

# Aim for more whole foods

A whole food is one that's found in nature, such as a banana or a carrot. We can eat it without adding ingredients like sugar, salt, or fat. Teach your child to eat more whole foods—and fewer processed ones—with these activities.

**Rank foods.** Ask your youngster to pick a dozen foods from your kitchen. Then, help him line them up from least to most processed. For instance, fresh fruits and vegetables could come first. In the middle, he would put foods that have been changed a little but are still good for him (applesauce with no



added sugar, plain popcorn, and whole-wheat bread). Finally, he can add any highly processed items like chips, cookies, or sugary cereals.

**Make smart swaps.** Together, create closer-to-whole versions of processed foods your child enjoys. Rather than eating toaster pastries for breakfast, he could toast whole-wheat bread and top it with peach slices and cinnamon. Instead of processed deli meats and cheeses, he

might make a sandwich with last night's leftover turkey and sliced avocado. 🍌

## PARENT TO PARENT Books about healthy eating

My son John's class is doing a nutrition unit. The teacher emailed a list of books about healthy eating, and we got a few from the library.

First, John and I read *To Market, To Market* by Nikki McClure about a boy and his mom at a farmers' market. We learned how foods like honey and goat cheese get from farm to table.

Then we read *Cora Cooks Pancit* by Dorina K. Lazo Gilmore about a girl who helps her mother make a traditional Filipino dish.

We made pancit using the recipe in the book. John discovered that he likes rice noodles, so now we have a new option for when we make noodle dishes.

Reading seems like an easy way to teach John about healthy eating—and the books are inspiring us to cook together. 🍴



## ACTIVITY CORNER Sidewalk games

Your youngster can turn your driveway or a playground blacktop into a game board. Here are two she can choose from.

### Bull's-eye

Have your child use sidewalk chalk to draw a target with five rings labeled 1–5 (5 goes in the bull's-eye). Take turns standing six feet from the target and tossing five small rocks at it. Add the numbers your rocks landed on, and pick up your rocks. The player with the highest score after five rounds wins.



### Chutes and Ladders

Make a life-sized version of this classic game. Your youngster can draw a grid with boxes, number them 1–16, and add several chutes (slides) and ladders. Start by the 1. Take turns rolling a die and hopping the number of squares rolled. Land at the bottom of a ladder, and hop to the top. Land at the top of a chute, and you must hop to the bottom! Win by being first to reach the last box (by exact count). 🎲

## IN THE KITCHEN Tasty tortilla roll-ups

Keep a package of whole-wheat tortillas on hand for healthy meals and snacks. With just a little slicing-and-dicing help from you, your child can make and roll up her own creations.

**Barbecue chicken.** Cover a tortilla with a thin layer of low-sodium barbecue sauce. Top with cooked chicken and shredded carrots and cabbage.

**Egg salad.** Stir a few drops of mustard into nonfat plain Greek

yogurt and spread on a tortilla. Add diced hard-boiled egg, chopped celery, and sliced scallions.

**Southwestern.** Spoon refried beans (canned, low-sodium) onto a tortilla. Add shredded low-fat pepper jack cheese, diced tomatoes, and diced green bell peppers.

**Fruity breakfast.** Cover a tortilla with low-fat cream cheese. Arrange frozen (thawed) blueberries and sliced strawberries on top. 🍓



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