

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.

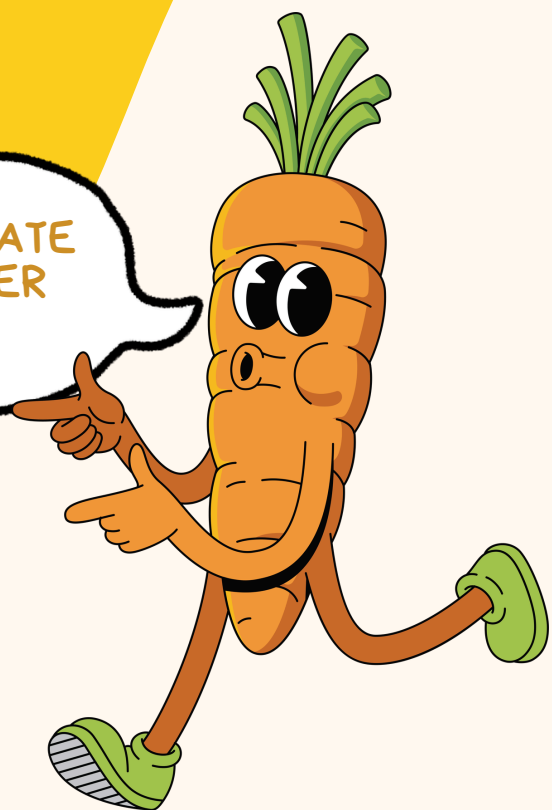
Lesson 6 Moderation, Balanced Plate, & Nutrition Labels: Students will learn how to read a nutrition label, practice moderation with treats, and build their own balanced plate.

We hope you and your child enjoy the KIN program as much as we do! Thank you and we will see you next week!

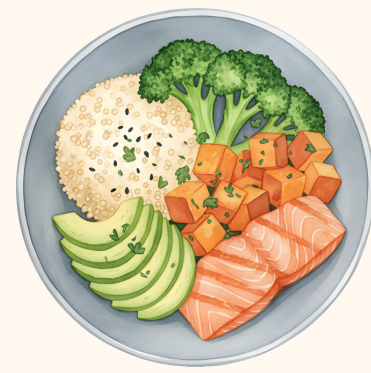
Warmly,
Kids In Nutrition



WHAT DID ONE PLATE
SAY TO THE OTHER
PLATE?

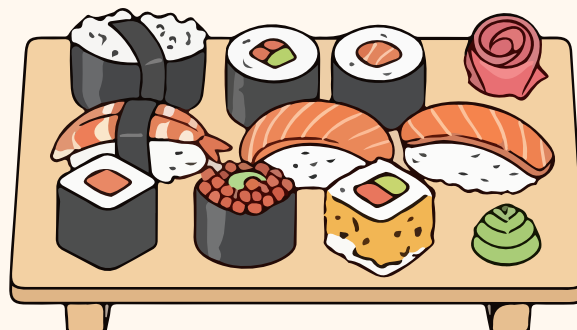
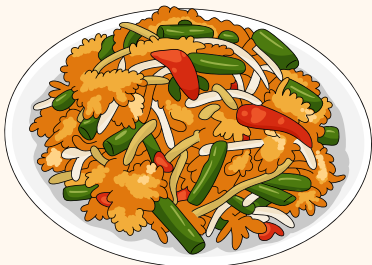


Joke Answer: Lunch is on me!



LESSON 6: MODERATION, BALANCED PLATE, & NUTRITION LABELS

Kids In Nutrition



LESSON 6: KEY POINTS



1) What is Moderation?

Moderation means **learning to enjoy the things you love**, like sweets and treats, in a way that feels good for your body and mind, without overdoing it.



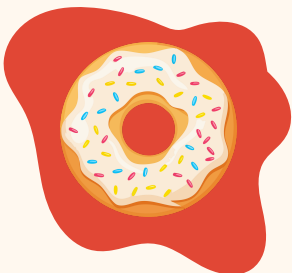
2) What is Balance?

A balanced plate is a colorful mix of food that includes **fruits and vegetables** for energy, **protein** for strong muscles, and **whole grains** to keep you fueled all day long.



3) Portioning your Plate

Try to fill at least **half of your plate** with fruits and veggies, and fill the other half with grains and proteins.



4) Practicing Moderation

It's important to **practice moderation with added sugars, ultra-processed foods, and fried snacks**. Over time, eating too much of these foods can increase your risk of heart disease, Type 2 diabetes, other preventable chronic diseases.

Nutrition Facts

| | |
|-------------------------------|------------|
| 4 servings per container | |
| Serving size 1 1/2 cup (200g) | |
| Amount per serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 4g | 8% |
| Saturated Fat 1.5g | 3% |
| Trans Fat 0g | 0% |
| Cholesterol 5mg | 1% |
| Sodium 130mg | 13% |
| Total Carbohydrate 45g | 17% |
| Dietary Fiber 7g | 28% |
| Total Sugars 4g | 8% |
| Includes 2g Added Sugars | 4% |
| Protein 11g | 22% |

5) Nutrition Label

When reading a nutrition label, it's important to pay attention to **serving size, added sugar, the type of fat, fiber, protein, and sodium (salt)**.

