



1^{st.} Grade



Newsletter

VOL. 3 ISSUE 3

SPECIAL EDITION NOVEMBER/DECEMBER 2024



Healthy Holidays! Yummy Sweets in Moderation

WHAT'S INSIDE?

Yummy Sweets in Moderation. P1

Healthy Family Feasts. P2

Move and Groove. P3

A Bonus Gift. P4

Word Search Wonderland. P5

The holidays are the best time to spend with family and enjoy yummy foods and desserts, but did you know that overeating can make the body feel uncomfortable or sick?



It is recommended to eat in moderation, but what does this mean? Moderation means to avoid excess or extremes, especially when it comes to food. It's about managing portion sizes, stopping when you're full, and limiting treats like sweets. To feel your best and keep up with family holiday activities, include plenty of fruits and vegetables in your meals for essential nutrients and energy.



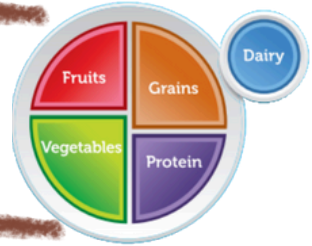
Let's uncover how to "Enjoy yummy holiday treats (in moderation) without the guilt..."

Enjoying holiday treats without the guilt - Mayo Clinic Press

Healthy Family Feasts: Power-Up with Fruits & Veggies!

This festive season, nourish your body with nutritious foods. A balanced meal of fruits, veggies, proteins, whole grains, and dairy will boost overall health.

Fuel your body following the MyPlate diet portion guidelines 2020-2025



FRUITS

Children (4-8yrs):
1-2 cups
Adults: ~1.5-2.5 cups*

VEGETABLES

Children (4-8yrs):
1.5 -2.5 cups
Adults: ~2-4 cups*

PROTEIN

Children (4-8yrs):
3-5.5 oz
Adults: ~5-7 oz*

GRAINS

Children (4-8yrs):
4-6 oz
Adults: ~5-10 oz*

DAIRY

Children (4-8yrs):
2.5 cups
Adults: ~3 cups*



*Recommended portions for adults varies in men and women in MyPlate.

MOVE AND GROOVE: JINGLE ALL THE WAY!

I'm baked
for speed!



Fun ways to move:

- Dance to your favorite holiday songs.
- Play a game of tag or hide-and-seek.
- Have a scavenger hunt around the house.
- Play a holiday-themed game of charades.
- Do jumping jacks while imagining you're a snowflake falling from the sky!

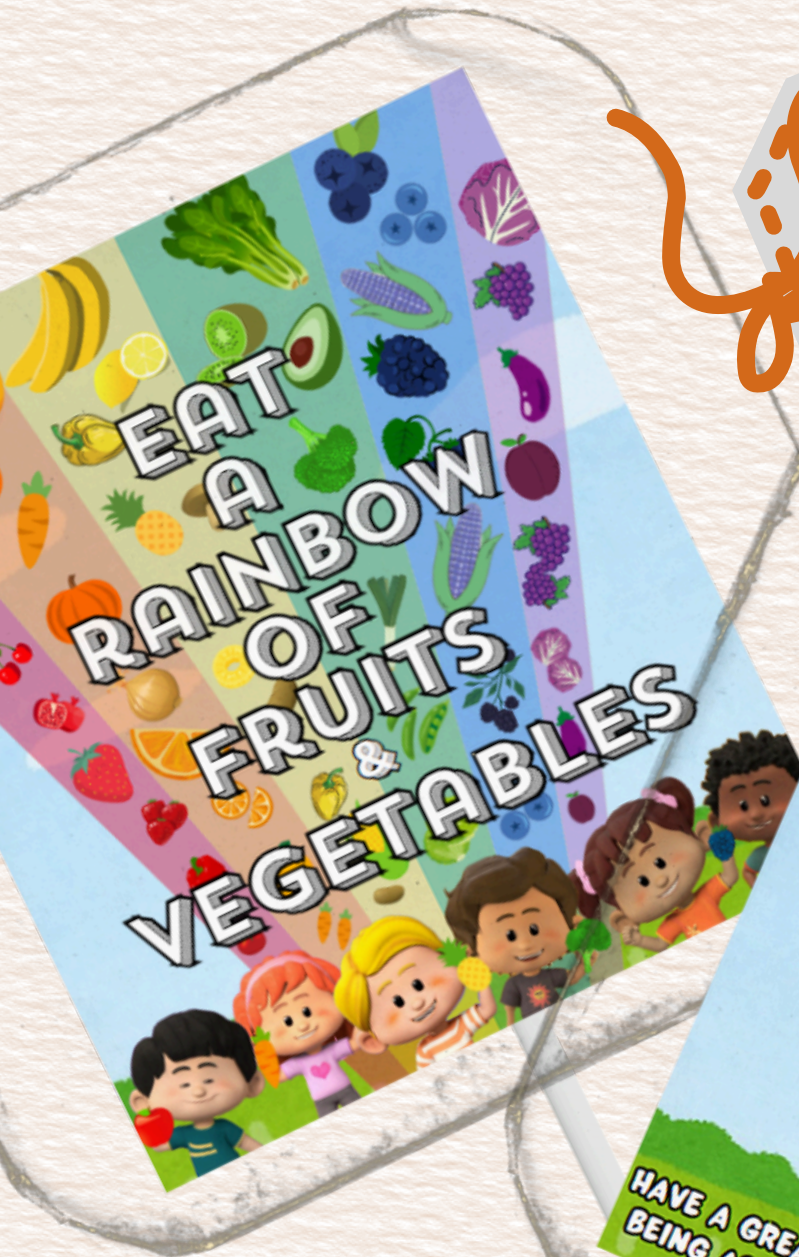
After eating, it's a good idea to move your body. Plan a physical activity, like going for a walk. This simple exercise can help keep your blood sugar and insulin levels in check!

A BONUS Gift

To: RGV Community

From: UTRGV-STEPS

The UTRGV STEPS team is excited to share health tips on Physical Education and Child Nutrition with the RGV community. These resources complement the Bienestar curriculum and spark conversations about healthy lifestyles at school and home.



Word Search Wonderland: Can You Find the Holiday Magic?



Word Bank

VEGETABLES
FRUIT
HOLIDAYS
FOOD
HEALTHY

CONGRATULATIONS ON COMPLETING THE WORD SEARCH WONDERLAND PUZZLE!

Points to REMEMBER...

- Eat fruits, vegetables, proteins, grains, and dairy.
- Eat foods and desserts in **moderation**.
- Stay physically active with fun holiday games and activities.

Happy Healthy Holidays
&
New Year!!

This issue was created by the UTRGV STEPS staff for the STEPS/SNAP-Ed project.

UTRio Grande Valley

Project Sponsored By:



This institution is an equal
opportunity provider.

Project Partners



For more information:

UTRGV STEPS Office
(956)665-2127
Southwick Hall Rm 1.120
1201 W University Dr.
Edinburg, TX 78539

