

# SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 1: The Chef's Plate

## THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned what it means to live a healthy eating lifestyle by focusing on the Chef's Plate. A healthy eating lifestyle does not refer to a single act, but the process of developing

healthy eating habits that can be built over a lifetime. Everything we eat and drink matters. Learning how to eat healthy not only impacts your life today, but will help you secure a healthier future.

## WHAT THIS MEANS AT HOME:

### HOW DO YOU KNOW IF YOUR KIDS ARE EATING HEALTHY?

Healthy weight, cholesterol, and blood pressure levels can be signs that your children are eating well. Other signs of healthy diets include: healthy skin and shiny hair, clear vision, mental alertness, restful sleep, regular bowel movements, and good muscle tone. Energy levels should remain fairly constant, and children should maintain the ability to focus on school work throughout the day.

### HOW CAN I MAKE SURE MY KIDS ARE EATING HEALTHY?

Providing your kids with a well balanced meal starts with creating a healthy Chef's Plate. Each plate of food you eat should consist of half vegetables and fruits, a quarter lean protein, and a quarter whole grains. Fruits and vegetables consist of any fresh, frozen, canned, pureed, dried or 100% fruit or vegetable juice. Grains consist of any food made from wheat, rice, oats, cornmeal, barley, or other cereal grain. Try to avoid refined (white) grains and choose whole (brown) grains instead. Proteins consist of all foods made of meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds. Dairy is included in this food group.

## FAMILY ACTIVITIES & TABLE TALK

Pick one day each week to engage in these fun healthy eating activities and use these healthy discussion questions to get the dinner table conversations started!

### FOOD HISTORY

Parents, share with your kids of one your favorite family recipes! Have your kids figure out where all of the ingredients go on the Chef's Plate. Remember some ingredients like salt, pepper, and olive oil are considered helper ingredients so we do not include them on the Chef's Plate.

### REFRIGERATOR CLEAN-OUT!

Work together to reorganize and clean out your family's refrigerator. Have your child reorganize the items based upon the Chef's Plate food groups. If you decide to throw away any old or expired food, have your child tell you where that item would fit on the Chef's Plate before you throw it out.

### DISCUSSION QUESTIONS

1. How can we make small changes as a family to eat healthy?
2. What scares us the most about trying to eat healthy? What does not scare us about trying to eat healthy?
3. What can we substitute for one unhealthy item from our lunch or dinner this week?



## HELLO FROM COMMON THREADS!

[www.commonthreads.org](http://www.commonthreads.org)

#cookingforlife

Common Threads is a non-profit bringing health and wellness to children, families, and communities through cooking and nutrition education.

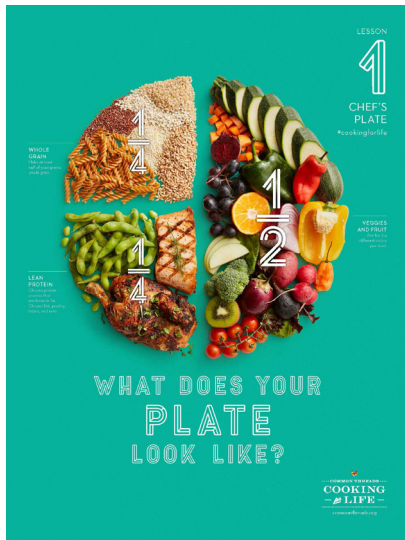
Your child's teacher is teaching our Small Bites lessons on healthy snacks and nutrition. As a part this program, these parent newsletters are being sent home to share what your student is learning and give them a chance to share healthy information with the family!

# KIDS ACTIVITY

# 1

## CHEF'S PLATE

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### JOIN THE COMMON THREADS FAMILY!

Join Common Threads to help your student make healthy choices at school and at home!

1. Go to [www.commonbytes.org](http://www.commonbytes.org), make a free account and explore healthy and affordable recipes.
2. Sign up for healthy reminders via text message from Common Threads by texting @CThreads to 81010. Standard messaging rates apply.
3. Check with your student's school to sign-up for Common Threads Family Cooking Classes and Parent Workshops! Not offered at your school? Help us bring them to you by emailing [classes@commonthreads.org](mailto:classes@commonthreads.org).

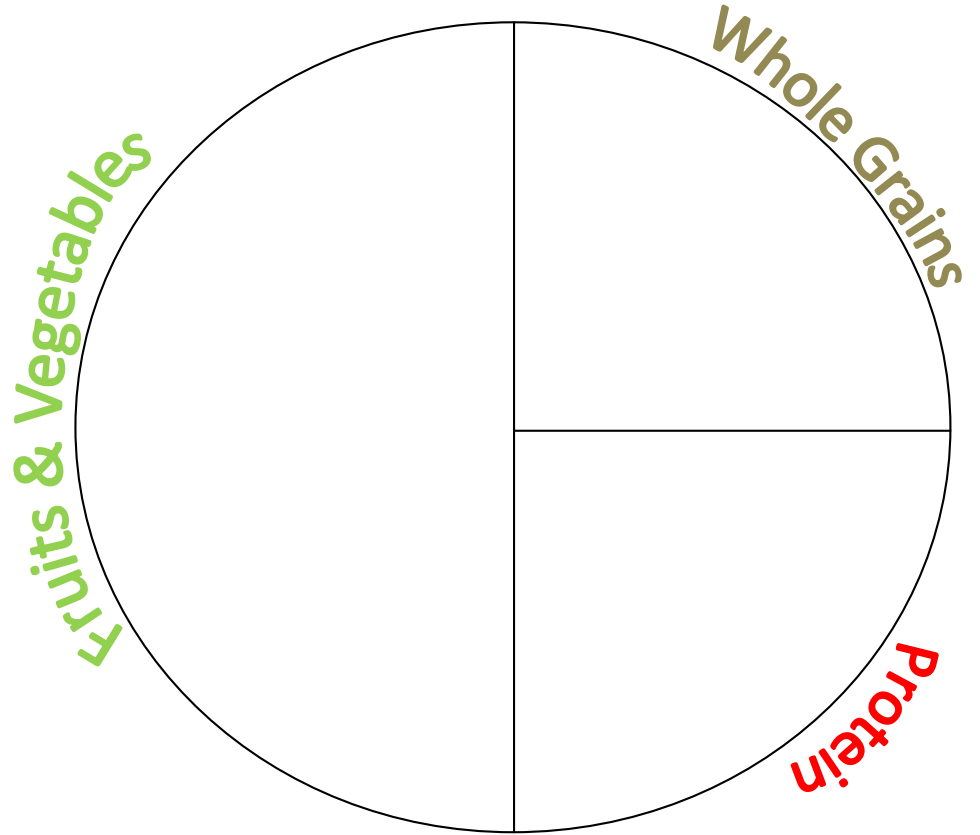


# WHAT DOES YOUR PLATE LOOK LIKE?

## KIDS! SHOW WHAT YOU KNOW!

Directions: Think about what you learned during your Small Bites lesson and list as many ingredients as you can in the Chef's Plate diagram below.

The next time you sit down to eat, share this diagram with your family and see how your plate of food compares to the Chef's Plate.



Remember! Half of your Chef's Plate should be fruits and vegetables, one quarter should consist of whole grains, and one quarter should contain lean protein!