Nutrition Label Cheat Sheet



Step 1: Serving Size

Step 2: Fats

Step 3: Sodium

Step 4: Fiber

Step 5: Sugar

Step 6: Protein



| Nutrition Facts | |
|----------------------------------|-----------------------|
| about 3.5 servings per container | |
| Serving size | 1/2 cup (130g) |
| Amount per serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 85mg | 4% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 9g | 32% |
| Total Sugars <1g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | |
| Vit. D 0mcg 0% | Calcium 60mg 4% |
| Iron 1.6mg 8% | Potas. 380mg 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



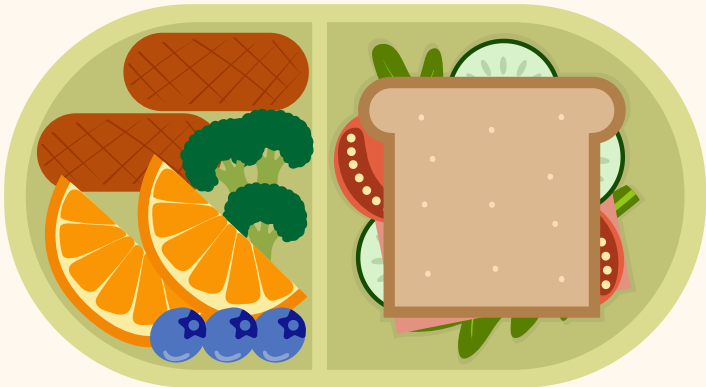
Heart Healthy



WEEKLY CHALLENGE

LESSON 6

Create at least one balanced meal with all 4 food groups: fruits & veggies, protein, grains, and fats!



HINT: Remember "Great Friends Plant Veggies" (grains, fruits, protein, veggies) & use your worksheet from class as a cheat sheet!

Lesson 6 RECIPE

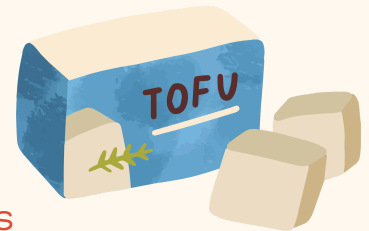
RAINBOW WRAP

PREP TIME: 15 minutes

SERVINGS: 2

INGREDIENTS:

- Whole Wheat Tortillas
- Hummus (any flavor)
- Red Peppers (sliced)
- Orange Carrots (shredded)
- Yellow Corn (cooked or raw)
- Green Spinach or Lettuce
- Purple Cabbage (shredded)
- Optional: Your favorite protein (e.g., grilled chicken, tofu)



INSTRUCTIONS:

1. Spread Hummus: Spread a layer of hummus on the tortilla.
2. Add Veggies: Arrange red peppers, carrots, corn, spinach or lettuce, and cabbage in a colorful pattern on the tortilla.
3. Add Protein (Optional): Top with the protein of your choice if desired, like tofu!
4. Wrap and Enjoy: Roll up the tortilla tightly, cut in half, and enjoy your Rainbow Burrito

ESTIMATED COST:

Without protein: \$1.53 - \$2.25 per burrito

With protein: \$2.28 - \$3.50 per burrito



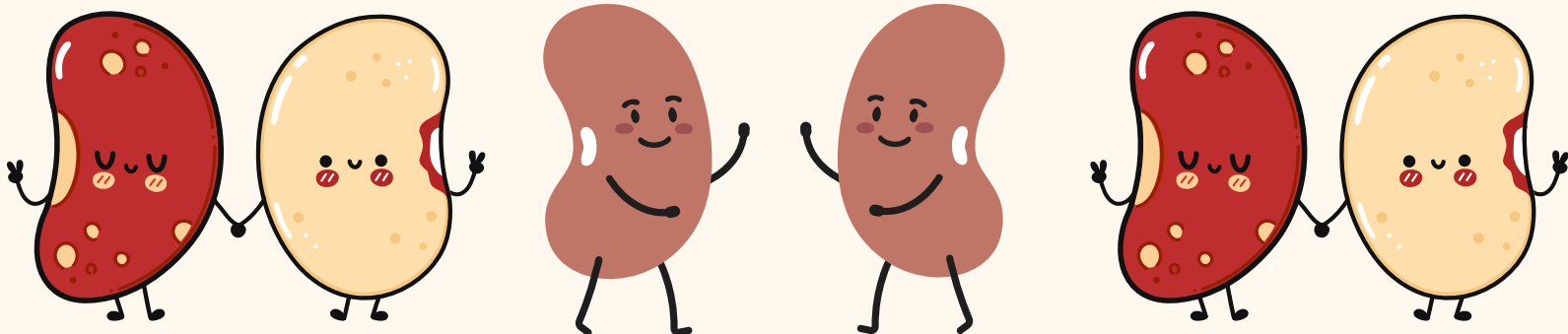
FIBER SPOTLIGHT

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 spotlight is:



FIBER

Beans are a nutrient-dense food, full of fiber and protein! Beans are also affordable, accessible, shelf stable, and celebrated in cultures around the world.



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!

