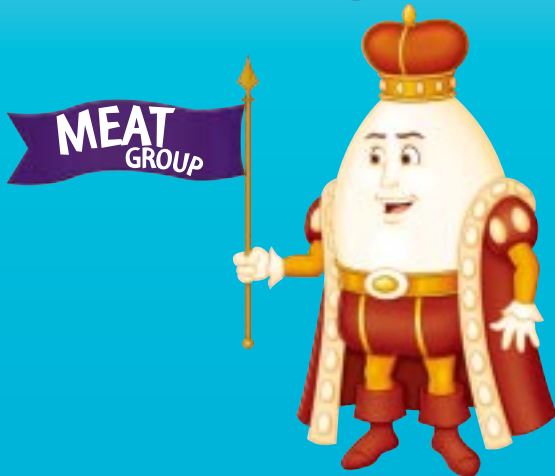


# LITTLE D'S NUTRITION

## EXPEDITION™ NUTRITION BACKGROUNDER



## PART 1: WHY TEACH NUTRITION?

Nutrition education benefits children today and into the future.

- *Good nutrition and learning go hand in hand.* When children's nutritional needs are met, it's easier for them to focus and learn. Well-nourished children have higher test scores, better school attendance and fewer classroom behavior problems.
- *Nutrition education lays the groundwork for lifelong health habits.* Research shows that the knowledge and skills children acquire at an early age help them choose more nutritious foods during childhood as well as adulthood.
- *Children need the tools to make nutritious selections.* Most children are making food choices daily in the school cafeteria. Many children are also deciding what they will eat for breakfast, snacks and even dinner. Nutrition education provides them with the tools they need to make smart food choices.



### DID YOU KNOW?

Statistics show that America's children are in trouble. Many of our children are overweight and yet undernourished:

- Only 2% eat the recommended servings each day from all Five Food Groups, which means they may miss out on a variety of nutrients, including vitamins A, C and B<sub>6</sub>, iron and calcium.
- 16% do not meet any of the Five Food Group recommendations.
- 20% of children's calories come from "Others" category foods that provide more calories than nutrients.



### KEY TO SYMBOLS



Did You Know?



Something to Chew On



Put It Into Practice



Going Further

## PART 2: WHAT ARE THE NUTRITION BASICS?

The body needs about 40 nutrients for good health. The best way to get these nutrients is to think **Balance, Variety and Moderation**:

### Think BALANCE:

**Every day eat foods from all Five Food Groups – Grain, Vegetable, Fruit, Milk, and Meat.**

Each food group provides different nutrients. Each nutrient helps the body stay healthy in a different way. Eating from all Five Food Groups gives the body all the nutrients it needs to stay healthy. Eliminating one or more food groups means you do not get the nutrients (and health benefits) provided by that group. (See page 4 for more information on the nutrients and health benefits of each food group.)



Grain Group



Vegetable Group



Fruit Group



Milk Group



Meat Group

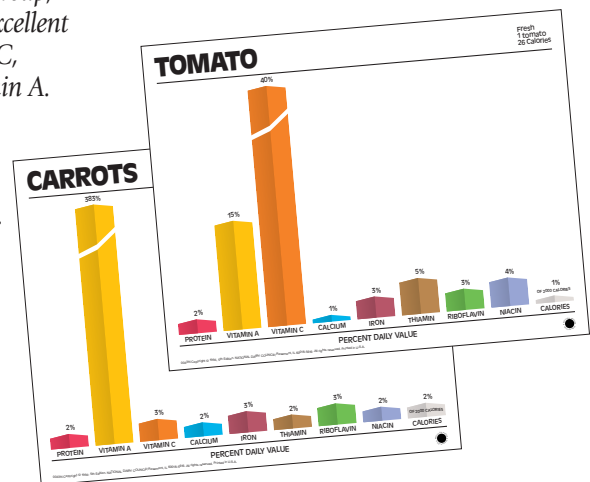
Nutrients occur naturally in Five Food Group foods. By choosing naturally nutrient-rich foods first, children can get more nutrients from their food without eating more. Five Food Group foods can pack more vitamins and minerals into fewer calories as children consume colorful fruits and vegetables, lowfat and fat free dairy foods, lean meats, and whole grains.

### Think VARIETY:

**Eat a variety of foods within each food group.**

Some foods in each food group are better sources of nutrients than others. Eating different foods within each food group increases the chance of getting all the nutrients needed.

In the Vegetable Group, tomatoes are an excellent source of vitamin C, but lower in vitamin A. Carrots are an excellent source of vitamin A, but not vitamin C.



### DID YOU KNOW?

Even though a tomato is botanically a fruit, in 1893 the U.S. Supreme Court officially classified the tomato as a vegetable in a tariff dispute.

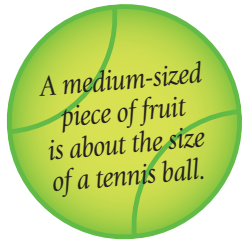


■ **Think MODERATION:**

Eat in moderation. Moderation means:

- Eating the recommended number of servings from each food group each day.
- Eating foods in the suggested serving sizes.

The chart on page 4 provides hands-on guidelines for moderation.



“OTHERS” ARE EXTRA FOODS

“Others” foods include soft drinks, fruit-juice drinks, doughnuts, chips, candy, sweets, condiments, fats, oils, and spreads.

