SuperKids Nutrition Inc Presents

The Right Foods in the Right Amounts

An educational plan for using MyPlate with the help of the Super Crew®





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Meet the Super Crew®



Kira can camouflage with nature and levitate. "I like brown foods like cinnamon, walnuts, kidney beans and whole grains!"



Abigail has X-ray vision, super smarts and can fly. "I like every color food, but blue foods, like blueberries and blue corn are my favorites!



Penny moves at super speed. "Purple foods, like purple grapes and purple potatoes are the best ever!"



Carlos can create clouds and stink bombs. "Healthy white and beige foods, like garlic and cannellini are topnotch for me!"



Marcus can heal and produce heat. "I love yellow foods, like star fruit, spaghetti squash and pineapple."



Jessie can change the form of objects. "Green foods rock! Avocado, green grapes and home made kale chips are foods I eat whenever I can!"



Baby Tom Tom can move and shape water. "Red foods like watermelon and beets taste the greatest! My favorite drink is H_20!"



Andy is super strong. "Orange foods like mango, pumpkin and sweet potato keep me fueled right!"

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What is MyPlate?

- How many of you have heard of the Food Guide Pyramid?
- Now there is My Plate, a new tool that will guide you at meal time.
- MyPlate helps you see how much of each food group you should eat at each meal

- The food groups are:
  - Fruits
  - Vegetables
  - Grains
  - Protein
  - Dairy
  - Fats & Oils



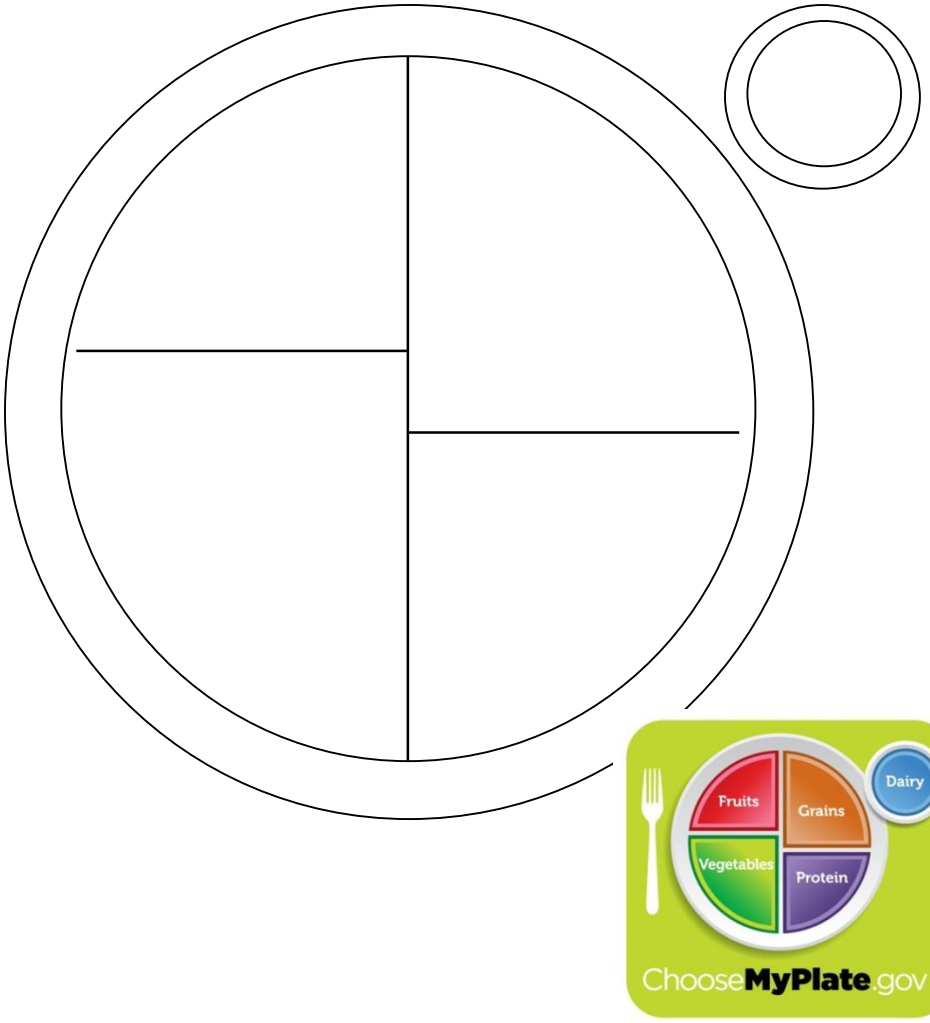
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Three Easy Steps to Use MyPlate

1. Divide your plate into four parts.

2. Place fruits, vegetables, grains and protein into each of the four quarters.

3. Add a serving of low-fat or non-fat dairy on the side (or include a dairy product, such as low-fat cheese or sour cream on your plate. You can also substitute non-dairy calcium sources.



