



FOOD Fuels An ACTIVE LIFESTYLE!

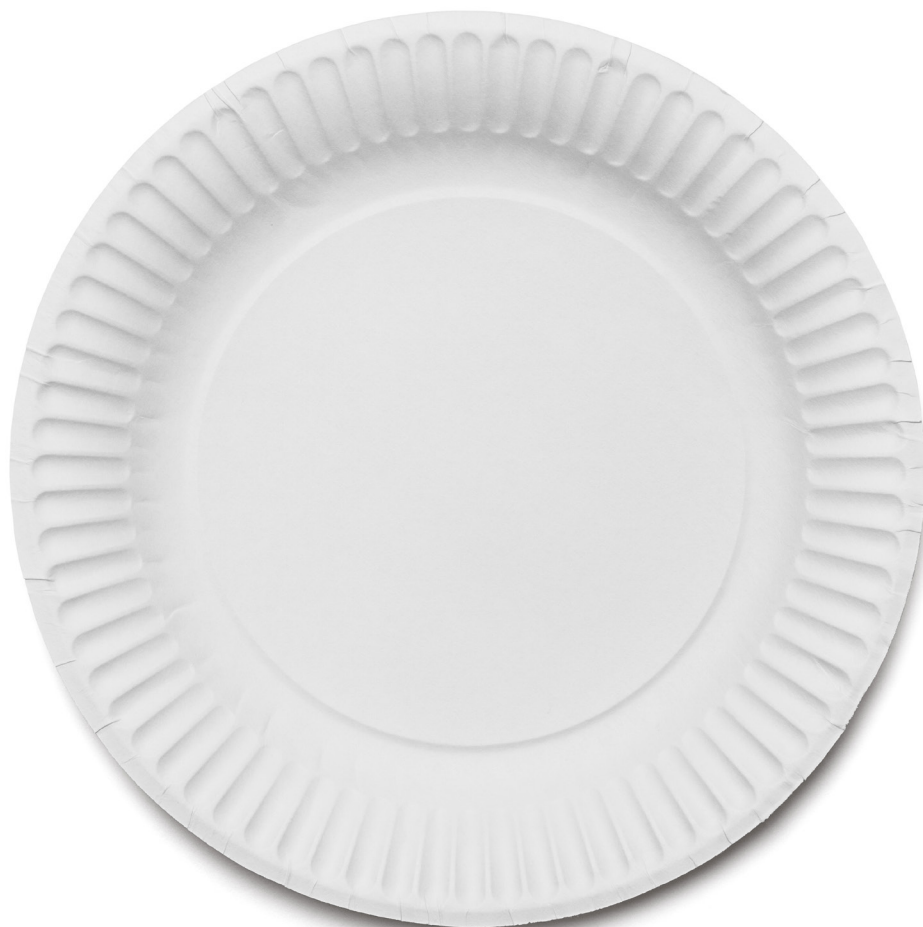
Have you ever wondered how to eat healthy and keep your body strong and happy?
Why is knowing about physical and personal well-being important for you? Let's learn why.

- 1. Setting Goals for Better Nutrition:** When you set goals, it's like making a plan to eat healthier foods. Just like how you plan for school projects or games, setting goals for eating better helps you make good choices about what you eat.
- 2. Understanding the Connection Between Food and Health:** Food is fuel for our bodies. When we eat healthy foods like fruits, vegetables, whole grains, lean meat, and dairy our bodies get the right stuff they need to grow strong and keep us feeling good. Learning about this connection helps us understand why it's important to eat healthy.
- 3. Making Smart Choices About Eating:** Knowing what's good for us and what's not so good helps us make smart decisions about what we eat. For example, choosing a piece of fruit instead of candy for a snack gives us energy without lots of added sugar. Learning about healthy eating behaviors helps us make these kinds of good decisions every day.

