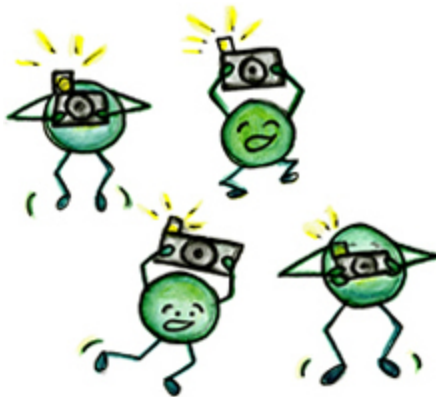


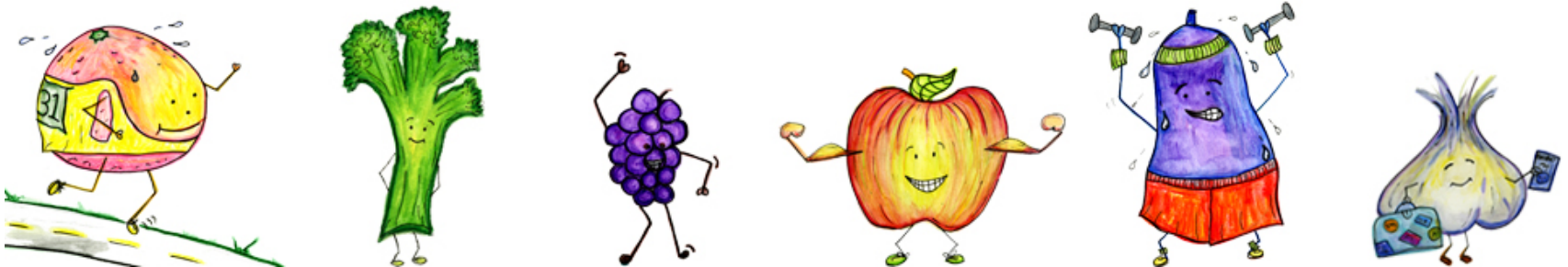


Review!



Today we will...

Review the important material you have learned through the *Fit4Kidz* program!



Goals

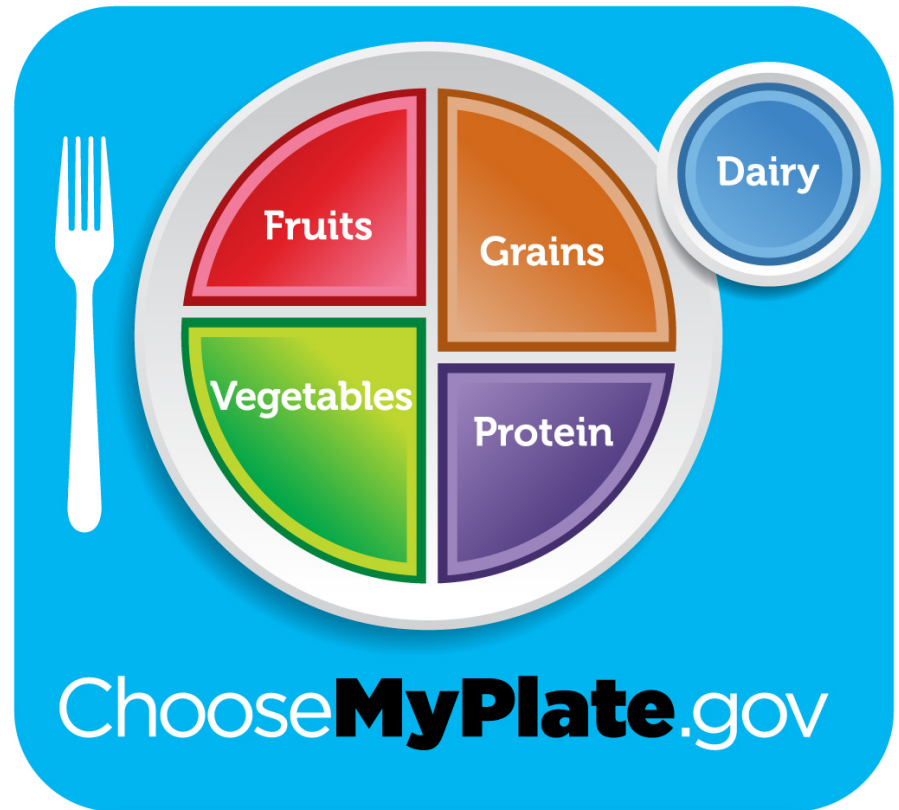
1. Briefly review important material
2. Take a quick quiz to assess your nutrition knowledge
3. Receive *Certificates of Completion* and *Fit4Kidz Folders*



Lesson #1 - Fit4Kidz

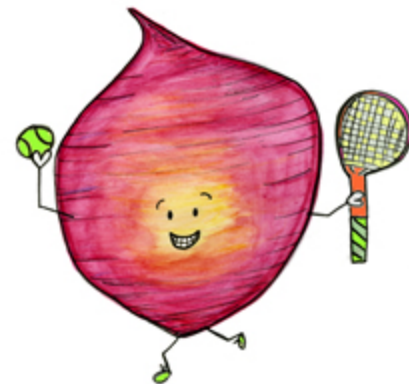
MyPlate Model

- A balanced diet includes healthy food choices from all of the food groups.
- The food groups are:
 - Grains
 - Vegetables
 - Fruits
 - Dairy
 - Meat & Beans



Lesson #2 - Healthy Weight and Breakfast

- Calories are found in food and give you energy to do things like run, jump and ride a bike.
- A healthy breakfast includes foods from at least three food groups on the MyPlate model.



