



KIDS IN NUTRITION

info@kidsinnutrition.org



MESSAGE OF THE WEEK

Dear Parents,

Greetings! We are Kids in Nutrition (KIN) and we will be visiting your child's classroom for the next seven weeks to deliver lessons on healthy eating, exercise, and nutrition! Our university student volunteer instructors combine useful life lessons and fun games with your kids, all while having fun! We hope your child will learn from our class activities, games, group work, and take-home challenges. This newsletter will help you stay in touch with what your child is learning with KIN. Each week, you will find the weekly key points, challenges, and recipe.

Week 1 of our program is Water & Sodium where students will learn about the importance of staying hydrated, different ways to drink enough water throughout the day, and the pinch of sodium we need every day.

We hope you and your child enjoy the KIN program as much as we do! Thank you and we will see you next week!

Warmly,
Kids In Nutrition

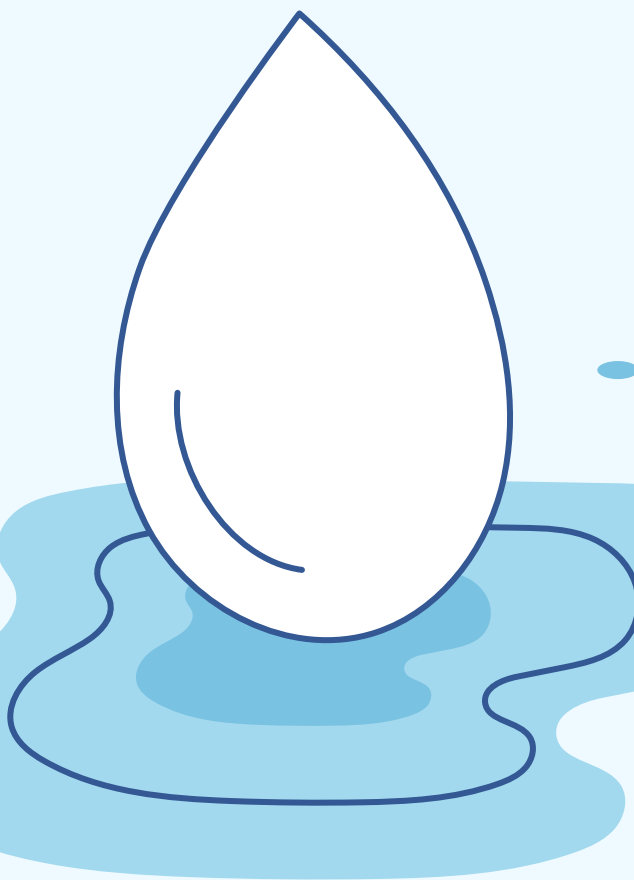


WHAT DID THE
WATER SAY TO THE
BOAT?
NOTHING, IT JUST
WAVED!



WEEK 1: WATER & SODIUM

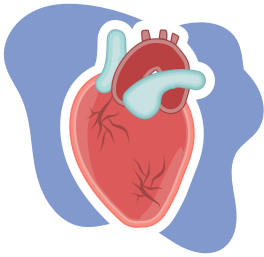
Nutrition Curriculum



KIN



Week 1: Key Points



01 - Our Heart

The heart is the most important muscle in the body, and gives us energy to think, move, and play!



02- Why We Need Water

Every single thing you do requires water. It is important for us to keep drinking water throughout the day so our body can stay hydrated and work at its best.



03-Daily Dose of Water

Kids need at least 5 cups of water every single day.



04 - Staying Hydrated

Some ways to stay hydrated throughout the day include: bringing a reusable water bottle to school, eating fruit and vegetables, and drinking water with meals.

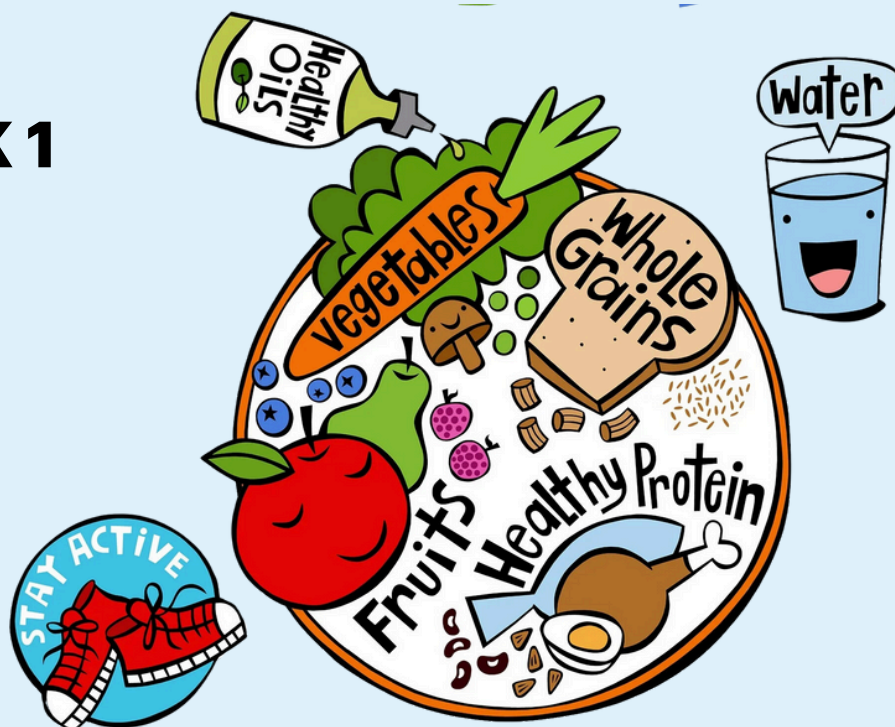


05 - Sodium

Sodium is important for our body's water balance, but eating too much can make us dehydrated. We only need a small amount (~1 teaspoon/day) of sodium every day to keep our body healthy.

WEEKLY CHALLENGE

WEEK 1



Count how many cups of water you drink every single day:
At least 5 cups of water a day

ITEMS NEEDED

- ▶ Reusable Water Bottle
- ▶ Water

BONUS CHALLENGE:

Compare the sodium content of two similar foods, and decide which has less sodium.





INFUSED WATER



PREP TIME: 5 minutes

SERVINGS: 4

INGREDIENTS:

- 5 CUPS OF WATER
- 1 CUP ICE CUBES (OPTIONAL)
- 1/2 CUP STRAWBERRIES, STEMMED AND SLICES (OR OTHER FRUIT PIECES)
- 5 LARGE FRESH BASIL LEAVES, TORN
- 1 LEMON, THINLY SLICED

INSTRUCTIONS:

1. Place strawberries, basil leaves, and lemon slices in a large pitcher
2. Add ice (optional) and fill container with water.
3. ENJOY!!!

ESTIMATED COST: \$1.10 TO \$1.70





THANK YOU &
SEE YOU
NEXT WEEK!



KIN



See KIN's [Nutrition Workbook](#) for lesson worksheets, challenges, recipes, and more!