**At the end of this lesson, you'll be creating your own MyPlate*

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Fruits & Vegetables

- Fill half your plate with fruits and vegetables.

- To get the most out of your fruits and vegetables, eat a variety of different colors:

  - **Green vegetables** are rich in lutein which promote good vision, healthy skin and a healthy heart.

  - **Red vegetables** are rich in lycopene and anthocyanins which are good for your heart, improve memory and reduce cancer risk.



"See how many colors you can eat by picking a different colored fruit every time you eat one."
- Abigail

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Fruits & Vegetables with Super Crew Kid, Abigail

…Vary Your Colors

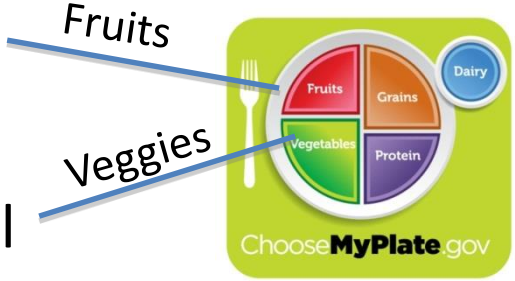
• **Yellow & orange vegetables** are rich in vitamin C, carotenoids and bioflavonoids which keep your heart and eyes healthy, and reduce the risk of arthritis and cancer.



"Aim to get every color in each week."
- Abigail

•**Purple vegetables** are rich in powerful flavonoids which keep your heart healthy and reduce memory loss and cancer risk.

• Super Baby Abigail gets her x-ray vision powers from eating tons of vegetables from all different colors!

