



KIDS IN NUTRITION

Nutrition Challenges

LESSON 1



Count how many cups of water you drink in a day. Remember we want to try to drink at least 5 cups of water a day! An easy way to remember to drink water is to use a reusable water bottle!

BONUS: Compare the sodium content of two similar foods, and determine which has less sodium.

LESSON 2



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

BONUS: Fill one-half of your plate at dinnertime at least 3 times this week.

LESSON 3



Be a Whole Grain Detective! Try to find 3 whole grain foods, and say "Whole grain" when you spot one. You can look in your kitchen, the cafeteria, the grocery store, or anywhere with food."

BONUS: Try a new bean, peas, or lentil you've never had before! Legumes are rich in fiber and protein! Check out [Beans Is How](#) for inspiration!

LESSON 4



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

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

LESSON 5



Try three different types of fruits! You can get creative and add them to your breakfast (like in oatmeal), add them to your water, freeze them in yummy chunks, or eat them whole!

BONUS: Start your day with a breakfast containing no **ADDED** sugars this week!

LESSON 6



Create a meal that looks like our balanced plate, so it has all 4 food groups (fruits, veggies, proteins, and grains)!

BONUS: Find the nutrition labels of two foods (like a can of beans and a box of cereal)! Compare the serving size, sugar, sodium, fiber, and protein. What do you see?

FINAL CHALLENGE

Teach at least three other people something you learned with Kids In Nutrition. This can be your family, friends, classmates, teammates- anyone!



Please feel free to use the space below to record your child's progress!

Lesson 1:

Lesson 2:

Lesson 3:

Lesson 4:

Lesson 5:

Lesson 6:

Final Challenge: