

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.

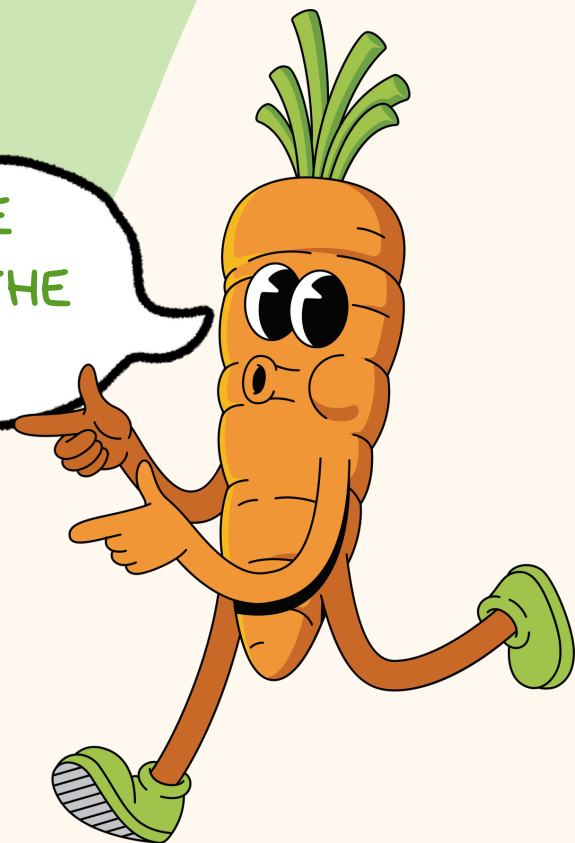
Lesson 2: Fruits & Veggies: Students will learn why "eating the rainbow" of fruits and vegetables is important for a healthy heart.

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

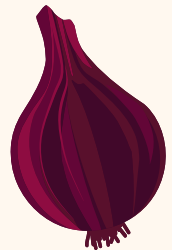
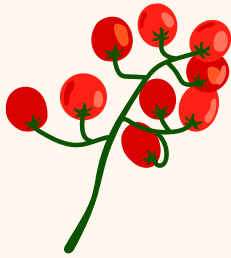
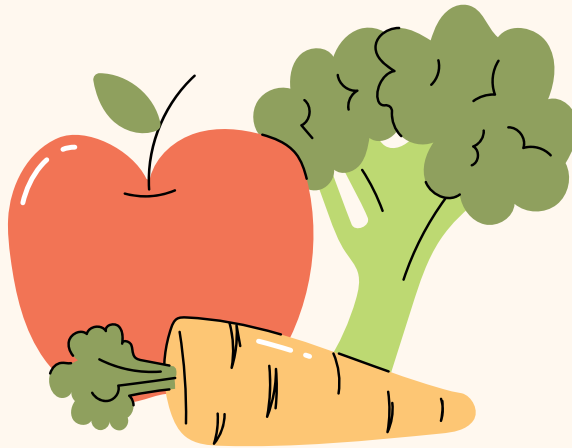
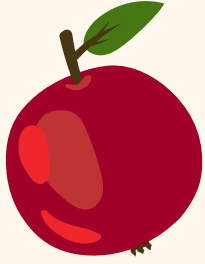


WHAT DID THE
SALAD SAY TO THE
DRESSING?

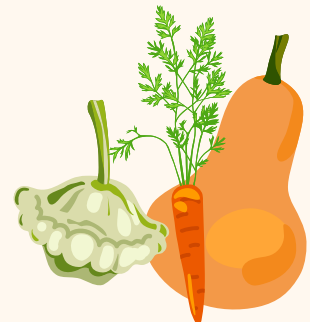


Joke Answer: Lettuce
be friends!

LESSON 2: FRUITS & VEGETABLES



Kids In Nutrition

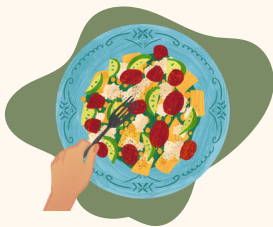


LESSON 2: KEY POINTS



1) Nutrients

Fruits and vegetables contain essential nutrients which support children's growth and development, with an emphasis on **fiber**. We also touch on calcium, potassium, vitamin C, and iron.



2) Eat the Rainbow

Different colored fruits and veggies have a **variety of nutrients**, so it is important to eat fruits and veggies from all colors of the rainbow.



3) ½ Plate

The daily recommendation of fruits and veggies is at least **1/2 of your plate** at each meal (1-2 cups for fruit, 1-3 cups for vegetables).



4) Whole Fruits & Veggies

Unlike ultra-processed foods, whole fruits and vegetables (fresh, frozen, or canned) are rich in **fiber**, which helps improve digestion, balance blood sugar, and prevent chronic disease.

WEEKLY CHALLENGE

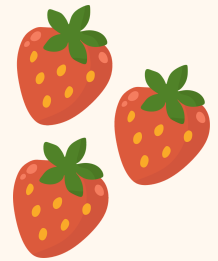
LESSON 2

Eat at least one fruit or vegetable of every color in the rainbow!





RAINBOW SKEWERS

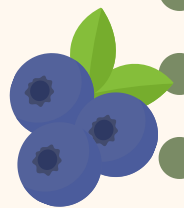


PREP TIME: 10 minutes

SERVINGS: 4

INGREDIENTS: (choose one of each color!)

- Red fruits: strawberries, raspberries, or watermelon
- Orange Fruits: Oranges, melon, or mango
- Yellow Fruits: Pineapple, bananas
- Green fruits: Kiwi, green grapes, or honeydew melon
- Blue fruits: Blueberries
- Purple fruits: grapes or blackberries



INSTRUCTIONS:

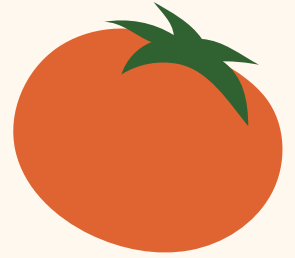
1. Choose a fruit of each color.
2. Wash and cut the fruits with the help of an adult
3. Assemble: slide the fruits onto the popsicle stick in rainbow order (red, orange, yellow, green, blue, purple)
4. Your colorful skewer is ready to eat!
5. Tip: If you don't have all the colors, don't worry! Just use the fruits you have and create your own rainbow.



ESTIMATED COST: \$6.00 TO \$12.00

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

Fruits and vegetables are fiber superstars! Filling $\frac{1}{2}$ your plate with fruits and vegetables ensures you give your body the fiber you need to feel your best!



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!