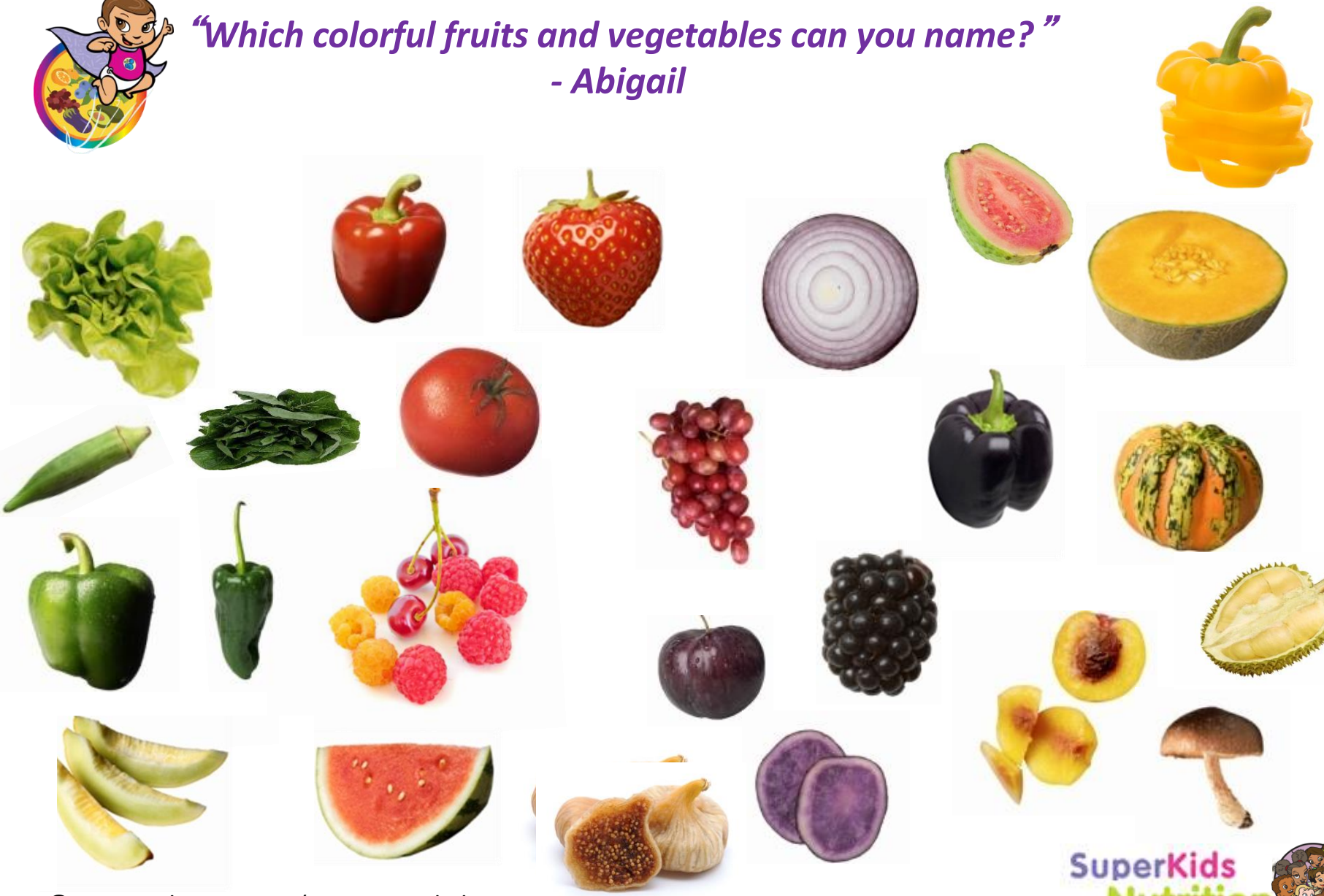


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Fruits and Vegetables

"Which colorful fruits and vegetables can you name?"
- Abigail



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Whole Grains with Super Crew Kid, Kira

- Fill close to ¼ of your plate with grains.

- Not all grains are created equal. Whole grains can make up cereals, breads and pastas, and are more nutritious than white flour. Some examples are:
    - Whole wheat
    - Rye
    - Barley
    - Quinoa
    - Brown rice
    - Whole wheat couscous
    - Spelt
    - Corn flour
    - Amaranth



"MyPlate says to make 50% of your grains, whole grains, but I know you can do better! Let's aim for 75%! "
- Kira

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Whole Grains

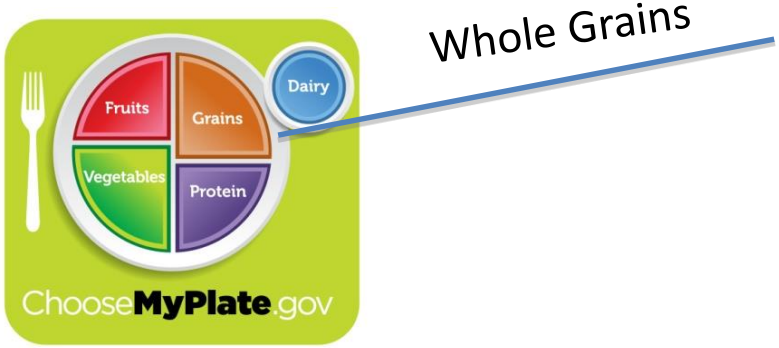
- Whole grains will give lots of energy for your brain and body.

- Whole grains are rich in fiber which is good for your digestive system and keeps your heart healthy.

- Kira loves whole grains because they give her the energy she needs to levitate!



"I choose whole-grains every chance I get, to have a strong heart and mind to dance and think my best!"
- Kira



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Whole Grains

"Do you know the names of these whole grains?"
- Kira













TIP:

- Choose naturally brown grains over white ones. These will usually, *but not always*, be whole grains.
- Always read the ingredient list and look for the word "whole."



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Which Foods will Kira Choose?



