

## Nutrition KINcentive Challenges

### Lesson 1: Water & Sodium

- Drink water instead of other drinks such as soda and juice. An easy way to remember to drink water and stay hydrated is to carry a reusable water bottle!
- Bonus challenge: Go home and compare the sodium (salt) content of 2 similar foods. Determine which food has less sodium and is likely the healthier choice.

### Lesson 2: Fruits & Veggies

- Try to eat at least one fruit or vegetable from every color of the rainbow!
- Bonus challenge: Fill half your plate at dinnertime with fruits and vegetables at least 3 times this week!

### Lesson 3: Grains & Proteins

- All week long, if you have the option between processed grains and whole grains, pick only the whole grains!
- Bonus challenge: Try a new, healthy protein you've never had before! Like quinoa, lentils, nuts, fish, and seeds!

### Lesson 4: Fats & Cooking Methods

- Try to eat healthy fatty foods for a week! This can include fish, olive oil, avocado, and any kind of nut or nut butter!
- Bonus challenge: Try a new healthy cooking method with your parents. This can include steaming, baking, pan-frying, or grilling!

### Lesson 5: Sugars

- Substitute fruit for dessert three times this week!
- Bonus challenge: Start your day with a healthy breakfast containing no added sugars at least 3 times this week! For example, instead of sugary cereals and muffins, try oatmeal with fruit or 100% whole-grain toast with nut butter and banana!

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

- Eat at least one balanced meal every day with balanced plate proportions, so it has all 4 food groups: fruits, veggies, proteins, and grains!
- Bonus challenge: Follow the KIN cheat sheet steps we learned and compare the nutrition labels of two similar foods to determine which one is healthier! Compare the serving size, sugar, saturated fat, sodium, fiber, and protein content just like we learned in class. For example, you could compare two loaves of bread or two boxes of cereal.

**Lesson 7: Nutrition Wrap**

- Teach at least 3 other people something you learned during our program. You can teach your friends, family, teammates — anyone!
- Bonus challenge: Make up your very own challenge about anything relating to nutrition and exercise. You can ask your friends and family to do the challenge with you!

**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:**