



You are your child's most important role model, and your help is needed to continue to help them be successful.

Therefore, we have created fun and informative activities that you and your child can do together.

1. Make fruit kabobs for a snack. Experiment with colorful fruits like pineapple, strawberries, and blueberries to create your own rainbow on a stick.
2. Use your senses! What fruits smell sweet? What fruits taste sour?
3. Can you name at least one fruit for each color of the rainbow?
4. Visit a farmer's market this weekend and see what fruits are available this month.
5. Keep track of your fruit intake this week. Aim for at least 3 servings a day!

www.chefsolus.com

A free nutrition education web site.

The fun way to learn about nutrition!

Dear Parents,

Congratulations! Our group has been learning about nutrition this week by playing a nutrition game.

Your child has just completed the Fruits Groups Level of the Chef Solus and the Food Pyramid Adventure.

While playing the Fruits Groups Level, your child explored the Food Pyramid and learned these important facts:

- ★ Eating at least 1 1/2 cups of colorful fruits every day helps you to stay healthy. A serving of fruit can be a 1/2 cup cut-up fresh fruit or canned fruit, 1/4 cup dried fruit or a piece of fresh fruit like an apple or a banana.
- ★ Most fresh fruits are large and can be more than one serving. A good rule of thumb is to think of one serving of fruit as the size of a baseball.
- ★ Foods from the Fruits group provide us with vitamin C to help our bodies heal from cuts and protect us from a common cold. Even though we can not always avoid getting a cold, Vitamin C makes it harder for our body to catch it.
- ★ Fruits make a healthy snack. Make most choices whole fruit without added sugar.
- ★ Some fruit flavored foods such as jelly and fruit pies are not in the Fruits group. These types of foods are higher in sugar than they are in nutrients and do not contain enough vitamin C. These foods should be eaten in moderation.

Your child will have a certificate for the level. Help remind your child that nutrition is important and fun by posting it for the family to enjoy.

For more information and nutrition tools, go to [Parent's Tools Page](#)

Encourage your child eat fruits every day by using our fun [agreement sheet](#).

Put the [tracking sheet](#) on the refrigerator to see their successes! Found on the [Parents' Healthy Tips page](#).

