



Nutrition

Workbook

My Nutrition Name:

Eat a Rainbow!

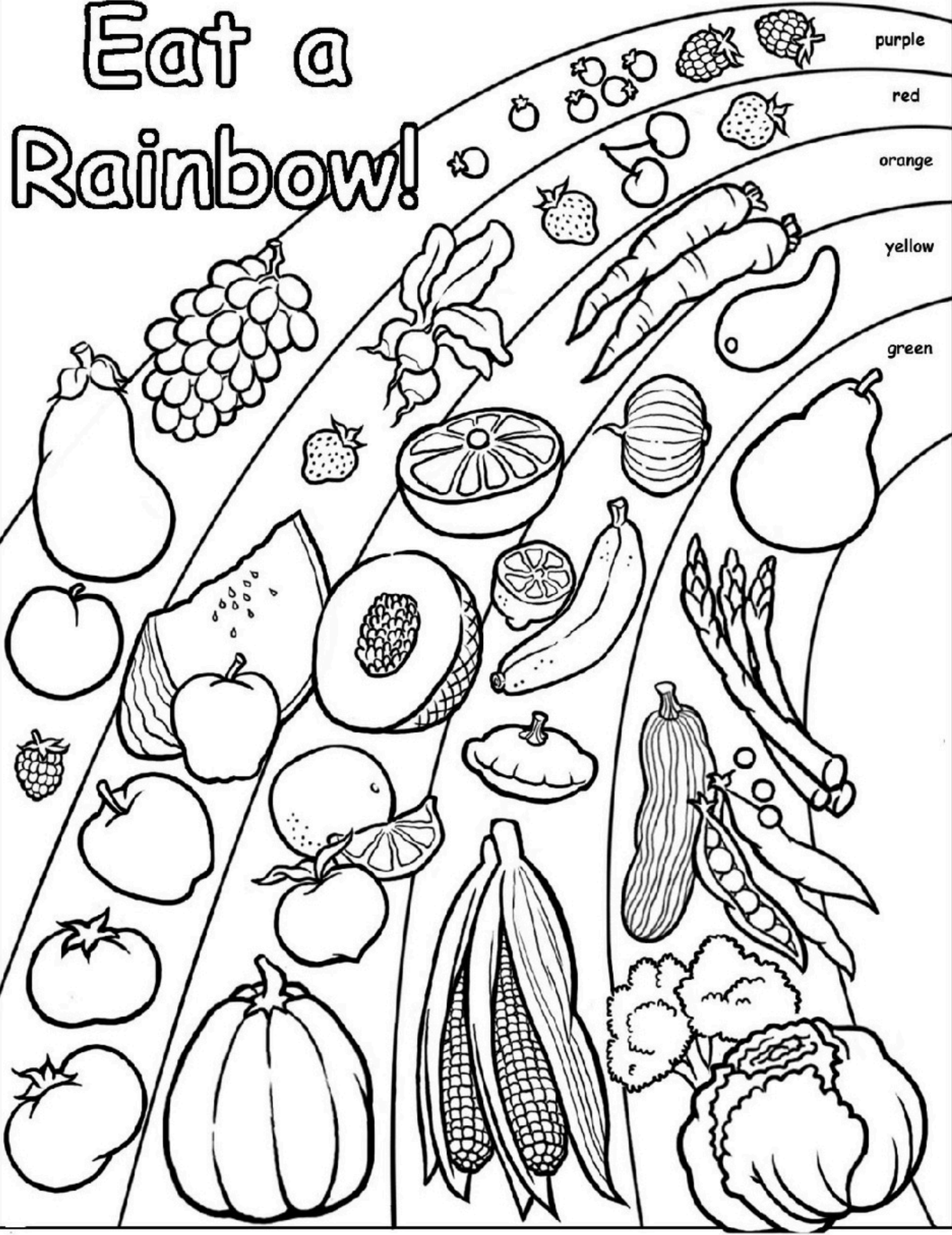
purple

red

orange

yellow

green



MY LESSONS



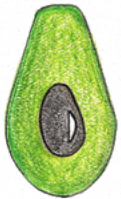
- Water & Sodium
-



- Fruits & Vegetables
-



- Grains & Proteins
-



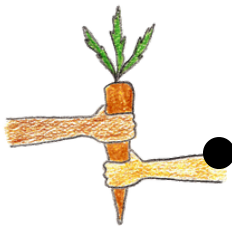
- Fats & Cooking Methods
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- Sugars
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- Moderation, Balanced Plate, & Nutrition Labels
-



- Nutrition Wrap-Up
-

WATER & SODIUM

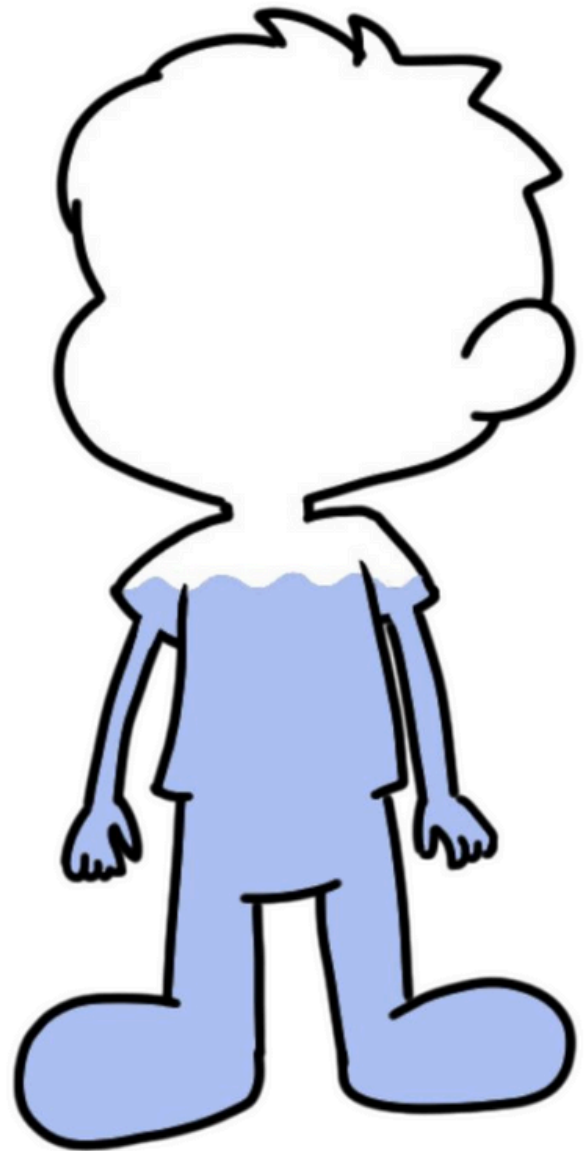


Circle

the correct answers below.

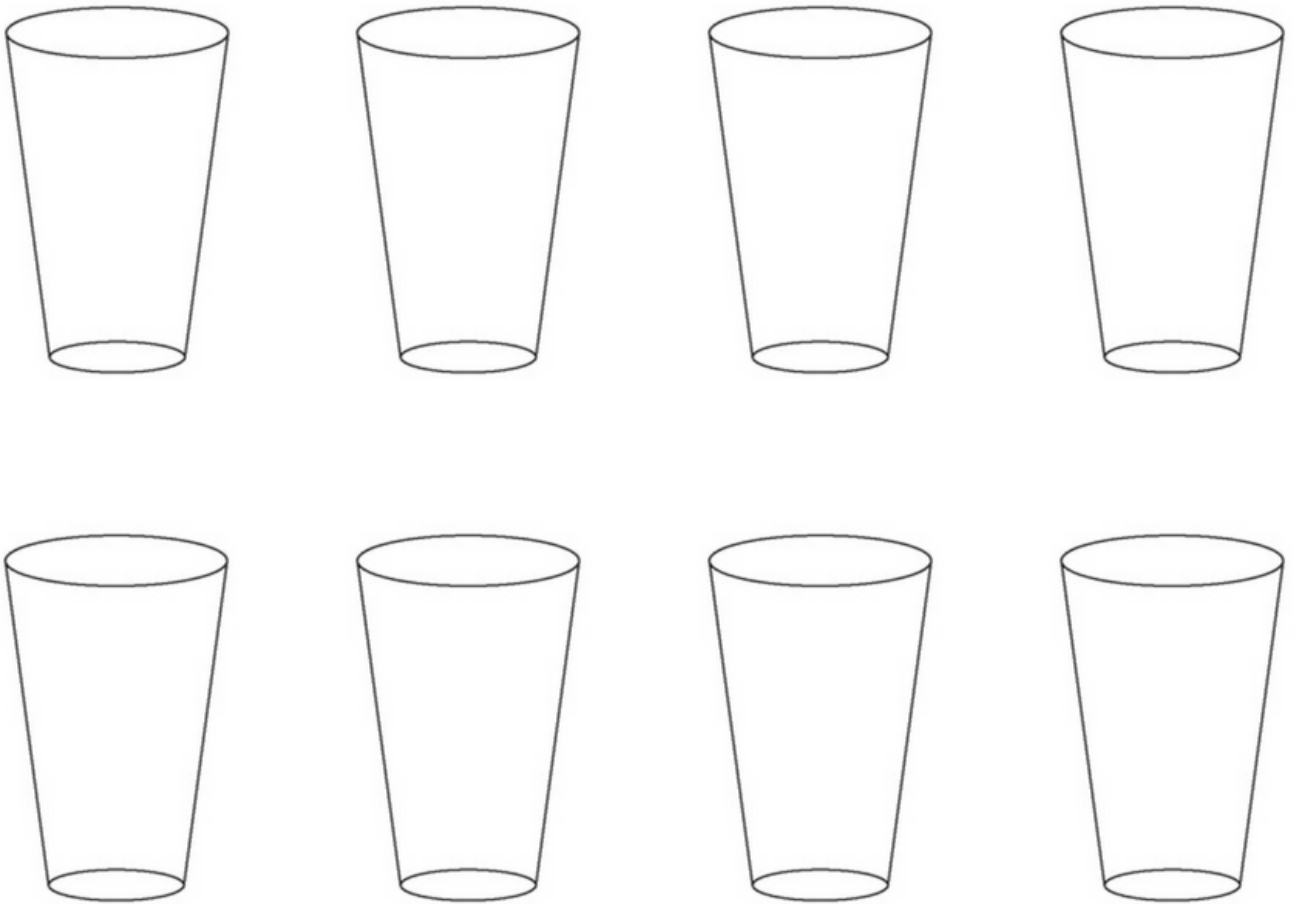
Fun Fact: more than half of our body is made of water!

