



# KIDS IN NUTRITION

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# MESSAGE OF THE WEEK

WHAT DID THE  
CASHEW SAY TO THE  
SHY PISTACHIO?  
  
BREAK OUT OF YOUR  
SHELL!



DEAR PARENTS,

HELLO FROM KIDS IN NUTRITION! THIS WEEK'S LESSON IS ON FATS & COOKING METHODS. THIS LESSON TEACHES STUDENTS HOW TO IDENTIFY ENERGIZING FOODS WITH FAT AND WHY HEALTHY FATS ARE IMPORTANT FOR THE BODY. STUDENTS WILL ALSO LEARN ABOUT HEALTHY COOKING METHODS. WE HOPE YOU ENJOY THIS WEEK'S CHALLENGE AND RECIPE!

WARMLY,  
KIDS IN NUTRITION





# **FATS &** **COOKING METHODS**

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KIDS IN NUTRITION

**- WEEK 4 -**

**Nutrition Curriculum**



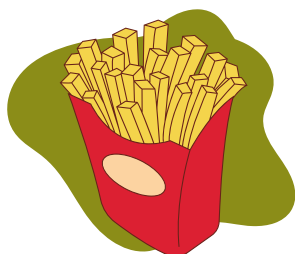
# Week 4: Key Points

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## 01 - Plant-Based Whole Foods

Whole plant foods are the healthiest for foods for the heart.



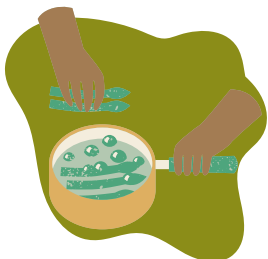
## 02- Processed and Fried Foods

Processed and fried foods are not healthy for the heart.



## 03- Heart Disease

Unhealthy fats create blocks in your arteries and make it hard for blood to flow throughout your body and heart.



## 04 - Healthy Cooking Methods

Healthy ways to cook foods are by steaming, grilling, boiling, baking, and pan frying!



## 05 - Unhealthy Cooking Methods

Deep frying is an unhealthy cooking method because of the large amounts of oil and high temperatures. This is where we can practice moderation!

# WEEKLY CHALLENGE

## WEEK 4



Try a new **WHOLE FOOD GO FOOD** this week! Maybe try eating fish, olives, avocado, any kind of nut, nut butter, or seeds!



### ITEMS NEEDED

- ▶ fish
- ▶ olive oil
- ▶ avocado
- ▶ nut butter

### BONUS CHALLENGE

Try a new healthy cooking method with your parents. This can include steaming, boiling, baking, pan-frying, or grilling!





# POPCORN NIGHT



**PREP TIME:** 10 minutes

**SERVINGS:** 4

## INGREDIENTS:

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

## INSTRUCTIONS:

- 1.Heat the pot: Have a parent help you heat a large pot on the stove over medium heat.
- 2.Add the kernels: Pour the popcorn kernels into the pot and cover with a lid.
- 3.Shake the pot: Shake the pot as it heats up. Have a parent help you with this step.
- 4.Listen: Once the popping subsides, have a parent remove the pot from the heat.
- 5.Seasoning Time: Put the popcorn in a bowl with a little salt.
- 6.Eat!: Your popcorn snack is ready to eat!

**ESTIMATED COST:** \$0.56 a \$0.87





THANK YOU &  
SEE YOU  
NEXT WEEK!

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See KIN's Nutrition Workbook for lesson worksheets, challenges, recipes, and more!

