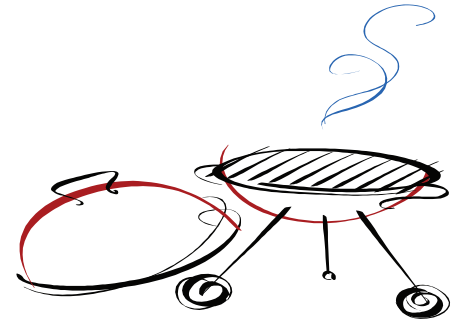


If your student had GrowingGreat last year,
ask about the Review Game!



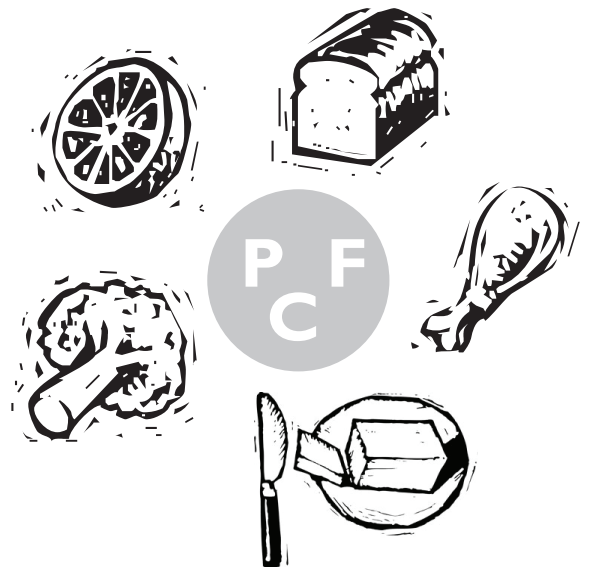
Grill Me About...

Proteins, Fats and Carbohydrates



Ask me what I learned about eating proteins, fats and carbohydrates in my GrowingGreat classroom nutrition lesson:

1. What combination of fuels does our body need to perform at its best?
2. What foods are high in protein?
3. Name three beneficial fats.



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Answers:

1. Proteins (dairy, animal and/or vegetable); carbohydrates (grain and fruit/vegetable); and beneficial fats
2. Beans, meats, poultry, soy, cheese, milk and nuts
3. Butter, olive oil, cheese, avocado, nuts, seeds, peanut butter, salmon, coconut oil, whole yogurt

Healthy PFC* Wraps

Build your own healthy wraps from:

1. Base: lettuce, tortilla, sliced lunch meat, lavash bread
2. Spread: hummus, cream cheese, peanut butter, almond butter
3. Filling: cheese, avocado, cucumber, dried fruit, sprouts, tomato, meat, beans, rice

*PFC= Proteins, Fats and Carbohydrates

About the Classroom Nutrition Lessons



Students will enjoy five GrowingGreat lessons throughout the school year. The lessons are designed to inspire healthy eating by educating children to choose foods that help them think, feel, and perform at their best.

A “Grill Me About...” flyer like the one you are reading will come home after each lesson. This review is designed to involve the whole family in making healthier food choices.

Lesson #1 Feed Your Engine Proteins: Fats and Carbohydrates

It's easy to include a wide variety of high quality proteins, fats and carbohydrates into snacks and meals. Here are some suggestions:

Fruit/vegetable carbohydrates: Fresh fruit and vegetables are the best source of carbohydrates. They are easy to carry as a snack or can be included as part of meals. Try a banana or berries with your breakfast, an apple with lunch and an orange for an afternoon snack. Use salad vegetables in your sandwich, add fresh vegetables or salad for dinner or chop raw vegetables to snack on in the car.

Whole grain carbohydrates: Include wheat, rice, corn, oats, quinoa, bulgar and barley. You can find these grains in a wide variety of sources – breakfast cereals, breads, pasta and crackers. Be sure to look for the word “whole” before the grain in the ingredient list.

Dairy proteins: Eat a wide range of dairy foods including milk, real cheese and yogurt. Try adding fruit to UNSweetened yogurt for a higher-quality choice. Yogurt and milk from sheep or goat milk are tasty and easier for some to digest.

Animal/vegetable proteins: Chicken, turkey, fish, beef, pork and eggs are all animal proteins. Vegetable proteins include beans (soy, black, lentils), nuts and seeds (sunflower and pumpkin). Add different varieties of beans to salads, bake extra chicken for dinner and to eat for lunch the next day, snack on boiled soy beans (edamame).

Fats: Don't forget to eat beneficial fats. Whole, unprocessed fats such as avocado, butter, olive oil, coconut oil, and flax seed oil make us feel full and help our brains think clearly! Stay away from hydrogenated oils and deep fried fats.

GrowingGreat Lessons

Lesson #1:

Feed Your Engine Proteins, Fats and Carbohydrates (Returning Students: Review Game)

Lesson #2:

Feed Your Engine Higher Quality Fuels

Lesson #3:

Know What's In Your Food: Label Reading

Lesson #4:

Start Your Engines: Higher Quality Breakfasts

Lesson #5: Heed Your Warning

Lights: Listening to Your Body's Signals

GrowingGreat Philosophy

GrowingGreat's goal is to educate and inspire children and adults to adopt healthier eating habits.

GrowingGreat advocates:

- Eating a wide variety of colorful, whole foods that are close to their original source.
- Choosing higher-quality, beneficial foods more often.
- Appreciating the impact food has on our overall well-being so that we can think, feel and perform our best all day long!

