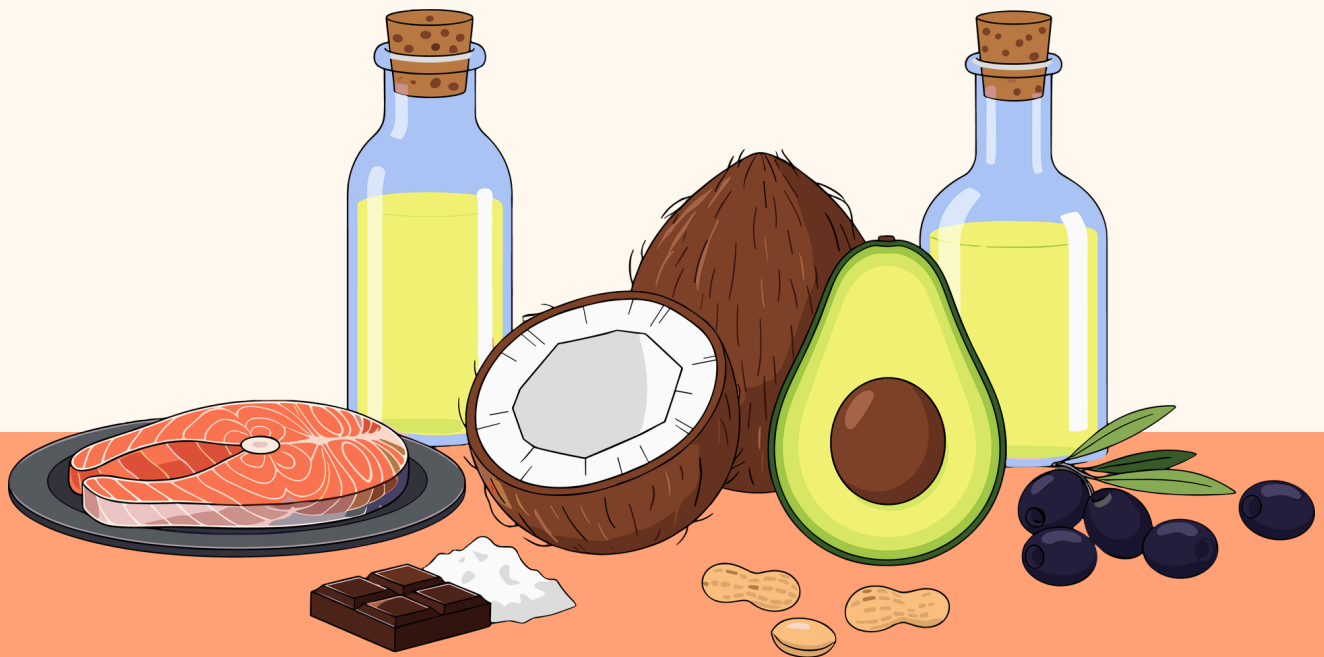


KIDS IN NUTRITION



NUTRITION CURRICULUM



MESSAGE OF THE WEEK

Dear Parents,

Greetings! Kids In Nutrition (KIN) is back for another week to teach your child about nutrition. We hope your child brought home something they learned.

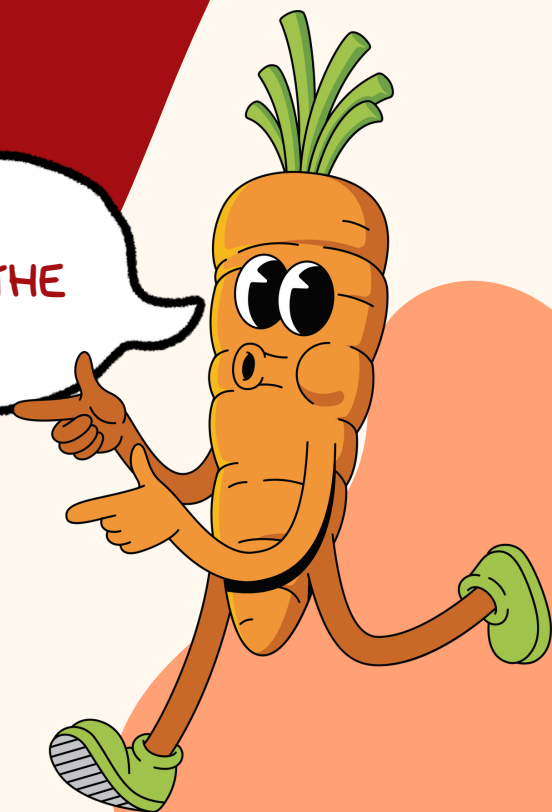
Lesson 4: Fats and Cooking Methods: Students will learn how to identify foods with fat and why healthy fats are important for the body. Students will also learn about healthy cooking methods.

