

**Family Champions.**

**One Change at a Time.**

## **Introduction for Kids Eat Right Campaign Volunteers**

### **About the Workshops:**

The Family Champions toolkit includes three 45-minute cooking workshops for parents. The three workshops can be completed individually or consecutively, for the same parents, or different parents. The workshops are written as stand-alone presentation and do not build on each other, making the workshops a flexible option for any situation.

### **About the Key Messages:**

Each workshop weaves in several key messages of the Family Nutrition and Physical Activity survey (FNPA) developed by the Academy of Nutrition and Dietetics Foundation and Iowa State University. The FNPA assesses families' risk of childhood overweight using 20 modifiable child and family behaviors associated with childhood overweight. The workshops are strategically scripted to integrate these key messages, so please be sure to include the key messages in your presentation.

### **About the Handouts:**

The "10 No-Recipe Entrée" handout is a front and back handout that can be printed in color or black and white. This handout should be copied for each presentation.

The handouts listed below are excellent resources for parents covering practical tips on the 20 FNPA topics. Please copy and distribute as you deem appropriate:

**Shop Smart.**

**Cook Healthy.**

**Eat Right.**

**Rest Well.**

**Play Hard.**

### **For More Information:**

A variety of ready-made educational handouts, recipes, and booklets in English and Spanish are available at [www.kidseatright.org/volunteer](http://www.kidseatright.org/volunteer) site. See: Resources by Focus Area or Topic→Community Outreach→Additional Reference Materials→. Bell Institute of Health and Nutrition. Some materials are targeted toward children and some are for adults.

## Family Champions.

### One Change at a Time.

# Family Meals-Making Easy Choices

## Key Messages:

- Children thrive when they eat breakfast daily.
- Offer a variety of fresh, frozen, or canned fruits and vegetables at your child's meals and snacks.
- It's important for children to drink low fat milk, or include other low fat dairy products, at meals or snacks.
- Limit the amount of soft drinks or similar sugary beverages your family drinks
- Make chips, cookies, and candy "sometimes" foods for your family and monitor when children eat these foods.
- Resist the temptation to give candy as a reward for good behavior.

## Objectives:

By the end of the workshop, participants will be able to:

- Identify at least two healthy behaviors for children.
- Identify at least one obstacle you face with encouraging a healthy behavior in your child and one strategy for overcoming the obstacle.
- Name the components of a healthy MyPlate.
- Prepare a simple, healthy, and complete MyPlate meal.

## Length of workshop: 45 minutes

**Room set up:** Set up a long table in the front of the room for the food demo with chairs positioned in a u-shape where all can easily see the food demo and interact with each other. Set up equipment near outlets as necessary.

## What you need:

Ingredients, equipment, and paper supplies for making one of the 10 no-recipe entrees

Side dishes (suggest easy side dishes featuring seasonal fresh fruits and vegetables, whole wheat bread, and low-fat milk to demonstrate a balanced dinner resembling MyPlate)

Hand sanitizer

Food prep gloves

Food thermometer (any recipes that use raw chicken, cook to 165°)

Copies of **10 No-Recipe Entrees!**

Copies of **Shop Smart.**

Paper, 4 pens

## Introduction (10 minutes)

- Hi everyone, my name is \_\_\_\_\_ and I am a \_\_\_\_\_ (RD, DTR, Dietetic Student, etc.). I'm a member of the Academy of Nutrition and Dietetics, and am part of the Academy's Kids Eat Right volunteer campaign.
- I'm here to help you become **Family Champions** by helping you make "**One Change at a Time.**" Today we'll be learning skills that will help you get kids to eat more nutrient-rich foods.
- Notice on your handout Key Behaviors for Healthy Families, we'll discuss these healthy behaviors and address common challenges we face when attempting to instill healthy eating habits. The great news is you'll leave with suggestions to overcome these challenges.
- Our cooking activity will demonstrate a simple dinner, \_\_\_\_\_, with few ingredients and no recipe! You will learn how easy it is to put dinner on the table even when you're fresh out of groceries *and* ideas. Just a few simple staple items can quickly be transformed into a great-tasting entrée your entire family will applaud.