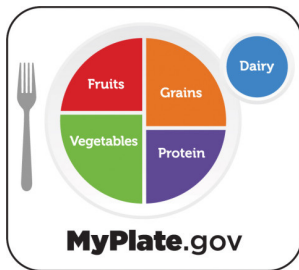
By learning about these things, you can grow up to be super healthy and strong! Plus when we eat well, we have more energy to play, learn, and have fun!

What is your favorite meal?

Think about your favorite meal (breakfast, lunch, or dinner).
Write each food item of that meal on the plate below.



This Plate, That Plate - MYPLATE!



Have you heard of MyPlate before? Maybe you've seen a poster about it in your school cafeteria.

Have you ever thought to yourself, "What is MyPlate?"

What is MyPlate?

MyPlate is like a special guide that shows us how to eat a balanced diet. It looks like a plate divided into different sections, each with a different color. These sections represent the five important food groups that we need to eat every day to stay healthy.

What Do the Colors Mean?

Each color on MyPlate stands for a different food category. Let's take a look:

Red: Fruits

Green: Vegetables

Orange: Grains

Purple: Protein

Blue: Dairy

Each day you should eat 1 1/2 cups of fruits, 1 1/2 cups of vegetables, 5 ounces of grains, 4 ounces of protein, and 3 cups of dairy. You also need a little fat too. You can easily get your 5 teaspoons of oil a day from eating fish, nuts, and foods cooked with oils.

How Does MyPlate Help Us?

MyPlate helps us remember how much of each food group we should eat. It reminds us to fill half of our plate with fruits and vegetables, which are super important for keeping us healthy and strong.

Why Is MyPlate Important?

Eating from all the food groups gives our bodies the energy and nutrients they need to grow, play, and learn. It helps us stay strong, feel good, and have lots of energy to do all the things we love! Remember to eat from all the food groups and fill your plate with lots of colorful fruits and veggies. Your body will thank you for it!

How does your favorite meal plate up?

Using the items from your favorite meal on the previous page, count up how many food items belong to each MyPlate category and write the numbers below. Then answer the questions.



How many **fruits**?



How many **grains**?



How many **vegetables**?



How much **dairy**?



How many **proteins**?

How many items from your favorite meal **do not have a place** on MyPlate?

1. Which MyPlate category has the most items?

2. Does your favorite meal have a food item in each MyPlate category?

3. Do you need to add anything to your favorite meal so that it is balanced? If so, what could you add?

What is Portion Size?

Everybody needs different amounts of food to stay healthy, based on how old they are, if they're a boy or a girl, and how active they are. Food gives us energy and also vitamins and minerals to grow strong. Every kind of food has some of what our bodies need, but no one food has everything. That's why it's important to eat different kinds of food from each group. Foods that are really processed, like chips and donuts, don't have a lot of nutrients in them, so it's best to not eat them too often.

Portion size and serving size are a little different. Portion size is how much we eat at a meal, and it might be more or less than what MyPlate recommends. Serving size is shown on food labels and tells us how much of that food is in one serving. What we drink is important too. Drinks like soda have a lot of sugar and calories, which can make us gain weight and might not be good for our health or teeth.

And don't forget, exercising is also important for staying healthy!

Directions: Complete the chart by filling in the correct MyPlate category for each food item. The completed chart may be used as a guide to help you understand proper portion sizes.

| Food Item | MyPlate Category | Measurement | Comparison |
|-----------------------|------------------|-------------|---------------------------------|
| Chopped vegetables | | ½ cup | Computer mouse |
| Fresh fruit | | ½ cup | 7 cotton balls |
| Raw, leafy vegetables | | 1 cup | A baseball |
| Cooked rice or pasta | | ½ cup | Cup cake liner |
| String cheese | | 2 oz. | Tube of chapstick or lipstick |
| Hard cheese | | 1 ½ oz. | A 9-volt battery |
| Meat | | 2-3 oz. | A deck of playing cards |
| Salad dressing | | 2 T. | A ping pong ball |
| Milk or Yogurt | | 1 cup | A baseball |
| Apple or peach | | 1 medium | A tennis ball |
| Ice cream | | ½ cup | A tennis ball |
| Mashed potatoes | | 1 cup | A fist |
| Butter | | 1 t. | A postage stamp |
| Nuts | | 1 oz. | Amount you can hold in one hand |
| Peanut butter | | 2 T. | The size of two thumbs |



