



# KIDS IN NUTRITION

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# MESSAGE OF THE WEEK



WHAT DID THE SALAD  
SAY TO THE  
DRESSING?  
LETTUCE BE FRIENDS

DEAR PARENTS,

AS YOU MIGHT KNOW, KIDS IN NUTRITION (KIN) VISITED YOUR CHILD'S CLASSROOM LAST WEEK TO GIVE A LESSON ON WATER & SODIUM. OUR VOLUNTEER INSTRUCTORS HAD A GREAT TIME! WE HOPE YOUR CHILD BROUGHT HOME SOMETHING THEY LEARNED! WEEK 2 IS OUR LESSON ON FRUITS & VEGGIES WHERE STUDENTS WILL LEARN WHY A RAINBOW OF FRUITS AND VEGETABLES IS IMPORTANT FOR A HEALTHY HEART. WE HOPE YOU ENJOY THIS WEEK'S CHALLENGE AND RECIPE!

WARMLY,  
KIDS IN NUTRITION





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WEEK 2:  
**Nutrition Curriculum**



# Fruits & Veggies



# Week 2: Key Points

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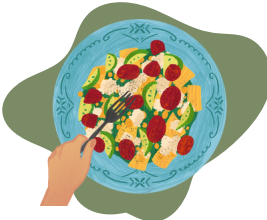
## 01 - Nutrients

Fruits and vegetables contain essential nutrients to keep us healthy, including fiber, calcium, potassium, vitamin C, and iron.



## 02- Our Bodies

Fruits and vegetables are important to eat every day because they help keep our body healthy, growing, and full of energy.



## 03- The Rainbow

Different fruits and veggies have a variety of nutrients, so it is important to eat fruits and veggies from all colors of the rainbow.



## 04 - Daily Dose

The daily recommendation of fruits and veggies for kids is one-half the plate for each meal (1-2 cups for fruit, 1-3 cups for vegetables).

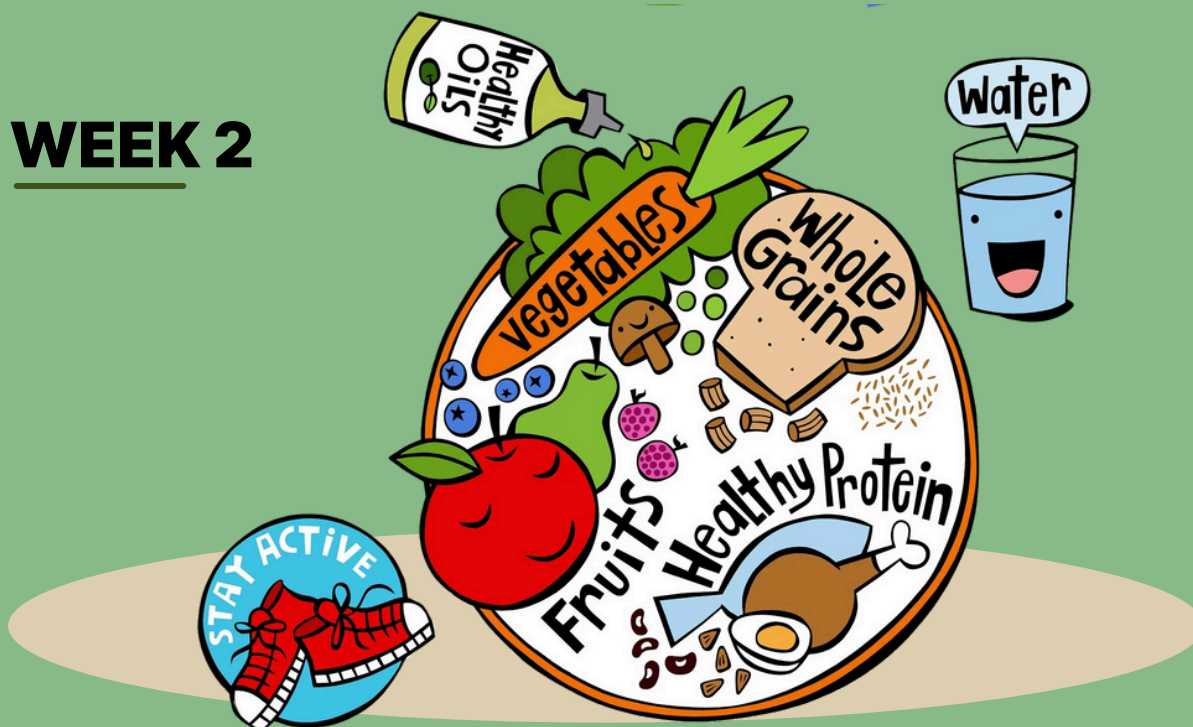


## 05 - Whole Fruits & Veggies

Eating whole fruits and vegetables (fresh, frozen, or canned) is important to get the most nutrients. Ultra-processed foods can have unhealthy added ingredients like sugar and too much sodium and can even take away healthy nutrients like fiber.

# WEEKLY CHALLENGE

## WEEK 2



**Eat at least one fruit or vegetable of every color in the rainbow!**



### ITEMS NEEDED

- ▶ New Fruit
- ▶ New Veggie
- ▶ EAT THE RAINBOW!

### BONUS CHALLENGE:

Fill one-half of your plate at dinnertime at least 3 times this week.



# RAINBOW SKEWERS

PREP TIME: 10 minutes

SERVINGS: 4

INGREDIENTS: (choose one of each color!)

- Red fruits: strawberries, raspberries, or watermelon
- Orange Fruits: Oranges, melon, or mango
- Yellow Fruits: Pineapple, bananas
- Green fruits: Kiwi, green grapes, or honeydew melon
- Blue fruits: Blueberries
- Purple fruits: grapes or blackberries



## INSTRUCTIONS:

1. Choose a fruit of each color.
2. Wash and cut the fruits with the help of an adult
3. Assemble: slide the fruits onto the popsicle stick in rainbow order (red, orange, yellow, green, blue, purple)
4. Your colorful skewer is ready to eat!
5. Tip: If you don't have all the colors, don't worry! Just use the fruits you have and create your own rainbow.



ESTIMATED COST: \$6.00 TO \$12.00

THANK YOU &  
SEE YOU  
NEXT WEEK!

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

