Lesson 2

Nutrients We Need

OBJECTIVES

- To emphasize the similarities between humans and plants in the need for nutrients
- To learn about the six classes of nutrients and why we need all six of them
- To learn how to identify good food sources of selected nutrients
- To learn how plants provide us with nutrients
- To learn about replenishing the nutrients in soil through vermicomposting (composting with worms)

APPLICABLE CONTENT STANDARDS

- English–language arts
- Science

(See the matrix in Appendix B.)

Materials for In-class Lesson and Activities	Materials for Gardening Activity
Handouts: 2-1 Nutrient Sandwich 2-2 Nutrient Word Search "10 tips" Nutrient Sandwich overhead transparency (if desired)	**Handouts:** 2-3 My Friend, the Worm Materials for one worm bottle: 2-liter plastic soda bottle Moist, shredded newspaper (black and white only, no color) Shredded lettuce (Ask the cafeteria staff for left-over lettuce without dressing on it.) Half-pint of red worms (Contains approximately 50 worms, enough for five bottles. See "Background Information" for ordering information.) A 4- to 5-inch square piece of dark material, such as a cotton sheet Rubber band Black construction paper Spray bottle filled with water Tape Purchased or finished compost (for garden preparation, time permitting)

Preparation for In-class Lesson and Activities	Preparation for Gardening Activity
Day before the lesson: Photocopy handouts 2-1, 2-2, and the "10 tips." Make an overhead transparency of the nutrient sandwich (if desired). Gather materials.	**Day before the lesson:** Photocopy handout 2-3. Gather materials. Prepare 2-liter soda bottle (see step 1 under "Gardening Activity")
Just before the lesson: Have students take out nutrition folders.	**Just before the lesson:** Moisten the paper for the worm bottles.

Nutrition Lesson Activities

(60 min.)

1. Review of Lesson 1

- Who remembers what our bodies need in order to grow, stay healthy, learn in school, and play? *Food, water, air, exercise, and sleep* (Remember the game of charades?)
- In addition, remember that most of our foods come from plants and animals.

2. Nutrient discussion. Distribute to each student the Nutrient Sandwich handout (2-1).

- Food provides our bodies with many different nutrients. Does anyone know what a "nutrient" is? Has anyone seen the list of nutrients on the food labels? Nutrients are substances that our bodies need to help us do all the things that we do every day. They give our bodies energy, help us grow, and keep us healthy. There are six different classes of nutrients.
- Our bodies need all six types of nutrients, which can be found in many different foods.
- Now look at all six nutrients. Learn what the different classes are, what the nutrients do, how a plant gets them, and where they may be found on the "nutrient sandwich." Go through each of the nutrients on the Nutrient Table on page 34.
  a. Have one student read aloud from the handout (2-1) the information about one nutrient.
  b. Mention to the students the food associated with each nutrient. Where would you find the nutrient on the nutrient sandwich? (There may be more than one food per nutrient.) Draw a line connecting the nutrient to the correct part of the sandwich. Follow along on the overhead transparency if desired.
  c. Have the class do the activity in the last column on the handout.
  d. Repeat for each nutrient.
- Have students repeat the names of all six nutrients before moving on to the next section. (They make great spelling words!)

3. Plants and nutrients

- We eat plants to get nutrients so we can grow and stay healthy. Why do the plants need nutrients? How do they get those nutrients?

  Carbohydrates. Made in the leaves through the process of photosynthesis. Carbohydrates include the sugar that the plant makes and uses for food; they are also a source of energy for plants.

  Minerals. Taken up from the soil by the roots. Plants need minerals to grow.

  Protein and fat. Nutrients manufactured by plants. Plants make only what they need.

  Vitamins. Made by the plant by using carbohydrates, water, minerals, and sunlight.

  Water. Brought up to the plant through the roots in soil. Plants need water to maintain a relatively constant temperature and carry other nutrients.

4. Review activity

- Distribute copies of the Nutrient Word Search handout (2-2). It is a mix of a fill-in exercise and a word-search puzzle. Students must answer questions by using words from their vocabulary list. Those words can then be found in the word search.

Gardening Activity
(30 min.)

