

# SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 3: Fruits & Vegetables

## THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned that eating a variety of different colored fruits and vegetables has incredible health benefits that can help reduce your

risk of chronic diseases while also supplying your body with important nutrients.

## WHAT THIS MEANS AT HOME:

When filling your plate, remember to **PAINT YOUR PLATE WITH COLOR!** Our bodies need a variety of nutrients and eating a variety of colors of fruits and vegetables is a simple way to get a variety of nutrients.

**RED:** Red fruits and vegetables can help promote heart health and memory function due nutrients like: lycopene, anthocyanins, and flavonoids

**YELLOW/ORANGE:** Yellow and orange fruits and vegetables can help promote a healthy immune system due to nutrients like: carotenoids, vitamins A & C, fiber, folic acid, and beta-carotene

**YELLOW/GREEN:** Yellow and green fruits and vegetables can help promote eye health due to nutrients like: lutein and vitamin C

**GREEN:** Green fruits and vegetables may help prevent cancer due to nutrients like: chlorophyll, antioxidants, phytonutrients, fiber, vitamin A, and vitamin C

**BLUE/PURPLE:** Blue and purple fruits and vegetables may help prevent cancer due to nutrients like: antioxidants, anthocyanin, and resveratrol

**WHITE:** White fruits and vegetables may help promote heart and stomach health due to nutrients like: anthoxanthins, vitamin B2 & C, folic acid, and fiber

**AIM FOR 3-4 DIFFERENT COLORS EACH MEAL!**

## 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!

### GROCERY GAMES

Next time you go to the grocery store, select one of your favorite fruits or vegetables and try to find a fresh, frozen, and canned version. Next compare prices of each version to see which one is the most affordable. Don't forget to apply what you learned about reading nutrition labels to select the healthiest option!

### GROW A GARDEN!

You do not need a backyard to grow fresh fruits and vegetables. You can easily grow fresh produce like tomatoes, strawberries, peppers, and cucumbers indoors or on a porch using a container garden. Look online for great resources to create your own family garden!

### DISCUSSION QUESTIONS

1. What are the long term health benefits associated with eating more fruits and vegetables?
2. Discuss if any types of diseases run prevalent in your family history and see if the nutrients found in certain fruits and vegetables can help benefit your future health and well being.
3. Make a family goal to increase your fruit and vegetable consumption this week. Discuss how you are going to accomplish that goal.

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!



## HELLO FROM COMMON THREADS!

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

#cookingforlife

# KIDS ACTIVITY

# 3

## FRUITS & VEGETABLES

#cookingforlife



### 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).



# HOW WILL YOU PAINT YOUR PLATE?

## KIDS! SHOW WHAT YOU KNOW!

Directions: Color in the color wheel below using the 6 secondary colors.

After you finish coloring, list as many fruits and vegetables that you can think of to match each color. You can write down your answers directly in the color wheel or at the bottom of this page. Share this page with your family tomorrow morning during breakfast!

## PAINT YOUR PLATE WITH COLOR!