- Round this entrée out with side dishes like steamed vegetables, canned fruit, and maybe a whole wheat roll. Pour a glass of skim milk and your meal is complete, with all five food groups in MyPlate represented. Not only is this kind of meal healthy, it's affordable and delicious as well.
- Let's go around the room and introduce yourself by saying your first name, how many kids you have and what ages they are, and your favorite healthy staple food you always have in your pantry.

### **Tips for feeding kids (10 minutes)**

(Review the Key Behaviors for Healthy Families handout and explain that today you will be focusing on just a few of these key behaviors.)

Before we begin our cooking activity today, let's focus on a few healthy family behaviors:

- Children thrive when they eat breakfast daily.
- Offer a variety of fresh, frozen, or canned fruits and vegetables at your child's meals and snacks.
- It's important for children to drink low fat milk, or include other low fat dairy products, at meals or snacks.
- Limit the amount of soft drinks or similar sugary beverages your family drinks
- Make chips, cookies, and candy "sometimes" foods for your family and monitor when children eat these foods.
- Resist the temptation to give candy as a reward for good behavior.

In addition to cooking healthy and delicious family meals, these are important habits to start in families. Let's break into four groups. (Assign parents to groups or if smaller group, encourage open group discussion instead). One person in each group needs to agree to take good notes and be ready to report back to the group.

(Activity option for small groups: Read each of the following behaviors and go around the room and ask each parent to tell their biggest challenge with the topic. Do the same for suggestions to overcoming the challenges.)

Group #1 will discuss challenges and provide suggestions for ways to help get breakfast into the hands of kids daily.

Group #2 will discuss challenges and provide suggestions for ways to incorporate fruits and vegetables into meals and snacks.

Group #3 will discuss challenges and provide suggestions for ways to get low-fat milk into meals and snacks.

Group #4 will discuss challenges and provide suggestions for limiting "extra" foods (soft drinks, candy, chips, etc.) and not using candy as a reward.

(Have the groups refer to their Key Behaviors for Healthy Families handout to help them remember their assigned behavior. Allow 5 minutes for groups to brainstorm ideas. Gather the entire class together and ask for each group to report their challenges and suggestions. Tailor your comments through the cooking demonstration accordingly.)

### **Cooking Activity (20 minutes)**

Do you realize how easy making family meals can be? It doesn't have to be a time-consuming, difficult process with lots of ingredients and mile-long recipes. I'm going to give everyone this list of 10 entrees you can make from just a few ingredients. (Review handout). Today we are making entree # \_\_\_\_, \_\_\_\_\_ and this entree requires very few ingredients and doesn't even require a recipe! Let's see how easy this is to prepare. Would one or two of you come up and help me? Everyone will get to taste this entrée and you're going to love it—and so will your kids! Keep in mind these are ideas and are easily modifiable. Feel free to substitute the type of cheese used for the quesadillas or add 95% lean ground beef to the spaghetti, for example.

The first thing we need to do is wash our hands well and/or use hand sanitizer.

(Using one of the 10 entrees suggested, prepare food demonstration-style. Connect what you're presenting with some of the key messages as appropriate as reinforcement, examples are listed below).

- Note that the ingredients we're using in the recipe are nutrient-rich choices. Most entrée recipes contain foods from at least two or three of the five food groups, as reflected in the MyPlate icon.
- It's important to round out this recipe with side dishes that complete MyPlate – and account for all five food groups. (Have parents refer to the MyPlate graphic at the top of key behaviors handout.)
- While this recipe is for dinner, we know that it's important to start your family off each day with a nutritious, good tasting breakfast. Kids who eat breakfast tend to have healthier body weights, perform better in school and have fewer disciplinary problems. And breakfast can help kids stay alert. The benefits of breakfast are many! And, sometimes dinner leftovers make a great breakfast, like a burrito! You can also have "breakfast foods" for dinner, like a veggie scramble and make extra for a snappy breakfast in the morning.