Plants get most of their nutrients from the soil. Therefore, it is important to make sure that the soil has all the nutrients it needs. When plants are growing, they are continually taking nutrients out of the soil, so we must find a way to replenish the soil in our gardens and farmlands with the necessary nutrients. We do this by adding nutrients into our soil in the form of compost or other fertilizers. For this lesson we are going to concentrate on compost. Compost is a nutrient-rich material that may be added directly to the soil. It may be purchased already prepared or made from everyday items. You can make your own compost by using a worm bottle. Worms are excellent recyclers. They turn old, decaying material into nutrient-rich material.

Let the students examine the worms by using handout 2-3. Then they create their own worm bottles to provide compost for their garden in a few weeks. Directions are as follows:

1. Prepare the 2-liter plastic soda bottle: Remove the label by using a little hot water. Sometimes peanut butter is helpful in removing the glue. Cut off the top of the bottle, making sure that the cut edges are not sharp. Poke several holes around the middle section of the bottle to provide air to the worms. Poke a few holes around the bottom of the bottle for drainage. Use a drill, a heated nail, or a soldering gun to make the holes.

2. Use a spray bottle to moisten the newspaper until it has the consistency of a damp, wrung-out sponge. Place approximately 1 to 2 inches of the moist, shredded newspaper in the bottle. Then place 1 to 2 inches of shredded lettuce on top of the newspaper. Continue alternating the layers until you reach the top of the bottle. Do not pack the layers down; worms need air to breathe. Do not make the newspaper bedding too wet.

3. Make sure the students have had a chance to examine the worms before adding them to the bottle. Add 10 to 12 red worms on top. They will work their way down into the bottle. Five worm bottles can be made from a half-pint container of red worms.
4. Wrap black construction paper around the bottle and tape the ends together to form a tube that can be slipped on and off for viewing purposes.
5. Cover the top of the bottle with dark cloth and secure it with a rubber band to prevent light and flies from entering the compost.
6. Place the worm bottle on a tray for drainage purposes.
7. Add new food every three to four days and cover with more shredded newspaper. Spray to keep moist. The newspaper will keep the worm bottle from smelling. Many other types of plant materials, such as the peels of fruits and vegetables, may be added to the bottle. Add only foods without dressings or sauces. Food should be added to the worm bottle slowly at first. If food is added faster than the worms can digest, the food will rot and begin to smell.
8. Add the compost/worm castings to the garden after a month or two. Lightly sprinkle them in the holes in which seeds are to be planted or around the new seedlings. Remember to replenish the worm bottle to keep the cycle going.
9. Consider your long-term goals. If you plan to keep your worm bottle for several months or even years, you may consider transferring the contents of your bottle to a larger bin. In addition, after a month or two, you may want to try adding other foods to your worm bottle. If the food is not eaten in a few days, remove it and try something else.

If there is enough time, take some students outside and start to prepare the soil in the garden by turning it over and adding prepared compost (available for purchase at a local nursery). The other group can work inside on the worm-bottle activity.

Additional Activites

1. Reinforce the students' knowledge of the foods that provide different nutrients. Divide the class into small groups and have them write down several foods that are good sources of a given nutrient class. Discuss each group's responses together as a class. This will give the students an opportunity to review where they will find the different nutrients. For more information on good food sources for the various nutrients, visit the Academy of Nutrition and Dietetics Web site at http://www.eatright.org/Public or consult resource books.
2. Focus only on fruits and vegetables, and use the Fresh Fruit and Vegetable Photo Cards (to order, look in Appendix D under "California Department of Education"). Students can group foods by nutrient content. Find five good food sources for each nutrient. Some foods may appear more than once.
3. Discuss the minerals needed by plants, including nitrogen (helps plants grow and stay green), phosphorous (helps plants develop strong roots), and potassium (helps plants grow and avoid infection). Discuss the importance of composting and worms, which replenish the soil with necessary minerals.

4. Have the class or entire school start a composting bin for leftover food items from the cafeteria.
5. Write in a journal about the gardening experience.

Background Information

Composting. Method by which plant products are recycled and return nutrients to the soil. Under slightly moist and warm conditions, plant product waste will decompose and produce a substance that is nutrient-rich. This material is known as compost and is mixed into the soil to provide growing plants with the nutrients they need for optimal growth.

Nutrients. Substances that our bodies need to help us grow and stay healthy.

Red worms. Large quantities may be ordered from worm farms. Use a search engine, such as Google, and type "red worm farms" to locate a worm farm near you. For smaller quantities, check with your local nursery or master gardener.

Vermicomposting. Another convenient way of making compost by using worm bins. The process is demonstrated in the worm-bottle activity. Worms eat plant waste and change it into a nutrient-rich material that can be put back in the soil as compost.

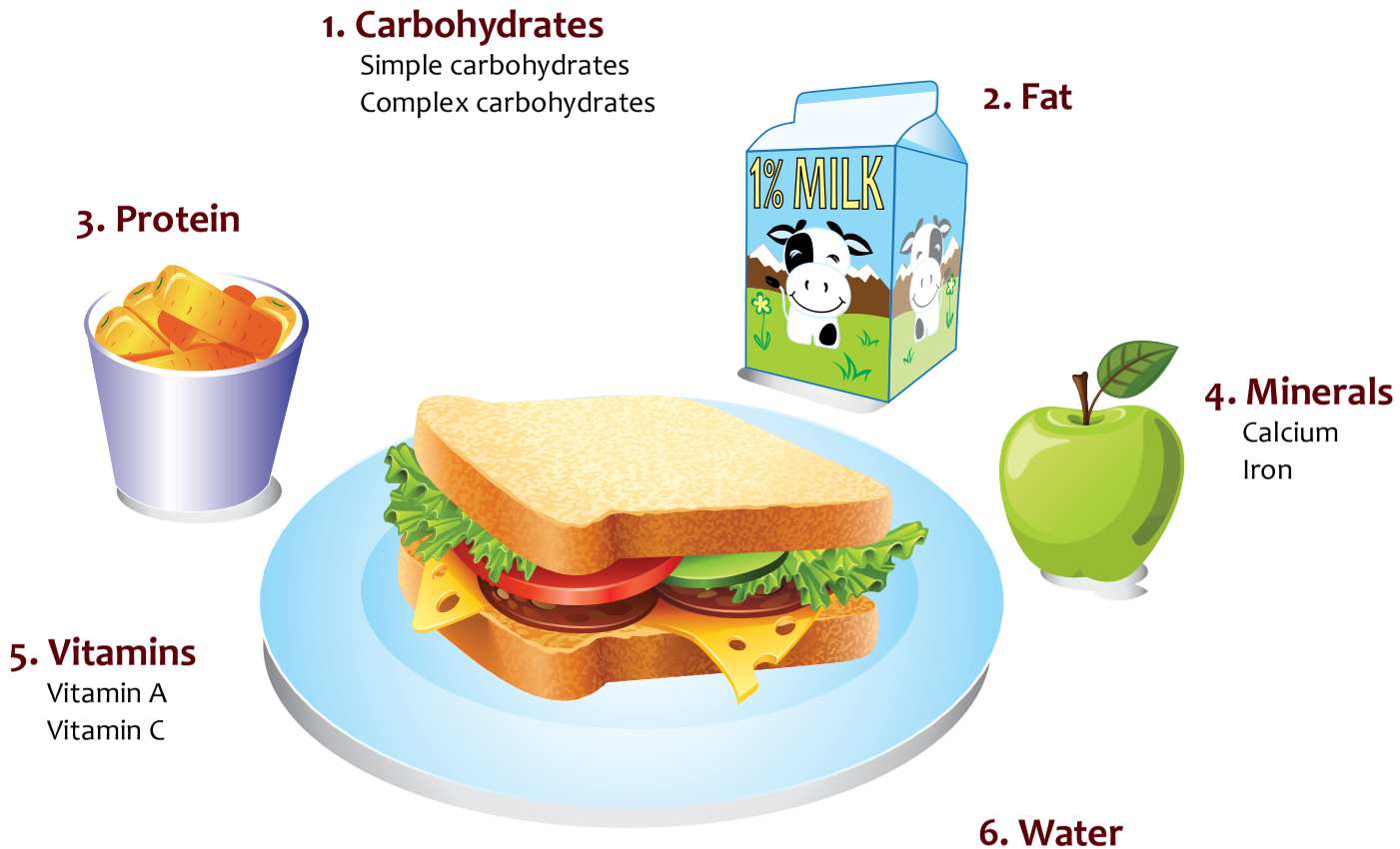
Nutrient Table

Nutrient Classes	What It Does	Where We Find It	Activity
Carbohydrates: complex and simple	Provide *energy* to the body when needed immediately. (Simple carbohydrates provide energy slightly faster than complex carbohydrates; however, they are also used up faster. Fiber is a type of complex carbohydrate that does not provide energy.)	Complex carbohydrates—rice, cereal, pasta, fruits, bread Simple carbohydrates—fruits, sweets, and sodas	Do 5 jumping jacks. The body uses carbohydrates to do the activity. (Have students quietly count backwards.)
Fat—some fat is needed in the diet, but in moderation	Is stored in the body and provides a second source of *energy* Protects the cells in our bodies	In all animal and some plant products as well as all foods made with or cooked in butter or oil (e.g., ham, milk, cheese, nuts, french fries)	If we kept doing jumping jacks for a while longer, our bodies would burn up fat.
Protein—made up of "building blocks," called amino acids, from our diets	Helps to build and repair muscles (including heart) Provides a third source of *energy*	In animal (e.g., cheese, milk, meat) and some plant products (e.g., beans, nuts, seeds)	Do a desk push-up. The muscles used are made of protein. Place your hand over your chest and feel your heart muscle beating.
Minerals—12 are essential* Examples: Calcium Iron	Keep our bodies *healthy* and working properly. Calcium helps to build strong bones and teeth. Iron keeps blood healthy by carrying oxygen to all of the cells (they need oxygen to survive), especially the brain.	Calcium—In milk products (e.g., cheese, yogurt) and some vegetables (e.g., broccoli) Iron—In meats (e.g., ham) and some green leafy vegetables	Calcium: Clench teeth together. Did anyone's teeth break? Iron: Take a deep breath. *Iron* takes oxygen from the lungs to all cells in the body.
