

## What's on your plate?

### Take the quiz!

#### When my family eats together:

- We try to include at least one vegetable
- Clean-up is a breeze—we throw away the food wrappers
- We have plenty of vegetables and fruits, about half of the plate

#### When it comes to snack time:

- We reach for fruit, it's easy
- We're in a rut, chips and sweets (or "something salty or something sweet")
- We mix it up, fruit, yogurt, cheese, veggies, whole grain crackers

#### My children mainly see me:

- Eating one fruit and one vegetable each day
- Eating the foods I enjoy, very little fruits or vegetables
- Preparing and enjoying a variety of fruits and vegetables



## The results are in!

#### If you chose mostly A's....

You're on the right track and there's room for improvement. Try having a fruit and a vegetable at each meal. The more variety there is, the more fruits and vegetables your family will eat. Don't forget to offer fruits and veggies as snacks. Children love baby carrots, strawberries, apples, oranges, raisins—so keep them on hand.

#### If you chose mostly B's....

You're in a rut. Fast food and packaged snacks have you and your family missing out on fruits and vegetables. Find out which fruits and vegetables your children enjoy and start with those. Buy frozen veggies if you don't like to wash and chop the fresh ones. Offer fruit at meals and for snacks, it is easy. You simply wash and eat or peel and eat, like grapes, oranges, apples, peaches, pears and strawberries.

#### If you chose mostly C's....

Great job! You are providing your family with a variety of fruits and vegetables to enjoy at snacks and meals. You are setting a good example for your children to follow. Your food is colorful, tastes good and helps keep your family healthy, growing well, and doing well at school.

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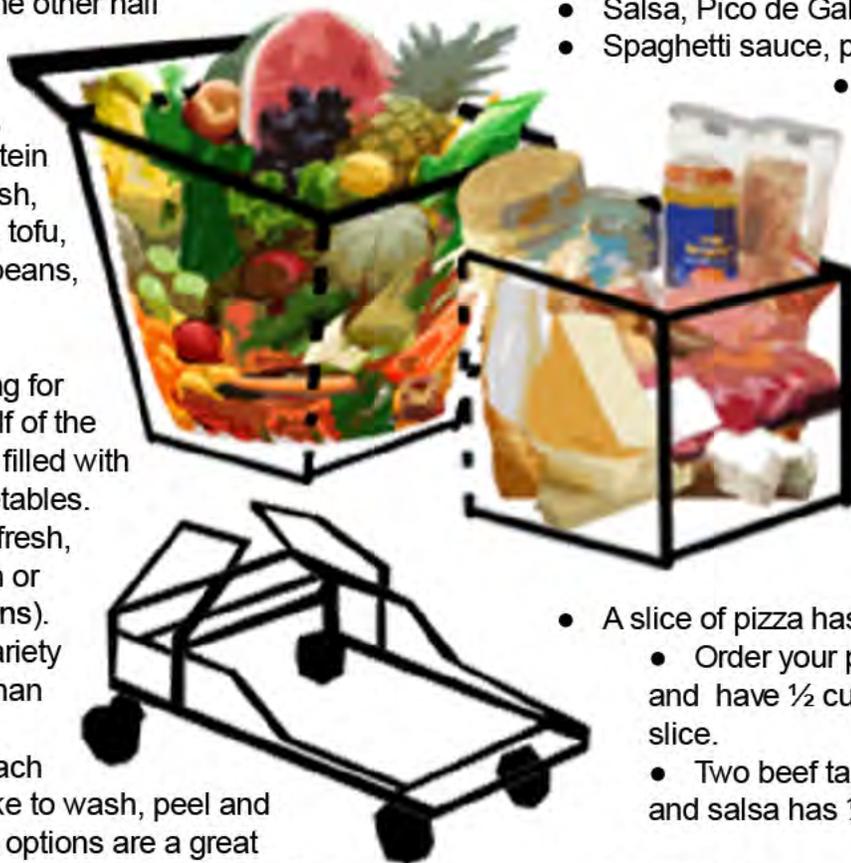
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# Half is Great



You may have seen MyPlate on food packages. MyPlate reminds us that about half of the food we eat at mealtime should be fruits and vegetables. The other half should be grains (rice, bread, tortillas, pasta) and protein foods (meat, fish, chicken, eggs, tofu, cooked dried beans, etc.).