I know that **Dehydrated / Hydrated** means that I do not have enough water and that **Dehydrated / Hydrated** means I have enough water.



HYDRATION CHART

Every time you finish drinking a glass of water today, fill in the cups below!



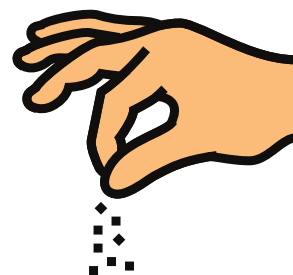
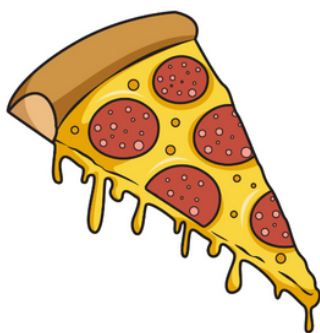
Remember: Try to drink at least 5 cups of water a day!

CIRCLE THE HIGH SODIUM FOODS!

Hint: sodium is just a fancy word for salt!

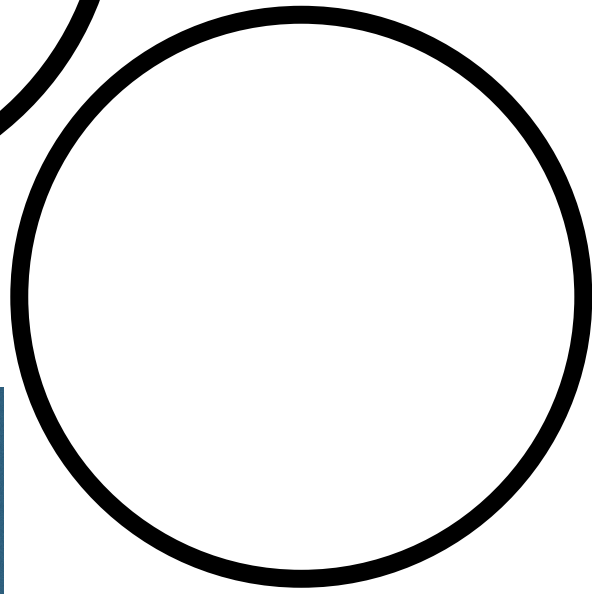
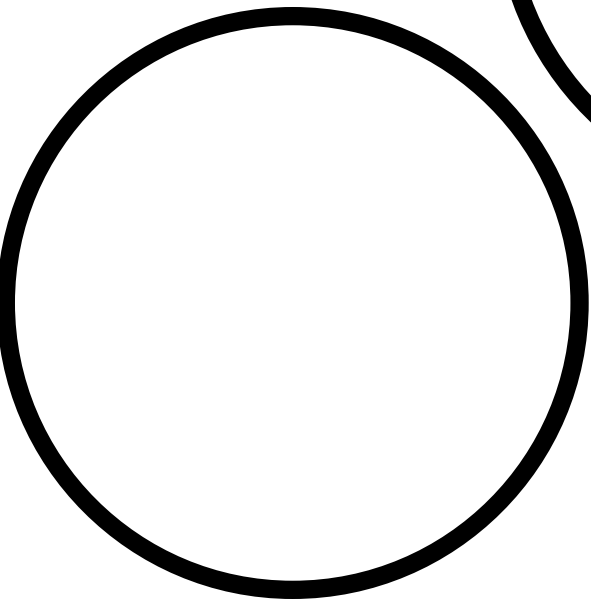
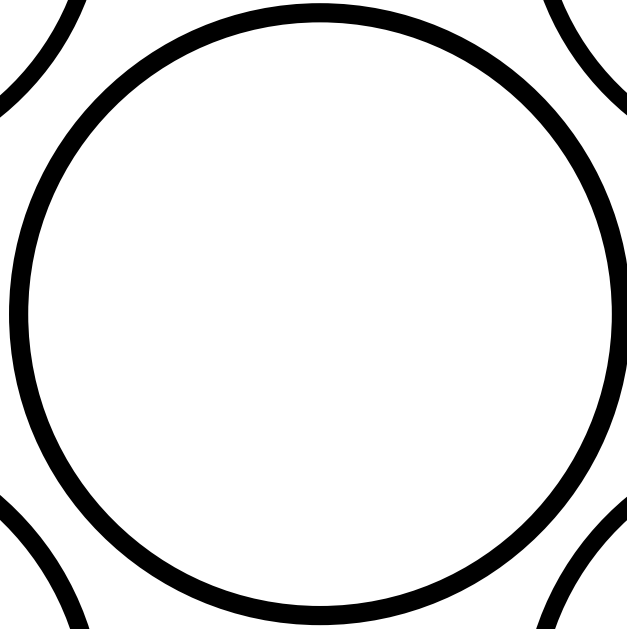
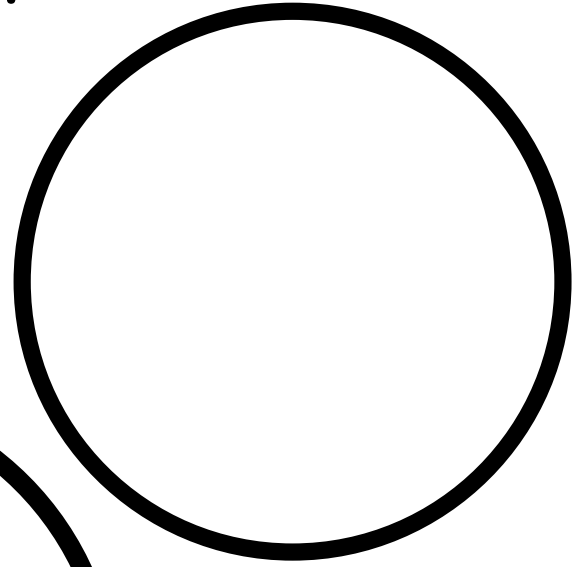
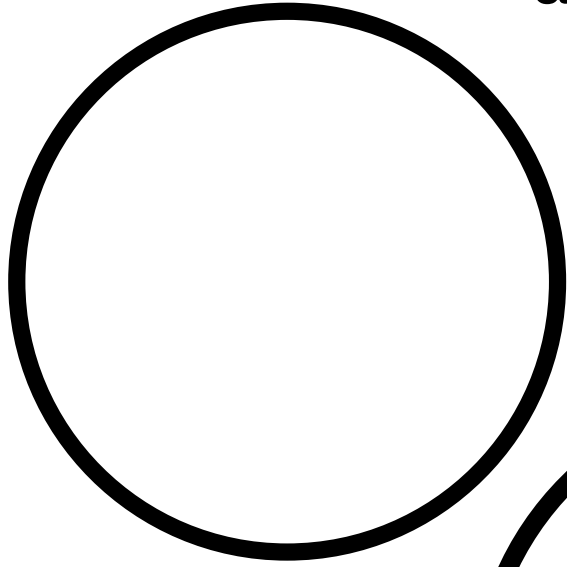


We only need
a pinch of
salt a day!



LET'S COLOR!

Draw and color 5 fruits or vegetables that have a lot of water!



Hint: What fruits/veggies have water in the name?



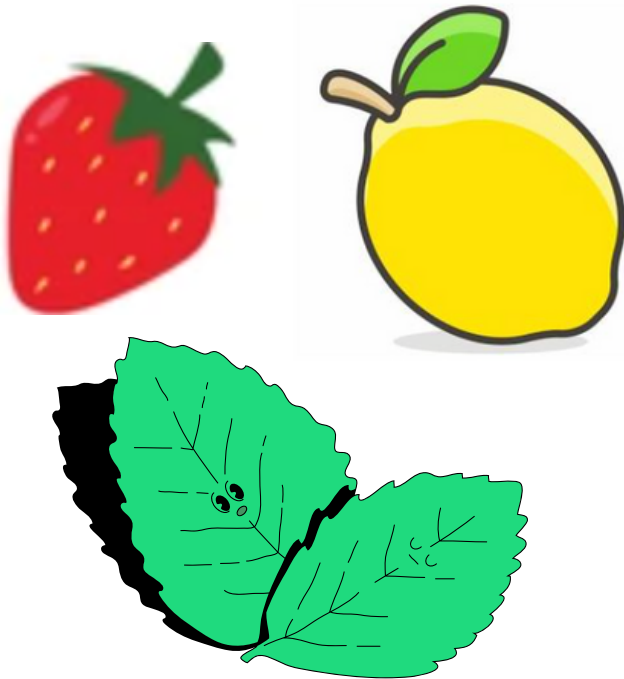
RECIPE!