Lesson #3 - Track Your Food Intake

- Food frequency questionnaires (FFQs) and food records are meant to track your food intake and help distinguish your food patterns over a few days, a few weeks, a few months or even a year.



Lesson #4 - Carbohydrates and Grains

- Carbohydrates are the main energy source for your body.
- Grains make up 1/4 of the *Fit4Kidz MyPlate* model.

- Some good sources of grains are whole
- grain bread, whole grain crackers, whole wheat pasta, and brown rice.

Lesson #5 - Full of Fiber

- Fiber is found in many types of foods such as fruits, vegetables, grains, beans and oats.
- Fiber makes us feel full and helps us fight against certain cancers.



Lesson #6 - The Power of Protein

- Protein is an important part of your diet that helps you grow and keeps you strong.
- Protein is found in many foods, including meat, fish, eggs, dairy products and beans.



Lesson #7 - Dairy, Calcium and Vitamin D

- Milk and dairy are important because they contain calcium and vitamin D, which helps you build and maintain strong bones and teeth.

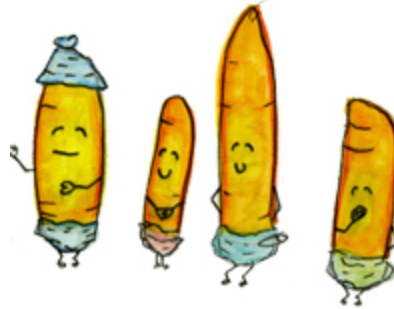


Lesson #8 - All About Oils

- Some foods that contain **good** fats are fish, nuts, avocado, and oils such as olive oil, canola oil and vegetable oil.
- Some foods that contain **bad** fats are regular cheese, whole milk, butter, beef, bacon, sausage, cookies and doughnuts. Because cheese and milk are good sources of calcium, try low-fat versions instead!

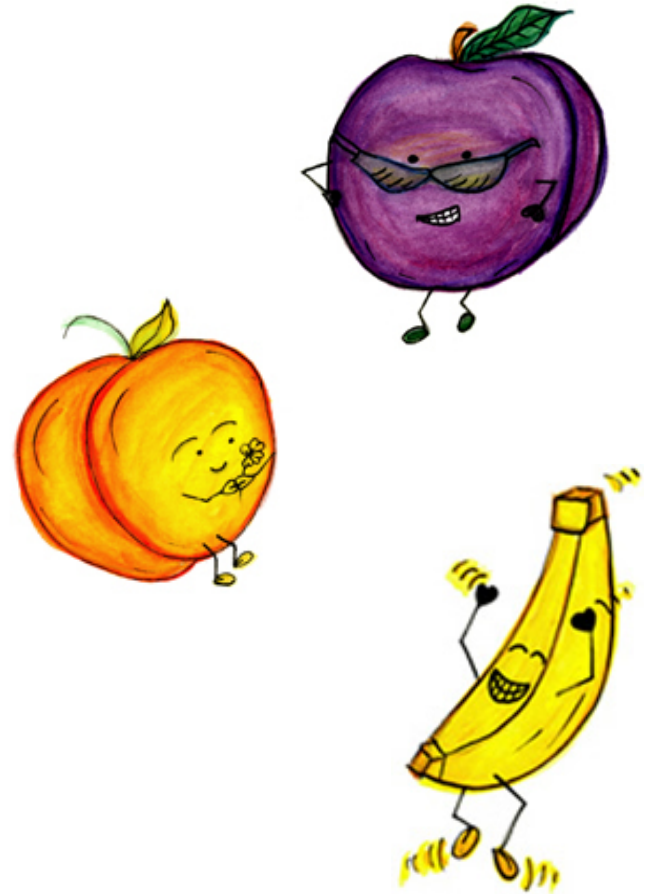
Lesson #9 – Vivacious Veggies

- Vegetables come in many different colors like purple, green, yellow, orange, red, white and brown.
- We should get $2 \frac{1}{2}$ cups of vegetables every day.



Lesson #10 - Fun Fruits

- Eating a variety of different fruits will help you get the right nutrients and vitamins your body needs to stay healthy.
- We should get $1 \frac{1}{2}$ cups of fruits every day.



