



# HOME FOOD & NUTRITION AWARD



## PROJECT: NUTRITION BASICS

### GOALS

- A. NUTRITION PLAN:** Look up one nutrition plan for a weekly eating strategy.
- B. FOOD GROUP FACTS:** Identify 3 foods in each food group.
- C. NUTRITION CHALLENGE:** Track your meals for one week.

### A. NUTRITION PLAN

What is considered good nutrition is constantly changing with new research. It can be hard to determine how to eat healthy within a budget. Look for these things in an eating strategy.

- Variety:* Find a plan that includes a variety of fruits, vegetables, whole grains, dairy products, lean protein, nuts and seeds, and healthy fats.
- Portions:* Look for a plan that makes portion suggestions for each type of food.
- Affordable:* Find a plan that suggests foods you can find locally that are not too expensive.

#### Eating Strategies (look up at least one)

- Mayo Clinic's "Nutrition and Healthy Eating" section at [mayoclinic.org](http://mayoclinic.org)
- Harvard's "Healthy Eating Plate & Eating Pyramid" at [hsph.harvard.edu/nutritionsource](http://hsph.harvard.edu/nutritionsource)
- Government's My Plate program at [choosemyplate.gov](http://choosemyplate.gov)
- Academy of Nutrition and Dietetics at [kidseatright.org/kids](http://kidseatright.org/kids)

### B. FOOD GROUP FACTS

Learn how foods fall into each food group using the contents of your kitchen. This is not a complete list; but it contains healthy groups to keep as your main diet. Find at least 3 examples in each food group in your kitchen, and learn the recommended healthy options. For fun, have your family member bring a food item; race to see how quickly you can identify the group it is in.

#### Group #1—Vegetables and Fruits

Fruits such as apples, oranges, and bananas and mangoes. Things like broccoli, carrots and spinach are veggies.

#### Group #2—Whole Grains

Whole grains are things such as wheat, barley, rye, steel cut oats, quinoa, or brown rice.

#### Group #3—Dairy Products

Items such as milk, cheese, yogurts, butter, pudding, custard, sour cream, cream cheeses.

**GROUP #1 TIP:** Potatoes don't count; they are a starchy vegetable that quickly raises/lowers your blood sugar. Eat colorful fruits and veggies.

**GROUP #2 TIP:** Look for whole grain (non-instant) options that are high in fiber and low in sugar. Read those labels! Avoid processed refined grains.

**GROUP #3 TIP:** Keep an eye on sugar contents in yogurts, puddings, and custards, and eat ice cream occasionally—not daily.

### **Group #4—Healthy Proteins**

Protein can come from meat, vegetables, or nuts.

Fish, poultry, beans, nuts, seeds, eggs, red meat (limited portions)

**GROUP #4 TIP:** Avoid processed, high sodium, highly fatty meats and add in beans, nuts, eggs and to supplement your lean meats.

### **Group #5—Healthy Fats**

Your body needs healthy fats—the right kinds). Olive oils and most vegetable oils are better options (not genetically modified). You can also use nut oils (sesame or almond), coconut oil, butter, avocado oils, or fish oils, and butter.

**GROUP #5 TIP:** Avoid deep fried, processed foods. Instead choose foods made with a healthy oil.

## **C. NUTRITION CHALLENGE**

Track your diet for a week and see how you are doing! Half the battle is just being aware of what you are eating.

### **What am I Eating Really?**

- Use the Weekly Meal Tracking worksheet found at the end of this document to track your breakfast, lunch, dinner, and snacks by food group.
- Avoid making drastic changes—just track what you are eating and share with the family.

### **Discussion Questions:**

- Why is eating healthy a big deal?
- What changes could we make as a family to be healthier?
- What things do you already love to eat that you found out are good for you?

## **RESEARCH MORE**

- *Eat Lots of Colors* by Helen Marsteller
- *Complete Family Nutrition* by DK Publishing
- *Get Your Family Eating Right* by Lynn Fredericks
- *Good Enough to Eat* by Lizzy Rockwell
- *Eating Clean for Busy Families* by Michelle Dudash

*My child has successfully completed the Project Goals for the topic—**Nutrition Basics**.*

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Complete SIX projects to earn your FOOD & NUTRITION award)*



# WEEKLY MEAL TRACKING

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				