INFUSED WATER

PREP TIME: 5 minutes

SERVINGS: 4

INGREDIENTS:



- 5 cups of water
- 1 cup of ice
- 1/2 cup of strawberries, stemmed and sliced
- 5 large fresh mint leaves, torn
- 1 lemon thinly sliced

INSTRUCTIONS:

- Place strawberries, mint leaves, and lemon slices in a large pitcher.
- Add ice and fill container with water.
- Enjoy!

Challenge

For this week's challenge, count how many cups of water you drink every day and write it in the box. Remember, we are supposed to drink at least 5 cups of water a day!

Monday

Tuesday

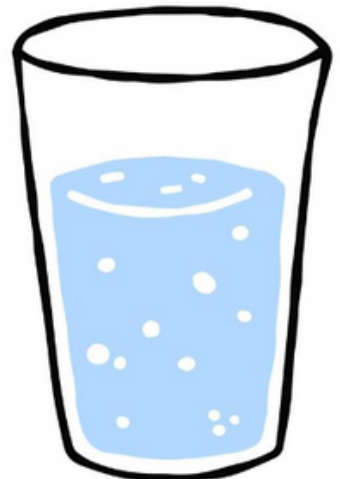
Wednesday

Thursday

Friday

Saturday

Sunday



FRUITS & VEGETABLES



Fruits and vegetables have

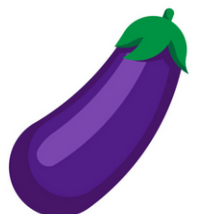
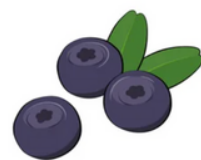
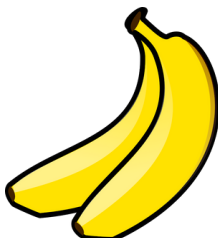
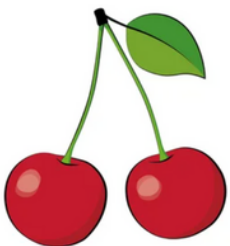
Vitamins, **M**inerals, and **F**iber that help keep us healthy.

Eating the rainbow means eating fruits and vegetables of different

COLORS!

Each color has different

Nutrients that our bodies need.



EAT THE **RAINBOW** GAME

Draw a fruit or vegetable that matches the color.

● Red: _____

● Orange: _____

● Yellow: _____

● Green: _____

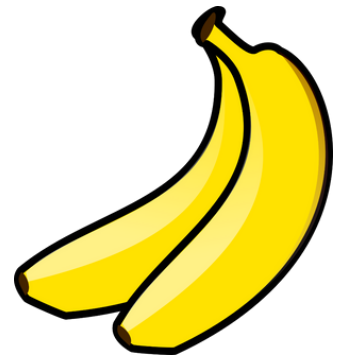
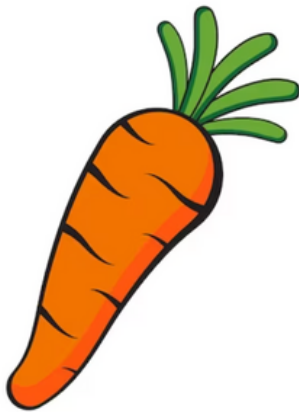
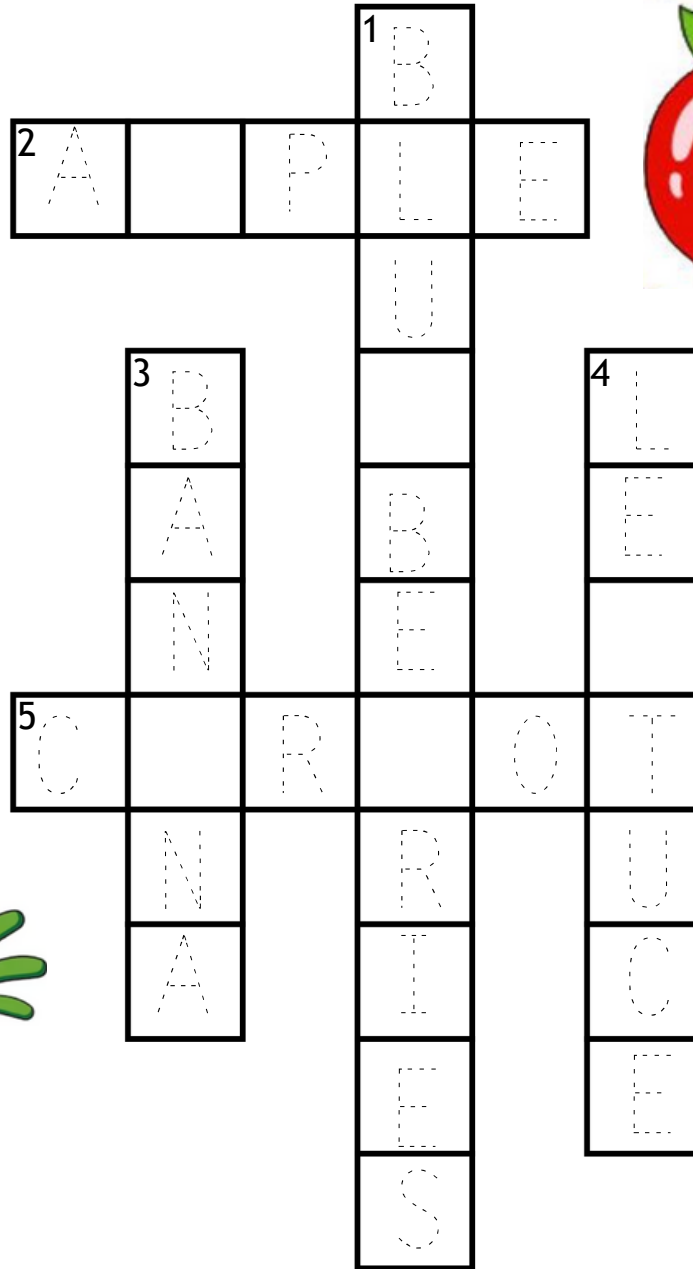
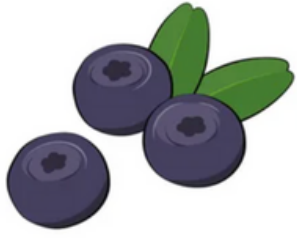
● Blue: _____

● Purple: _____



Colorful fruits and vegetables have nutrients that keep our bodies healthy!

Garden Goodies Crossword



Across

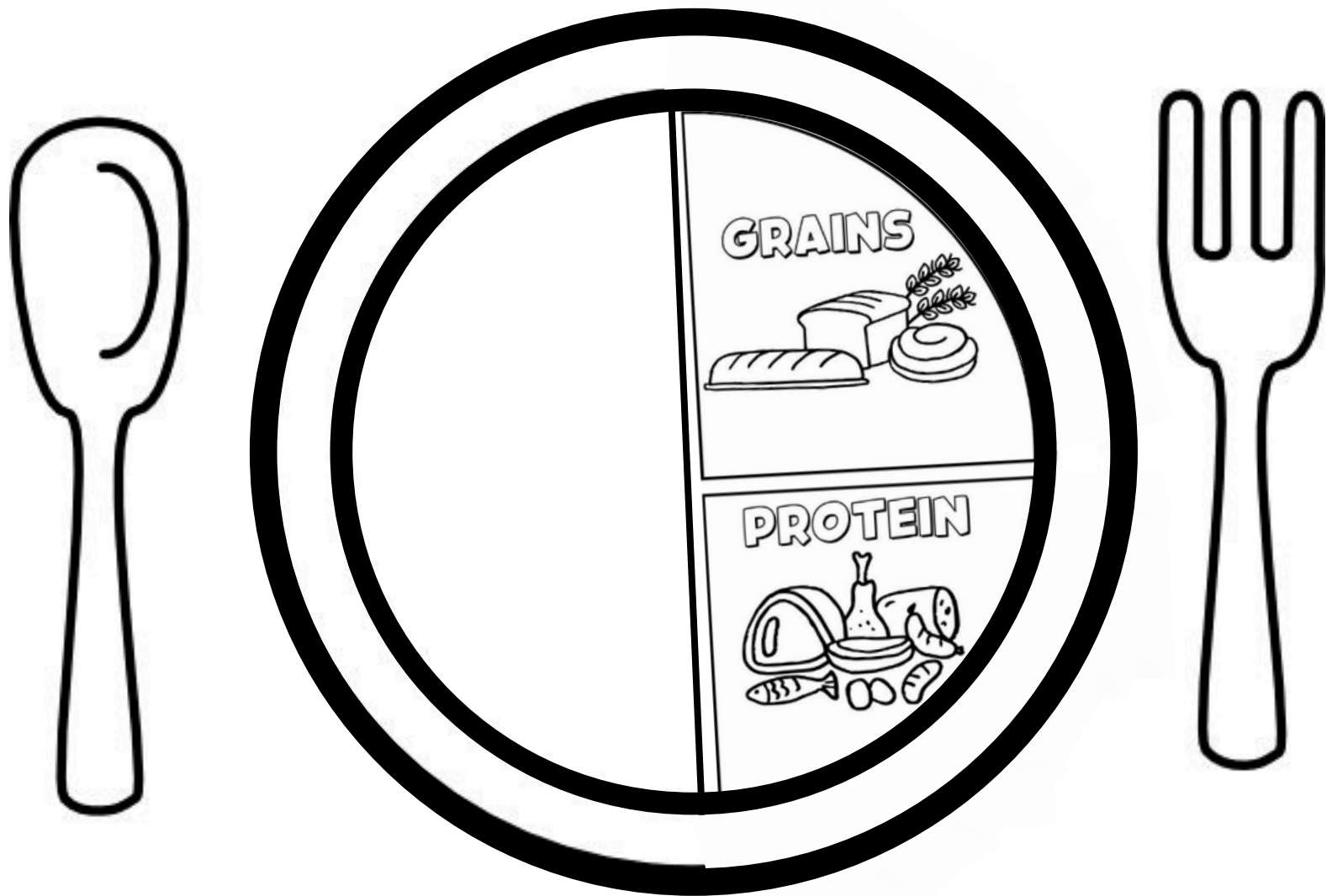
- 2.** This red fruit can be sweet or tart
- 5.** This orange vegetable is long and crunchy

Down

- 1.** These small blue fruits can be used in smoothies
- 3.** This fruit is yellow and monkeys love it
- 4.** This vegetable can be found in salads and is green

Draw my Balanced Plate

Instructions: Draw in half the plate with fruits and vegetables you like to eat!



RECIPE!

RAINBOW FRUIT SKEWERS

Prep Time: 10 Minutes

Servings: 4

INGREDIENTS:

Choose 1 fruit of each color to complete your rainbow!

- **Red fruits:** Strawberries, raspberries, or watermelon
- **Orange fruits:** Oranges, cantaloupe, or mango
- **Yellow fruits:** Pineapple, bananas or starfruit
- **Green fruits:** Kiwi, green grapes, or honeydew melon
- **Blue fruits:** Blueberries
- **Purple fruits:** Grapes or blackberries



INSTRUCTIONS:

- **Pick fruits:** Choose one fruit for each color.
- **Prep:** Wash and cut the fruits with an adult's help.
- **Assemble:** Slide the fruits onto the popsicle stick in rainbow order (red, orange, yellow, green, blue, purple).
- **Enjoy:** Your colorful skewer is ready to eat!
- **Tip:** If you don't have all the colors, don't worry! Just use

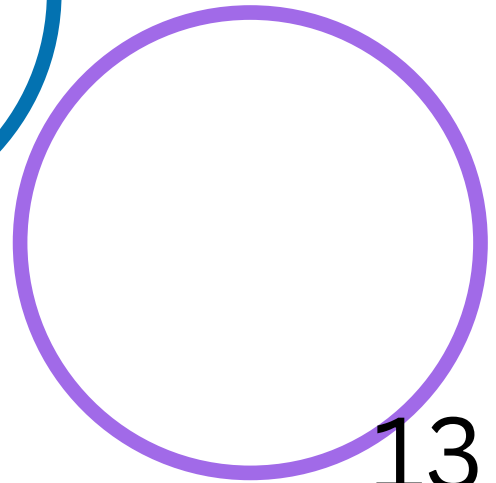
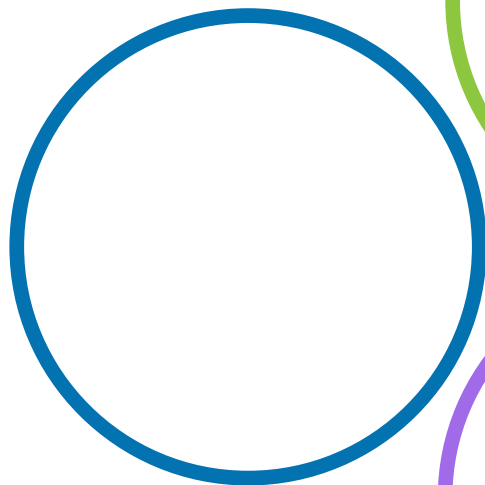
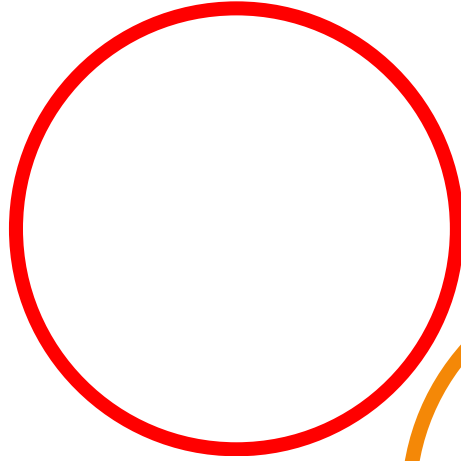
12 the fruits you have and create your own rainbow.



Challenge

Our challenge this week is to eat at least one fruit or vegetable of every color in the rainbow!

Draw your fruits & veggies in the colored circles!



GRAINS & PROTEINS



Whole grains like **B**rown rice and **O**ats are better for you than processed grains.



Whole grains have all parts of the grain, while **P**rocessed grains do not.

Fiber helps to sweep our digestive system and is found in whole grains.



Protein is important for building and repairing muscles.



Good sources of protein include

Fish, **N**uts, and **B**eans.



Grain & Protein Match-Up

Instructions: **Circle** the grains and put **box** around the proteins.



Tofu



Fish



Oats



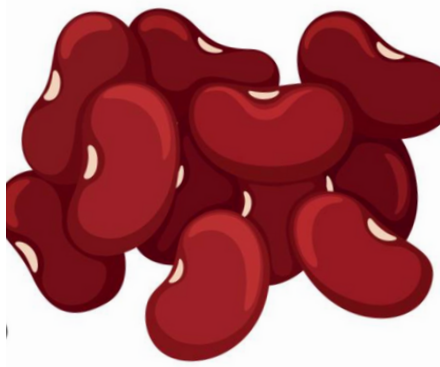
Chicken



Egg



Lentils



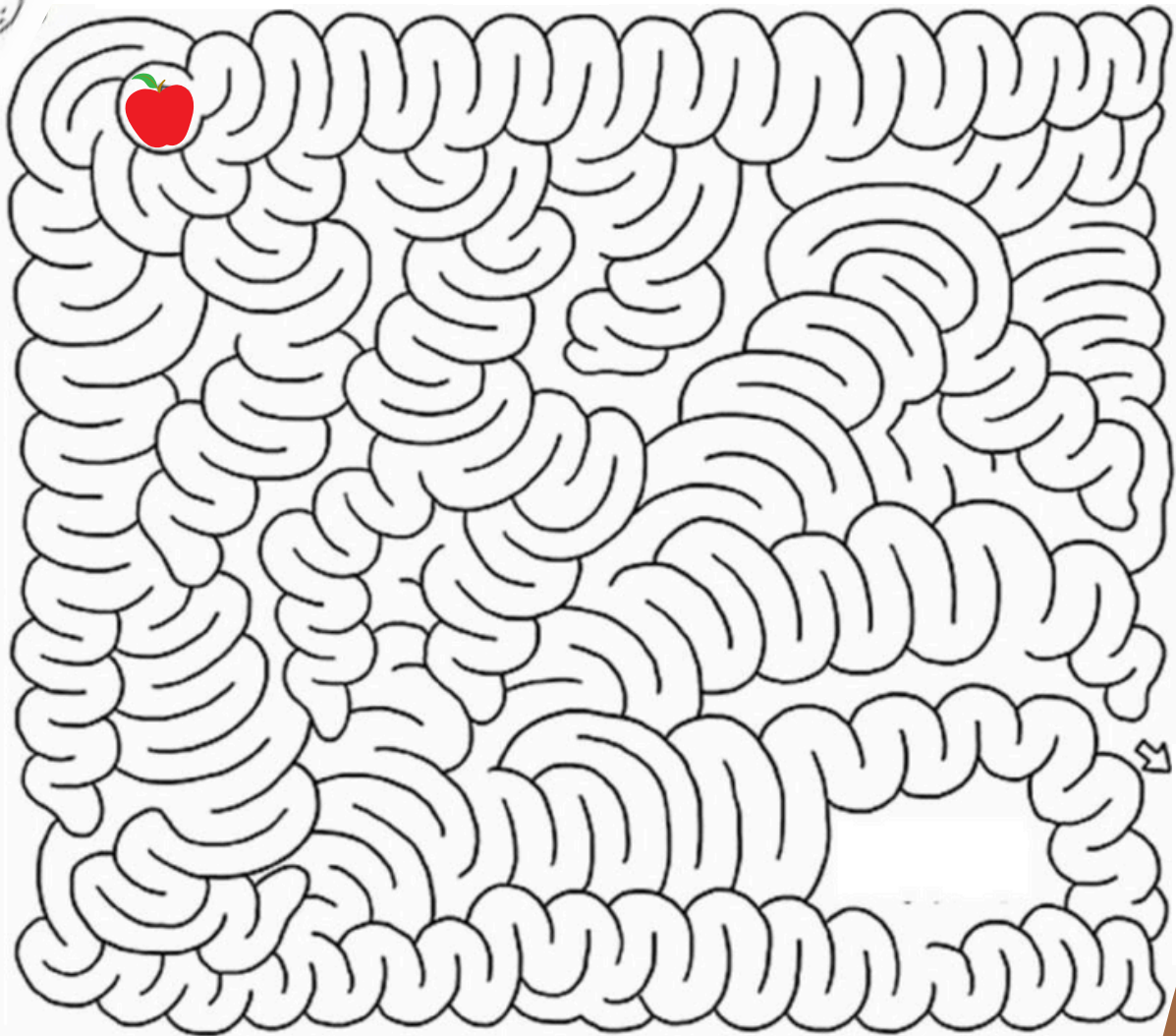
Beans



Rice

Digestive Tract Maze

Instructions: Help the food move through the digestive tract! Start at the apple and find your way to the end.



Fun Fact: Fiber is found in whole grains, beans, nuts, fruits, and vegetables. It sweeps out our digestive system!



RECIPE!


SIMPLE SUSHI BITES

Prep Time: 20 Minutes



Servings: 4

INGREDIENTS:

- 2 cups cooked sticky rice (white or brown, short-grain or sushi rice) 
- Protein options: scrambled eggs, canned butter beans, edamame, tofu cubes, or cooked chicken
- Optional: soy sauce or sesame seeds for extra flavor!

INSTRUCTIONS:



1. Prepare the Rice: Cook sticky rice according to package instructions and let it cool slightly.
2. Form the Rice Balls: Wet your hands and shape the rice into small balls. Have fun with this!
3. Add Protein: Choose a protein (scrambled eggs, beans, tofu, or chicken) and place a small piece on top of each rice ball.
4. Tip: Add a drop of soy sauce or sprinkle sesame seeds on top if desired for extra flavor.
5. Enjoy: Your sushi bites are ready to eat!



Challenge

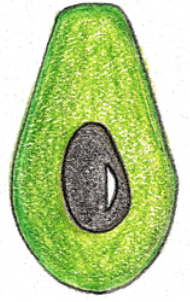
This week's challenge is, to spot whole grains three times before we see you next time. This can be at home, at your friend's house, in the cafeteria, at the grocery store, or even at the farmer's market!





Check a box every time you find one!

FATS & COOKING METHODS

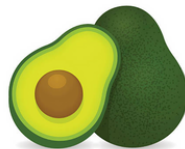


Fats are important because they give our body **E**nergy.



Healthy sources of fats include

Olive **O**il, **A**vocado, and **N**uts.



Slow foods should be eaten in



Moderation.

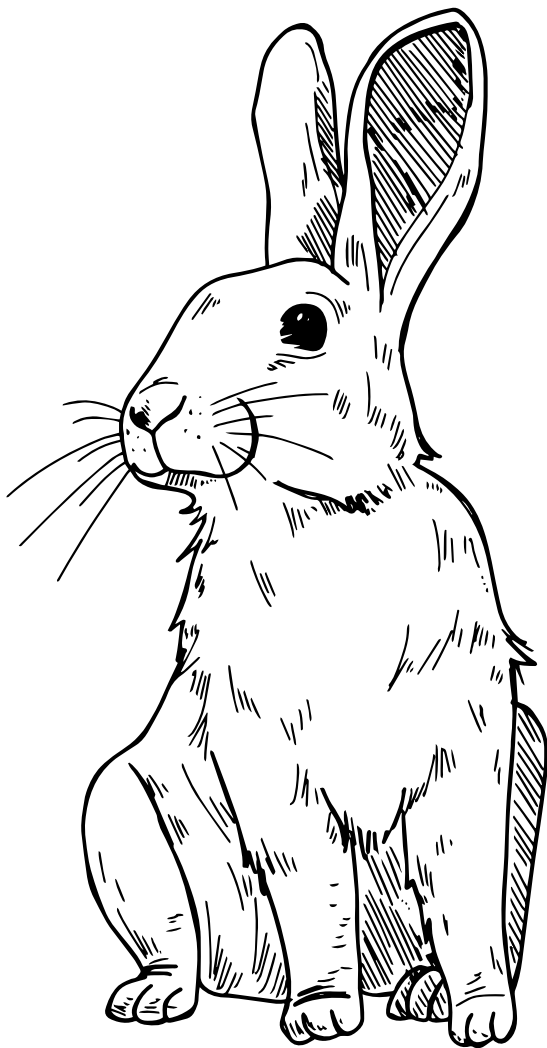
Good foods should be eaten

Often.

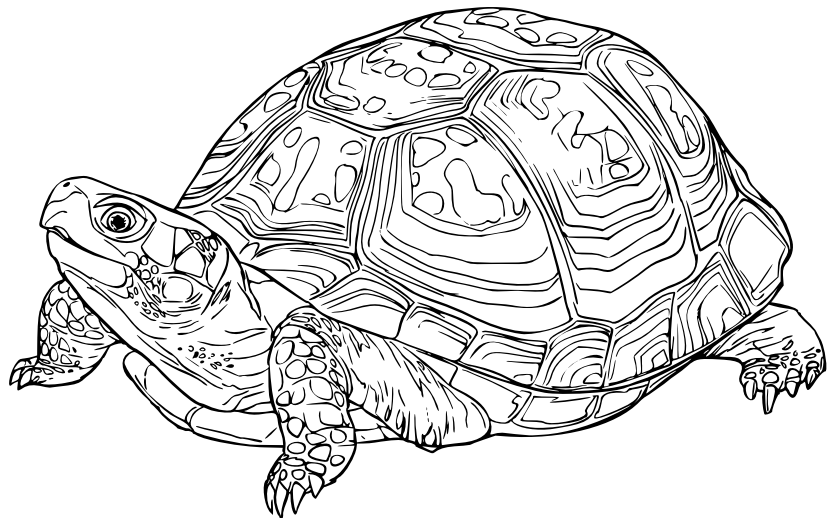
Slow vs. Go Foods

Instructions: Color in the animals!

Bunny for
"Go" foods
(eat often)
WHOLE Foods



Turtle for
"Slow" foods
(eat sometimes)
PROCESSED
& Deep Fried
Foods



Remember: All food is
okay in MODERATION!



Turtle & Bunny Food Race

Instructions: Color the bunny print for **GO** foods and the turtle shell for **SLOW** foods!



Olive Oil



Hot Dogs



Avocado



Donuts

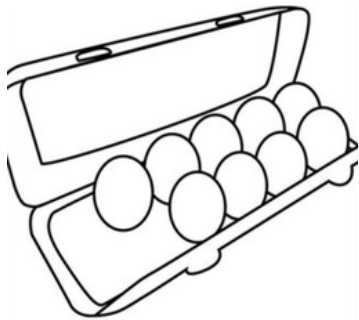


Cooking Methods Match-Up

Instructions: Color the food and draw a line to match each item to a cooking method. There could be more than one right answer!



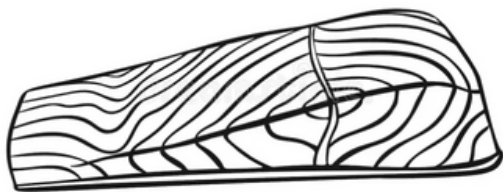
Potatoes



Eggs



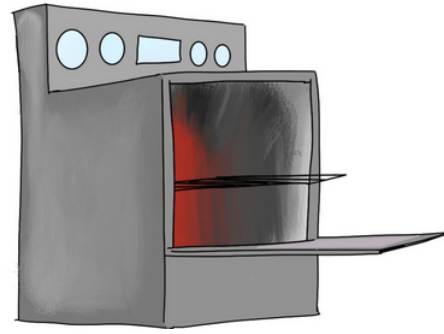
Carrots



Salmon



22 Cabbage



Baking



Pan-Frying



Grilling



Boiling 

RECIPE!

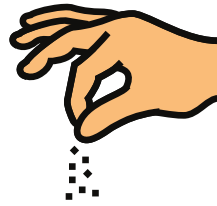
WHAT'S POPPIN'

Prep Time: 10 minutes

Serving Size: 4

INGREDIENTS:

- 1/2 cup **whole** popcorn kernels
- 2 tablespoons olive oil
- A **pinch** of salt (to taste)



Olive Oil
is a "bunny"
GO food!

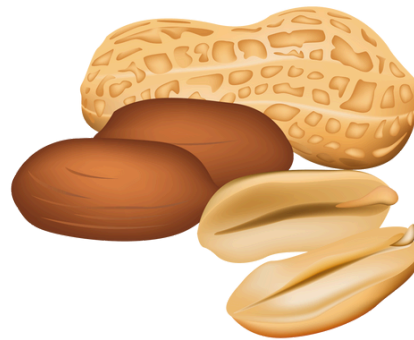
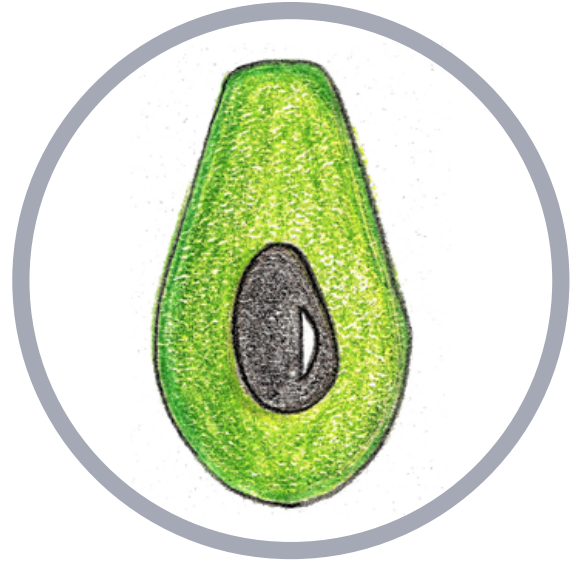
INSTRUCTIONS:

1. Heat the Pot: Have a parent help warm up a large pot on the **stovetop** over medium heat.
2. Add Kernels: Pour the popcorn kernels into the pot and cover with a lid.
3. Shake the Pot: Gently shake the pot while it heats up. Ask a parent to help with this step.
4. Listen for Popping: Once the popping slows down, have a parent take the pot off the heat.
5. Drizzle and Season: Pour the popcorn into a bowl, **drizzle** with olive oil, and sprinkle with salt.
6. Enjoy: Your popcorn snack is ready to eat!



