

CALCIUM

GOOD

Cottage cheese
Natural cheese
 blue, brick,
 Camembert, feta,
 Gouda, Monterey Jack,
 mozzarella, Muenster,
 provolone, Roquefort
Almonds - unblanched
Spinach - cooked
Waffles - bran, cornmeal,
 or fruit

BETTER

Natural cheese -
 Swiss, Gruyere, Parmesan
 and Romano
Processed cheese -
 Swiss or cheddar
Ricotta cheese
Yogurt
Pancakes
Waffles
Buttermilk
Chocolate milk
Dry, nonfat milk -
 reconstituted
Evaporated milk
Milk - lowfat/nonfat
Whole milk

BEST

No best sources

HINT:
 When possible, look for
 low-fat or fat-free ver-
 sions of dairy products.



Resource: *Building Blocks for Fun and Healthy Meals*
<http://teamnutrition.usda.gov/Resources/buildingblocks.html>

VITAMIN A

GOOD

Apricots - canned
Apricots -
 dried/uncooked
Cherries - red, sour
Mandarin oranges -
 sections
Melon balls -
 cantaloupe,
 honeydew
Nectarines -
 medium
Papayas
Plums - canned
Prunes - dried
Watermelon
Broccoli - cooked
Chicory greens
Collards - cooked
Romaine lettuce
Plantain - cooked
Pumpkin - cooked

BETTER

Apricots -
 dried/cooked
Cantaloupe

BEST

Mangoes
Beet greens - cooked
Bok choy - cooked
Carrots -
 raw/cooked
Dandelion greens -
 cooked
Kale - cooked
Peas and carrots -
 cooked
Peppers -
 sweet red
Spinach - cooked
Squash -
 winter/acorn/
 butternut, etc.
Sweet potatoes



HINT:
 When shopping, look
 for bright colors and
 dark greens on the in-
 side and out.

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VITAMIN C

GOOD

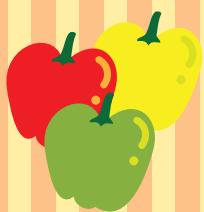
Apples
Bananas
Blueberries
Kumquats
Nectarines
Peaches - fresh
Pears
Pineapple
Plums - raw
Beans - lima
Bean sprouts
Chard - cooked
Collards - cooked
Onions
Peas - cooked
Radishes
Romaine lettuce
Spinach - cooked
Squash -
summer/winter
Turnips - cooked

BETTER

Blackberries
Honeydew
Papaya
Raspberries
Bok choy
Cabbage - green
Mustard greens
Potato -
baked/boiled
Tomatoes
Rutabaga - cooked
Chinese cabbage
Watermelon

BEST

Cantaloupe
Grapefruit
Guavas - raw
Kiwis
Mandarin oranges
Mangoes
Oranges
Peaches - frozen
Strawberries
Tangelos
Tangerines
Asparagus - cooked
Broccoli
Brussel sprouts
Cabbage - red
Cauliflower
Kale - cooked
Peppers -
green and red
Snow peas
Sweet potatoes



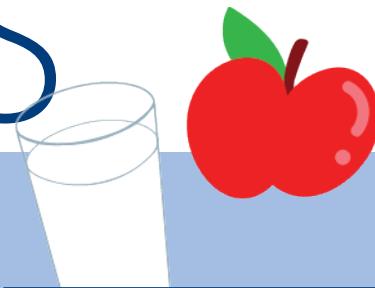
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KNOCK OUT

SNACKS

**Lesson:**

When it comes to snacks, it is good to think “out with the box” instead of out of the box. And the best answer, of course, is fruits and vegetables. Players use fruits and vegetables to knock out high-calorie snacks, and they gain an idea of the calories in those snacks by making points when the snacks fall down.

Goal:

The goal of the game is to have players use fruits and veggies to knock out unhealthy foods and gain points based on their calories—the foods with the most calories yield the most points. The player who gains the most points knocking over high-cal snack foods wins the game.

Set-up:

Set up the cones across the room and put the balls in a box labeled “Better for You Snack Box.” Get volunteers to keep score and to chase the balls. All participants can take turns keeping score, retrieving the ball, and throwing the ball to win points.

How To Play:

- ① Place cones with the pictures of unhealthy foods taped to them at the far end of the room. About ten feet away draw a line; this is the point from which players will throw.
- ② The balls are placed in a box. One by one, the players come up to the shooting line and throw the balls at the cones. Each time they hit a cone, they gain a half point. If they knock the cone over, they gain a full point.
- ③ Tally the points to see who wins.
- ④ Eat real fruits afterward, and everyone wins! You might also want to serve the fruit with other MyPyramid foods like whole grains, veggies and yogurt so players can see and understand what a healthy snack is.

**Things you will need:**

Balls: These will be what you’re throwing and represent the “fruit” snacks . You can decorate them to correspond with healthy snacks.

Score sheets:

Print sheets with the names of players, the names of the snacks, and their calories/points; leave room to tally how many times the players hit each one.

Targets:

These can be bowling pins or orange cones; they represent unhealthy choices.

Snack food photos:

Choose photos of cinnamon rolls, cookies, chips, pretzels, etc. Cut and tape these to the pins or cones along with labels showing the calories each contains (from a package or a restaurant serving).

MAKING MEALTIME

MEANINGFUL

Make-A-Smoothie Party

Fill bowls with various ingredients, such as berries, mangos, bananas, spinach, broccoli, flax or chia seeds, and let kids pick what they want for their very own smoothie. They can even turn the blender on! They love to be in control of their food, and this gives them healthy options.



HINT: Make food fun and educational! Talk to the children about the different fruits, vegetables, and other healthy foods that you serve.

**Make-A-Salad Party**

The same trick that you used for smoothies will work for salads as well, but don't just include lettuce. Use seeds, fruit, dried peas—anything goes! Then have the children put their favorites in a lidded cup or zip-top bag, add a bit of dressing, and let them shake their own salad!

Let Them Dip

Make a dip like hummus or ranch (try using sour cream) or use a healthy store-bought version and watch kids eat string beans, carrots, celery, cucumbers, and any other veggie that you cut into strips for dipping. Try a fruit variety as well!

**Shape Up**

Children love shapes. Who doesn't? For a change, cut your veggies or fruits into fun shapes that are appealing. Cookie-cut sandwiches into shapes for holidays or birthdays. You can even have the kids help out, making sure it is easy and safe.