When shopping for food, about half of the cart should be filled with fruits and vegetables. These can be fresh, canned, frozen or dried (like raisins). Buy enough variety to offer more than one fruit and vegetable at each meal. Don't like to wash, peel and chop? Frozen options are a great time-saver. They come in several mixed varieties with something to please each person at the table.



You may be surprised to know that these foods are vegetables:

- Pinto, kidney and other dried, cooked beans, peas or lentils (if you are eating plenty of other protein foods such as meat, tofu, fish, chicken, eggs, peanut butter, etc., otherwise these are protein foods)
- Salsa, Pico de Gallo, catsup
- Spaghetti sauce, pizza sauce
- Tomato soup, lentil soup, black bean soup

Mixed dishes can have vegetables or fruit that help you reach the goal of half your plate.

- One and a half cups of spaghetti with tomato sauce and meat has 1 cup of vegetables.
- A slice of pizza has  $\frac{1}{4}$  cup.
  - Order your pizza with extra veggies and have  $\frac{1}{2}$  cup of vegetables in each slice.
  - Two beef tacos with lettuce, tomato and salsa has  $\frac{1}{2}$  cup of vegetables.

For more on mixed dishes visit:  
<http://www.choosemyplate.gov/food-groups/downloads/MixedDishes.pdf>

## Making it Work

### Is "Family Style" your style?

One way to help children learn to manage themselves is to let them serve their own food at family meals. Serving your meals "family style" means putting the food on the table, passing each food and letting adults and kids serve themselves. Some benefits to serving "family style" are:

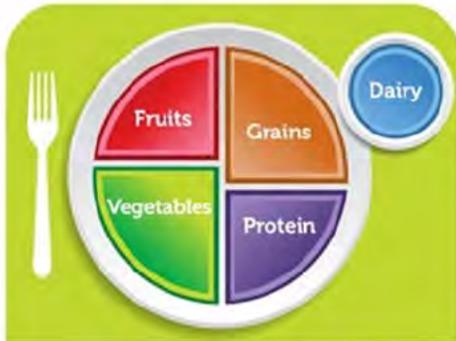
- Children learn to feel what they are hungry for and learn to judge how much they can eat.



- Offering foods that follow MyPlate helps your child enjoy more fruits and vegetables.
- It's easy to make sure there are fruit and vegetable choices at the table. For instance, if you normally serve a salad, add a bowl of carrot sticks and a can of fruit.
- Letting children serve themselves lets them practice measuring their hunger and how much food they need.

# School Connections

## Lesson Connection



In Lesson 5, *MyPlate*, your child learned about MyPlate, the icon used by the United States Department of Agriculture (USDA) to explain recommendations for dietary patterns. The key messages of MyPlate are to make half your plate fruit and vegetables, go lean with protein, make half of your grains whole, and get your calcium-rich foods.

In the classroom activity on MyPlate, students learned that there are different recommendations based on age, gender, and physical activity level. In the garden activity, your child explored different types of vegetables using the five senses: taste, smell, sight, sound, and touch.

## Family Activity

For the next three days, keep track of how many cups of fruits and vegetables your family eats. Check out the list of foods you might be surprised are vegetables in this issue.

### Directions:

1. List your family members' names, including yourself, on the left side of the table below. (You can use a separate sheet of paper if necessary).
2. Starting today, draw a + under Day 1 each time you eat a cup of fruit or vegetables.
3. Tomorrow, draw a + under Day 2, and the next day draw a + under Day 3 each time you eat a cup of fruit or vegetables.
4. Who in your family eats the most fruits and vegetables? Discuss how you can eat more fruits and vegetables every day.