Challenge

This week's challenge is to try a new **WHOLE FOOD GO FOOD!** Maybe try eating fish, olives, avocado, any kind of nut, nutter butter, or seeds!



SUGARS



Sugars found in whole fruits and vegetables

are called **N**atural sugars.



Sugars added to foods and drinks during

processing are called **A**dded sugars.

Whole fruits have **F**iber, which cleans

out and sweeps our body.



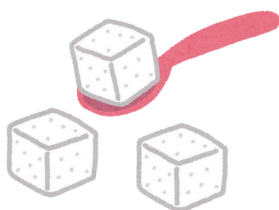
It's okay to eat foods with added sugars in

Moderation.



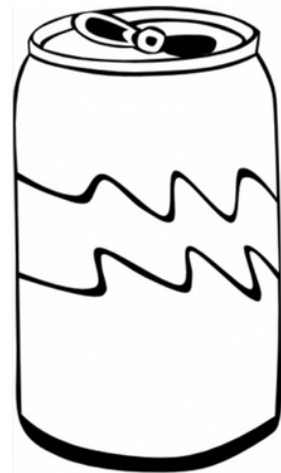
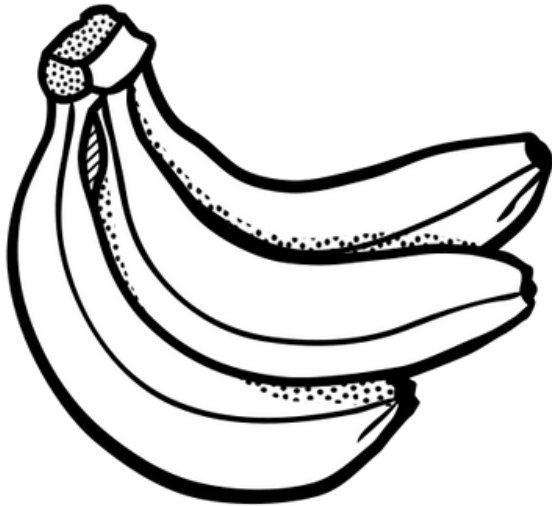
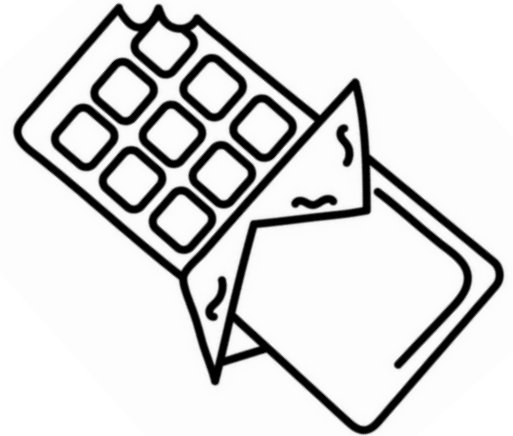
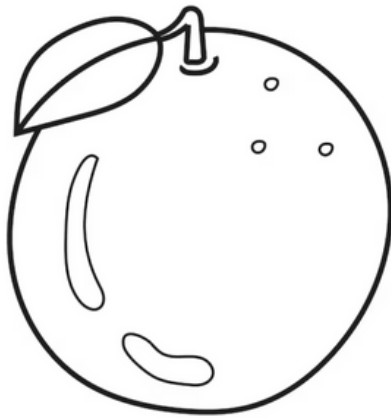
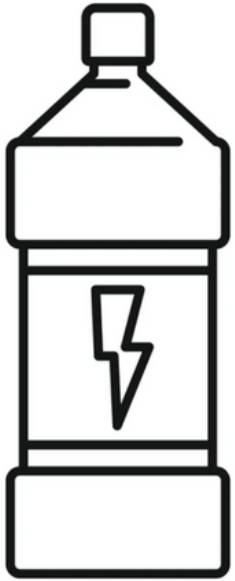
The nutrition **L**abel shows both

“added” and “total” sugars.



Sugar Sorting

Instructions: **Circle** the foods with natural sugars in **green** and the foods with added sugars in **red**. Then color them in!



Nutrition Label Activity

Instructions: Find and **circle** the “added sugars” and the put a **box** around the “total sugars.”

Nutrition Facts

About 1 servings per container

Serving size 1 container (227g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 105mg **5%**

Total Carbohydrate 38g **14%**

Dietary Fiber 0g **0%**

Total Sugars 29g

Includes 22g Added Sugars **44%**

Protein 6g **12%**

Vitamin D 8.1mcg 40%

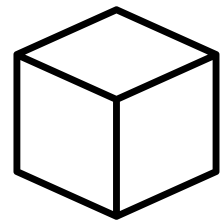
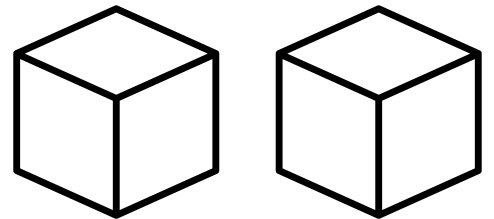
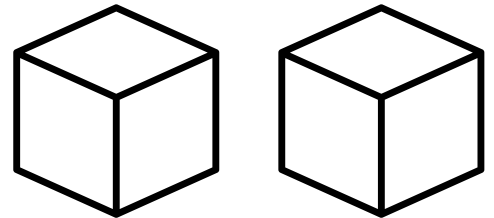
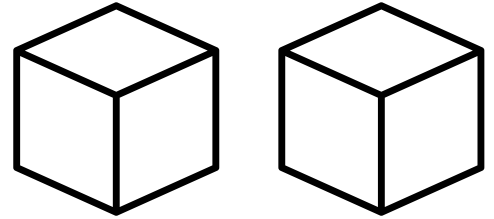
Calcium 580mg 45%

Iron 0mg 0%

Potassium 310mg 6%

Vitamin A 0mcg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



RECIPE!

NO-BAKE BREAKFAST BARS

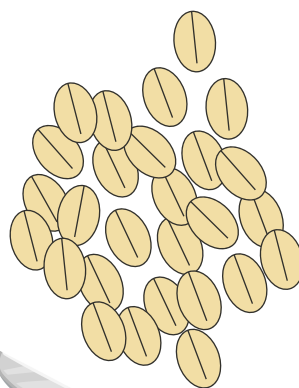
PREP TIME: 15 minutes

FREEZE TIME: 1 hour

SERVING SIZE: 12

Ingredients:

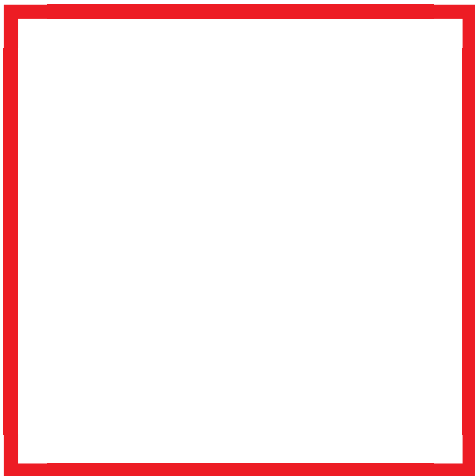
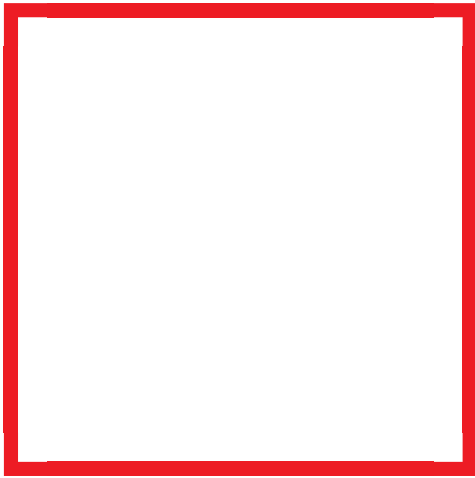
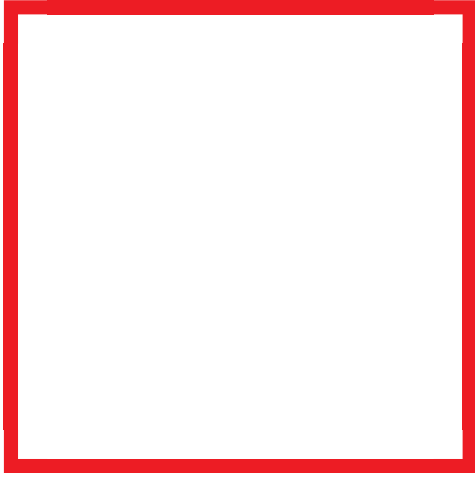
- 1/2 cup rolled oats
- 1/4 cup miniature semisweet chocolate chips
- 1/4 cup ground flax seed
- 1/4 cup nut butter
- 3 tbsp honey
- 1/2 teaspoon vanilla extract
- 1/4 cup of chopped dates



Instructions:

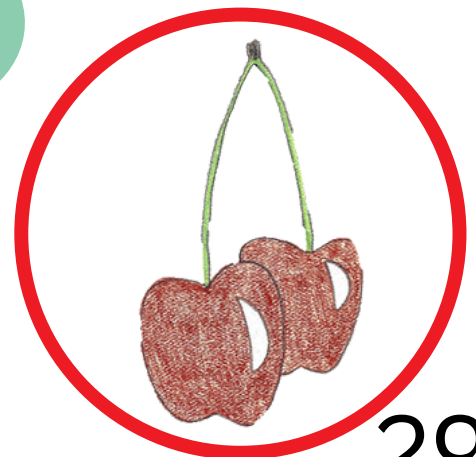
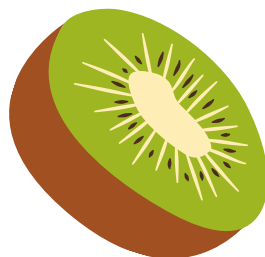
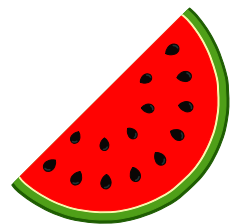
1. Combined oats, chocolate chips, flax seeds, nut butter, honey, and vanilla extract in a large bowl
2. Roll dough into 12 balls with your hands. Then freeze for an hour and enjoy!