- Tell me about the ingredients you see in this recipe. What food groups are represented? What could we use to round out the dinner plate? Do you notice that we're not seeing the "extra" foods, like soft drinks, or added solid fats and sugars, all of which don't provide the nutrients we need. Save those "extra" foods for once in a while treats. Make the nutrient-rich choices in the food groups represented in MyPlate the foundation of your meals. It's also important as parents to monitor children's snacking habits. According to the National Health and Nutrition Examination Survey, children are consuming high calorie, low nutrient dense snacks. Snacking should be an opportunity to consume important food groups, and children need guidance from their parents to help them learn healthy snacking habits.
- A balanced meal includes the foods on our plate AND the beverages we drink. MyPlate nicely shows that at mealtime, including a serving of dairy, such as a glass of milk, puts on the healthy finishing touches. (Note: It's very important when the cooking activity is complete, to plate the entrée with attractive and easy side dishes and pour a glass of low-fat milk as a visual of how the entire meal should look.)
- You could have a different fruit and vegetable every night at dinner for a month and still have hundreds more to try. When trying to encourage your child to be adventurous with their fruit and vegetable choices, remember that it may take 10 or 20 tries before your child develops a taste for the food – so be patient. And, no one influences your child's choices more than you – if they see you trying and enjoying a wide range of fruits and vegetables, they'll be more willing to give it a try themselves.
- Another great way to get kids to eat the foods you'd like them to is to involve them in the shopping and cooking process. Even young children can help rinse fruits and vegetables, and older kids can help follow a recipe and measure foods. Not only will they be a great help to you in the kitchen, but you might be surprised at how excited they are to try the food *they* helped to prepare!

Thank you parent chefs, for your help. Could I get a couple more helpers to dish up small samples and pass them out for everyone to taste? Even these helpers will need to wash their hands and/or use hand sanitizer, to practice good food safety skills. You'll want to use these practices at home, too.

While the sample is being passed out, what do you think your children can assist you with in preparing this dish? Maybe it's as simple as getting the ingredients out of the cupboard or setting the table. For some meals, time allows for help in the kitchen and others don't. So when meal preparation allows for child participation, take advantage of it. Children can also feel ownership in the meal by helping plan the meals for the week, or they could help with suggestions for what can be made out of the ingredients in the kitchen, using the 5 food groups.

While you are tasting this delicious entree, let's go around the room and share one thing you've learned during this cooking activity.

If you like these easy recipes, you will love the Academy of Nutrition and Dietetics Foundation's Kids Eat Right website at [www.kidseatright.org](http://www.kidseatright.org). It contains tips, articles, recipes and videos to help busy parent shop smart, cook healthy and eat right. The short video clips of favorite recipes allow you to see how the recipes are prepared. All of the information on this website is provided by Registered Dietitians, so you know it's reliable. You can even search by age of your child to get really specific information that is helpful to you. (Write this website on the board for all parents to see and write down.)

### **Wrap Up (5 minutes)**

To wrap up today, please name one change you think you make as far as foods you offer your family.

I have enjoyed being with you today and sharing our commitment to helping kids eat right!

Please complete a short online survey about this workshop:

[www.surveymonkey.com/s/KR868DT](http://www.surveymonkey.com/s/KR868DT)

(Draw attention to this website printed on the back of their handout.)

**Family Champions.  
One Change at a Time.**

## Enjoying Family Mealtime

### Key Messages:

- Encourage children to be physically active every day, and join in with them when you can!
- Share meals together as a family as often as possible, and enjoy each other's company by connecting with each other (and 'disconnecting' the TV during meal time).
- Limit the amount of TV children watch, and limit screen time (TV/games/computer) to less than 2 hours each day.
- Set boundaries like discouraging children watching TV in their bedroom.