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
CASHEW SAY TO THE
SHY PISTACHIO?



Joke Answer: Break
out of your shell!

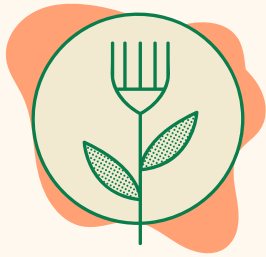
LESSON 4: FATS & COOKING METHODS



Kids In Nutrition

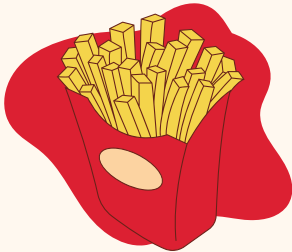


LESSON 4: KEY POINTS



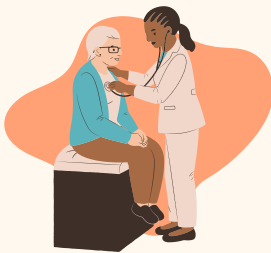
1) Choosing Whole Plant Foods

Eating **whole plant foods with unsaturated fats** (like nuts, seeds, avocados) is one of the best ways to support a healthy heart!



2) Processed and Fried Foods

It is recommended to consume ultra-processed and fried foods in **moderation**.



3) Heart Disease

Diets high in **whole foods** (fruits, vegetables, whole grains, nuts and seeds) in place of ultra-processed and fried foods can help reduce your risk of developing heart disease and other diet-related chronic diseases.



4) Healthy Cooking Methods

Heart healthy cooking methods include **steaming, grilling, boiling, baking, and pan frying!**



5) Stay Active

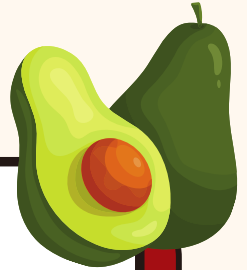
Exercising regularly is also important for a healthy heart! KIN's healthy heart equation:

Whole foods + Exercise = a Healthy Heart!

WEEKLY CHALLENGE

LESSON 4

Try a new **WHOLE FOOD GO FOOD** with healthy fats! Great options include nuts, nut butters, seeds, avocado, olives, and fish.



BONUS CHALLENGE

Try a new healthy cooking method with your family. This can include steaming, boiling, baking, pan-frying, or grilling! (You can even try the recipe below!)



LESSON 4 RECIPES

ROASTED VEGGIES WITH OLIVE OIL



PREP TIME: 5 minutes

COOK TIME: 25 minutes

SERVINGS: 4

INGREDIENTS:

- 4 cups chopped vegetables (carrots, broccoli, zucchini, or potatoes)
- 2 tablespoons olive oil
- ¼ teaspoon black pepper (optional)
- 1 tablespoon fresh lemon juice
- A pinch of salt (to taste)

INSTRUCTIONS:

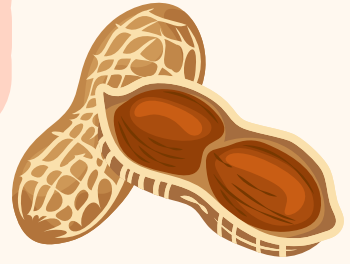
1. Preheat the oven to 400°F (200°C).
2. Toss the chopped vegetables with olive oil, salt, and pepper.
3. Spread the vegetables in a single layer on a baking sheet.
4. Roast for 20–25 minutes, stirring halfway through, until vegetables are tender and lightly browned.
5. Remove from the oven and drizzle with fresh lemon juice




ESTIMATED COST: ~\$5–\$6

FIBER SPOTLIGHT

Fiber is vital for preventing chronic disease, and most of us don't get enough!! We should aim for 25-35g of fiber each day! This week's fiber fun fact is:



FIBER



Nuts and seeds are packed full of both fiber and healthy fats. Try a handful of nuts for a snack, or sprinkle some seeds on top of your favorite meals.



KIN wants to hear from you!

We welcome you to fill out this short **family feedback survey**.
Your input helps improve our programs for students across the
country!

Additional Resources

Newsletters (English and Spanish)

Food Access Information

Nutrition Labels

Recipes

Grocery Tips & Tricks

Worksheets

KINcentive Challenges

THANK YOU & SEE YOU NEXT WEEK!