Foods in the “Others” category provide the body with more calories than nutrients. For example, compare the nutrient charts for a soft drink and a glass of lowfat milk.

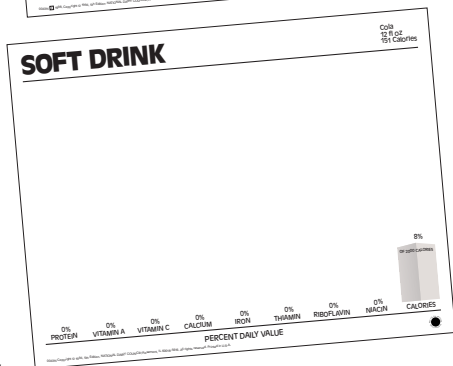
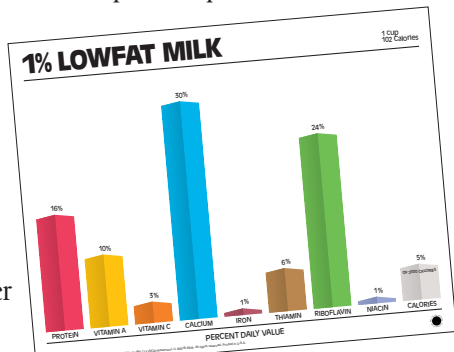
■ For milk, the bars for calcium, riboflavin, protein, thiamin, and vitamin A are higher than its calorie bar.

■ For the soft drink, the calorie bar is higher than any nutrient bar.

“Others” are not necessarily bad. However, eating too many “Others” foods can be a problem if:

- Children fill up on “Others” and do not have room to eat from the Five Food Groups.
- Children take in more calories than they need.

Active children can consume “Others” in moderation, as long as they eat the recommended amounts of foods in the Five Food Groups.



**COMBINATION FOODS COUNT TOO!**

*Lasagna, pizza, stir fry, Cheeseburger, taco, stew, Burrito, soup, and sandwich, All are healthy for you.*

These mixed dishes known as Combination Foods combine foods from the Five Food Groups.

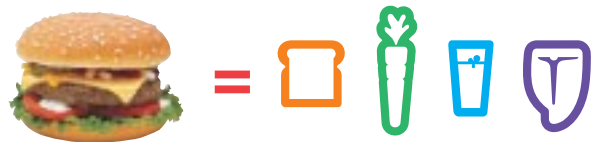
Combination Foods can be very nutritious because they provide nutrients from each food group represented in the dish.

Take a look at the cheeseburger:

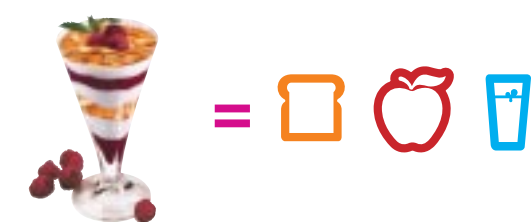
- Hamburger bun from the Grain Group provides carbohydrate.
- Lettuce and tomato from the Vegetable Group provide vitamin A.
- Cheese from the Milk Group provides calcium.
- Ground beef from the Meat Group provides protein.

Calorie for calorie, Combination Foods are nutritious choices. For a listing of multicultural Combination Foods, see the Combination Food chart in Appendix A, page 12.

**CHEESEBURGER**



**YOGURT PARFAIT**



**DID YOU KNOW?**

In response to the 2005 Dietary Guidelines for Americans, the U.S. Department of Agriculture (USDA) introduced MyPyramid, a symbol that reminds consumers to make healthy food choices and be active every day. MyPyramid uses a personalized approach to nutrition, recognizing that one pyramid does not fit all. It offers the following guidelines for all Americans over age two:

- Make smart choices from every food group.
  - Make half your grains whole.
  - Vary your veggies.
  - Get your calcium-rich foods.
  - Go lean with protein.
- Find your balance between food and physical activity.
  - Be physically active for at least 60 minutes most days of the week.
- Get the most nutrition out of your calories.
  - Know your limits on fats, sugars, and sodium.

Source: MyPyramid.gov

This chart is intended as an eating guide for children ages 7-13 who participate in 30-60 minutes of moderate activity daily. For children 14+ and adults, refer to [www.MyPyramid.gov](http://www.MyPyramid.gov).



