KIDS IN NUTRITION

info@kidsinnutrition.org

KIDS IN NUTRITION™

MESSAGE OF THE WEEK

DEAR PARENTS,

GREETINGS FROM KIDS IN NUTRITION! WE'RE EXCITED TO SHARE THAT THIS WEEK MARKS THE CONCLUSION OF OUR PROGRAM. OUR DEDICATED VOLUNTEERS ARE WRAPPING UP WITH OUR FINAL NUTRITION SESSION. WE HOPE BOTH YOU AND YOUR CHILDREN HAVE ENJOYED DELVING INTO THE WORLD OF NUTRITION AND LEARNING TOGETHER. YOUR SUPPORT THROUGHOUT THIS JOURNEY HAS BEEN INVALUABLE, AND WE ARE IMMENSELY GRATEFUL. THANK YOU SO MUCH FOR YOUR ENTHUSIASM AND PARTICIPATION!

WARMLY,

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NUTRITION WRAP-UP

Nutrition Curriculum

WEEK 7

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Week 7: Key Points

01 - Hydration

It's important to stay hydrated throughout the day. Kids need at least 5 cups of water each day.

02- Eat the Rainbow!

It's important to eat the rainbow to get all the nutrients we need. Grains, proteins, fruits, and vegetables are the four food groups we need to eat to fuel our body, making it work at its best.

03- Proteins & Whole Grains

Proteins help us become strong and can be found in all sorts of foods, including beans, lentils, and all legumes! Whole grains are the better choice compared to their processed grain counterpart because of the FIBER.

04 - Fats & Cooking Methods

The best fats for our body come from various whole plant foods including nuts, nut butter, avocados, and olives! We can cook our food with healthy methods such as steaming, boiling, grilling, baking, and pan-frying.

05 - Sugars

Whole fruits and vegetables have healthy, natural sugars. Read the nutrition label to watch out for those added sugars!

06 - Moderation, Balanced Plate, & Nutrition Labels

A balanced plate is made up of fruits, vegetables, protein, and grains. It is important to read the nutrition label to make informed dietary choices. Practice moderation with our SLOW foods, including sweets and treats.

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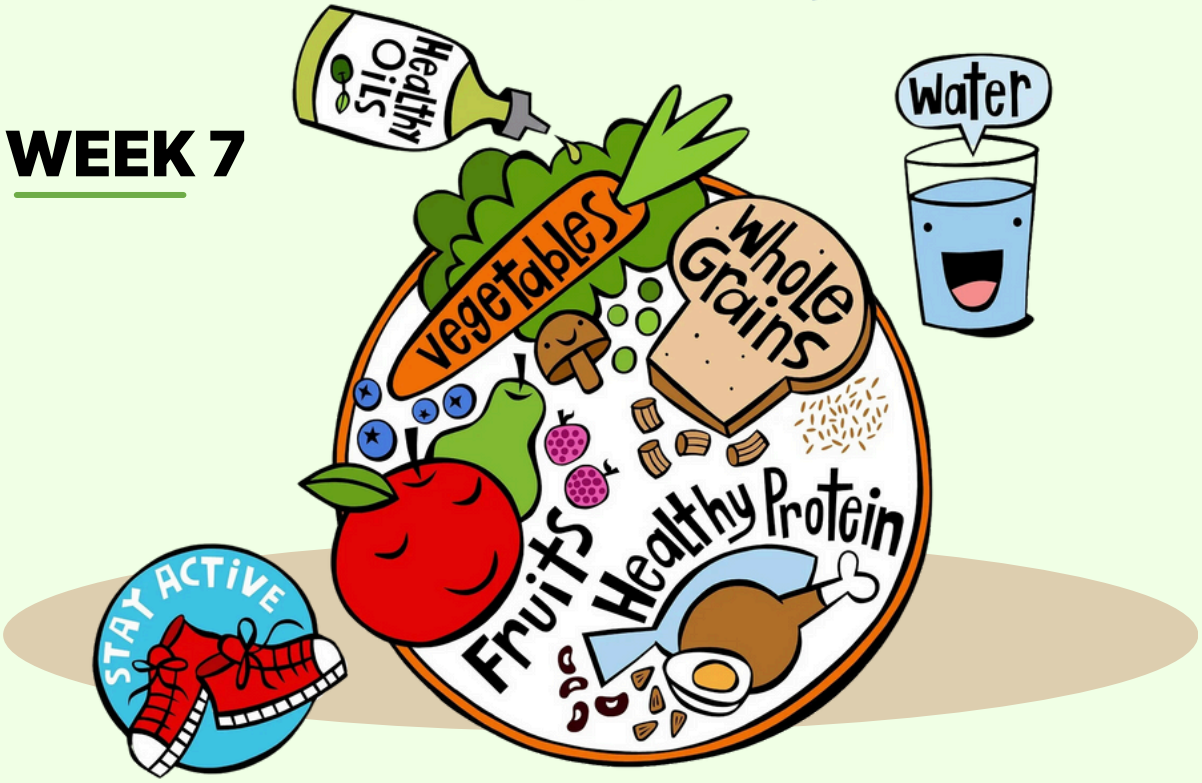
WEEKLY CHALLENGE

WEEK 7



Your challenge is to teach at least three other people something you learned during our program. You can teach your friends, family, teammates — anyone!

ITEMS NEEDED

- three people
- family
- friends
- teammates

BONUS CHALLENGE:

Our final bonus challenge is for you to make up your very own challenge! Make up a challenge about anything relating to nutrition and exercise! Maybe challenge your friends and family to do the challenge with you.

For More Information : info@kidsinnutrition.org www.kidsinnutrition.org

THANK YOU FROM KIDS IN NUTRITION!

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

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