Computer mouse



Postage stamp



9-volt battery



7 cotton balls



Cup cake liner



Tennis ball



Deck of playing cards



Ping pong ball

Above items are not pictured to scale.

Exploring Protein: The Superhero of Healthy Eating!

Protein is like the superhero of foods! It's super important in our diets because it helps our bodies in so many awesome ways. Let's find out why protein is a big deal and what it does for us.

First off, what is protein? Well, protein is a special nutrient found in foods like meat, eggs, beans, and nuts. It's like the building blocks for our bodies. Just like how you use blocks to build cool towers and castles, our bodies use protein to build and repair muscles, bones, skin, and even hair!

Here are some cool things that protein does for our bodies:

- 1. Helps Us Grow Strong and Healthy:** Remember how we said protein is like building blocks? Well, it helps our bodies grow strong and healthy. When we eat protein-rich foods, our bodies use the protein to build and repair our muscles, which makes us stronger.
- 2. Gives Us Energy:** Protein is like fuel for our bodies. It gives us the energy we need to run, jump, play, and learn. That's why it's important to eat protein-rich foods throughout the day, especially at breakfast, lunch, and dinner.

- 3. Keeps Us Feeling Full:** Ever feel super hungry even after eating? Protein can help with that! When we eat foods with protein, like beef or beans, they help us feel full and satisfied, so we're not always hungry.

- 4. Helps Us Fight Sickness:** Protein is also like a superhero shield that helps us fight off sickness and stay healthy. It helps our immune system work properly so we can stay strong and keep germs away.

- 5. Helps Our Bodies Work Right:** Our bodies need lots of different nutrients to work properly, and protein is one of them. It helps our bodies do important things like move, breathe, and even think!

So, as you can see, protein is pretty amazing! It's like the superhero of foods because it helps our bodies grow strong, gives us energy, keeps us feeling full, fights off sickness, and helps our bodies work right. That's why it's important to eat protein-rich foods every day as part of a balanced diet. So, let's give a big cheer for protein – the superhero of healthy eating.



Beef's Special Powers: Nutrients

Not all proteins are the same! Just like how not all superheroes have the same powers, different proteins do different things for our bodies.

Now, let's talk about beef! Beef is a type of protein that comes from cows. It's like a special kind of superhero because it has lots of awesome benefits for our bodies.

Protein: The Muscle Builder - Protein is like the builder for our muscles, bones, and skin. It helps us grow strong and stay active. When we eat beef, we get a big boost of protein that keeps our muscles and bodies super strong.

Iron: The Oxygen Carrier - Iron is like a delivery person that helps carry oxygen all around our bodies. When we eat beef, we get a lot of iron, which keeps us feeling energized and ready to tackle the day.

Zinc: The Immune Defender - Zinc is like a superhero shield that helps our immune system fight off bad germs. When we eat beef, we get a good dose of zinc that keeps us healthy.






B Vitamins: The Energy Boosters - B vitamins are like little packets of energy that help our bodies work right. They give us the energy we need to play, learn, and have fun. Beef is full of B vitamins that keep us feeling lively and full of pep.

Creatine: The Power Source - Creatine is like a secret power that gives our muscles extra energy for bursts of activity, like running or jumping. When we eat beef, we get a special boost of creatine that helps us be super active.

Omega-3 Fats: The Brain Boosters - Omega-3 fats are like brain food that helps our brains work better. They help us think, learn, and remember things. Beef has a little bit of omega-3 fats that give our brains a helpful boost.