White flour Whole Wheat Flour



Spelt Pasta



100% Whole Grain Pancakes



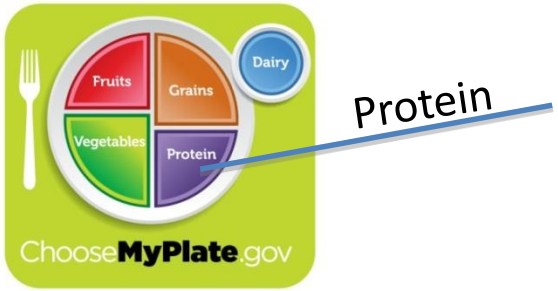
Semolina Pasta



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Protein with Super Crew Kid, Andy

- Fill ¼ your plate with protein.
- Good sources of protein are:
  - Beans •Fish • Tofu •Eggs
  - Turkey • Chicken (skinless, white meat)
  - Lean cuts of Beef, Pork or Lamb
- We need protein to keep our muscles healthy and build a strong immune system.
- Exercise helps Andy stay super strong and protein helps build his muscles!





"I love lean protein sources like, beans, fish and chicken because it supports my muscles after all the exercise I do!"
- Andy

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Protein



"Aim for 60 minutes of exercise each day and a healthy diet to help you grow super strong like me. Help me name the proteins below."
- Andy

















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Dairy with Super Crew Kid, Carlos

- Choose low-fat or fat-free dairy on the side of your plate

- Great dairy choices include **low-fat** or fat-free options like:
  - Milk • Yogurt
  - Cottage and Ricotta cheese
  - Soft and hard cheese

- Dairy is rich in calcium and vitamin D that we need for strong bones and teeth.



"White foods are my favorite like white fruits (bananas) and veggies (garlic) They give me the power I need to create clouds and stink bombs! But I also like milk because it's good for my bones!"
- Carlos

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Dairy



"What's your favorite source of dairy?"
- Carlos







Dairy



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Non-Dairy Sources of Calcium with Super Crew Kid, Jessie









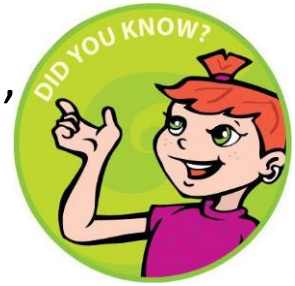






Did you know fortified soy, fortified cereal, many beans and greens have calcium.

-Jessie



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Healthy Fats & Oils with Super Crew Kid, Marcus

- Fats can be hiding in meals cooked with oil, animal fat or butter or in baked grain products like muffins, cookies or crackers



- Choose healthy oils like:
  - Olive Oil
  - Canola Oil
  - Fish Oil
  - Grapeseed Oil
  - Flaxseed Oil

- Don't eat too much of the good fats, because too much can cause you to gain extra weight.

- Or eat foods with naturally occurring oils that keep your heart healthy:
  - Nuts & Seeds
  - Avocado & Olives

"Not all fats are bad. In fact, our bodies need fats. You just have to make sure to choose the right ones!"
- Marcus

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Healthy Fats & Oils

- Limit artery-clogging fats like:
  - Butter
  - Cream
  - Whole milk
  - Coconut oil

- Choose margarine and salad dressing with no *Trans* fat. Trans fats increase your risk of heart disease tremendously!

- Marcus eats healthy fats and oils to keep his super highway of arteries and blood vessels free from traffic jams or accidents.



"Your blood vessels are like a super highway – you need to keep it unclogged so your blood can get to and from your heart, brain and organs!"
- Marcus

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Healthy Oils & Fats

"Help me pick out the healthiest fats."
- Marcus















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Healthy Snacks with Super Crew Kid, Jessie

- Choose snacks with fruits, vegetables, whole grains, lean protein and fruits and vegetables.

- Which snacks will give you more super powers?



White flour pretzels

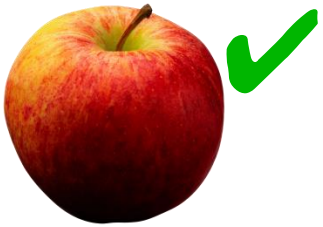


or





or





or



"They call me the mastermind. Let me help you pick out healthy snacks so you can have super powers like me!"
- Jessie

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Beverages That = Healthy You with Super Crew Kid, Tom-Tom

- Drink 6 to 8 glasses of water a day

- Why water?
  - It keeps your body at the right temperature
  - It carries important nutrients throughout your body
  - It removes toxins from your body
  - It has no added sugar or chemicals that can take away your super powers



"When I drink water and start to laugh or play, I can cause a lot of waves!
- Baby Tom Tom



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Beverages That = Healthy You

- If you want to spice up your water, try these tips:
  - Decorate a water bottle and feel proud every time you fill it from the water fountain
  - Splash 100% fruit juice into a glass of seltzer and enjoy
  - Freeze 100% fruit juice in ice cube trays and serve with seltzer
  - Slice cucumbers, orange slices, or mint into a cold glass of water



NUTRITION TIP

Carry a reusable BPA free water bottle with you!



