## Cafeteria Connection

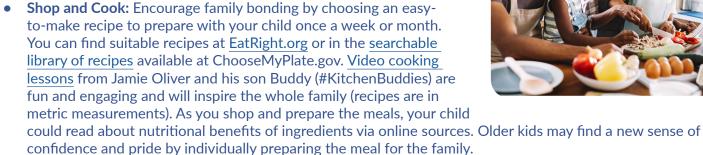
Connecting you to your child's school lunchroom

## Free Resources Make At-Home Nutrition Education Easy

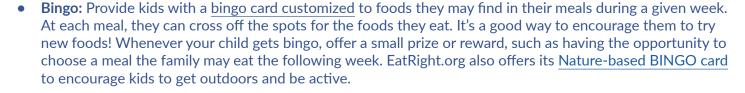
Teaching kids healthy eating habits early in life helps ensure their wellbeing now and into the future. The earlier they learn good habits, the more likely they are to embrace those habits throughout their lives. We rounded up some free resources, interactive tools and a few of our own suggestions you can use at home.

- Interactive Lessons: USDA TeamNutrition has several free interactive resources, lessons, sign-alongsongs, games and quizzes to teach kids about the benefits of being active and eating well. Several focus on MyPlate, the federal government's healthy-eating-made-simple model. The resources are generally suitable for a wide age range, with the "Fueling My Healthy Life" student portal specifically developed for 6th graders. It includes breakfast tip sheets, assessments and an interactive lesson on breakfasts eaten in countries around the world.
- Quizzes: Have your child take each of the online quizzes from ChooseMyPlate.gov. There are quizzes to educate kids on protein, dairy, fruits, vegetables and grains. Kids answer the true/false or multiple choice

questions and then instantly see if their answers are correct and receive an explanation about the nutritional benefits of the food in question. Younger kids may need some assistance answering these questions. Consider pairing each quiz with snacks that correspond to the guiz guestions. For example, provide a snack of almonds or sunflower seeds with the protein quiz.







Nutrition-Based Physical Activity Games: The Healthy Eating Toolkit from Action for Healthy Kids has a lot of great ideas for teaching kids about nutrition and physical activity. The nutrition-based physical activity games - the MyPlate Relay Race, Musical Fruits and Vegetables, and the Eating Healthy Dance Party - can be fun, unstructured ways for kids to learn while spending time with family or friends.

If you try one of these activities at home, share your experience on social media to encourage others to take

## NutriStudents K-12°

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