## EAT THE FIVE FOOD GROUP WAY!™

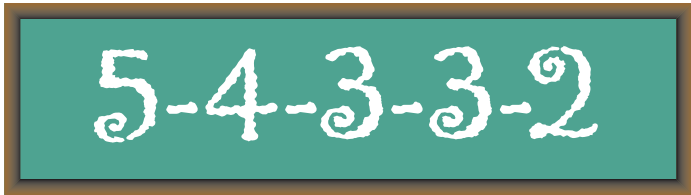
FOOD GROUP, HEALTH BENEFITS, AND NUTRIENTS <sup>1</sup>	MYPYRAMID.GOV TOTAL DAILY PORTIONS	TRANSLATING PORTIONS INTO DAILY SERVINGS <sup>2</sup>	FOOD	COMMON SERVING SIZE
<b>GRAIN GROUP<sup>3</sup></b> Provides energy and aids digestion  <i>Key Nutrients:</i> ■ Carbohydrate ■ Fiber	Ages 7-10 = <b>5-6 oz</b>	→ <b>5-6</b> servings	Bread Tortilla, roll, muffin Bagel, hamburger bun	1 slice 1 1/2
	Ages 11-13 = <b>6-7 oz</b>	→ <b>6-7</b> servings	Rice, pasta, cooked cereal, grits Ready-to-eat cereal  Pancake, waffle	1/2 cup 1 oz (flakes or round) 1 (4" diameter)
<b>VEGETABLE GROUP</b> Helps you see in the dark  <i>Key Nutrients:</i> ■ Vitamin A ■ Fiber	Ages 7-10 = <b>2-2½ cups</b>	→ <b>4-5</b> servings	Cooked vegetables Chopped, raw vegetables	1/2 cup 1/2 cup
	Ages 11-13 = <b>2½-3 cups</b>	→ <b>5-6</b> servings	Raw, leafy vegetables Vegetable juice	1 cup 3/4 cup
<b>FRUIT GROUP</b> Heals cuts and bruises  <i>Key Nutrients:</i> ■ Vitamin C ■ Potassium	Ages 7-10 = <b>1½ cups</b>	→ <b>3</b> servings	Apple, banana, orange, pear Grapefruit	1 medium 1/2 fruit
	Ages 11-13 = <b>1½-2 cups</b>	→ <b>3-4</b> servings	Cantaloupe Raisins, dried fruit Chopped fruit 100% fruit juice	1/4 fruit 1/4 cup 1/2 cup 3/4 cup
<b>MILK GROUP</b> Builds strong bones and teeth  <i>Key Nutrients:</i> ■ Calcium ■ Vitamin D	Ages 7-10 = <b>3 cups</b>	→ <b>3</b> servings	Milk Yogurt Cheese Pudding Frozen yogurt	1 cup (8 oz) 8 oz container 1-1/2 to 2 oz 1/2 cup 1/2 cup
	Ages 11-13 = <b>3 cups</b>	→ <b>3</b> servings		
<b>MEAT GROUP</b> Builds strong muscles  <i>Key Nutrients:</i> ■ Protein ■ Iron	Ages 7-10 = <b>5 oz</b>	→ <b>2</b> servings	Cooked lean meat, poultry, fish Egg Peanut butter	2-3 oz 1 (1 oz) 2 tbsp (1 oz)
	Ages 11-13 = <b>5-6 oz</b>	→ <b>2</b> servings	Cooked dried peas or beans Nuts, seeds	1/2 cup 1/3 cup
<b>"OTHERS" CATEGORY</b>	See MyPyramid.gov for information on "Oils" and "Discretionary Calories"	Active children can consume "Others" in moderation, as long as they eat the recommended amounts from the Five Food Groups.	Fats, oils, spreads Candy Cookies Cake Chips Soft drinks	1 tsp to 1 tbsp 1 oz 2 small 1/16 of cake 1 oz 12 oz

<sup>1</sup> All of the Five Food Groups provide many nutrients. Listed here are some of the most important ones.

<sup>2</sup> These are minimum recommended number of servings. Some people will need more or less servings, depending on their gender, size, activity level and growth.

<sup>3</sup> At least half of the daily servings should come from whole grains.

**PART 3:**  
**HOW DO YOU**  
**PUT THE**  
**NUTRITION BASICS**  
**TOGETHER**  
**TO EAT**  
**A NUTRITIOUS DIET?**



A healthful diet provides all the nutrients you need in a day. For children ages 7 to 8, eating a healthful diet is as easy as 5-4-3-3-2.






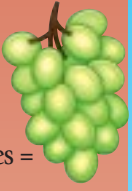



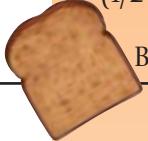

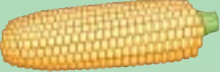

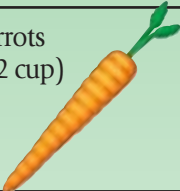


- 5 servings from the Grain Group
- 4 servings from the Vegetable Group
- 3 servings from the Fruit Group
- 3 servings from the Milk Group
- 2 servings from the Meat Group

Children who are very physically active or in a growth spurt may need more servings. But 5-4-3-3-2 are the minimum number of daily servings most children need.

There are three simple habits students can practice to eat a nutritious diet:

- Eat breakfast (and include at least three of the Five Food Groups).
- Choose school lunch.
- Snack on Five Food Group foods.

**IT'S EASY FOR CHILDREN AGES 7-8 TO GET THE DAILY SERVINGS THEY NEED:**

	<b>GRAIN GROUP</b>	<b>VEGETABLE GROUP</b>	<b>FRUIT GROUP</b>	<b>MILK GROUP</b>	<b>MEAT GROUP</b>
<b>BREAKFAST</b>	 Cereal (1 oz)		 Strawberries (1/2 cup sliced)	 Milk (1 cup)	
<b>LUNCH</b>	 Hamburger bun (1 whole bun = 2 oz)	 Tomato slices (1/2 cup)	 Grapes (16 grapes = 1/2 cup)	 Chocolate milk (1 cup)	 Hamburger (3 oz)
<b>DINNER</b>	 Rice (1/2 cup = 1 oz)  Bread (1 oz)	 Broccoli (1/2 cup)  Corn (1/2 cup)			 Baked chicken (2 oz)
<b>SNACKS</b>		 Carrots (1/2 cup)	 Apple (1 medium apple = 1/2 cup)	 Yogurt (8 oz container = 1 cup)	
<b>MYPYRAMID.GOV DAILY PORTIONS</b>	5 ounces	2 cups	1-1/2 cups	3 cups	5 ounces
<b>TRANSLATING TO SERVINGS</b>	5 servings	4 servings	3 servings	3 servings	2 servings

A healthy eating plan is one that emphasizes lowfat or fat free milk and milk products, fruits, vegetables and whole grains and includes lean meats, poultry, fish, beans, eggs, and nuts.