Vitamins–13 are essential* Examples: Vitamin A Vitamin C	Keep our bodies *healthy* and working properly. Vitamin A helps us see. Vitamin C helps to keep us from getting sick; helps wounds heal.	Mostly in fruits and vegetables but may be found in almost all foods Vitamin A—In carrots and broccoli Vitamin C—In citrus fruits and tomatoes	Vitamin A: Turn off lights and look around the room. Are you still able to see a little? Vitamin C: How many people have colds?
Water	Regulates body *temperature and the movement* of other nutrients through the body Is needed by every cell in the body	In all foods and drinks	Sweating after an activity is the body's way of cooling down. Breathe into the palm of your hand and feel moisture.

* *Essential* means that our bodies cannot make enough of it or make it at all, so we must get it from the food we eat. There are 12 essential minerals: calcium, iron, zinc, chromium, copper, fluoride, iodine, magnesium, manganese, molybdenum, phosphorous, and selenium. There are 13 essential vitamins: A, D, E, K, C, B-6, B-12, thiamin, riboflavin, niacin, folate, biotin, and pantothenic acid.

Nutrient Sandwich

Nutrients are substances in foods that our bodies need to help us grow, play, and stay healthy.



(Teachers: Make an overhead transparency.)

NAME: DATE:

Handout 2-1

Nutrient Sandwich

Nutrients are substances in foods that our bodies need to help us grow, play, and stay healthy.

1. Carbohydrates

- The first source of energy for our bodies. The two types are:
  a. **Simple**—energy is used quickly.
  b. **Complex**—energy is used more slowly. Fiber does not provide energy but does help move food smoothly through our bodies.

2. Fat

- A second source of energy for our bodies
- Protects the cells in our bodies

3. Protein

- Helps to build and repair muscle
- A third source of energy for our bodies

4. Minerals

- We need 12 different minerals to help our bodies grow and stay healthy. Two minerals are:

  Calcium—helps keep our bones and teeth strong

  Iron—helps keep our blood healthy so it can carry oxygen throughout the body

5. Vitamins

- We need 13 different vitamins to help our bodies grow and stay healthy. Two vitamins are:

  Vitamin A—helps us to see

  Vitamin C—helps us stay healthy

6. Water

- Cools our body each time we sweat
- Moves the other nutrients through our blood

NAME: **DATE:**

Handout 2-2

Nutrient Word Search

Directions: Using your Nutrient Sandwich, fill in the blanks in the following sentences. Then circle those words in the puzzle shown below.