### Objectives:

By the end of the workshop, participants will be able to:

- Identify at least two healthy behaviors for children.
- Identify at least one way you can put a healthy behavior into practice with your child.
- Name the components of a healthy MyPlate.
- Prepare a simple, healthy, and complete MyPlate meal.

**Length of workshop: 45 minutes**

**Room set up:** Set up a long table in the front of the room for the food demo with chairs positioned in a u-shape where all can easily see the food demo and interact with each other. Set up equipment near outlets as necessary.

### What you need:

Ingredients, equipment, and paper supplies for making one of the 10 no-recipe entrees

Side dishes (suggest easy side dishes featuring seasonal fresh fruits and vegetables, whole wheat bread, and low-fat milk to demonstrate a balanced dinner resembling MyPlate)

Hand sanitizer

Food prep gloves

Food thermometer (any recipes that use raw chicken, cook to 165°)

Copies of **10 No-Recipe Entrees!**

Copies of **Cook Healthy** and **Eat Right.**

Paper, 4 pens

### Introduction (10 minutes)

- Hi everyone, my name is \_\_\_\_\_ and I am a \_\_\_\_\_ (RD, DTR, Dietetic Student, etc.). I'm a member of the Academy of Nutrition and Dietetics, and am part of the Academy's Kids Eat Right volunteer campaign.
- Today our focus is on family mealtime and how to make this "together time" a positive occasion where you can share not only healthy, great tasting meals, but the events of the day—successes, frustrations, news. Rather than "zoning out" with a TV blaring as you try to eat, "tune-in" to each other!
- Benefits abound for families who eat meals together as often as possible. We'll focus on strategies to help you prepare healthy and easy meals, which is the first step in developing healthier mealtime habits for your family.
- In addition to families eating meals together, there are great benefits to families being active together, too. We'll talk about ways to encourage kids to be physically active every day and how you can be more active with your kids.

- Our cooking activity will focus on a simple dinner, \_\_\_\_\_, with few ingredients and no recipe! You will learn how quick and easy it can be to put dinner on the table so that family meals are enjoyable and a great time to connect.
- Let's go around the room and introduce yourself by saying your first name, how many kids you have and what ages they are, and what you love most about eating meals together as a family.

### **Making Great Family Habits (10 minutes)**

(Review the Key Behaviors for Healthy Families handout and explain that today you will be focusing on just a few of these key behaviors.)

While making family meals easy, tasty, and enjoyable is important, there are a few other great family habits we want to encourage as well, like encouraging children to be active, limiting TV and other screen time, and discouraging children from watching TV in their bedroom. So before we get started with our cooking activity today, we are going to divide into groups and each group will come up with one or two positive habits that families can put into practice. (Divide parents into groups, or if small group, encourage open group discussion instead).

- Group #1: Encourage children to be physically active every day, and join in with them when you can!
- Group #2: Share meals together as a family as often as possible, and enjoy each other's company by connecting with each other (and 'disconnecting' the TV during meal time).
- Group #3: Limit the amount of TV children watch, and limit screen time (TV/games/computer) to less than 2 hours each day.
- Group #4: Set boundaries like discouraging children watching TV in their bedroom. (Discuss ways to effectively remove the TV from your child's bedroom or limiting how much time they spend watching TV in their bedroom.)

(Have the groups refer to their Key Behaviors for Healthy Families handout to help them remember their assigned behavior. Allow 5 minutes for each group to brainstorm ideas. Gather the entire class together and ask for each group to report their suggestions. Insert other strategies as appropriate.)

(Activity option for small groups: Read each of the following behaviors and go around the room and ask each parent to come up with two positive habits that families can put into practice.)