So, as you can see, beef is like a superhero meal that gives our bodies all the special nutrients they need to be strong, healthy, and ready for anything!

What does 25 grams of protein look like?

| | AMOUNT | CALORIES | PROTEIN |
|---------------|---|----------|---------|
| Quinoa |  3 cups | 666 | 25g |
| Peanut Butter |  6.5 tbsp | 613 | 25g |
| Black Beans |  1 2/3 cups | 379 | 25g |
| Edamame |  1 1/3 cups | 249 | 25g |
| Beef |  3 ounces | 173 | 25g |

Use the chart above to answer the following questions.

- How many grams of protein are in a 3-ounce cooked serving of beef? _____
- How many cups of black beans would you have to eat to get the same amount of protein as 3 ounces of beef?

- What item has the most calories? _____
- If you eat a 6-ounce serving of beef steak, how many grams of protein are you getting? _____
- If you ate 3 ounces of beef and 1 cup of quinoa, how many calories are you getting? How many grams of protein? _____

The Scoop on Sugar, Fat, and Salt

Is Sugar Bad?

Sugar can be both good and not-so-good for our bodies, depending on how much we eat and where it comes from. Sugars found naturally in fruits, vegetables, and dairy are good for us because they come with other important nutrients like vitamins and fiber.

However, added sugars in foods like soda, candy, and cookies can be bad for us if we eat too much. Too much added sugar can lead to problems like cavities, weight gain, and even health issues like diabetes and heart disease.

Why Do People Tend to Eat Too Much Sugar, Fat, and Salt?

People tend to eat too much sugar, fat, and salt for a few reasons:

- **Tasty Temptations:** Sugary, fatty, and salty foods taste really good! They're often found in yummy treats like cookies, chips, and ice cream. When we eat these foods, our brains release feel-good chemicals that make us want to keep eating more.
- **Convenience:** Sugary, fatty, and salty foods are often quick and easy to grab when we're hungry or in a hurry. Fast food, snacks, and packaged foods are loaded with these ingredients, making them hard to resist when we're looking for something to eat on-the-go.
- **Advertising:** Have you ever seen commercials for sugary cereals or salty snacks? Food companies spend lots of money on

advertising to make their products look appealing and tempting. This can make it hard to resist reaching for these foods when we see them in stores or on TV.

- **Habit:** If we're used to eating lots of sugary, fatty, and salty foods, it can become a habit that's hard to break. Our taste buds get used to these flavors, and we start craving them more and more.

It's okay to enjoy sugary, fatty, and salty foods every once in a while, but it's important to eat them in moderation. By balancing our diets with plenty of fruits, veggies, whole grains, lean proteins, and dairy we can help keep our bodies healthy and strong!

Nutritional Value of Snack Items (per serving)

| Snack Item | Calories (kcal) | Protein (grams) | Sugar (grams) | Total Fat (grams) | Salt (Sodium in milligrams) |
|----------------------|--------------------|--------------------|------------------|----------------------|-----------------------------------|
| Original Beef Jerky | 80 | 13 | 4 | 1 | 590 |
| Classic Potato Chips | 160 | 2 | <1 | 10 | 170 |
| Trail Mix | 300 | 9 | 20 | 18 | 100 |
| String Cheese Stick | 80 | 6 | 0 | 6 | 200 |
| Strawberries | 49 | 1 | 7 | 0 | 2 |
| Skittles Candy | 250 | 0 | 45 | 2.5 | 10 |

Using the chart, answer these questions.

1. What snack item has the most protein?

2. What snack item has the most sugar?

3. What two snack items have the least amount of fat? _____

As you look at this chart, does anything surprise you? Discuss with a classmate, friend, or adult.

Let's Plan a Healthy Menu!

Have you ever wondered why planning your meals is so important? Well, let's find out together!