## BREAKFAST MAKES ACHIEVERS

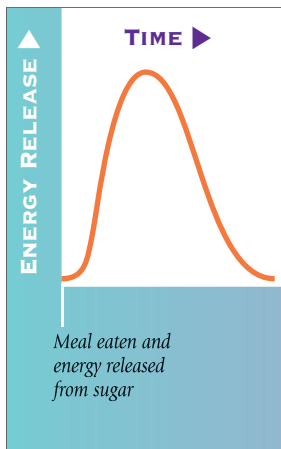
Want your students to be more alert, focused and ready to learn each morning? Encourage them to eat breakfast every day. National studies consistently show that children who eat breakfast are better able to concentrate and learn, have fewer classroom behavior problems and have higher academic performance.

- The Maryland Meals for Achievement study found that in schools where students were offered free breakfast:
  - Standardized test scores increased 17% above the state average.
  - Tardiness decreased by 8%.
  - Suspensions decreased by 1.6 days per month.
  - Referrals to the office for discipline decreased by 20%.
- In a three-year Minnesota study of free school breakfast, administrators reported that breakfast played a major role in a 40 to 50% decrease in discipline issues.
- In a study where all students received free breakfast in Boston Public Schools (Massachusetts), 60% of teachers surveyed reported positive changes in student behavior.

### What's a Nutritious Breakfast?

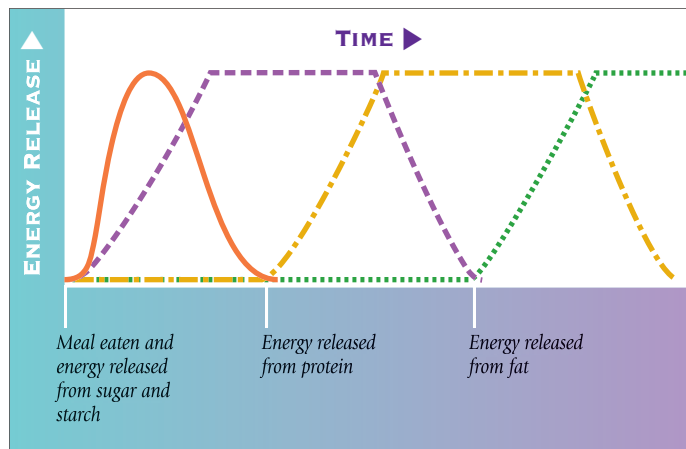
A nutritious breakfast includes at least three of the Five Food Groups. In the graph below, compare the effects of a breakfast of sugary foods with a breakfast of foods from the Five Food Groups.

For children who do not have time for breakfast at home, do not have access to breakfast, or are not hungry first thing in the morning, school breakfast is a great option. It supplies one-fourth of a child's daily nutrient and caloric needs.



"Better Breakfast, Better Learning"  
© 1994 California Department of Education.

Sugary foods such as doughnuts, fruit juice, fruit drinks, candy, or soft drinks are not the best choices for breakfast. These foods cause a quick rise in blood sugar and energy. About an hour later, however, blood sugar and energy decline rapidly, bringing on symptoms of hunger.



"Better Breakfast, Better Learning"  
© 1994 California Department of Education.

A better choice is a breakfast with foods from at least three of the Five Food Groups – e.g., fruit, toast or cereal and lowfat milk. Because this breakfast provides a balance of protein, carbohydrate and fat, energy is released throughout the morning. That means students will not feel hungry for several hours.



### SOMETHING TO CHEW ON

*"Breakfast in the classroom is now a routine start of the school day... Since the program began, there have been significant improvements in the students' classroom performance, behavior and test scores. Well-nourished students are students who are ready to learn."*

**Michael Worley,**  
Principal, Travis Elementary School, Midland, Texas

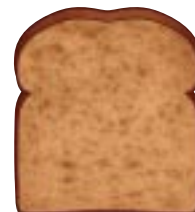
**Patricia Mouser,**  
Child Nutrition Services Director,  
Midland Independent School District (Texas)



### SOMETHING TO CHEW ON

*Breakfast is more than nutrition. It's education. For years we have had data showing the nutritional benefits. Now we have data to prove the educational benefits. As educators, we cannot turn our backs on the importance of encouraging children to eat breakfast.*

**Doris Derelian, PhD, JD, RD, FADA**  
Professor and Department Head  
California Polytechnic State University, San Luis Obispo



## SCHOOL LUNCH – MORE THAN A CONVENIENT OPTION

School lunch is a nutritious meal that provides one-third of a child's daily nutrient and calorie needs. To qualify for federal reimbursement, school meals must:

- Provide calcium, protein, vitamins A & C, and iron – nutrients that tend to be low in children's diets.
- Meet specific guidelines for total fat, saturated fat and calories.