Challenge



This week's challenge is to try **3** different types of fruits! You can get creative and add them to your breakfast (like in oatmeal), add them to your water, freeze them in yummy chunks, or just eat them whole!

Draw the fruits in the boxes!



MODERATION, BALANCED PLATE, & NUTRITION LABELS

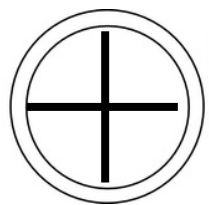


A **B**alanced plate includes a variety of food groups.



The food groups on a balanced plate are

Fruits, **V**egetables,
Grain and **P**roteins.



Eating in **M**oderation means not eating too much of any one type of food.

We can use food **L**abels to help us make smart choices.

Bring the Balanced Plate to Life!

Instructions: Color the balanced plate!

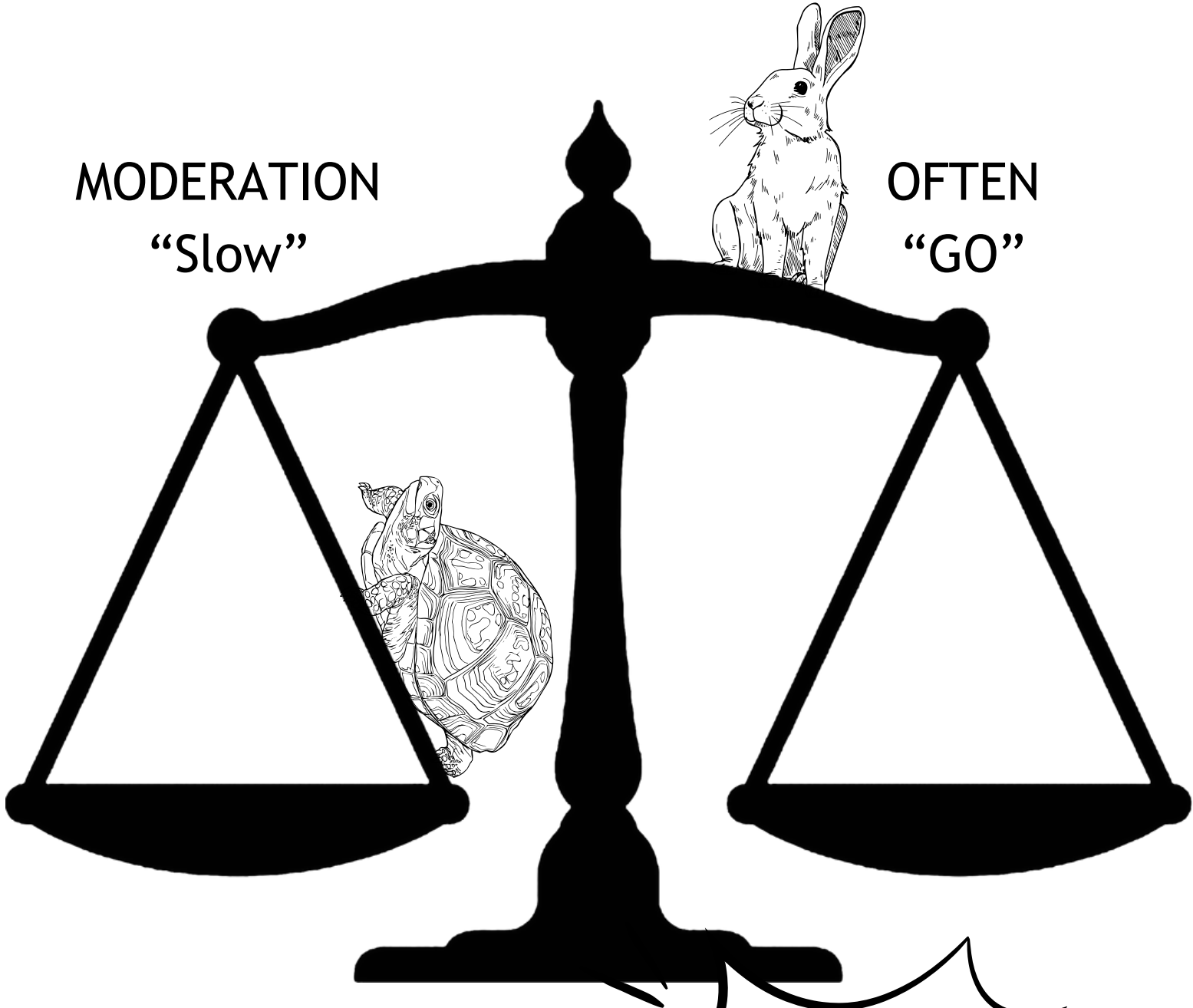


Balancing the Scales

Instructions: Draw "**Go**" foods on one side of the scale and "**Slow**" foods on the other. Balance the scale with more "**Go**" foods and fewer "**Slow**" foods.

MODERATION
"Slow"

OFTEN
"GO"



Remember:
moderation
means finding
balance with the
foods we enjoy!

RECIPE!

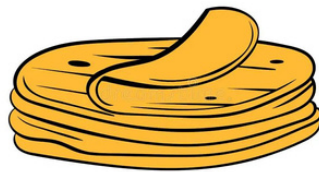
RAINBOW WRAP

To 'wrap' up our lessons, this colorful Rainbow Wrap combines all the great things we've learned into one delicious and balanced meal!

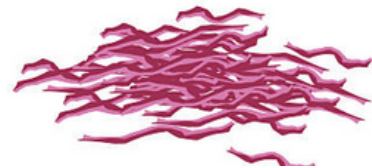
PREP TIME: 15 minutes

SERVING SIZE: 4

Ingredients:



- Whole wheat tortillas
- Hummus (any flavor)
- Red bell 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, tofu, beans)



Instructions:

1. Spread Hummus: Spread a layer of hummus over the whole wheat tortilla.
2. Add Veggies: Arrange the red bell peppers, orange carrots, yellow corn, green spinach or lettuce, and purple cabbage in a colorful pattern on the tortilla.
3. Add Protein (optional): Top with your choice of protein if desired.
4. Wrap and Enjoy: Roll up the tortilla tightly, slice in half, and enjoy your Rainbow Wrap!



Remember: a balanced plate means eating a variety of foods!

Challenge

Build a balanced plate at home!

Checklist:

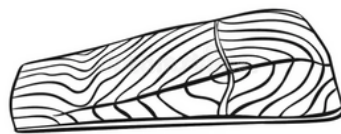
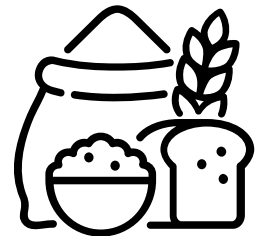


Did I include a fruit?

Did I include a vegetable?

Did I include a protein?

Did I include a grain?





We've built our
Heart Healthy Tree!
Think about what
helps the tree grow.

With your KIN group, talk about what
you learned and then write or draw one
thing you remember from each lesson
in the pages below!

Water & Sodium

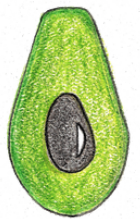
Fruits & Vegetables



Grains & Proteins



Fats & Cooking Methods



Sugars



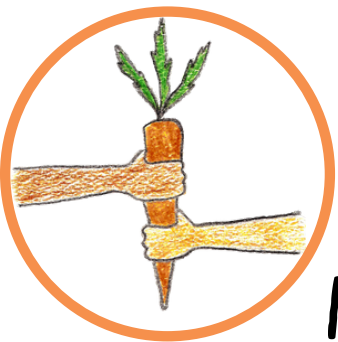
Moderation, Balanced Plate,
& Nutrition Labels



KIN PLEDGE



I want to eat lots of colorful fruits, veggies, whole grains, and energizing proteins and fats. I will practice moderation when I am enjoying some sweets and treats. I will exercise a little bit every day. Starting today, I will live a heart-healthy life and be a



