

# Eating Well



***This week, we are learning about the habit of eating well.***

We are practicing making healthy choices about the foods we eat.

## Word of the Week

nutritious

*Foods that are healthy for our bodies are nutritious.*

Use the Word of the Week at home.

You might say:

*Let's choose a nutritious snack. What do you suggest?*

## Kitchen Helper

Invite your child to help you make dinner. Your child can help mix cut-up pieces of fruit for a salad or help measure ingredients. As you eat together, talk about how your child helped prepare the meal: *Sean cut up the banana and mixed it into the fruit salad.*

## Food Groups

A healthy diet means eating food from each of the five food groups each day: fruits, grains, vegetables, dairy, protein. Help your child identify the foods from each food group on his or her plate as you eat breakfast or dinner. Encourage your child to choose a variety of foods from each group during the day.

## Foods That Go Together

While at the grocery store, ask your child to compare the food displayed in each aisle. Look for similarities that would provide clues about why the items are grouped together. For example, point out all the cans in the canned food aisle or the frozen food in the freezer section.

## Shopping Trip

Before going on a trip to the grocery store, invite your child to help you make a list of food you will buy. Talk to your child while shopping. Point out that every food in a box or can has a label that tells what ingredients were used to make it. Look at a label on a cereal box. Check to see how much sugar is in each serving. Remind your child that sugar is not nutritious. Compare cereals and shop for cereal that has only a small amount of sugar.

## More Words to Know

dairy  
food groups  
fruits  
grains  
ingredients  
protein  
sort  
vegetables

**Coming Next Week: Children will learn about how important it is to be active and exercise daily.**