When averaged over the course of a week, school lunch must provide less than 30% of calories from fat and less than 10% of calories from saturated fat. In many schools, menu items have been modified to meet these guidelines. For example, chicken nuggets may be baked instead of fried or pizza may be made with lowfat cheese and lean beef. Schools also offer a variety of fresh fruits, vegetables, whole grains, and lowfat milk options.



### DID YOU KNOW?

Research shows that students who eat school lunch are more likely to consume milk, meats, grains, and vegetables compared to students who do not, including those who bring lunch from home. Studies also show that children who eat school lunch have higher nutrient intakes – both at lunch and over the course of an entire day. And when children are better nourished, they perform better in school.

"Children's Diets in the Mid-1990s: Dietary Intake and Its Relationship with School Meal Participation"  
Nutrition Assistance Program Report Series, Report CN-01-CD1  
The Office of Analysis, Nutrition and Evaluation  
United States Department of Agriculture, Food and Nutrition Service  
January 2001



### PUT IT INTO PRACTICE

#### Cafeteria-Classroom Connection

The school cafeteria is the logical place for students to apply the nutrition concepts you teach in the classroom. Help students make this connection with one or more of the following activities:

- During your nutrition unit, join children in the school lunch line. Let them see you make nutritious choices, including milk.
- Review the school lunch menu and ask students to determine if foods from all Five Food Groups are included.
- In many schools, children can choose three to five items from a variety of nutritious choices. Invite students to apply nutrition concepts learned in the classroom when making lunch choices.
- Invite the foodservice director to talk to your students about the connection between school lunch and good nutrition.
- Explore ways you can work with your cafeteria manager to create a richer learning experience for students.  
Possibilities include:
  - Evaluating new menu items.
  - Planning a new lunch for the school menu.
  - Conducting a cafeteria survey.

## SNACKS – FUEL THROUGHOUT THE DAY

Snacks do more than satisfy children's hunger. Snacks also provide a steady supply of nutrients and energy needed to learn, grow and play.

On average, snacks account for about 20% of a child's nutrient and caloric intake. Without nutritious snacks, it's difficult for children to meet their daily nutrient needs.

A nutritious snack includes one or more foods from the Five Food Groups. If a snack includes an "Others" category food, it should be limited to one and have at least one food group food along with it. For example, cookies can be paired with a glass of milk.

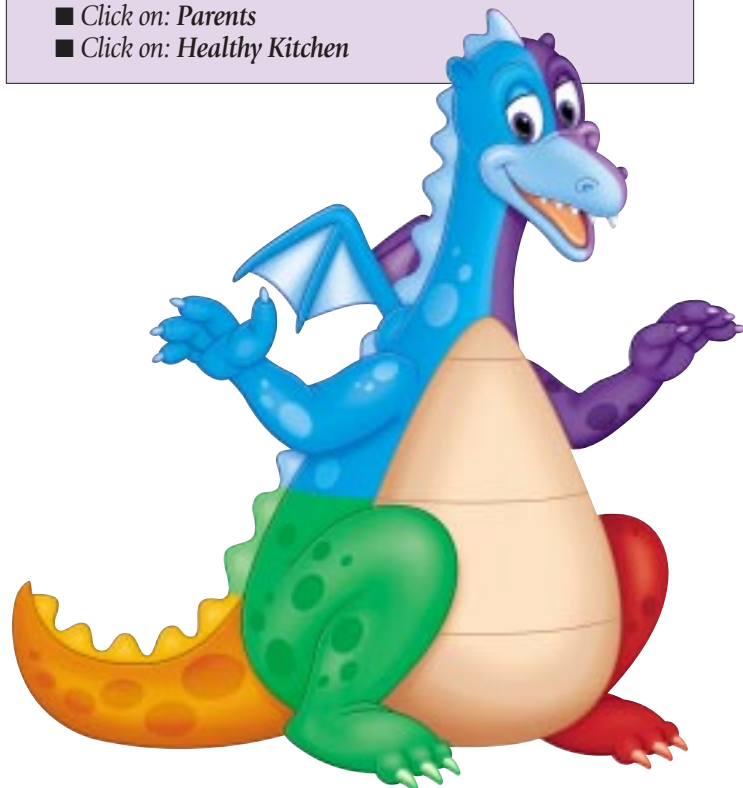


### PUT IT INTO PRACTICE

#### Influencing Children's Snack Choices

Teach students that the Five Food Groups make nutritious and tasty snacks.

- Talk about *healthful snacks* often. Share examples of nutritious snacks you eat.
- Encourage children to bring nutritious snacks from home.
- Photocopy the **Smart Snacking** blackline master on page 8 as a take-home piece.
- Take a *Snack Survey*. Classify students' snacks according to the Five Food Groups and "Others." Create a graph to see which food groups are most often eaten as snacks.
- Brainstorm a list of foods in each food group. Invite students to suggest ways to mix and match these foods to make nutritious snacks.
- Feature a "Nutritious Snack of the Week" on the board for children to try at home. At the end of the week, ask students to share their experiences.
- For more healthy snack ideas, go to [www.NutritionExplorations.org](http://www.NutritionExplorations.org)
  - Click on: **Parents**
  - Click on: **Healthy Kitchen**