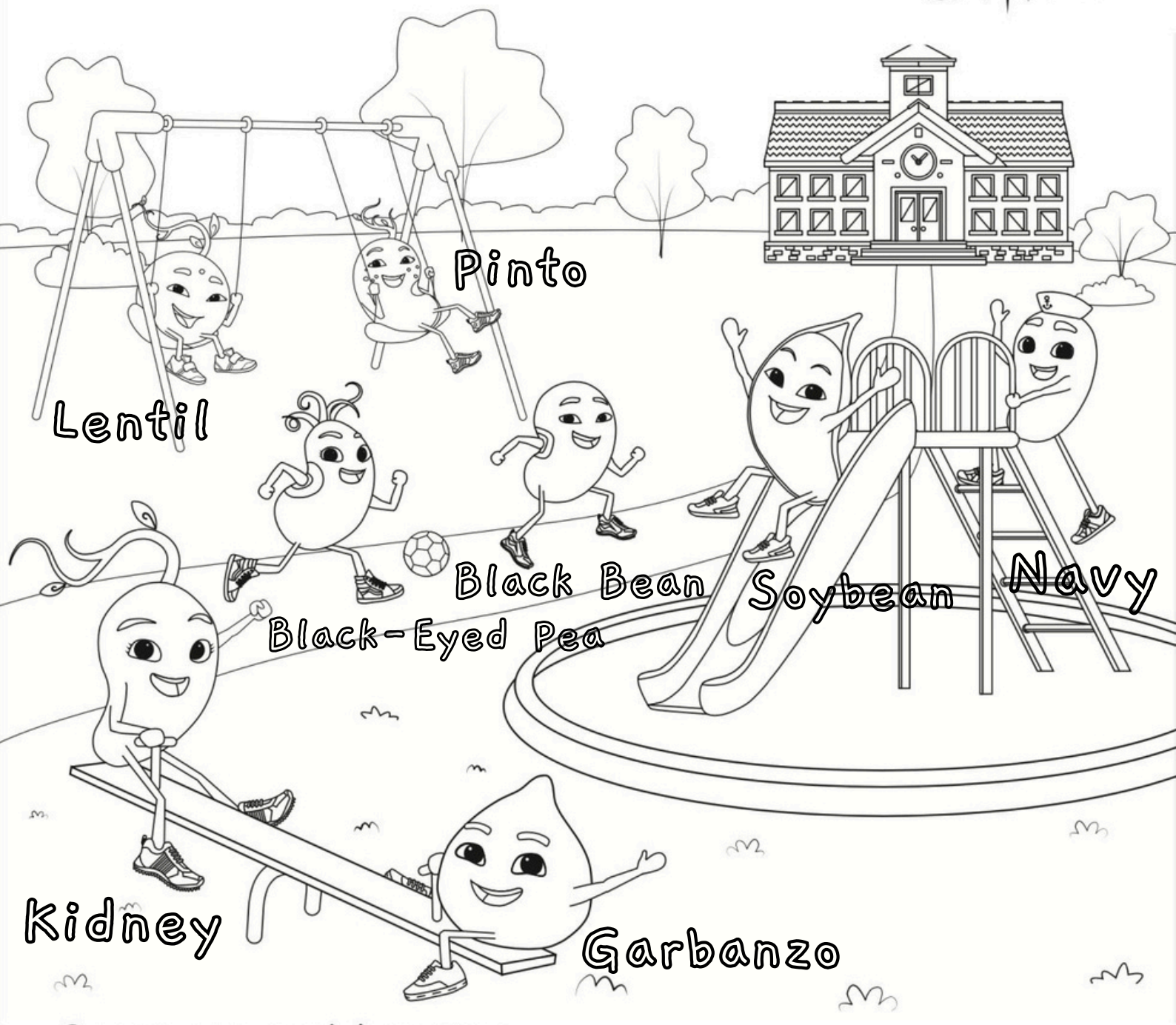
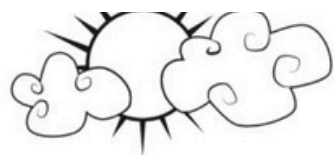
Kid In Nutrition!

My Nutrition Name:



BONUS COLORING!

COOL BEANS for PROTEIN!



Lentil

Pinto

Black-Eyed Pea

Black Bean

Soybean

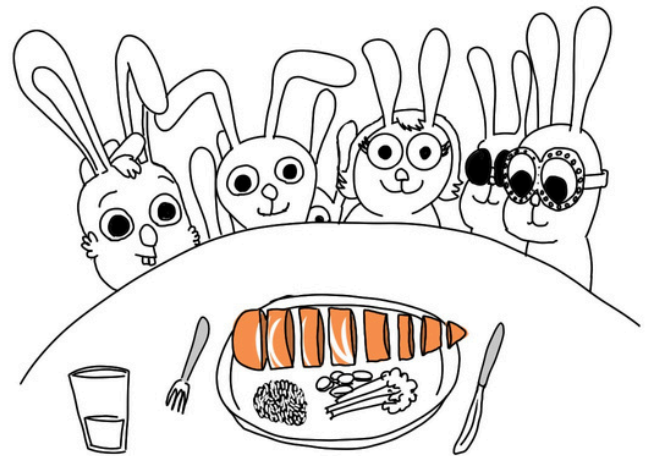
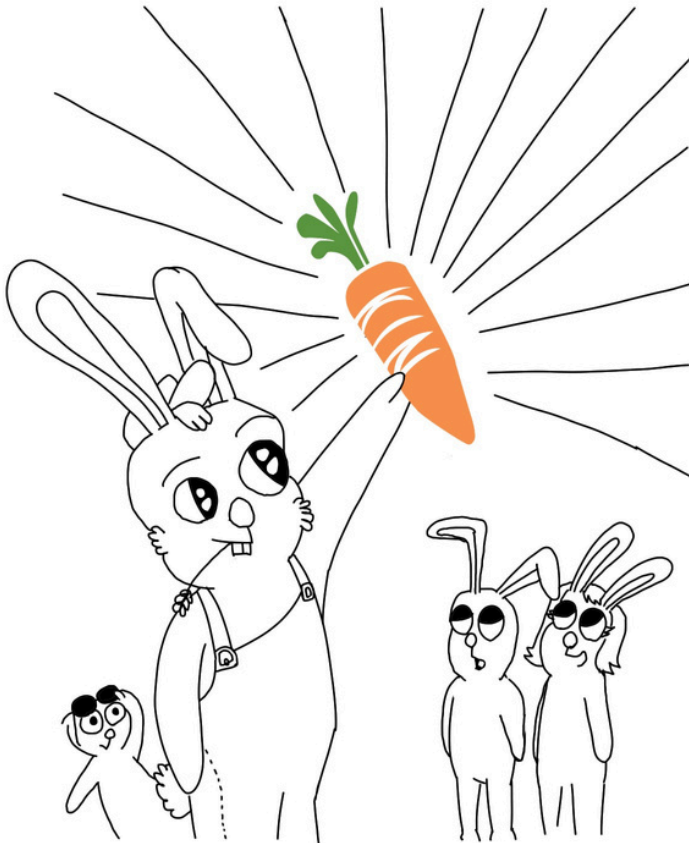
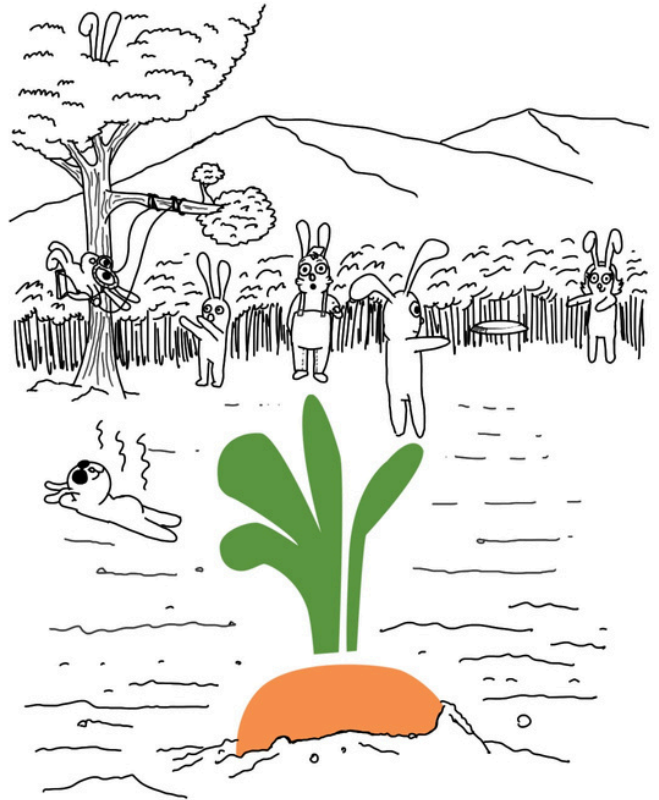
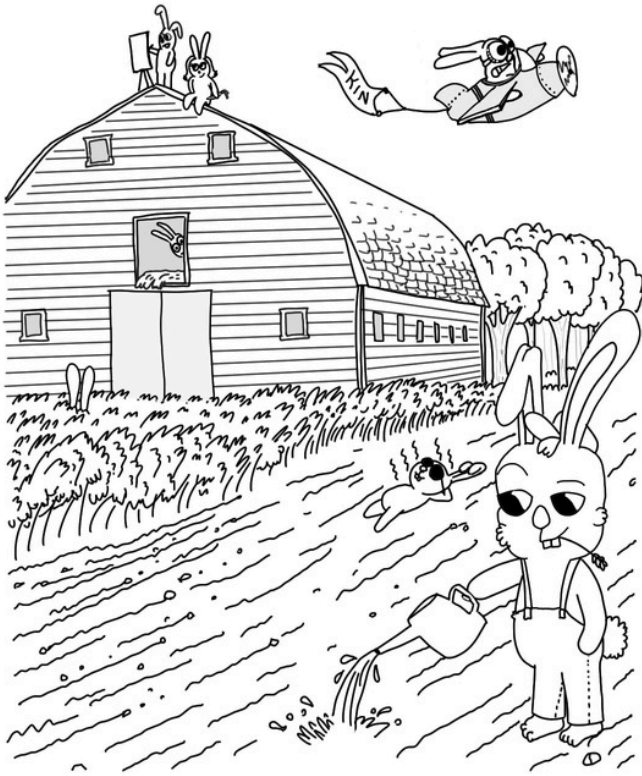
Navy

Kidney

Garbanzo

HOW MANY types of BEANS can you find?

KIN



Scan for Family Resources:

