KIDS IN NUTRITION

KIDS IN NUTRITION ™

NUTRITION CURRICULUM

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MESSAGE OF THE WEEK

Dear Parents,

Greetings! We're excited to share that this week marks the conclusion of our program. Our dedicated volunteers are wrapping up with our final nutrition lession.

Lesson 7: Nutrition Wrap: Students play KIN Jeopardy to review the key points from each of our lessons!

We hope both you and your child have enjoyed delving into the world of nutrition and learning together. Your support throughout this journey has been invaluable, and we are immensely grateful. The healthy habits children learn early can grow into a lifetime of healthy choices. Thank you so much for your enthusiasm and participation!

Warmly,
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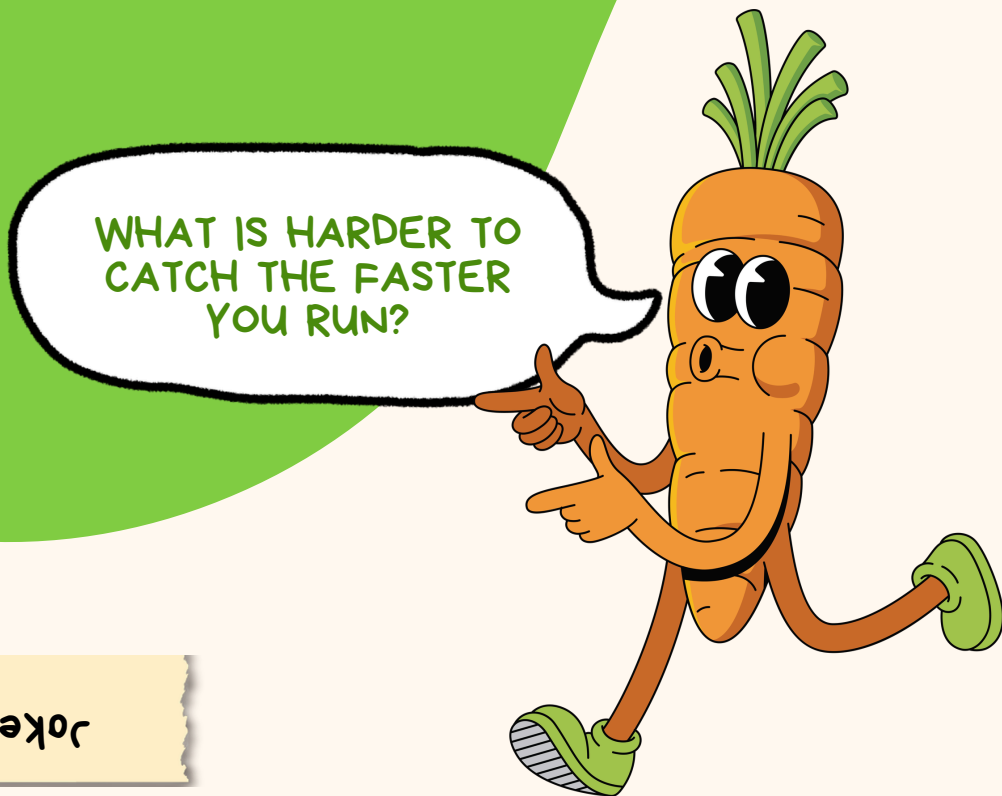

Joke Answer: Your Breath!

LESSON 2: NUTRITION WRAP-UP

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LESSON 2: KEY POINTS

1) Hydration

Everything our body does requires water! Kids ages 4-8 need at least **5 cups of water each day**. This increases to 9-13 cups each day as we get older and with more physical activity. And to maintain water balance in our bodies, we only need **a pinch of sodium (salt) each day**.

2) Eat the Rainbow!

It's important to **eat the rainbow of fruits and vegetables** to get all the nutrients (like fiber!) we need to feel strong, energized, and healthy!

3) Whole Grains + Proteins

Whole grains provide **fiber** to support **stable energy and healthy digestion**. Protein helps our bodies grow strong, and can be found in a wide variety of foods, such as beans, lentils, peas, nuts, seeds, eggs, and fish.

4) Fats & Cooking Methods

Eating **whole plant foods with unsaturated fats** (like nuts, seeds, avocados) is one of the best ways to support a healthy heart! Heart healthy cooking methods include steaming, boiling, grilling, baking, and pan-frying.

5) Sugars

Choosing **whole foods with natural sugars** (such as fruit) supports steady energy and long-term health. It is important to practice moderation when eating foods with added sugar, as added sugars can increase your risk of Type 2 diabetes and heart disease.

6) Moderation, Balanced Plate, & Nutrition Labels

A balanced plate is made up of **whole fruits, vegetables, protein, grains, and fats.** It's important to practice moderation with foods high in added sugar and sodium, and foods thats are ultra-processed or fried.

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WEEKLY CHALLENGE

LESSON 6

Teach 3 other people about something you learned during our program. You can share with your friends, family, teammates — anyone!

BONUS CHALLENGE

Make up your very own nutrition challenge for the rest of the school year! Ask your friends and family to try the challenge with you.

Take the KIN Pledge!!

I will practice eating lots of **colorful fruits** and **veggies**, **whole grains**, and energizing **proteins** and **fats**.

I will practice **moderation** when I am enjoying sweets and treats.

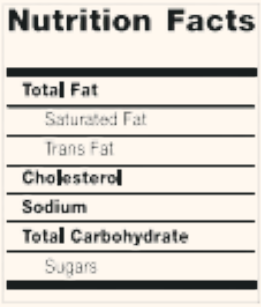
I will try to **exercise** every day.

And starting today, I will practice a **heart-healthy life** and be a Kid In Nutrition.

Now is the right time to start paying attention to your heart health!

Resource by Stanford Healthcare

1 READ THE LABEL



Check nutrition labels, especially on processed foods.

2 TRY A MEDITERRANEAN DIET

That means eating mostly vegetables, fruits, beans, nuts, and whole grains.

Instead of butter, use olive oil.

3 SET LIMITS

Limit red meat to a few times each month.

Limit saturated fat, trans fats, sodium, and sugar.

4 EXERCISE YOUR HEART

of regular activity every day is all it takes to make a real difference.

Walking the dog, gardening, and using the stairs count as activities that can help your heart.

Free Heart-Health Resources: (click for the links)

American Heart Association.

Full Plate Living Nutrition Programs

Educated Choices Program

Stanford HEALTH CARE STANFORD MEDICINE

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!

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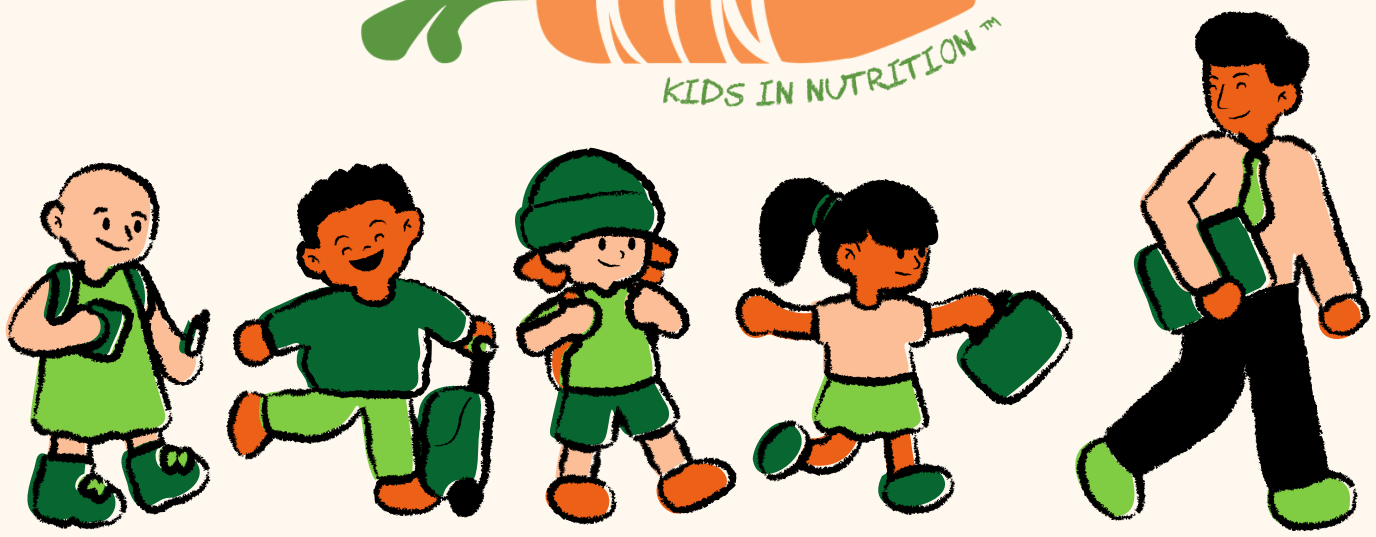

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