

Just the Basics

Lesson 1: Mini Meals & Movin' More

SNACKS

- Snacks supplement meals for kids and teens. Because their stomachs are small, kids may need to eat more often than adults do, perhaps every 3 to 4 hours. Kids are active and growing rapidly, and need the calories that snacks supply.
- Think of snacks as mini-meals! Choose snacks for variety and eat them well ahead of mealtime. Plan ahead for smart snacking by having veggies cut up and in a container in the fridge that kids can see. Put crackers and cereal on lower shelves where kids can reach for them.
- Choose snacks from 2 different food groups. Try yogurt and fresh fruit, apple or pear slices with cheese, soft tortilla with cheese, peanut butter on crackers or raw veggies with dip.

Cheese

- Cheese is one of the most nutritious foods because it is a good source of protein and calcium plus phosphorus, zinc, vitamin A, riboflavin and vitamin B12. An ounce of cheese, or about the amount of four dice, is one serving.
- At least six out of ten preteens and at least seven out of ten teens fall short in calcium consumption as stated by the National Dairy Council. Kids need to build strong bones to last a lifetime and to protect against the risk of osteoporosis.

Dairy products provide the answer!

- Plan to eat at least three servings of milk, cheese and yogurt every day!

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Inclusion of physical activity:

Turn off the tube, get up and move!

For good health, kids need to move! Many kids today do not move enough due to television watching, computer and video games, concern for safe play outdoors and riding to school rather than walking. Kids need at least an hour of physical activity every day to be physically fit.



Regular physical activity helps with a child's physical development. It helps build a strong heart and strengthens growing bones. It helps control weight, build lean muscle and reduce fat. Active play such as biking, in-line skating, hiking, swimming, jumping rope, playing kick-ball or playing tag can provide great exercise for most children.

The National Center for Chronic Disease Prevention reports that nearly half of American youths aged 12-21 years are not vigorously active on a regular basis. About 14 percent of young people report no recent physical activity. Participation in all types of physical activity declines strikingly as age or grade in school increases.



Through active play, kids develop social skills, build a positive self-image, and increase learning. Active children tend to grow up to be active adults!