# SMART SNACKING

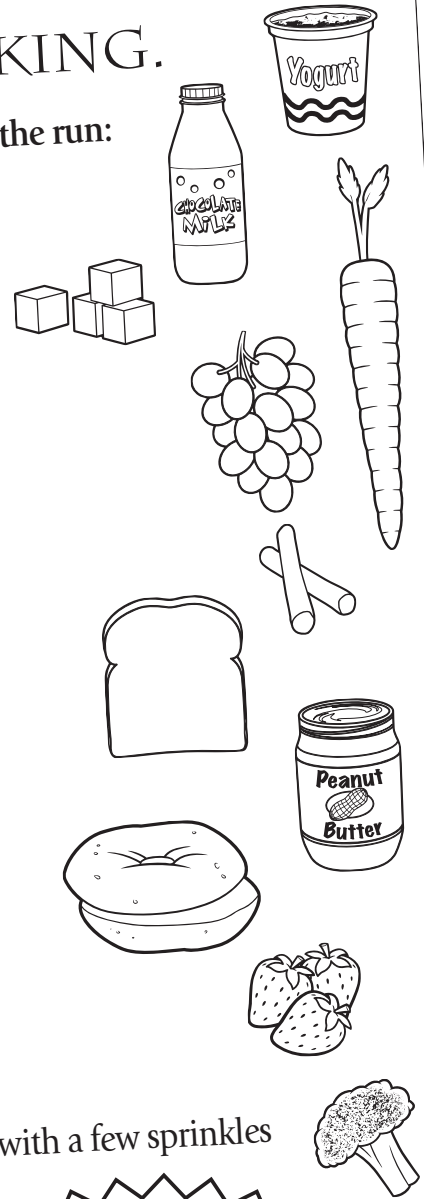
Snacking can be an important part of a child's diet. The key is:



## PICK FOODS THAT ARE NUTRITIOUS AND GOOD TASTING FOR SNACKING.

Here are 26 Smart Snack ideas for eating at home, at school or on the run:

1. Last night's leftovers and a glass of milk
2. Cold pizza
3. Crackers and mini carrots with hummus for dipping
4. Chocolate milk and a banana
5. Yogurt and a mini-muffin
6. Cheese, crackers and grapes
7. Cold french toast strips and applesauce for dipping
8. Whole wheat toast with peanut butter and a glass of milk
9. Whole grain cereal and milk
10. String cheese and orange wedges
11. Turkey and cheese rolled in a tortilla to make a spiral sandwich
12. Yogurt topped with fruit or lowfat granola
13. Cut, raw vegetables and a slice of cheese
14. Pudding topped with sliced bananas
15. Mini-bagel with lowfat cream cheese and carrot sticks
16. Cheese melted in a pita pocket spread with pizza sauce
17. Mini-bagel pizzas
18. Fresh fruit with yogurt dip
19. Trail mix
20. Little sandwiches cut into fun shapes
21. Yogurt parfaits – fruit, yogurt and cereal layered in a clear cup with a few sprinkles
22. Lowfat chocolate, strawberry or orange milk
23. Cut fresh vegetables with lowfat yogurt dip
24. Baked tortilla chips with salsa
25. Breadsticks with sauce for dipping
26. Graham crackers "painted" with pudding



For more nutritious snack ideas, go to [www.NutritionExplorations.org](http://www.NutritionExplorations.org)

- Click on: Parents
- Click on: Healthy Kitchen

## PART 4: SPECIAL NUTRITION CONCERNS FOR CHILDREN

There are two special nutrition concerns that affect American children in the early 21st century:

- Overweight and obesity.
- Underconsumption of calcium.

### CONCERN 1:

#### OVERWEIGHT AND OBESITY

Childhood overweight and obesity is now considered a public health concern. The number of overweight children has doubled in the past 20 years, with an estimated 13% of school-age children considered overweight. This number is expected to rise.

Overweight and obesity concerns are associated with short-term and long-term health problems, such as type 2 diabetes. In addition, these conditions can affect an individual's emotional well-being and self-esteem.

In most people, overweight and obesity are the result of consuming too many calories and/or not using up enough calories in activity.

#### THE SOLUTION: GOOD NUTRITION AND PLENTY OF PHYSICAL ACTIVITY

Taking in enough nutrients while not taking in too many calories is critical for maintaining a healthy weight. In addition to following the guidelines of Balance, Variety and Moderation, a healthy diet consists primarily of naturally nutrient-rich foods, i.e., foods from the Five Food Groups. Choosing naturally nutrient-rich foods allows children to get more nutrients from their food without eating more. Foods from the Five Food Groups pack more vitamins and minerals into fewer calories as children consume colorful fruits and vegetables, low- and nonfat dairy foods, lean meats, and whole grains.

Daily physical activity is also very important to help children (and adults) maintain a healthy weight. Each day, children need at least 60 minutes of age-appropriate physical activity, including spontaneous play such as bike riding or tag, organized sports and physical education.

In addition to helping maintain weight, physical activity builds skills and sets the stage for lifelong activity. Physical activity also builds self-esteem, reduces stress and helps maintain healthy bones, muscles and joints.

Children can get the physical activity they need when:

- They have physical education class one or more times a week.
- They have daily recess.
- They have the opportunity for spontaneous play after school and on weekends.

Good nutrition and plenty of physical activity are keys to academic success because they work together to improve children's ability to focus and learn.



To achieve a balance between food and physical activity, children need to be physically active for 60 minutes everyday or most days.



#### SOMETHING TO CHEW ON

*"We now know that making time for physical education and physical activity does not reduce academic learning and it may actually increase it."*

Dr. Charles B. Corbin

Arizona State University

Co-author of "Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12"



#### PUT IT INTO PRACTICE

##### Keep Your Students Moving

- Work activity into your classroom routine. For example:
  - Take fitness or stretch breaks between subjects.
  - Have students hop or jump before answering a question.
- Talk to your physical education teacher to find ways to combine physical education and classroom learning.
- Talk with students about being active outside of school.
- Share ways you are active and why physical activity is important to you.
- Schedule recess every day. Make sure it's not lost to other subjects or withdrawn as punishment.
- Schedule recess before lunch. A 1995 study published by the *Journal of the American Dietetic Association* shows that students who ate lunch after recess were better nourished because they were less likely to rush through lunch to get to the playground.
- Encourage active games like jump-rope, kick-ball and tag during recess. Reward students for being active at recess.
- Advocate for and support daily physical education.



#### DID YOU KNOW?

The American Academy of Pediatrics suggests no more than two hours a day for sedentary activities such as TV watching, video games and computer games.



#### SOMETHING TO CHEW ON

*"Good nutrition and proper exercise in schools can help bolster academic achievement."*

David Satcher, M.D., Ph.D.,

Former U.S. Surgeon General

Founding Chair, Action for Healthy Kids

## CONCERN 2:

### UNDERCONSUMPTION OF CALCIUM

Growing children and teens need calcium in their diets each day to build strong bones and teeth. During the teen years, the body lays down about 50% of its bone mass. Building optimal bone mass during adolescence is important not only for good health now, but to help prevent osteoporosis in the future.

Milk and Milk Group foods provide more than 70% of the calcium in the U.S. food supply. However, in spite of the abundance of dairy foods available, America's children are coming up short.

- Only 29% of girls ages 6 to 11 consume the recommended number of Milk Group servings. (That means 71% are NOT getting enough.)
- Only 38% of boys ages 6 to 11 consume the recommended number of Milk Group servings. (That means 62% are NOT getting enough.)



### DID YOU KNOW?

The American Academy of Family Physicians believes that eating three servings of milk, cheese, or yogurt is an easy way to get calcium and eight other essential nutrients to help keep bones strong and bodies fit.



1 serving = 8 ounces or 1 cup Milk  
= 1-1/2 to 2 ounces of Cheese  
= 8 ounce container of Yogurt

### THE SOLUTION: 3-A-DAY™ OF DAIRY

Believe it or not, it's easy for children to get the calcium they need.

Three daily servings of milk, cheese or yogurt is an easy way for everyone in the family to get a powerful punch of nutrients to help build stronger bones and better bodies. The 2005 Dietary Guidelines for Americans suggest at least 3 servings of lowfat or fat free dairy foods each day to get enough important nutrients like calcium, potassium, magnesium, vitamin A, and vitamin D.

Dairy products come in a variety of choices and flavors. For example all types of milk – whole, reduced fat, lowfat, fat free, and flavored (strawberry and chocolate) – provide the same powerful nutrient package. The only difference is the fat and calories each product provides. Children eat largely for taste. The best way to ensure they consume dairy foods is to let them choose the food they prefer.



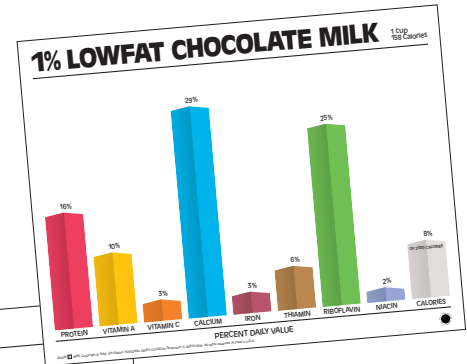
### DID YOU KNOW?

Fat free, nonfat and skim are three different names for the same dairy product.

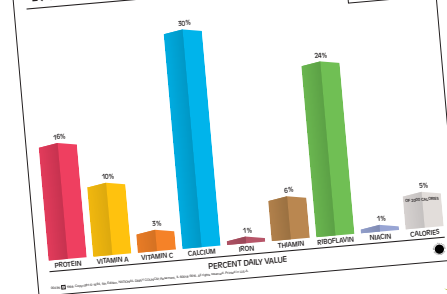


### Flavored Milk

Flavored milk has the same great nutrient package as white milk. Ounce for ounce, flavored milk contains less sugar than soft drinks. It has about as much sugar as an equal size serving of orange juice. The 60 or so added calories from sugar easily fit into a growing, active child's diet. A recent study by Rachel Johnson, Acting Dean of the College of Agriculture and Life Sciences at the University of Vermont, found that children who drink flavored milk consume more calcium and total milk than children who do not, without increasing their overall intake of sugar or fat. Children who drink flavored milk also drink fewer soft drinks and fruit drinks.



### 1% LOWFAT MILK



Flavored milk provides the same nutritional package as white milk.



### GOING FURTHER

#### Is Yours a Healthy School Environment?

In a healthy school environment, good nutrition is taught and supported throughout the school – in the classroom, the hallways, the cafeteria, vending machines – everywhere! Teaching nutrition is a priority. Physical activity is part of every day, from the gymnasium to the playground. Most importantly, the entire school community works together to make it happen.

Concerned about whether your school environment encourages the development of good health habits?

Check [www.actionforhealthykids.org](http://www.actionforhealthykids.org). Find out more about the support available to teachers and administrators.



