

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.

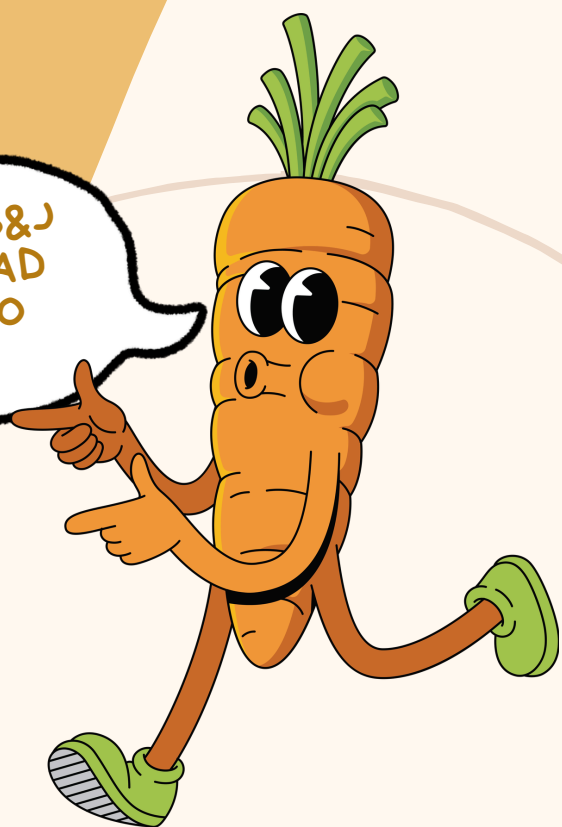
Lesson 3: Grains & Proteins: Students will learn the difference between whole and processed grains, and learn about different healthy sources of protein.

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 PB&J
SAY TO THE SALAD
WHO WANTED TO
MOVE IN?



Joke Answer: Sorry buddy, I'm
jam-packed and going nuts!



LESSON 3: GRAINS & PROTEINS



Kids In Nutrition



LESSON 3: KEY POINTS



1) What is Fiber?

Fiber helps get rid of toxins and waste from the body, acting as **a broom cleaning up our insides** and helping us poop. Fiber also helps regulate our blood sugar levels.



2) Whole Grains vs Processed Grains

Whole grains retain their seed kernel, which is **rich in fiber**, while processed grains have the kernel removed, stripping away the nutritious fiber.



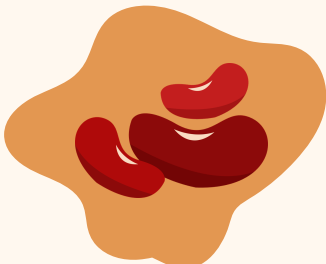
3) On the look out for whole grains...

Whole grain foods can look similar to processed grain foods, but they are often darker—**brown or golden in color**.



4) What is protein?

Protein is an important nutrient that helps our brain, heart, and muscles grow and stay **strong**.



5) Sources of Protein

Healthy proteins can be found in a wide variety of plant and animal foods, such as **beans**, lentils, nuts, eggs, chicken/turkey, and fish.

WEEKLY CHALLENGE

LESSON 3

Spot whole grains 3 times before we see you next time. This can be at home, at your friend's house, in the cafeteria, at the grocery store, or even at the farmer's market!



BONUS CHALLENGE

Try a new bean or lentil you've never had before! Legumes are rich in healthy protein!

Check out KIN's Cool Beans partner for inspiration!

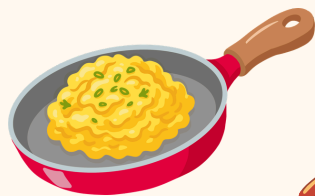
Lesson 3 RECIPE

SUSHI BITES



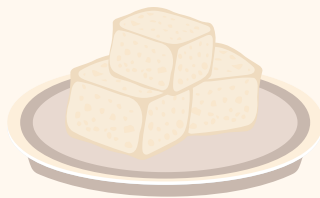
PREP TIME: 20 minutes

SERVINGS: 4



INGREDIENTS:

- 2 cups of cooked rice (white or brown, short grain or sushi rice)
- Protein Options: scrambled eggs, canned beans, edamame, cubed tofu or cooked chicken
- Optional: Soy Sauce or sesame seeds for extra flavor!



INSTRUCTIONS:

1. Prepare the rice: Cook the rice according to package directions and let it cool slightly.
2. Form the rice balls: Wet your hands and form the rice into balls. Have fun!
3. Add protein: Choose a protein (scrambled eggs, tofu, or chicken) and place a small piece on top of each rice ball.
4. Tip: Add a drop of soy sauce or sprinkle sesame seeds on top if desired for extra flavor.
5. Enjoy: Your sushi bites are ready to eat!



ESTIMATED COST: \$1.60 TO \$3.95

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

Whole grains are packed with fiber because they keep the whole grain kernel. Foods like oatmeal, brown rice, and whole wheat bread help keep our digestion running smoothly.



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!