1. Carbohydrates, fat, protein, vitamins, minerals, and water are the six types of_____ .
2. Calcium and iron are examples of_____ .
3. We need to eat _____ to help build and repair our muscles.
4. _____ may be either simple or complex.
5. We need to drink several glasses of_____ a day to regulate our body temperature.
6. _____ A and C are found in fruits and vegetables and help our bodies grow and stay healthy.
7. Foods have_____ in them if they are cooked with butter or oil.

W	A	T	E	R	A	W	T	C	B	J	K	S	S	U
W	K	D	P	Q	B	O	R	M	L	M	W	S	H	C
H	O	D	F	M	P	R	O	T	E	I	N	G	O	U
E	I	K	N	S	D	M	W	B	V	N	J	H	V	L
E	E	V	U	J	S	S	E	R	D	E	T	G	E	T
L	E	H	T	E	H	N	L	L	J	R	D	M	L	I
B	C	A	R	B	O	H	Y	D	R	A	T	E	S	V
A	S	F	I	S	E	D	K	S	R	L	G	D	O	S
R	A	K	E	D	W	R	J	K	M	S	Q	Z	P	E
R	U	K	N	C	O	M	P	O	S	T	M	H	K	E
O	L	M	T	M	G	W	H	F	L	S	R	O	T	D
W	T	P	S	L	V	I	T	A	M	I	N	S	L	S
E	N	B	R	U	S	H	U	T	M	V	B	E	G	Z

Here are some more words to find in the word-search puzzle to your left!

- **brush**
- **compost**
- **hoe**
- **hose**
- **rake**
- **seeds**
- **shovels**
- **wheelbarrow**
- **worms**

Handout 2-2

Nutrient Word Search—Answer Key

Directions: Using your Nutrient Sandwich, fill in the blanks in the following sentences. Then circle those words in the puzzle shown below.

1. Carbohydrates, fat, protein, vitamins, minerals, and water are the six types of ***NUTRIENTS*** .
2. Calcium and iron are examples of ***MINERALS*** .
3. We need to eat ***PROTEIN*** to help build and repair our muscles.
4. ***CARBOHYDRATES*** may be either simple or complex.
5. We need to drink several glasses of ***WATER*** a day to regulate our body temperature.
6. ***VITAMINS*** A and C are found in fruits and vegetables and help our bodies grow and stay healthy.
7. Foods have ***FAT*** in them if they are cooked with butter or oil.

W	A	T	E	R	A	W	T	C	B	J	K	S	S	U
W	K	D	P	Q	B	O	R	M	L	M	W	S	H	C
H	O	D	F	M	P	R	O	T	E	I	N	G	O	U
E	I	K	N	S	D	M	W	B	V	N	J	H	V	L
E	E	V	U	J	S	S	E	R	D	E	T	G	E	T
L	E	H	T	E	H	N	L	L	J	R	D	M	L	I
B	C	A	R	B	O	H	Y	D	R	A	T	E	S	V
A	S	F	I	S	E	D	K	S	R	L	G	D	O	S
R	A	K	E	D	W	R	J	K	M	S	Q	Z	P	E
R	U	K	N	C	O	M	P	O	S	T	M	H	K	E
O	L	M	T	M	G	W	H	F	L	S	R	O	T	D
W	T	P	S	L	V	I	T	A	M	I	N	S	L	S
E	N	B	R	U	S	H	U	T	M	V	B	E	G	Z

Here are some more words to find in the word-search puzzle to your left!

- brush
- compost
- hoe
- hose
- rake
- seeds
- shovels
- wheelbarrow
- worms

NAME: **DATE:**

Handout 2-3

My Friend, the Worm

Draw a picture of your worm in the space provided below.

Observing the Worm Bottle

During the next month, you are going to have to keep an extra special eye on your worm bottle. Make sure that your worms have enough food and water, but not too much. Starting today, write down what you see in your worm bottle. Check your worm bottle every week and write down any changes you see. (Use another sheet of paper if you need it.)

Date: _____

Date: _____

Date: _____

Date: _____

10 tips
Nutrition Education Series

liven up your meals with vegetables and fruits

10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everday sandwich or wrap for extra flavor.

8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.

