

Healthy Meals for Healthy Kids: Ages 6-12 years

Wanda M. Koszewski, Extension Nutrition Specialist

Lesson Goals:

Families will be able to plan meals together that incorporate the basic principles of watching your serving size and balancing your caloric intake with physical activity.

Objective:

1. Parents and their children will be able to plan meals based on the new MyPyramid.
2. Parents and their children will be able to design meals based on nutrients and appropriate serving sizes.

Introduction:

What is a Nutrient?

To ensure proper health, one needs to understand how their body uses food. Food is composed of chemicals known as nutrients. A nutrient is a substance from food, which is necessary for your body to function and perform. There are six classes of nutrients that your body needs. They are: Carbohydrates, Fat, Protein, Vitamins, Minerals and Water.

Let's look more closely at each class of nutrients.

Carbohydrates: This includes foods such as grains, rice, pasta and cereal group, fruits and vegetables. Carbohydrates are your body's main source of energy. One gram of carbohydrate equals four calories. There are two types of carbohydrates: simple and complex. Simple carbohydrates are the sugars. Complex carbohydrates are from starch and fiber.

Fat: Fat provides energy to your body. One gram of fat equals nine calories. Fat also helps transport other nutrients and is a part of your body cells.

Protein: Proteins are the building blocks of the body. Proteins help build, repair and maintain all your body tissues. If you don't get enough carbohydrate or fat in your diet you can use protein for energy. One gram of protein equals four calories.

Vitamins: Vitamins help spark your body's chemical reactions. These are called co-enzymes. Vitamins help with developing energy in your body but they do not supply energy. They are two types of vitamins: fat soluble and water soluble. Fat soluble vitamins are A, D, E, and K. Water soluble vitamins are the B vitamins and vitamin C.

Minerals: Like vitamins, minerals also act as sparks, so they are also known as co-enzymes. Minerals also help with body structure. Examples of minerals are: iron, calcium, sodium, potassium, zinc and fluoride.

Water: It is often the most overlooked nutrient. It makes up 55 percent to 75 percent of your body. Water regulates your body temperature, carries nutrients to cells, and carries waste out of your body.

What is Fiber?

Fiber is a term referring to complex carbohydrates that your body cannot digest or absorb. Fiber is not a nutrient because you cannot nourish your body with it. However, it is an important part of your diet.

There are two types of fiber: insoluble or soluble.

Insoluble fiber: This type of fiber is commonly called roughage. This fiber is the type that helps give plants their structure. Insoluble fiber helps move food through your digestive tract. It helps keep you "regular." Good sources of insoluble fiber are whole wheat products, wheat, oat and corn bran, flaxseeds and many vegetables.



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Based on the information you provided, this is your daily recommended amount from each food group.

GRAINS 6 ounces	VEGETABLES 2 1/2 cups	FRUITS 2 cups	MILK 3 cups	MEAT & BEANS 5 1/2 ounces
<p>Make half your grains whole</p> <p>Aim for at least 3 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 3 cups</p> <p>Orange veggies = 2 cups</p> <p>Dry beans & peas = 3 cups</p> <p>Starchy veggies = 3 cups</p> <p>Other veggies = 6 1/2 cups</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p>
<p>Find your balance between food and physical activity</p> <p>Be physically active for at least 30 minutes most days of the week.</p>		<p>Know your limits on fats, sugars, and sodium</p> <p>Your allowance for oils is 6 teaspoons a day.</p> <p>Limit extras—solid fats and sugars—to 265 calories a day.</p>		

Your results are based on a 2000 calorie pattern.

Name: _____

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

Soluble fiber: These fibers become gummy and bulky. The most common soluble fiber is oat bran. Soluble fiber helps lower blood cholesterol levels and controls your blood sugar. Soluble fiber sources are dried beans, peas, oat, barley and many fruits.

Foods can contain both soluble and insoluble fibers.

Dietary fiber is found in plant foods such as fruits, vegetables, legumes, grains, nuts and seeds.

How do you know if you are getting every nutrient?

MyPyramid contains the building blocks for a healthy eating plan. The five food groups are:

- Grains
- Vegetable
- Fruit group
- Milk, yogurt and cheese
- Meat and dried beans
- Oils can be included in your diet in small amounts.

Foods are divided into the food groups based on their nutrient content. Foods in one food group can't replace those in another and no one single food group is more important than another.

Let's look more closely at the food groups and recommendations based on the MyPyramid.

To help ensure good health and to prevent family members from becoming overweight, there are some general tips to keep in mind.

- Be physically active every day.
- Eat in moderation.
- Watch the portion size of foods.
- Eat a variety of foods.
- Make gradual improvements in your eating plan.
- Personalize your plan so it meets the needs of you and your family.

The principles of MyPyramid are: regulating portion sizes, eating a variety of foods, enjoying foods in moderation and getting the correct amount of physical activity.

Eat a variety of foods: No one food or group can give you all the nutrients you need each day. Choose from all the food groups. Variety on the MyPyramid is symbolized by the six color bands which represents the five food groups and oils.

Regulating portion sizes: Eat the appropriate amounts of foods to get the energy and nutrients your body needs to function. Know what an appropriate serving size for each food group is. On the MyPyramid, portions are represented by the width of the bands. If you look closely at each of the bands you will notice that they are different widths. The wider base bands represent food groups with little or no solid fats or added sugars. These food groups (Grains, Vegetables and Nonfat Dairy) should be selected more often.

Enjoy foods in moderation: Choose foods to meet your energy needs but do not overdo it. Watch your saturated fat, cholesterol, salt and simple sugars. On the MyPyramid, moderation is shown by the narrowing of the food groups from top to bottom. The wider base represents foods with little or no solid fats or added sugars. These food groups should be selected more often.

Get the correct amount of physical activity: You need to be moderately to vigorously physically active at least 60 minutes most days of the week. Moderate physical activity is defined as participating in activities that do not make you sweat or breathe hard for 30 minutes or more. Vigorous physical activity is defined as participating in activities that make you sweat and breathe hard for 20 minutes or more. On the MyPyramid activity is represented by the steps. It is a reminder how important daily physical activity is.

If you would like to see what your personal MyPyramid is, go to www.mypyramid.gov. Type in your age, if you are male or female; and activity level. Hit enter and your personalized MyPyramid will be displayed.

A **portion** is the amount of food you choose to eat. There is no standard portion size and no single right or wrong portion size. A **serving** is a standard measured amount used to help give advice about how much to eat or to identify the number of calories and nutrients in food.

Most of us do not know what a normal serving size is. Our portion sizes have gone to “supersize.” In fact, most of us underestimate what we eat by about 50 percent. This is known as “**portion distortion.**”