



PreK4



Newsletter

Vol. 1 Issue 5
March 2023



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MARCH IS NATIONAL NUTRITION MONTH

EATING greens!!!!

The USDA recommends Americans eat 3 to 5 varieties of vegetables every day. Green vegetables are a great food choice. In fact, the American Heart Association calls green veggies "nutritional super-stars."



Spinach, Kale, Swiss Chard, Arugula and Escarole are great sources of vitamins, minerals and other nutrients that help our body function properly. In addition, these green veggies taste delicious!



Menu Health Tips to EAT Right

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-  1. EAT Breakfast
 2. Make Half Your Plate Fruits and Vegetables 
 -  3. Watch Portion Sizes
 4. Be Active 
 -  5. Get to know Food Labels
 6. Fix Healthy Snacks 
 -  7. Consult a Registered Dietitian Nutritionist
 8. Follow Food Safety Guidelines 
 -  9. Drink More Water
 -  10. Get Cooking 
 11. Order Out without Ditching Goals
 -  12. Enact Family Meal Time
 -  13. Banish Brown Bag Boredom
 14. Reduce Added Sugars 
 -  15. Eat Seafood Twice a Week
 16. Explore New foods and Flavors 
 -  17. Experiment with Plant-Based Meals
 18. Make an Effort to Reduce Food Waste 
 -  19. Slow Down at Mealtime
 20. Supplement with Caution 

Nutrition tips for preschool children

NUTRITION IN YOUR LUNCH!



School breakfast and lunch are packed with nutrients! Most meals are great to make children's bodies healthy and strong!

FOOD EXPLORERS (fruits & veggies)



Children learn by touching and feeling the foods, once they are old enough, they can help prepare fruits and vegetables with the supervision of an adult.

(Eat at least 5 fruits and vegetables a day!)

Turn the alphabet into a game! "Who can name a vegetable that starts with the letter B?" (Broccoli!)

FOOD ALPHABET



Proper Hydration And NO To Sugary Drinks



Choose milk and water more often than juice and sugar-sweetened drinks.

To make drinking water more interesting, choose unsweetened flavored sparkling water or slice fruits (citrus) or vegetables (cucumber) and add them to the water for some flavor.

FOOD MOVEMENTS



Play a game of "Can you guess what healthy activity I'm doing?"

Here are some ideas: Pretend you are peeling carrots, slicing apples, chopping onions, stirring a soup, grocery shopping, washing dishes, setting the table, washing hands.

HAND WASHING FOR HEALTH



Encourage children to wash their hands before and after eating.

Show children how to cough/sneeze into their sleeve to avoid spreading germs.

Children need to wash their hands as long as it takes them to sing the Alphabet song once or Happy Birthday twice.



& Nutrition

The Bienestar/NEEMA Coordinated School Health Program (BN CSHP)

The Program involves 4 School Components in the Bienestar implementation focusing on nutrition and physical activity.



The BN CSHP is:

- TEXAS EDUCATION AGENCY (TEA) APPROVED
- RECOGNIZED AS PROVEN EFFECTIVE BY THE NATIONAL CANCER INSTITUTE AND THE AGENCY FOR HEALTHCARE RESEARCH AND QUALITY
- THE ONLY BILINGUAL COORDINATED SCHOOL PROGRAM



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Project Sponsored By:



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