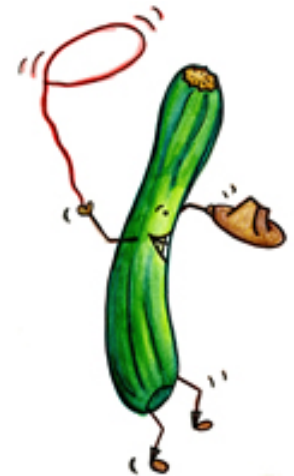
Lesson #11 - Beverages:

Water, Soda and Juice

- Water keeps the body from getting too hot, converts food into energy, gets rid of wastes through going to the bathroom and sweating, and cushions the organs.
- Fluids are found in sodas, water, juices, milk and eating fruits or vegetables. However, water and milk are the best ways to provide your body with fluids because soda and juices contain a lot of extra sugar that our bodies do not need.

Lesson #12 - Serving Sizes and Portion Control

- Understanding serving sizes and portion control will help you to eat the right amount of food your body needs.
- Your plate should have $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ meat and beans, $\frac{1}{4}$ grains, and a source of dairy, such as a glass of milk.



Lesson #13 - Nutrients the Body Needs

- Vitamin A helps you see at night.
- Vitamin D helps build strong bones and teeth.
- Vitamin E protects your skin.
- Vitamin K helps stop bleeding.
- Vitamin C helps fight infections and keeps you from getting sick.



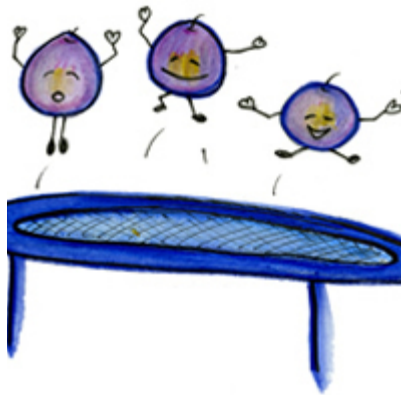
Lesson #14 – Food Label Fun

- Food labels can be found on all packaged/processed foods such as cookies, crackers, frozen meals and cereals.
- Whole, fresh foods such as fruits, vegetables, fish and meats do not have food labels.



Lesson #15 - E is for Exercise

- It is important to get at least 60 minutes of exercise every day.



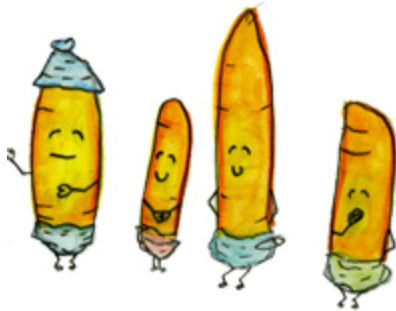
Lesson #16 - Healthy School Lunches

- Eating healthy while at school can be easy and fun. A healthy lunch should include whole grains, protein, fruit and vegetables, and milk or dairy.



Lesson #17 - Healthy Snacks and Easy Recipes

- Snacks are small amounts of food you eat between meals.
- Healthy snacks contain at least two food groups.



Lesson #18 - Grocery Shopping for Kids

- A grocery store is a store that sells mostly food and other related materials.
- Making a shopping list helps you when shopping at the grocery store and should contain at least one food from each group in the *Fit4Kidz Food Groups* and *MyPlate*
- To help decrease the amount of unhealthy foods you buy at the store, avoid walking through the middle aisles that contain chips, dip, candies, sodas and frozen meals.

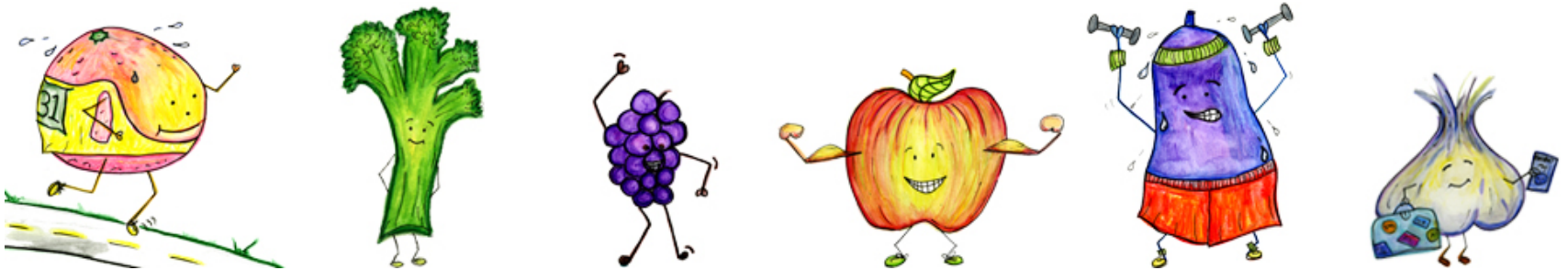
Lesson #19 - Alternative Diets

- Many people need or choose to eat alternative diets to suit their health and lifestyles. Some examples are vegetarian diets, gluten-free diets and lactose-free diets.



Fit4Kidz Quiz

- Now that we have finished our review, print and complete the Fit4Kidz Quiz.
- Review the correct answers and see how much you have learned!



Congratulations!

You have now completed the Fit4Kidz program! Now, use your new-found knowledge to eat healthier, live happier and stay fit!

For more information, please visit www.fit4kidz.us.

