

CHFFF Lesson 1

**What are some examples of
sweetened drinks?**

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**Why are 100% fruit juice and flavored milk
the only “slow drinks”?**

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What are some concerns about diet drinks?

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**What are the best drinks for youth who
participate in after-school sports?**

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Sweetened drink examples:

Any drink with added sugar such as: soda, fruit-flavored drinks and fruit juice drinks, iced tea, lemonade, sports drinks, energy drinks (all “stop” drinks), and flavored milk.

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Flavored milk and 100% juice have important nutrients but also lots of sugar. Limit juice to $\frac{3}{4}$ cup per day for kids since it is easy to over-consume, adding excess calories and contributing to weight gain. Eat whole fruit instead (fresh, canned, frozen, dried) for more fiber and nutrients.

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Diet drinks:

Drinks with artificial sweeteners add few or no nutrients to your diet, and may increase desire for sweet tastes. This may cause foods that are less sweet, like fruits and vegetables, to become less appealing.

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The best drinks for youth who participate in sports are:

WATER - except for serious athletes who engage in intense levels of activity.

CHFFF Lesson 2

What is the recommended amount of vegetables a child should eat every day?
What about fruit?

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Why is eating a rainbow important? What are the different groups of vegetables?

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What diseases do diets high in vegetables and fruit help prevent?

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Are fresh vegetables and fruits better than frozen and canned?

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Vegetables: 2 ½ cups/day

Fruit: 1 ½ cups/day

Most standard vegetable and fruit servings are ½ cup, so this means 5 vegetables (½-cup equivalents) and 3 fruits (½-cup equivalents).

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Eating different colored vegetables and fruits is important because they have different vitamins, minerals and other nutrients. Vegetable types include:

- Dark green (e.g., broccoli, spinach, leafy lettuce)
- Orange (e.g., carrots, squash, sweet potato)
- Legumes (e.g., pinto, kidney – also in meat/beans group)
- Starchy (e.g., corn, potatoes, peas)
- Other (e.g., tomatoes, cucumbers, sweet peppers, etc.)

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Diets rich in vegetables and fruits lower your risk for heart disease, high blood pressure, stroke, and some types of cancer, and also help with weight maintenance.

A healthy weight helps prevent these diseases and diabetes too.

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Frozen, canned, and dried fruits and vegetables are also nutritious, often cost less than fresh, and are easier to keep on hand. Drain canned fruit and vegetables well and throw liquid away.

CHFFF Lesson 3

What are the key parts of the Nutrition Facts Label to focus on when first introducing it to children?

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Why is it important to look at serving size?

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What is %DV (% daily value)?

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To choose healthy, it's useful to know how much added sugar is in a food. Why can it be challenging to identify added sugar in dairy and fruit products?

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On the Nutrition Facts Label, focus first just on total fat, total sugar, and serving size (the main contributors of calories) to keep it simple and make it easier for kids to understand. Compare between similar items to avoid confusion.

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Serving size on the label tells us:

What size serving the calories and other nutrients are based on and how many servings are in the container. Note that serving sizes on Nutrition Facts Labels are not always the same as those in USDA dietary guidance materials.

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While not addressed in this lesson, the %DV shows how much of the daily recommended amount of a nutrient is in one serving. Choose foods with the highest %DV for fiber, calcium, iron, and Vitamins A and C, and with the lowest %DV for total fat, saturated fat, sodium and cholesterol.

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Identifying the amount of added sugar in dairy and fruit products is tricky because “Total Sugars” on the Nutrition Facts Label includes both added sugar and naturally occurring sugar from fruit (e.g., fructose) or dairy (lactose).

CHFFF Lesson 4

What is the difference between whole grains and refined grains? What are some examples of whole grains?

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How can you tell if a packaged item contains whole grain?

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When comparing similar items, how can you tell which has more whole grain?

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What are some of the health benefits of whole grains and fiber?

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Refined grains are whole grains with most of the fiber-rich bran and nutrient-rich germ removed. While most are enriched with some nutrients, they still lack the fiber and nutrients of whole grain.

Whole grain examples: whole wheat flour, brown rice, wild rice, quinoa, whole barley (not pearled), bulgur, whole oats/oatmeal, popcorn, whole grain corn, rye flour, millet, blue cornmeal.

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Be careful of whole grain claims on the front of a package – sometimes there is only a small amount of whole grains! Instead, on the ingredient list, look for foods with a whole grain listed as the first or second ingredient —for example, whole wheat flour, whole oats, whole grain corn, or brown rice. Also look at fiber on the Nutrition Facts Label (see next card).

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When comparing similar products containing the same whole grain, higher fiber usually indicates more whole grain.

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A high fiber diet is associated with a lower risk of heart disease, some cancers and diabetes. A diet rich in whole grains and fiber can prevent constipation, promote gastrointestinal health, and help with weight maintenance.

CHFFF Lesson 5

How can eating fast food and convenience foods too often lead to weight gain?

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What are some downsides of fast foods and convenience foods besides weight gain?

CHFFF Lesson 5

What are some ways to eat healthy when eating out?

CHFFF Lesson 5

How can we create “fast” healthy meals at home?

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Many foods from fast food restaurants or bought already prepared, especially fried foods and sweetened drinks, are high in fat and/or sugar. Thus they have a lot of calories for their size, so it's easy to eat more than our bodies need, leading to weight gain.

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Fast foods and convenience foods are often low in nutrients, include few vegetables, fruits, or whole grains, and are high in sodium and solid fat (saturated and/or trans fat), the kind to avoid.

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Eat smaller portions (order smaller sizes, share larger portions, or take some home for later) and choose healthier lower-fat and lower-sugar options. Drink low fat milk or water with your meal.

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Create fast healthy meals at home by using some quick, easy recipes, or by supplementing occasional take-out or convenience foods with vegetables and milk or water.

CHFFF Lesson 6

What are some examples of healthy
breakfasts?

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What are the three components of a healthy
breakfast?

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How can you tell if one breakfast cereal is
healthier than another?

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Why is eating breakfast important for good
health?

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Any healthy food can be part of breakfast, not just traditional breakfast items. Watch out for high-sugar breakfasts, which only give a short energy boost followed by a drop in blood sugar. Instead, include longer lasting fuel such as whole grains, a fruit or vegetable, and a protein source.

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Three components of a healthy breakfast:

1. A **protein source** (milk/dairy or meat/beans/egg groups)
2. A **whole grain** such as oatmeal, cereal or toast
3. A **vegetable or fruit** (essential to reach goal of 3-4 cups/day)

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Read the label to compare! A healthier cereal should have at least 3 grams of fiber and no more than 8 grams of sugar per serving. Cereals with dried fruit in them will show more sugar on the Nutrition Facts Label due to the natural sugar in the fruit, but are still healthy choices if high in fiber/whole grains.

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Children who skip breakfast may have trouble concentrating or paying attention in school, and tend to have poorer diets and be more overweight than those who eat breakfast.