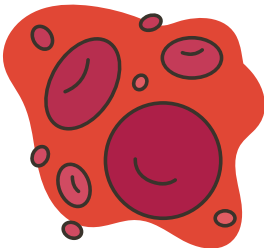
## 02-What is Balance?

Balance means eating enough of all the important food groups and not leaving anything out. You need grains, proteins, fruits, and vegetables everyday.



## 03- What about fruits & veggies?

Fruits and veggies should take up at least half of your plate!



## 04 - Foods that energize us!

It is important to practice moderation with added sugars and fried foods! Our hearts are energized when we eat fruits, vegetables, whole grains, and healthy proteins like beans!

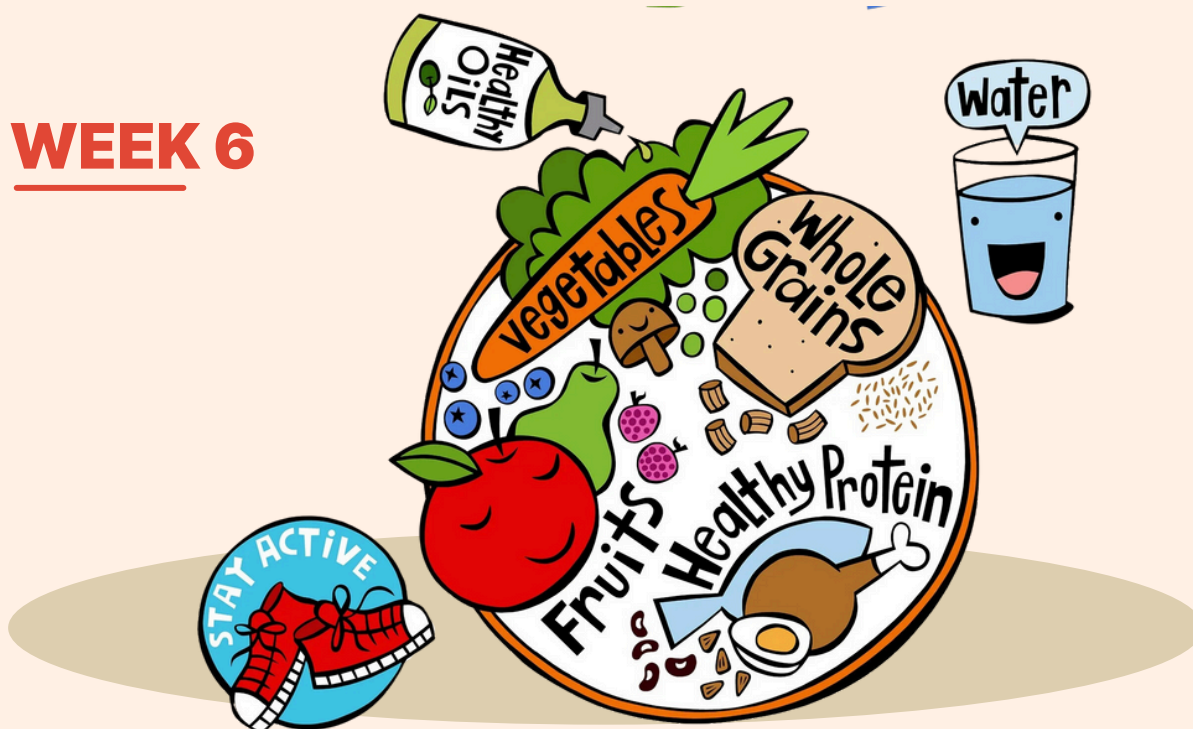
Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (200g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
<small>% Daily Value*</small>	
Total Fat 5g	10%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 40mg	1%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	28%
Total Sugars 1g	2%
Includes 0g Added Sugars	0%
<b>Protein</b> 11g	22%
Vitamin D 20mg	40%
Calcium 200mg	40%
Iron 5mg	10%
Potassium 400mg	8%

## 05 - Nutrition Label

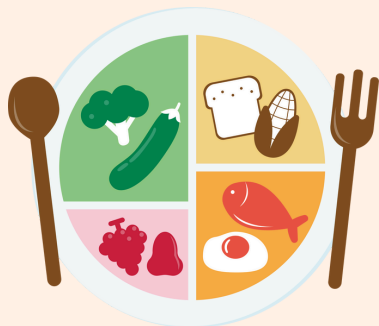
The six things to look for on a nutrition label are the serving size, the amount of sodium (which is just a fancy word for salt), the amount of ADDED sugar, the type of fat, the amount of fiber, and the amount of protein

# WEEKLY CHALLENGE

## WEEK 6



Create at least one balanced meal that looks like our balanced plate, so it has all 4 food groups, fruits, veggies, protein, and grain!



### ITEMS NEEDED

- ▶ fruits & veggies
- ▶ proteins
- ▶ grains
- ▶ dairy

### BONUS CHALLENGE

Compare the nutrition labels of two similar foods, like two cereals! Compare the serving size, sugar, saturated fat, sodium, fiber, and protein just like we learned in class.



# RAINBOW WRAP

**PREP TIME:** 15 minutes

**SERVINGS:** 2

## INGREDIENTS:

- Whole Wheat Tortillas
- Hummus (any flavor)
- Red Peppers (sliced)
- Orange Carrots (shredded)
- Yellow Corn (cooked or raw)
- Green Spinach or Lettuce
- Purple Cabbage (shredded)
- Optional: Your favorite protein (e.g., grilled chicken, tufo)



## INSTRUCTIONS:

1. **Spread Hummus:** Spread a layer of hummus on the tortilla.
2. **Add Veggies:** Arrange red peppers, carrots, corn, spinach or lettuce, and cabbage in a colorful pattern on the tortilla.
3. **Add Protein (Optional):** Top with the protein of your choice if desired.
4. **Wrap and Enjoy:** Roll up the tortilla tightly, cut in half, and enjoy your Rainbow Burrito

## ESTIMATED COST:

Sin proteína: \$1.53 - \$2.25 por burrito

Con proteína: \$2.28 - \$3.50 por burrito





THANK YOU &  
SEE YOU  
NEXT WEEK!



KIN



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