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Physical Activity with Super Crew Kid, Penny

- Aim for 60 minutes of physical activity every day

- Anything that gets your body moving counts!
  - Biking
  - Running
  - Hula Hooping
  - Playing ball
  - Rollerblading
  - Jumping Rope
  - Swimming
  - Hiking
  - Baseball
  - What's your favorite fitness activity?









"I get my activity by running, hula-hooping and indoor exer-gaming to look and feel my best"
- Kira

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Physical Activity





- You don't have to do all 60 minutes at once - you can spread it out throughout the day

15 minutes dancing in the morning + **30 minutes** playing at recess + **15 minutes** biking before dinner = **60 minutes** of exercise in the day!

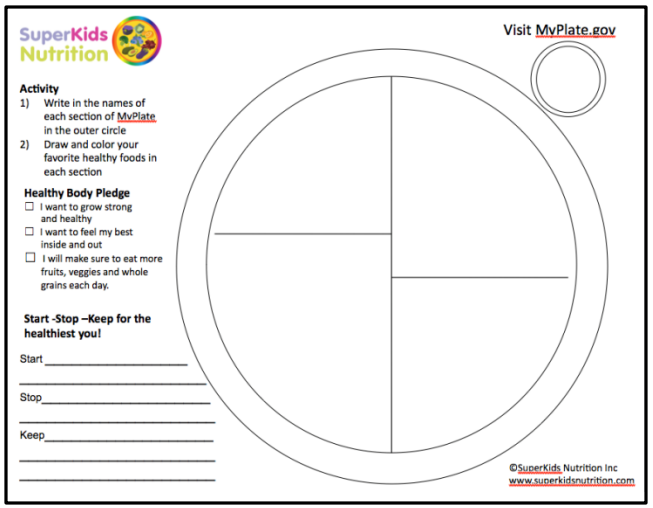




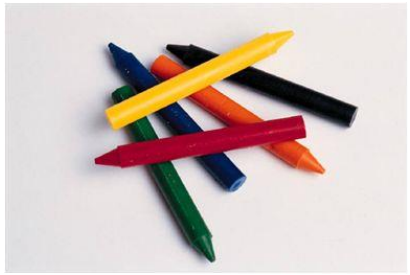
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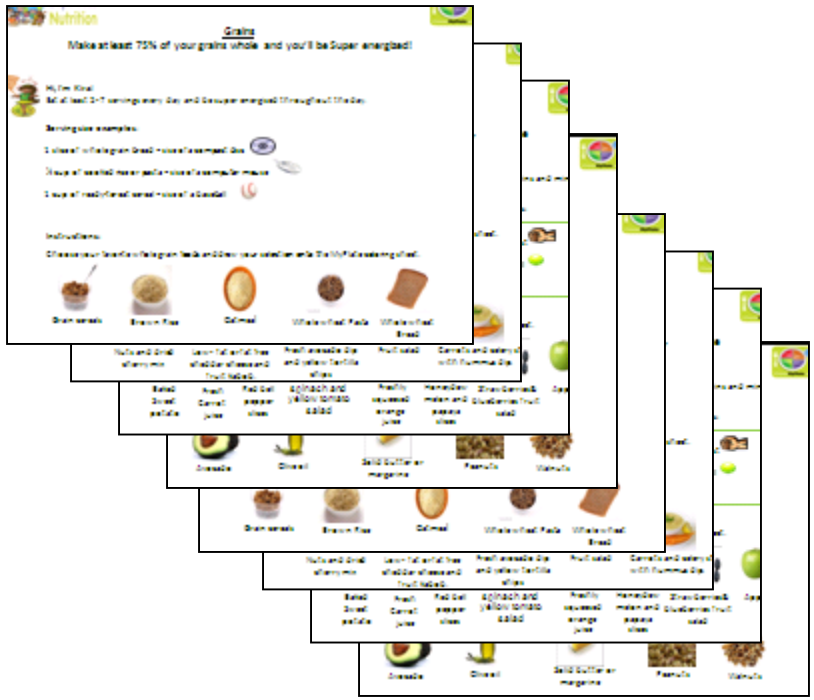
Class Activity