### **Cooking Activity (20 minutes)**

One helpful strategy for calming the chaos in the lives of busy families is to make healthy meal preparation *simple*. I'm going to give everyone this list of 10 entrees you can make from just a few ingredients. (Review handout.) Today we are making entree # \_\_\_\_, \_\_\_\_\_ and this entree requires very few ingredients and doesn't even require a recipe! Let's see how easy this is to prepare. Would a couple of you come up and help me? I think you're going to love it—and so will your kids! Keep in mind these are ideas and are easily modifiable.

The first thing we need to do is wash our hands well and/or use hand sanitizer.

(Using one of the 10 entrees suggested, prepare food demonstration-style. Prepare enough for all parents to have a sample. Connect what you're presenting with some of the key messages as appropriate as reinforcement, especially eating family meals together and turning off the TV while eating. See suggestions below).

- Strive to make the mealtime atmosphere a positive one. This is not the time for punitive actions or reprimands. Keep it positive. And have some conversation starters ready to get the ball rolling, like, "What was the best thing that happened to you today?" or, "What was the most surprising thing that happened to you today?"
- Avoid the distraction of TVs, computers, cell phones, etc. by making the dinner table a "tech free zone"...at least for the duration of the meal.
- Parents should avoid the temptation to chastise their children for not eating certain foods offered. Remember parents decide what foods to serve and when...children decide how much to eat, if at all. Remember it may take several exposures to a food before the child accepts it.
- Mealtimes are an excellent opportunity to reinforce good table manners.
- Involve kids in the meal preparation or even setting the table. Their "involvement" gives them a vested interest in the meal – and they're more likely to accept the foods offered. One great job for kids to do before dinner is to turn off the TV.

- Mealtimes are also a good opportunity to model appropriate portion sizes. While restaurant portions are often criticized for being much too large, that same tendency has trickled into the home. Make a point of serving age-appropriate portions. Food left over? Great – can be used for lunch or snacks the following day.
- A family meal at home is not the same as restaurant offerings where everyone can order something different. Don't fall into the trap of being a short order cook for each family member. One meal – shared by all...
- Not only can families eat together – they can play together. Depending on schedules, maybe you can also plan some physical activities together – walking the dog after dinner...or maybe playing some catch or throwing the Frisbee. Just something simple to get moving – together!

Thank you parent chefs, for your help. Could I get a couple more helpers to dish up small samples and pass them out for everyone to taste? Even these helpers will need to wash their hands and/or use hand sanitizer, to practice good food safety skills. You'll want to use these practices at home, too.

While the sample is being passed out, what do you think your children can assist you with in preparing this dish? Maybe it's as simple as getting the ingredients out of the cupboard or setting the table. For some meals, time allows for help in the kitchen and others don't. So when meal preparation allows for child participation, take advantage of it. Children can also feel ownership in the meal by helping plan the meals for the week, or they could help with suggestions for what can be made out of the ingredients in the kitchen, using the 5 food groups. According to the 2007-2008 National Health and Nutrition Examination Survey (NHANES), 90% of children over the age of 8 don't consume enough vegetables. Preparing meals together as a family, incorporating all the food groups, including vegetables, can help children get more of the vegetables and other food groups they need.

While you are tasting this delicious entree, let's brainstorm some ideas for family meals. Here's one to remember—any meal can be a family meal, so consider breakfast if after school activities make eating dinner as a family a challenge. How do you think you could incorporate conversation at the dinner table about family activities to do after dinner?

Wasn't this recipe tasty? And you saw how easy it was to prepare. There are more recipes you will love available on the website, [www.kidseatright.org](http://www.kidseatright.org). Kids Eat Right even has short video clips of favorite recipes allow you to see how the recipes are prepared. All of the information on this website is provided by Registered Dietitians, so you know it's reliable. You can even search by age of your child to get really specific information that is helpful to you.

