

FIT KIDS!

Parent Newsletter

Wonderful Wheat!

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Today your child learned about wheat. Wheat is a grain used to make bread, noodles, crackers, cookies, baked goods and many cereals.

Whole grains should make up half of the grain foods you and your child eat each day. Whole grains are a healthy type of carbohydrate. Carbohydrates give your active, growing child energy. Your child needs energy to grow, run, play, think and learn.

Foods from this part of the Pyramid also provide important B vitamins, iron, and fiber. Eat a grain food at every meal.



In today's story, the Little Red Hen, grew wheat, ground it into flour and made delicious wheat bread. Your child had the opportunity to sample whole wheat bread and rye bread.



Serve Up Some Fiber

Kids need fiber too, just like adults. Like a whiskbroom, fiber helps sweep the digestive tract clean. Fiber helps keep the digestive tract healthy.

Whole grains, along with fruits and vegetables, are great sources of fiber. Choose whole grain breads that have at least 2 grams of fiber per slice.

Did You Know?

Your child is learning food habits that will last the rest of his or her life. Learning to eat healthy foods now will help your child eat healthfully as an adult. Serve your child whole grains, fruits, vegetables, dairy or other calcium-rich foods and protein every day.

Just Do It!

Let children help you make this low-sugar, low-fat snack mix. It is rich in wheat and other grains. Keep it handy in small bags in the car so when children get hungry, there's a healthy snack on hand. Saves you time and money—less stopping at the convenience store! Keep water bottles in the car too, instead of buying soft drinks.

Low-Sugar Cereal Mix

Mix together several low-sugar cereals such as toasted oats, wheat pockets, and puffed rice. Add raisins and sunflower seeds if your child is old enough to chew these foods and not choke on them.

Parents' Corner

Everyone needs food to live and grow. Try to give your children three meals each day, and a healthy snack between meals if they are hungry.



Using food for reasons other than nourishment may cause eating problems. Be careful not to use food as a reward (such as "No dessert till you finish your vegetables"). This tells kids that dessert is more important than other food, and only makes them want desserts more often.

Also, do not use food as a punishment or a threat (such as "No T.V. until you finish every last bit of that broccoli!"). This may make kids hate vegetables instead of learning to like them.



Families on the Move!

Fit Physical Activity Into Your
Everyday Lifestyle

Indoor Fun: Designate a space where kids can roll, climb, jump, dance and tumble. Garages without cars can become an activity zone on rainy or snowy days.

Traveling Locker Rooms: Stash a box in the family car that holds balls, baseball gloves, a jump rope, Frisbee, kite or other outdoor toys. You'll always be ready for fun!

Walk & Talk: Instead of sitting and talking with your child, take a walk and talk. Point out colors, shapes and other things along the way.

Household Jobs: Encourage responsibility and home maintenance skills by having your children put away toys, pick up litter around the yard, and walk the dog.

Excerpt from a MetLife Foundation in partnership with the CDC publication.

Tortilla Time!

Tortillas are a grain food—made of wheat or corn. Try this for a quick meal:

Place heated leftovers down center of flour tortillas. Add your favorite sauce. Top with lettuce and tomato. Roll up and eat--yum!