MyPlate coloring and goal setting activity



Crayons



6 Teacher Directed Activity Super Crew® Cards
a Portion Chart & 2 Food group Diagram Sheets

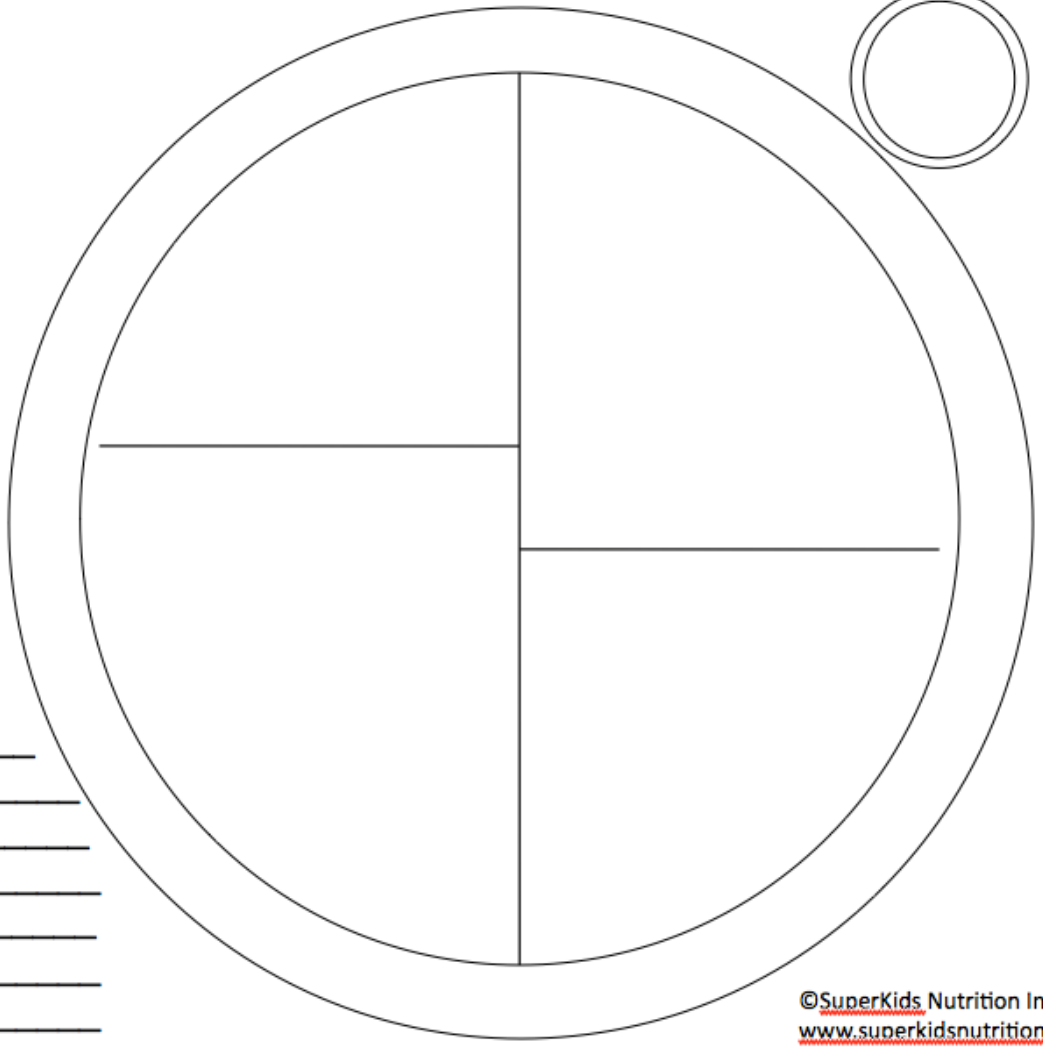
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Goal Setting

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Visit MyPlate.gov



Activity

1) Write in the names of each section of MyPlate in the outer circle
2) Draw and color your favorite healthy foods in each section

Healthy Body Pledge

- ☐ I want to grow strong and healthy
- ☐ I want to feel my best inside and out
- ☐ I will make sure to eat more fruits, veggies and whole grains each day.

Start -Stop –Keep for the healthiest you!

Start _____

_____

Stop_____

_____

Keep_____

_____

_____

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