Family Member's Name	Day 1	Day 2	Day 3

## Kitchen Connections

Try this recipe with your family! Here are some things you can discuss with your child as you prepare and taste it: What do you know about where some of these vegetables are grown around the world? What nutrients do you think you might find in this salad? How many MyPlate servings of vegetables do you think are in this recipe?

### Veggie Tostada Ole Recipe (serves 4-6)

- 6 corn tortillas or corn tostadas
- 2 tablespoons canola oil
- 1 red bell pepper, chopped
- 1 cup kernel corn, frozen, canned or fresh
- 1 cup zucchini or yellow squash, chopped
- 1 cup onion, diced
- 1 garlic clove, minced
- 1 15-ounce can low-fat refried beans
- 1 bunch epazote or cilantro, chopped (optional)
- 2 ounces queso fresco or other cheese, crumbled (optional)

#### Directions:

1. Preheat oven to 375 degrees. Bake tortillas for 10-12 minutes, until golden brown and crisp.
2. Heat 1 tablespoon canola oil in medium skillet over medium heat. Add the bell peppers, corn, and squash, and cook until softened, about 5 minutes. Put the bell pepper mixture into a bowl and set aside.
3. Heat the remaining 1 tablespoon of canola oil in medium skillet over medium heat. Add the onion to the skillet and cook about 5 minutes. Add garlic and sauté another 30 seconds. Add refried beans and mix well. Continue to cook until the beans are warmed.
4. Assemble the tostadas by spreading a layer of the bean mixture on the pre-baked tortilla. Spoon the bell pepper mixture on top of the beans. Finally, sprinkle the cheese and epazote on top of the tostada.
5. Enjoy!

# Want to make sure your children eat fruits and vegetables?

Let them help you plan the fruits and vegetables your family will eat for the week. When children are involved in planning, selecting and preparing fruits and vegetables, they are more likely to eat them. You can ask them to select a fruit and a vegetable for each day of the week and add it to your shopping list. Having children help you plan what to buy develops their planning and decision making skills.



Another way to involve children is to offer two choices, “would you like broccoli or cauliflower with dinner?” “Would you like a peach or watermelon with lunch?” Involving your children in making decisions for the family helps them feel part of your family “team.”

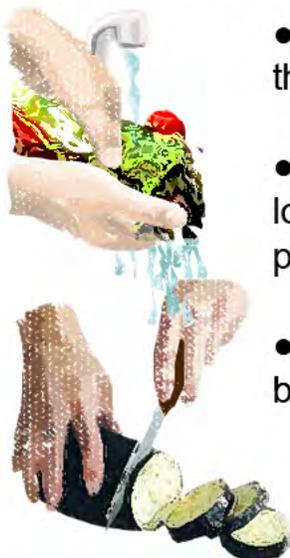
## Follow the leader

One of the most important ways children learn from you is by watching what you do. Parents who eat more fruits and vegetables have children who do so. Let your children see you not only preparing and eating fruits and veggies but smiling and enjoying them and eventually they will too—it works!

I Spy with my little eye.....

## I Spy with my little eye...

Putting fruits and vegetable where you and your family can see them



- Wash, chop and store them in the refrigerator at eye level.
- Offer a variety of colors - kids love color - orange carrots, yellow peppers, red grape tomatoes.
- Keep washed whole fruit in a bowl on the counter ready to grab—bananas, mandarin oranges, apples and peaches.



# Healthy Family Challenge

## MON TUE WED THU FRI SAT SUN



- Have your children choose one fruit and one vegetable, a different one, for each day of the week and add them to your shopping list.

- Have “crazy salad” night where your kids get to add any fruits and vegetables available to their salad (including canned foods, dried fruit and beans like kidney or chick peas).



- When it is hot outside, serve refreshing cucumber slices with salsa as a dip.
- Use salsa, spaghetti or pizza sauce as a dip.
- Make your own bean dip by mixing a can of fat free refried beans with a jar of salsa.



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