



Exploring MyPyramid with Professor Popcorn

Vary Your Veggies and Focus on Fruits

Dear Parents or Caregivers,

In this lesson your child learned the importance of eating fruit and vegetables. These food groups provide our body with needed vitamins. Vitamins help our eyes see normally in the dark, promotes the growth and health of cells throughout our body, protects us from infections, helps heal cuts and wounds, and works as an antioxidant.

The color of the fruit and vegetables gives us a clue to the amount of vitamins they contain. The dark green, deep yellow or orange, and red vegetables have more vitamins than the pale-colored vegetables. So put a rainbow on your plate to get the most benefit.

Sincerely,

Did you eat your colors today?

Eat foods from every color every day.
Be sure to move your body every day.

Orange is for Grains
Green is for **Vegetables**
Red is for **Fruits**
Blue is for Milk
Purple is for Meat and Beans



How much should you eat?

Fruit:

Children 6 to 12 years old should eat 1½ cups of fruit every day.

Adults who are moderately active should eat 2 cups every day.

Vegetables:

Children 6 to 12 years old should eat 2 cups of vegetables every day.

Adults who are moderately active should eat 2½ cups of vegetables every day.

1 cup of raw or cooked vegetables = 1 cup of vegetables



2 cups of raw leafy greens = 1 cup of vegetables



1 cup of vegetable juice = 1 cup of vegetables



Step 3



Place a rainbow on your plate.

Tips for Parents:

- Fruit makes a great choice for a snack. It will satisfy kids for the present yet leave them with an appetite for dinner.
- Serve raw vegetables with dip. They're often more popular with children than cooked vegetables.
- Shop for fruit and vegetables with your child, talking about how they grow and the different forms you see (canned, fresh, frozen) will encourage your child's curiosity.
- Grow some vegetables together. Patio tomatoes are great if garden space isn't available; gardening on any scale builds excitement.
- Enjoy fruit and vegetables yourself. Let your family see that healthful foods can be a happy part of meals and snacks.

Bun Buggies

1 serving

1 three-inch Kaiser roll or oblong shaped roll

1 straw

2 thin sliced carrots (long enough to stick outside the bun)

4 cucumber slices

2 toothpicks

2 green olives

2 tablespoons low-fat vegetable dip

1 small pretzel

2 cherry tomatoes

1 broccoli flower

1 celery stick

1 baby carrot

1. Cut a round section out of the center of the top bun for the inside of the car. Be careful to leave a floor in the car.
2. The straw is your tool. Push it through the bun horizontally to make holes for the axles. Slide the thin carrots through the holes.
3. Take the straw and make holes in the center of the cucumbers. These will be the wheels. Slide them onto the carrots.
4. Put the green olives on as headlights using the toothpicks to hold them in place.
5. Spoon the dip into the car. Place the pretzel in the dip as the steering wheel, the cherry tomatoes are the driver and passenger.
6. Place the broccoli, celery, and baby carrots in the back seat. Enjoy! Children love these!

Nutrition Facts: One serving provides 340 calories, 10g total fat, 5mg cholesterol, 780mg sodium, 52g total carbohydrate

Resource: Better Homes and Gardens Silly Snacks Cookbook

Fruit Kabob

It's one of life's mysteries – putting food on a stick improves the flavor. This colorful kabob alternates fresh fruits; for a more exotic version, try tropical fruits.

Bananas

Pineapple, fresh or canned

Assorted melons

Strawberries

Grapes

Help your child cut the fruit into bite-size chunks, slices, or shapes (use plastic knives, cookie cutters, and melon balls). To make one kabob, carefully push a skewer through the fruits, alternating colors and shapes.

Nutrition Facts: One serving provides 150 calories, 0.5g total fat, 0mg cholesterol, 10mg sodium, 38g total carbohydrate.

Resources: <http://www.mypyramid.gov> and Professor Popcorn, Purdue University

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