



## Kids In Nutrition Challenges



### Lesson 1: Water & Sodium

- Every time you want to drink something or are feeling thirsty, choose water! An easy way to remember to drink water is to use a reusable water bottle and bring it with you wherever you go. This will help you stay hydrated and feel energized!



### Lesson 2: Fruits & Veggies

- Try at least one fruit or vegetable of every color in the rainbow! That means red, orange, yellow, green, blue, purple, and anything in between.



### Lesson 3: Grains & Proteins

- Spot whole grains three 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!



### Lesson 4: Fats & Cooking Methods

- Try a new WHOLE FOOD GO FOOD this week! You can try fish (salmon), olives or olive oil, avocado, any kind of nut (cashews, almonds, pistachios, walnuts, hazelnut, brazil nut, macadamia), nutter butter, or seeds (sunflower, pumpkin, hemp, chia, flax)!
- Reminder: Our WHOLE FOOD GO FOODS are foods that haven't changed much from their original earth-made form. These foods have heart-healthy fats!



### Lesson 5: Sugars

- Try three different types of fruits! You can get creative and add them to your breakfast (like in oatmeal or a pb & banana), add them to your water, freeze them in yummy chunks, or just rinse and eat them whole!



### Lesson 6: Moderation, Balanced Plate, & Nutrition Labels

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

### Lesson 7: Nutrition Wrap

- Teach at least three other people something you learned during our program. You can teach your friends, family, classmates, teammates- anyone!



**Please feel free to use the space below to record your child's progress!**

**Lesson 1:**

**Lesson 2:**

**Lesson 3:**

**Lesson 4:**

**Lesson 5:**

**Lesson 6:**

**Lesson 7:**