Resources: STEM Food—
More than Just Vegetables

Recipes for Kids

Kids making food for themselves is a great way to learn about food and meal preparation. Try out one of these recipes from Kids Health:

Math is Fun

https://www.mathsisfun.com/

Temperature scales—Celsius °C or degrees Celsius/Centigrade and Fahrenheit °F
Water freezes at 0°C and 32°F and boils at 100°C and 212°F.
Children can also use conversion charts to change temperatures from Celsius to Fahrenheit. Conversion of Temperature https://www.mathsisfun.com/temperature-conversion.html

Fluid ounce (fl oz) conversion —8 fluid ounces = 1 Cup.
https://www.mathsisfun.com/definitions/fluid-ounce.html

Kids’ Money http://www.kidsmoney.org/

Science of Cooking

Food science is the study of the physical, biological, and chemical makeup of food, as well as, the concepts underlying food. If your child is interested in the actual science behind food there are some age appropriate resources that you can use to help them answer some of the big food questions.

https://www.scienceofcooking.com/
Plan My Meal

I will serve: breakfast, lunch, dinner, snack (circle one)

When:

My menu:

Items on Hand:

<table>
<thead>
<tr>
<th>Shopping List</th>
<th>Estimated Cost</th>
<th>Actual Price</th>
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Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the MyPlate Daily Checklist and the tips below to meet your needs throughout the day.

1. Make half your plate veggies and fruits
   Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. Include whole grains
   Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

3. Don’t forget the dairy
   Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don’t drink milk? Try a soy beverage (soy milk) as your drink or include low-fat yogurt in your meal or snack.

4. Add lean protein
   Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

5. Avoid extra fat
   Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. Get creative in the kitchen
   Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7. Take control of your food
   Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

8. Try new foods
   Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9. Satisfy your sweet tooth in a healthy way
   Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10. Everything you eat and drink matters
    The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Go to ChooseMyPlate.gov for more information.
smart shopping for veggies and fruits

10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1. celebrate the season
   Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer’s market is a great source of seasonal produce.

2. why pay full price?
   Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3. stick to your list
   Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.

4. try canned or frozen
   Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

5. buy small amounts frequently
   Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6. buy in bulk when items are on sale
   For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. store brands = savings
   Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8. keep it simple
   Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9. plant your own
   Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10. plan and cook smart
    Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Go to www.ChooseMyPlate.gov for more information.
Your plate should contain a variety of colors, something that will appeal to the eye as well as taste buds. When you have a rainbow of colors, you can help ensure that your diet contains all the different nutrients you need. Remember that all forms can count and add your fruits and veggies whether they are fresh, frozen, canned, dried, or 100% juice! Once you've added your fruits and vegetables, you can complete your plate with protein and grains.

A great way to keep things colorful is to 'shop the perimeter' at the grocery store. Fresh foods like vegetables, fruits, fish, meats, and dairy are usually located along the edges of the store.

Purchasing fresh foods will help you control the fat and sodium in your diet. While shopping the perimeter, don't forget to watch out for foods that masquerade as healthy, such as certain crunchy salad toppings that are high in preservatives and calories or meats that have been pre-marinated and are high in salt.

You don't need to completely avoid the center of the store as healthy options can be found there as well, just remember to always read the labels and choose healthy fats. Items you can look for in the middle include:
Nuts and Seeds, Oils, Grains, Beans, Cereals , Vinegar, Soups , Frozen Fruits and Vegetables

Whenever possible take your children with you to the store. They'll learn about shopping for nutritious items and be part of the decision making process.

Dietary Guidelines. (n.d.).
http://health.gov/dietaryguidelines/
Recorded webinars related to today’s topic

If you would like to watch a webinar recording related to today’s topic, the recordings can be found on our website https://www.militarychild.org/webinars.

- Healthy and Fit Families
- The Family Meal

NOTES: