

# THE HEALTHY KIDS TIMES

MyPyramid

Grades 5-6

NUTRITION NEWS AND MORE FOR YOUR FAMILY



*Dear Parent,*

Your student has been learning about the importance of making wise food choices. You can help your child develop good eating habits. Be a role model for your child by making healthy food a part of your daily routine. Try to follow the MyPyramid food guidelines by eating a variety of foods. Include foods from each of the food groups (Grains, Vegetables, Fruit, Milk and Meat & Beans) in your family meals.

## Media and Peer Influences on Food Choices

Today's kids receive food messages from all angles...television, movies, the internet, their friends...and not all those messages are positive. Kids often have difficulty sorting through good and bad messages about food, eating, and body image.

So as a parent what do you do to help your student learn how to make wise food choices?

- Monitor what your kids are viewing on television and the internet. Talk about what they see on television shows and websites.
- Be a good role model by making healthy food choices.
- Include your kids in grocery shopping, meal planning and preparation.
- Support your child's social development.

Encourage them to form positive relationships. Help your child to learn what qualities to look for in a friend. Dangerous eating habits can result from kids looking for acceptance or wanting to belong.

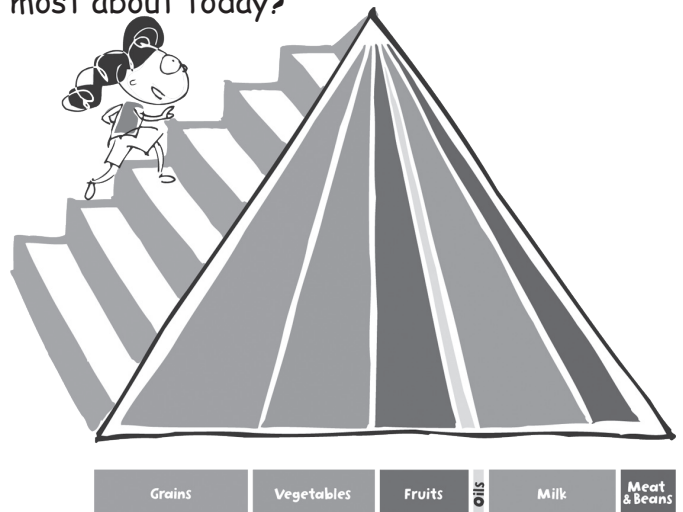
## Family Meal Time

### Try for 5 Family Meals Each Week

Today's families are busy. Balancing work, school activities and other activities like church, 4-H, scouts, music lessons and sports makes it difficult for families to find time to be together. Eating together gives family members an opportunity to reconnect with each other.

Make eating together a priority. Try to set a goal of eating together at least five times each week. You can start with one meal together (breakfast, lunch or dinner—eating at home or dining out) and work your way up from there. Here are some ideas on how to make family meal time more enjoyable:

- Involve your kids in planning, preparing and serving the meal
- Take some time for enjoyable conversation before you begin clean-up
- Jump start the conversation with some open ended questions like "What was the best part of your day?" or "What did you like the most about today?"



[www.mypyramid.gov](http://www.mypyramid.gov)

Parents and Kids,

One section of MyPyramid is the "Fats and Oils" section. The body needs some fats, but we need to limit the total amount of fats we consume in a day. Boys and girls ages 9-13 should limit their intake to 5 teaspoons of oils per day.

Eating at fast food restaurants is fun, but we need to remember that many fast foods contain a lot of oils and fats. Most fast food restaurants have nutrition information available to help you make better food choices.

Take a look at this chart and answer the questions about the amount of fat in some popular fast foods.

## Food Total Fat (grams)

Hamburger	9
Quarter-pound hamburger	18
Fried fish filet sandwich	18
Crispy fried chicken	23
Chicken nuggets (10 pieces)	24
Beef soft taco without cheese	8
Beef taco, regular style, without cheese	7
Bean burrito, no cheese	8
Taco salad with ground beef, no cheese	39

1. How many grams of total fat are in a quarter-pound hamburger? \_\_\_\_\_
2. How many grams of total fat are in a regular hamburger? \_\_\_\_\_
3. Which food contains the most fat grams? \_\_\_\_\_
4. Which food contains the least fat grams? \_\_\_\_\_
5. Circle the food with the less fat:

- |                         |    |                           |
|-------------------------|----|---------------------------|
| a. Taco salad           | OR | Beef soft taco            |
| b. Hamburger            | OR | Fried fish filet sandwich |
| c. Crispy fried chicken | OR | Quarter-pound hamburger   |
| d. Hamburger            | OR | Quarter-pound hamburger   |

Information courtesy [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

Answers: 1. 18 grams; 2. 9 grams; 3. Taco salad; 4. Beef taco, regular style, no cheese; 5a. Beef soft taco, 5b. Hamburger, 5c. Quarter-pound hamburger, 5d. Hamburger



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This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local SRS office or call (800)221-5689.