### **Wrap Up (5 minutes)**

Of course healthy foods and daily physical activity help create a healthy family. And today we have discussed several specific behaviors that can help create a healthy family, like encouraging daily physical activity for your children and joining in when you can, eating together as a family as often as possible, limiting screen time to less than 2 hours each day, and removing the TV from your child's bedroom. Be sure to refer to the handout for some other areas to consider for improving family health.

To wrap up today, please share what you plan to start doing to enjoy family meals together.

I have enjoyed being with you today and sharing our commitment to helping kids eat right!

Please complete a short online survey about this workshop:

[www.surveymonkey.com/s/KR868DT](http://www.surveymonkey.com/s/KR868DT)

(Draw attention to this website printed on the back of their handout.)

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## **A Healthy Day Needs Rest and Play**

### **Key Messages:**

- Families should provide opportunities for physical activity through sports or activities with a coach or leader.
- Plan ways to be physically active together as a family.
- Encourage a daily routine for children's bedtime, and aim for your children to sleep 9 hours a night.
- Make fast food meals an occasional outing, not a several-times-a-week routine.

### **Objectives:**

By the end of the workshop, participants will be able to:

- Identify at least two healthy behaviors for children and families.
- Identify at least one barrier you face with encouraging a healthy behavior in your child and family and one strategy for overcoming the barrier.
- Name the components of a healthy MyPlate.
- Prepare a simple, healthy, and complete MyPlate meal.

### **Length of workshop: 45 minutes**

**Room set up:** Set up a long table in the front of the room for the food demo with chairs positioned in a u-shape where all can easily see the food demo and interact with each other. Set up equipment near outlets as necessary.

### **What you need:**

Ingredients, equipment, and paper supplies for making one of the 10 no-recipe entrees

Side dishes (suggest easy side dishes featuring seasonal fresh fruits and vegetables, whole wheat bread, and low-fat milk to demonstrate a balanced dinner resembling MyPlate)

Hand sanitizer

Food prep gloves

Food thermometer (any recipes that use raw chicken, cook to 165°)

Copies of **10 No-Recipe Entrees!**

Copies of **Play Hard and Rest Well.**

Paper 5 pens

### **Introduction (10 minutes)**

- Hi everyone, my name is \_\_\_\_\_ and I am a \_\_\_\_\_ (RD, DTR, Dietetic Student, etc.). I'm a member of the Academy of Nutrition and Dietetics, and am part of the Academy's Kids Eat Right volunteer campaign.
- Today you will get some great tips for helping your family to be more physically active and you'll learn how important it is for children to get enough sleep, too. We'll talk about some tips for saving time and money by cooking and eating family meals at home.
- Our cooking activity will inspire you to get out of that rut (such as eating fast food) and try something new and different! We will be making a simple dinner, \_\_\_\_\_, with few ingredients and no recipe! You will learn how quick it can be to put dinner on the table so that you have more time to be physically active with your family and get the kids to bed on time!
- Let's go around the room and introduce yourself by saying your first name, how many kids you have and what ages they are, and one of your favorite ways to be active as a family.

## **Barriers & Solutions (10 minutes)**

(Review the Key Behaviors for Healthy Families handout and explain that today you will be focusing on just a few of these key behaviors.)

We are going to divide into four groups and each group will have an assigned habit. Each group will discuss barriers that families have when it comes to making the healthy family habit and provide options for families to overcome the barriers. (Divide parents into groups, or if small group, encourage open group discussion instead).

- Families should provide opportunities for physical activity through sports or activities with a coach or leader.
- Plan ways to be physically active together as a family.
- Encourage a daily routine for children's bedtime, and aim for your children to sleep 9 hours a night.
- Make fast food meals an occasional outing, not a several-times-a-week routine.

(Have the groups refer to their Key Behaviors for Healthy Families handout to help them remember their assigned behavior. Allow 5 minutes for each group to brainstorm ideas. Gather the entire class together and ask for each group to report their suggestions. Insert other strategies as appropriate.)

(Activity option for small groups: Read each of the following behaviors and go around the room and ask each parent to come up with two positive habits that families can put into practice.)

