

SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 8: Make it Count

THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned that if you practice eating healthy foods every day, eventually you will get good at it and can eat healthy without

even thinking about it. Educating yourself, making informed choices, and establishing healthy eating habits today, will secure you a healthier future.

WHAT THIS MEANS AT HOME:

EVERYTHING WE EAT AND DRINK MATTERS

When trying to maintain a healthy eating lifestyle, it's important to remember these key factors when choosing what to eat and drink:

CHOOSE A VARIETY OF FOODS FROM EACH FOOD GROUP.

- Focus on whole fruits
- Vary your vegetables
- Make half your grains whole grains
- Eat different types of protein
- Transition to low-fat or fat-free dairy
- Limit your intake of saturated fats
- Be cautious of the amount of food you eat
- Pay attention to calories and serving size
- Serve yourself smaller portions

SELECT NUTRIENT DENSE FOODS.

- Focus on eating a variety of different colored fruits and vegetables
- Select lean animal protein

CONSIDER THE OTHER INGREDIENTS.

- Understand the difference between saturated and unsaturated fats
- Choose foods with lower amounts of sodium
- Be cautious of products with added sugars

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!

FUNNY SNACKS

Use a variety of ingredients from the Chef's Plate to make a series of funny snacks for your kids to take to school.

HEALTHY FAMILY SMART GOAL

Use the SMART goal planning chart from Lesson 3 to create a healthy family goal. Reflect back on all of the Small Bites lessons and work together to make a family wide goal!

DISCUSSION QUESTIONS

1. How can you hold every family member accountable for reaching the SMART goal you wrote down above?
2. What do you think the phrase "you are what you snack on" means?
3. How can you encourage your family members to make healthy snack choices?



HELLO FROM COMMON THREADS!

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 of 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



MAKE IT COUNT

#cookingforlife



JOIN THE COMMON THREADS FAMILY!

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

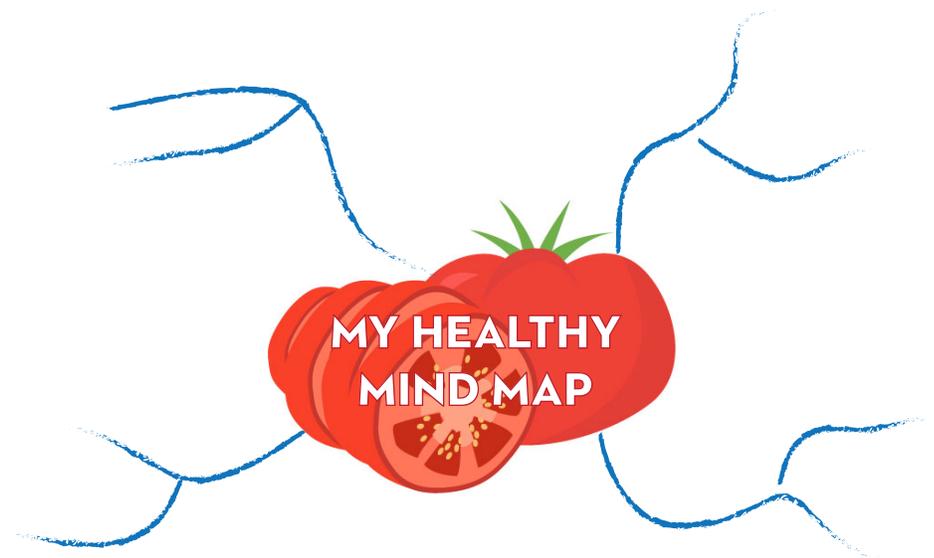
1. Go to www.commonbytes.org, make a free account and explore healthy and affordable recipes.
2. Sign up for healthy reminders via text message from Common Threads by texting @CThreads to 81010. Standard messaging rates apply.
3. Check with your student's school to sign-up for Common Threads Family Cooking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



YOUR ARE WHAT YOU SNACK ON

KIDS! SHOW WHAT YOU KNOW!

Directions: Using all of the knowledge you gained in Small Bites, create your very own Healthy Eating Mind Map to remind your future self about the importance of living a healthy lifestyle. Use the map below or design your own a separate sheet of paper. Share your mind map with your parents and then post it somewhere in your room or the kitchen for the remainder of the year.



Need some inspiration? Check out these resources for how to create a mind map:

1. <https://imindmap.com/how-to-mind-map/>
2. <https://www.mindmeister.com/blog/students-guide-to-mind-mapping/>