### DID YOU KNOW?

Excessive juice consumption, even if it is 100% fruit juice, can cut into children's milk intake. The American Academy of Pediatrics recommends that fruit juice be limited to no more than 8 to 12 ounces (1 to 1-1/2 cups) per day for 7- to 18-year-olds.

## APPENDIX A: MULTICULTURAL FOODS

As our world becomes more and more diverse, you may find students bringing unfamiliar foods for lunches and snacks. Here are how some popular ethnic foods fit into the Five Food Groups.



### GRAIN GROUP

- *Arborio rice*: Short-grain rice that is cooked very slowly (Italian)
- *Basmati rice*: Long-grain, aromatic rice, often served with Indian cuisine
- *Bialy*: Cross between a bagel and a bun (Jewish)
- *Bulgur*
- *Cellophane noodles*: Fine, transparent Asian noodles made from mung bean starch
- *Challah*: Sweet egg bread (Jewish)
- *Chapati*: Flat bread, similar to a tortilla, made with whole-wheat flour (Indian)
- *Couscous*: Fine, grainy-textured pasta (Middle Eastern and North African)
- *Dumplings*
- *Farfel*: Tiny toasted noodles, often used in soups
- *Focaccia*: Flat yeast bread typically brushed with olive oil and sprinkled with coarse salt and crushed rosemary (Italian)
- *Fry bread*
- *Hominy*
- *Injera*: Spongy pancake-type bread (Ethiopian)
- *Lavosh*: Cracker bread (Armenian)
- *Matzo*: Unleavened cracker (Jewish)
- *Naan*: Flat, oblong yeast bread typically baked on the side of a tandoor or Indian clay oven; not crusty and has a smoky flavor (Indian)
- *Pita bread*
- *Polenta*: Cornmeal dish often baked with cheese (Italian)
- *Wonton wrappers*



### VEGETABLE GROUP

- *Bamboo shoots*
- *Bean sprouts*
- *Bok choy*: Asian cabbage that resembles celery; often used in stir fry, main dishes and soups
- *Borscht*: Polish and Russian beet soup served hot or cold; often made with cabbage and other root vegetables
- *Collard greens*: Dark, leafy green similar to kale, but milder; served cooked
- *Jicama*: "Mexican turnip" – starchy root vegetable with a light flavor and crunchy texture; can be eaten raw or cooked
- *Kale*: Leafy green with curly leaves and a strong, bitter flavor; served cooked.
- *Nori*: Type of seaweed (Japanese)
- *Plantain*: Similar to a banana, but eaten cooked
- *Swiss chard*: Green in the beet family; usually cooked



### DID YOU KNOW?

National Dairy Council® offers **FOOD MODELS**, 200 full-color life-size food images with nutrient information in common serving sizes. Food Models include a wide variety of food images including many multicultural foods and are ideal for teaching about nutrients, daily portions and servings from the five food groups. To order, call 1-800-426-8271.



### FRUIT GROUP

- *Fig*
- *Guava*
- *Kumquat*
- *Lychee*: Fragrant Chinese fruit eaten fresh, dried or canned in syrup
- *Mango*
- *Papaya*
- *Persimmon*
- *Star fruit*: Waxy, golden-yellow fruit with a five-pointed star when cut across



### MILK GROUP

- *Buttermilk*
- *Evaporated milk*
- *Keifer*: Cultured milk drink (Middle Eastern)
- *Lhassi*: Cold drink made with yogurt or milk (Indian)
- *Powdered milk*
- *Queso blanco*: White cheese (Latino)



### MEAT GROUP

- *Black-eyed peas*
- *Chickpeas*
- *Hummus*: Chickpeas ground with tahini (ground sesame seeds), oil, lemon juice, and garlic (Middle Eastern)
- *Lentils*
- *Lox*: Smoked salmon, often served with bagels and cream cheese (Jewish)



# COMBINATION FOODS

FOOD	GRAIN GROUP	VEGETABLE GROUP	FRUIT GROUP	MILK GROUP	MEAT GROUP
<i>Awaze tibs</i>		Onion			Steak
<i>Batido</i>			Pineapple, mango, banana, or papaya	Milk	
<i>Burrito, chicken</i>	Tortilla	Tomato Lettuce	Avocado	Cheese	Chicken
<i>Chop suey</i>	Noodles	Celery Snow peas Mushrooms			Beef
<i>Couscous, chicken</i>	Couscous	Tomato Carrot Zucchini	Raisins		Chicken
<i>Hawaiian pizza</i>	Crust	Tomato sauce Red peppers	Pineapple	Cheese	Canadian bacon
<i>Jambalaya</i>	Rice	Tomato Green pepper Onion			Chicken Sausage
<i>Lasagna</i>	Pasta	Tomato sauce Spinach		Cheese	Meat
<i>Licuado</i>			Fresh fruit	Milk	
<i>Omelet, cheese and vegetable</i>		Green pepper Tomato Mushrooms		Cheese	Eggs
<i>Quesadilla</i>	Tortilla			Cheese	
<i>Shish kabob</i>	Rice	Tomato Onion		Yogurt	Lamb
<i>Spaghetti and meatballs</i>	Pasta	Tomato sauce		Parmesan cheese	Meatballs
<i>Sushi roll</i>	Rice	Nori Cucumber	Avocado		Salmon
<i>Taco, beef</i>	Tortilla shell	Tomato Lettuce		Cheese	Beef

