

A Message to Parents

Your child has joined a 4-H Food and Nutrition Education Program. 4-H is part of the Extension program in your county.

Your child will be learning about foods to eat for good health by using the Food Guide Pyramid. The group members will learn many new things about food and themselves. They will be encouraged to use what they learn in their daily eating.

Your child will be bringing home new cooking and eating ideas and suggestions for family menus. By using these ideas, your family can enjoy better health. We hope you will support your child's attempts to try new foods and make better food choices.

A Family Activity "Super Us"

Join your child on the road to Super Me, and make it a family game... Super Us. Move your muscles—be more active every day, *and* make food choices for a healthy diet. Answer the questions below, and make plans to improve your eating habits.

HOW DO YOU AND YOUR FAMILY SCORE ON HEALTHY EATING?

(√ if yes) (Family Member Initials)

Each day do you . . . _____

Eat breakfast? _____

Eat at least 1 fruit? _____

Drink 100% fruit juice? _____

Eat at least 3 different vegetables? _____

Eat at least 6 grain products? _____

Eat whole-grain foods, such as whole-wheat bread or whole-grain cereal? _____

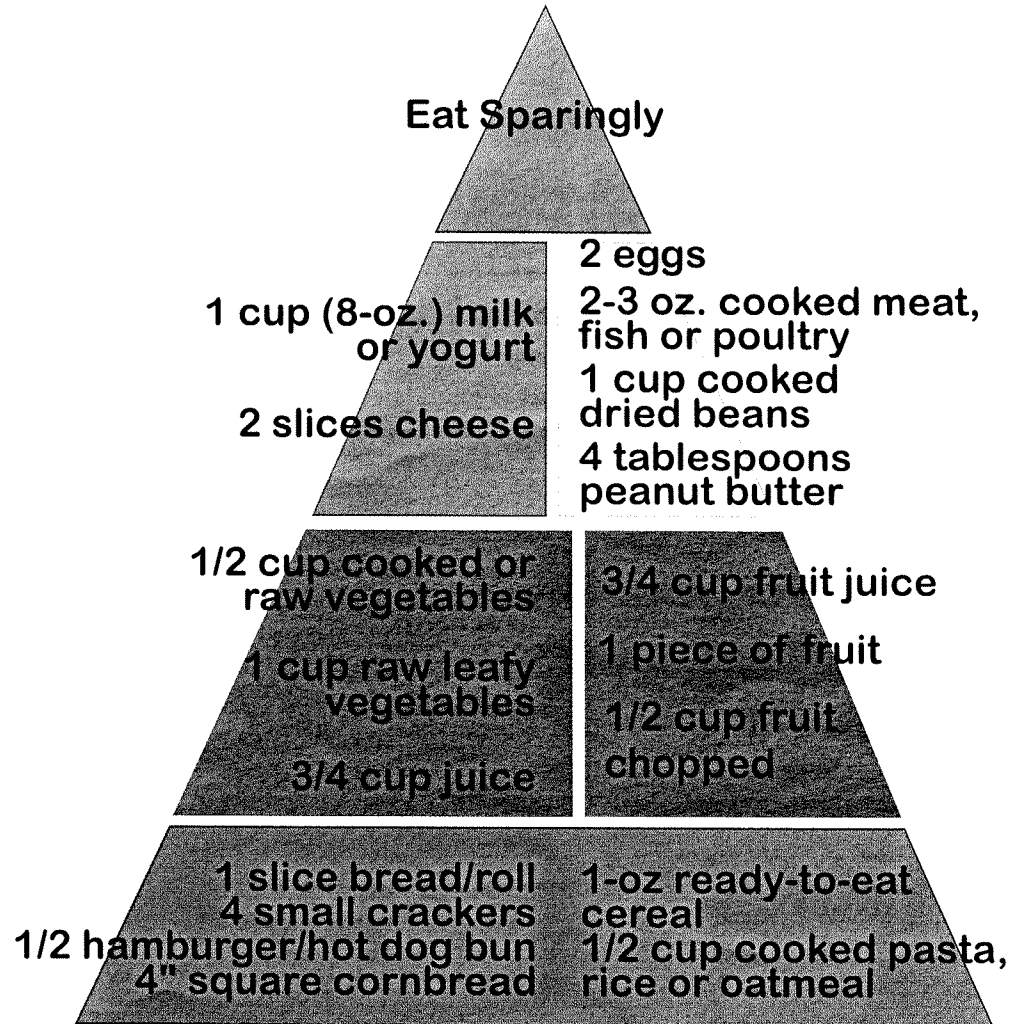
*Drink 2 percent or lower milk? _____

Drink several glasses of water? _____

Total your check marks _____

*This recommendation is right for adults and children over two years old.

What Counts As A Serving?

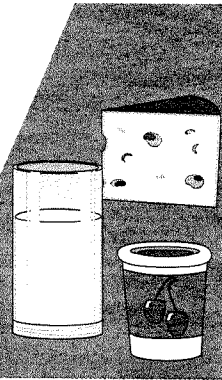


FOOD GUIDE PYRAMID

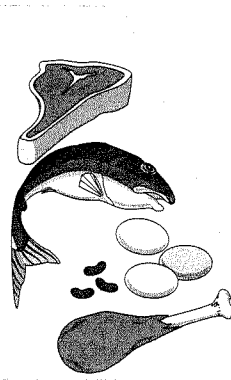
Fats, oils & sweets
Use sparingly



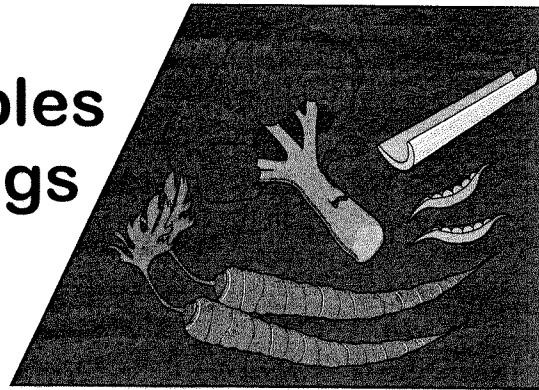
Milk, yogurt & cheese
2-3 servings



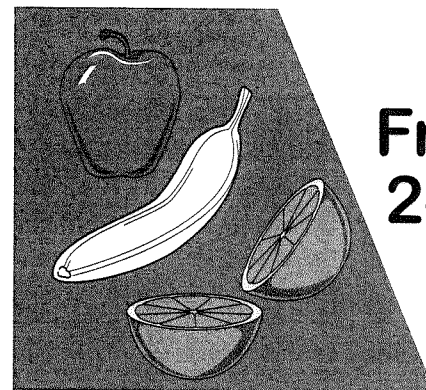
Meat, poultry, fish, dry beans, eggs & nuts
2-3 servings



Vegetables
3-5 servings



Fruit
2-4 servings



Bread, cereal, rice & pasta
6-11 servings