10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

10 consejos
Serie de educación en nutrición

Avive sus comidas con vegetales y frutas

10 consejos para mejorar sus comidas con vegetales y frutas

Descubra los muchos beneficios de agregar vegetales y frutas a sus comidas. Son bajos en contenido de grasas y calorías, también son buenas fuentes de fibra y otros nutrientes. A la mayoría de los estadounidenses les conviene comer más de 3 tazas y a algunos hasta 6 tazas de vegetales y frutas todos los días. Los vegetales y las frutas no sólo agregan valor nutritivo a las comidas; también les agregan color, sabor y textura. Explore las siguientes maneras de llevar alimentos sanos a la mesa.

1 encienda la parrilla

Use la parrilla para cocer vegetales y frutas. Pruebe brochetas de setas o champiñones, zanahorias, pimientos o papas a la parrilla. Únteles aceite para que no se resequen. Las frutas a la parrilla, como melocotones, piña o mangos, agregan mucho sabor a las parrilladas.

2 amplíe el sabor de sus cazuelas

Mezcle vegetales como cebollas salteadas, guisantes, frijoles pintos o tomates en su plato favorito para agregarle sabor.

3 ¿tiene planeada una comida italiana?

Agregue cantidades adicionales de vegetales a sus platos de fideos o tallarines. Agregue pimientos, espinaca, frijoles rojos, cebolla o tomates cereza a su salsa de tomate tradicional. Los vegetales agregan textura y cuerpo que satisfacen y son bajos en calorías.

4 sea creativo con sus ensaladas

Mezcle zanahorias ralladas, fresas, espinaca, berro, trozos de naranja o guisantes para crear una ensalada sabrosa y colorida.

5 La sección de alimentos preparados no sólo tiene ensaladas de vegetales

Al salir a cenar, pruebe comer frutas picadas como postre. Eso le ayudará a evitar los postres horneados con alto contenido de calorías.

6 diviértase salteando los vegetales

¡Pruebe algo nuevo! Saltee los vegetales, como brocoli, zanahorias, guisantes dulces, setas o champiñones, o habichuelas tiernas, para agregarlas fácilmente a cualquier comida.

7 agréguelas a sus sándwiches

Ya se trate de un sándwich o una tortilla de harina enrollada, los vegetales van muy bien con ambos. Pruebe rebanadas de tomate, lechuga romana o aguacate en su sándwich o tortilla de harina enrollada de todos los días para agregar sabor.

8 sea creativo con los productos horneados

Para un gusto adicional, agregue manzanas, plátanos, bayas o peras a su receta de mollete o kekito favorito.

9 prepare un rico batido de frutas

Como postre, mezcle fresas, arándanos o frambuesas con plátano congelado y 100% jugo de fruta para preparar un delicioso batido de frutas.

10 avive las tortillas de huevo

Mejore el color y el sabor de la tortilla de huevo mañanera agregándole vegetales. Sencillamente córtelos, saltéelos y agréguelos a los huevos mientras los coce. Pruebe combinaciones distintas de vegetales, como setas o champiñones, espinaca, cebolla o pimientos dulces.

USDA Centro para Políticas y Promoción de la Nutrición

Visite www.ChooseMyPlate.gov para obtener más información.

DG TipSheet No. 10
Septiembre 2011

10 tips
Nutrition Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children

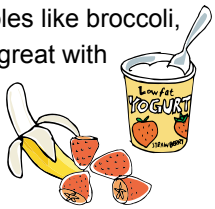
Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

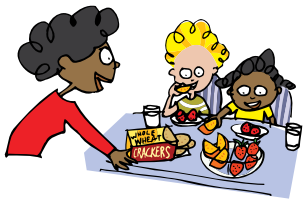
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 11
June 2011

10 consejos
Serie de educación en nutrición

vegetales y frutas para niños

10 consejos para que los alimentos sanos sean más divertidos para los niños

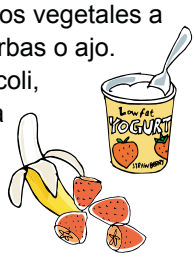
Para animar a los niños a comer vegetales y frutas, hágalas divertidas. Provea ingredientes sanos y permita que los niños ayuden en su preparación según sus edades y destrezas. Los niños tal vez deseen probar comidas que en el pasado han rechazado si ayudaron a prepararlas.

1 creaciones de batidos

Mezcle yogur o leche descremados o bajos en grasa con trozos de fruta y hielo triturado. Use frutas frescas, congeladas, enlatadas o maduras. Pruebe plátanos, arándanos, melocotones y piña. ¡Si congela las frutas de antemano, no es necesario añadir hielo!

2 aderezos deliciosos

A los niños les gusta sumergir alimentos en aderezos. Prepare un aderezo rápido para los vegetales a base de yogur y condimentos como hierbas o ajo. Sírvalo con vegetales crudos como brócoli, zanahorias o coliflor. Los trozos de fruta combinan muy bien con un aderezo de yogur y canela o vainilla.



3 "orugas" comestibles

Prepare brochetas con trozos de melón, manzana, naranja y pera. Para la versión con vegetales, use productos como pepinos, calabacín, pimientos o tomates.

4 pizzas personalizadas

Convierta su cocina en una pizzería. Use panecillos ingleses de trigo integral, roscas de pan o pan pita como base. Agregue salsa de tomate, queso bajo en grasa y vegetales o frutas en trozos. Permita que los niños elijan sus favoritos. Luego, ponga las pizzas en el horno para calentarlas.

5 "mariposas" de mantequilla de cacahuate (maní) con fruta

Comience con palillos de zanahoria o apio para el cuerpo. Use mantequilla de maní para adherir alas, hechas de rebanadas finas de manzana y decórelas con uvas o frutas secas.

6 frutas congeladas

Los bocadillos congelados seguramente serán muy populares durante los meses cálidos del verano. Sencillamente coloque frutas frescas, como trozos de melón, en el congelador (enjuáguelos primero). Haga "paletas" congelando bananas sin cáscara con palillos.

7 "insectos sobre un tronco"

Use palillos de apio, pepino o zanahoria como troncos y únteles con mantequilla de cacahuate (maní). Ponga frutas secas como pasas, arándanos o cerezas sobre el tronco, dependiendo de qué insecto desee.

8 Mezcla de nueces y frutas secas hecha en casa

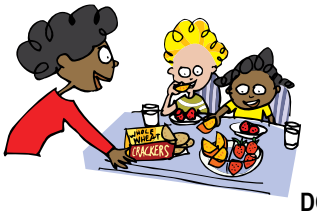
Prepárela usted mismo. Use las nueces y frutas secas que prefiera, como cacahuate (maní) sin sal, castañas, nueces o semillas de girasol y mézclelas con trozos de manzana, piña, cerezas, albaricoques o pasas secas. Agregue cereal de granos integrales también.

9 "cara de papa"

Decore media papa horneada. Coloque rebanadas de tomates cereza, guisantes y queso bajo en grasa sobre la papa para crear una cara cómica.

10 deje que los niños estén a cargo

Pídales a sus hijos que nombren las nuevas creaciones de vegetales o frutas. Permítales arreglar las vegetales o frutas crudas para crear formas o diseños divertidos.



USDA Centro para Políticas y Promoción de la Nutrición

Visite www.ChooseMyPlate.gov para obtener más información.

DG TipSheet No. 11
Septiembre 2011

Family Activities

Scramble Game

How about scrambled nutrients for breakfast! What are the six different nutrients in our diet? Unscramble the following words to find out!

Example:

NEARLISM ➜ MINERALS

Now, it's your turn . . .

1. THEARDCABSORY ➜ _ _ _ _ _ _ _ _ _ _ _ _ _ _
2. TFA ➜ _ _ _
3. TIEPORN ➜ _ _ _ _ _ _ _
4. TINAVIMS ➜ _ _ _ _ _ _ _ _
5. ETWRA ➜ _ _ _ _ _

The answers are on this page below!

Matching Game

Instructions: Draw a line from each nutrient to its correct function.

Dear Students, Please help your parents match the nutrients to their correct function.

1. Carbohydrates	a. Provides a third source of energy and helps to build and repair muscles.
2. Fat	b. One of these helps you to see at night. (Do you know which one?)
3. Protein	c. One of these helps you to build stronger bones and teeth. (Do you know which one?)
4. Vitamins	d. Provides a second source of energy and protects our cells.
5. Minerals	e. Regulates body temperature and moves nutrients through the body.
6. Water	f. Provide the first source of energy that is quickly used by the body.

Answers: 1-f, 2-d, 3-a, 4-b, 5-c, 6-e