

**Introduction
to
Our
Next Unit**

**DON'T
SIT**

**VIEW RIDGE
Fitness and Fun!!**

**GET
FIT!!**

HEALTHY FOOD – HEALTHY BALANCE

Food provides the body with energy to work, grow and play. To receive all the nutrients needed to maintain health, a person should eat a variety of foods from the food groups each day.

Key Vocabulary Words:

- **Daily Amounts** - The appropriate amount of food you need from each food group.
- **Food measurements** - The food a person eats is measured in cups (milk, fruits and vegetables) and ounces (grains, and protein).
- **Cup** - A measure of volume.
- **Ounce** - A measure of weight.
- **"My Plate"** - A chart that separates food into groups and provides guidance to eat healthy.
- **Healthy Eating** - Eating a variety of healthy foods.
- **Variety** - Eat foods from all food groups.
- **Moderation** - Choose forms of foods that limit the intake of saturated or trans fats, added sugar, cholesterol and salt.

Understanding and eating a balanced diet is essential to lead a healthy, active life. **"My Plate"** (see Myplate.gov) puts food into groups needed for a healthy diet. It is important to eat a variety of foods each day, with half your plate being filled with fruits and vegetables. To understand **Daily Amounts**, it is important to be familiar with **food measurements**; **cup** and **ounce**. A cup is used to measure volume. School milk containers hold exactly one cup. A measure of weight or fluid will be in **ounces**. A piece of bread weighs one ounce, a cup of milk, 8 ounces.

😊 Each person needs to eat appropriate amounts of food from the food groups each day. These **daily amounts** depend on a person's age, gender and activity level. **Healthy eating** is necessary each day. Healthy eating gives the body vitamins, minerals and energy needed to work and play. **Moderation** is important when choosing foods with added sugar, saturated or trans fats, cholesterol, and salt. Limit the amount of foods and beverages with added sugars your kids eat and drink.

Choose from the 5 Food Groups:

***Vegetables and *Fruits** - Make half your plate fruits and vegetables. Encourage children to eat vegetables and fruits by making it fun.

***Grains** - Make at least half your grains whole grains - Waffles, bread, cereals, etc.

***Milk/Dairy** - Choose fat-free or low-fat milk, yogurt, and cheese. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

***Protein** - Select a variety of foods made from lean meat and poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.