

What is in Your Food?

Have you ever stopped to think about how healthy or unhealthy something is? Sometimes it's easy. Fruits and vegetables are always a healthy choice. But sometimes it can be a little harder. That's why food labels are important.

On the side of most foods that are in some type of a container, there is a section labeled Nutrition Facts. That section tells you how healthy or unhealthy

something is. The best foods are high in fiber and protein, and low in fat and sugar. But most foods won't be perfect, so just watch to make sure it follows those rules loosely.

Occasionally, it is okay to have a food that is high in sugar or fat, but those foods should only be eaten every once in a while, or in moderation.



Fun Facts:

Did you know that water is a major part of almost all food?

Joke of the Month:

☺ What did one plate say to the other plate?

Lunch is on me.

March 2010

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Game of the Month: What's in a Food Label?

Chicken Noodle Soup	
Nutrition Facts	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890gm	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400m 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Use the food label to fill-in the blanks:

Serving Size: _____

Fat (DV %): _____

Sodium (Salt): _____

Sugars: _____

Percent Daily Value and how it relates to Fat:
Percent Daily Value (%DV)

% DV shows the percent of a nutrient found in one serving of a product.

Look for snacks that have 5% or less total fat.

Foods that have 20 % or greater total fat are high fat foods.



Kid2Kid Recipes: Fruit Yogurt Parfait

Serving Size: 1 parfait

Yield: 1 serving

Ingredients:

1/2 cup yogurt, fruit-flavored

1/2 medium banana

1/2 cup grapes

1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

Instructions:

1. Peel and slice the banana.

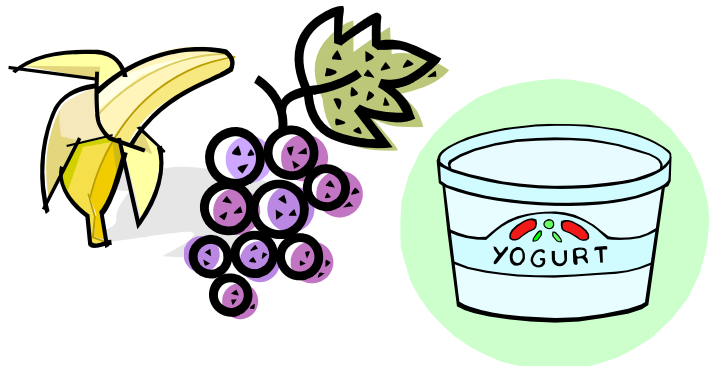
2. Spoon the grapes into a tall plastic cup.

3. Put 3 spoonfuls of yogurt on top of the grapes.

4. Spoon sliced bananas on top of the yogurt.

5. Add the rest of the yogurt.

6. Sprinkle the cereal on top.



Spotlight On: Kennedy Elementary Students!!!

Wow!! The 1st graders at Kennedy Elementary in Winder, GA really know what a colorful plate should look like!! Take a look at their beautiful, healthy plates. Send us your healthy ideas, and you could be highlighted in the next Kid2Kid newsletter!



Rachel H.— 1st Grade



Sheydi C.—1st Grade



Ethan G.—1st Grade



Addison L.—1st Grade

Do You Want to be a Kid2Kid Writer?

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to kid2kid@healthmpowers.org.

Be sure to ask your teacher and parents first, though.

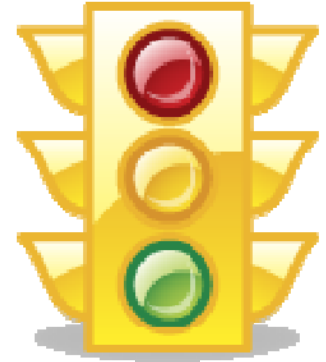
Send your articles, recipes, pictures, etc. as soon as you can so you can be featured in an upcoming newsletter. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

Activity of the Month: Red Light/Green Light

In this game, one person plays the "stop light" and the rest try to tag him/her.

At the start, all the players form a line about 15 feet away from the stop light.

The stop light faces away from the line of players and says "green light". At this point the players are allowed to move towards the stop light.



At any point, the stop light may say "red light!" and turn around. If any of the players are caught moving after this has occurred, they are out.

Play resumes when the stop light turns back around and says "green light".

The stop light wins if all the players are out before anyone is able to tag him/her.

Otherwise, the first player to tag the stop light wins the game and earns the right to be "stop light" for the next game.

Kid2Kid Newsletter Monthly Focus

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to kid2kid@healthmpowers.org.

April- Limit high sugar foods.

May- Healthy summer fun.