Why Is Menu Planning Important?

Menu planning is like making a map for your meals. Just like how you plan your route before going on a big adventure, planning your meals helps you make sure you're eating all the yummy and healthy foods your body needs. Here's why it's super important:

- 1. Healthy Eating:** Planning your meals helps you make sure you're eating a balanced diet with lots of fruits, veggies, grains, proteins, and dairy. This helps keep your body strong and healthy.
- 2. Saving Time:** When you plan your meals ahead of time, you know exactly what ingredients you need. This makes grocery shopping faster and cooking dinner easier!
- 3. Saving Money:** Planning your meals helps you avoid buying extra food that you don't need. This saves money and helps your family's budget stretch further.
- 4. Reducing Food Waste:** When you plan your meals, you only buy what you need. This helps reduce food waste, which is good for the environment.

How to Plan a Balanced Menu:

Now that we know why menu planning is important, let's talk about how to plan a balanced menu. Here are some easy steps to follow:

- **Make a List:** Start by making a list of all your favorite foods from each food group. This includes fruits, veggies, grains, proteins, and dairy.
- **Mix It Up:** Try to include a variety of foods from each food group in your meals. This keeps your meals interesting and ensures you're getting all the nutrients your body needs.
- **Plan for the Week:** Sit down with your family and plan out your meals for the week. Think about what you'll have for breakfast, lunch, and dinner each day.
- **Include Favorites:** Make sure to include some of your favorite foods in your menu plan. This makes mealtime more fun and enjoyable!
- **Be Flexible:** Remember, it's okay if your plans change. Life happens! Just do your best to stick to your menu plan most of the time.

By following these simple steps, you can plan healthy and balanced meals that keep you feeling strong, happy, and ready for anything!

My Menu

Grab a pencil and let's start planning your next delicious meal adventure!

Select a Meal

Breakfast Lunch Dinner

Guest List

How many people will be eating this meal together? _____

What are some of their favorite foods?

Menu

List the foods you will serve. Remember you want a balanced meal with food items from all five MyPlate categories.

Fruits: _____

Vegetables: _____

Grains: _____

Protein: _____

Dairy: _____



Beef and Egg Breakfast Mugs

15 min prep time • 8 servings

180 calories • 21 grams protein

INGREDIENTS:

- 1 pound Ground Beef (93% or leaner)
- 2 tsp chopped fresh sage or 1/2 tsp rubbed sage
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4-1/2 tsp crushed red pepper
- 1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini, or green onion
- 1/2 cup shredded reduced-fat cheese such as Cheddar, Monterey Jack or American
- 8 large eggs
- Toppings (option): Dairy sour cream, salsa, sriracha, ketchup, salt and pepper to taste

COOKING:

1. Combine Ground Beef, sage, garlic powder, onion powder, salt, and crushed red pepper in a large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture, cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove skillet from heat; let cool 10 minutes, stirring occasionally.
2. Evenly divide beef and vegetables into eight food-safe, quart-size plastic bags. Close securely and refrigerate up to 4 days.
3. For each serving, spray one 6- to 12-ounce microwave safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 tablespoon water; whisk with fork. Stir in 1 bag refrigerated beef-vegetable mixture.
4. Microwave, uncovered, on HIGH 30 seconds. Remove from oven; stir. Continue to microwave on HIGH 30 to 60 seconds or until egg is just set. Stir. Top with cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with toppings, if desired.

Note: Ground Beef should be cooked to an internal temperature of 160F.

Did You Know?

On average, young people, 10- to 19-year-olds, gain 15-20 percent of their final adult height, and 40-50 percent of their adult weight during this time. Bone mass also increases by 40 percent.

Many tweens and teens fall short on consuming essential nutrients to support learning, activity, and development such as high-quality protein, iron, zinc, choline, and vitamins B6 and B12, which can be found in beef.

Source: BeefItsWhatsForDinner.com



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