## **Cooking Activity (20 minutes)**

Let me ask you a question...If you had a list of delicious entrees you could quickly and easily make at home—that showcased nutrient-rich foods from all food groups—would you be interested in making them? Well then you will love this list! I'm going to give everyone this list of 10 entrees you can make from just a few ingredients. (Review handout.) Today we are making entree # \_\_\_\_, \_\_\_\_\_ and this entree requires very few ingredients and doesn't even require a recipe! Let's see how easy this is to prepare. Would a couple of you come up and help me? You're going to love it—and so will your kids, especially when you have them take an active part in the meal preparation. Keep in mind these are ideas and are easily modifiable.

The first thing we need to do is wash our hands well and/or use hand sanitizer.

(Using one of the 10 entrees suggested, prepare food demonstration-style. Prepare enough for all parents to have a sample. Compare entrée to what they might get at a fast food restaurant or frozen meal, like its economical, broader range of nutrient-rich foods from the full range of food groups. Emphasize while making the entrée easy tips to lower fat and sodium, such as to drain and rinse the canned beans, and with the nutritious side dishes you are adding, will help the family meet the required food groups for the day). See suggested comments to share during course of cooking activity:

- The entrees showcased here boast simple, familiar, affordable ingredients. You can complement these entrees with fresh, frozen, or canned vegetables, fruits and whole grains as your side dishes. Pour a glass of low-fat milk or spoon out some yogurt for dessert, and you've filled "MyPlate!"
- It's important to be a good role model for your children, including role modeling healthy eating and physical activity behaviors. Set a good example by engaging in physical activity and making healthy food choices each day.
- Another healthy habit is sleep time – again, both children and adults will function much better, in school or at work, if they've had sufficient sleep the night before. While there may be room for a few later nights on weekends because of special occasions, stick to your normal bedtime routine during the week.
- Children love to help in the kitchen, at any age! Depending on their age, they can help with meal planning, shopping, setting the table, stirring, pouring, and definitely cleaning up. The more involved kids are with the meal preparation, the more likely they are to enjoy the food being prepared.
- Occasionally, we all like to frequent a fast food restaurant, but we need to be careful with the choices we make with our families there. Did you know that in the Academy of Nutrition and Dietetics State of the Family report, 1/3 of calories 2-18 year olds consume come from solid fats and added sugar? Luckily, we don't have to look at eating out as an unhealthy eating experience by definition. Fast food restaurants have done a lot of revamping of their menus in recent years – children and adults alike will find that healthy choices are available...but you have to be a smart consumer. Remember a few tips about fast food choices:
  - Avoid the temptation to "super size" your selections because it's such a good deal. Doing so can mean extra calories, fat or sodium that you just don't need.

- Kids meals often are available that feature fresh fruit or vegetable sticks...milk can be the beverage accompanying the meal, but you may have to ask for these.
- Consider sharing some items with other members of your family.
- With salads, the dressing usually comes on the side – add with a light hand!

Thank you, parent chefs, for your help. Could I get a couple more helpers to dish up small samples for everyone to taste and pass them out? Even our helpers to dish and hand out the food will need to wash their hands and/or use hand sanitizer, to practice good food safety skills. You'll want to use these practices at home, too.

While the sample is being passed out, what do you think your children can assist you with in preparing this dish? Maybe it's as simple as getting the ingredients out of the cupboard or setting the table. For some meals, time allows for help in the kitchen and others don't. So when meal preparation allows for child participation, take advantage of it. Children can also feel ownership in the meal by helping plan the meals for the week, or they could help with suggestions for what can be made out of the ingredients in the kitchen, using the 5 food groups.

While you are tasting this delicious entree, let's brainstorm new ideas for physically active family time together. (These could be written on a white board or easel if available.) I hope you will find a few new ideas to try at home in the next week.

If you like these easy recipes, you will love the Academy's Kids Eat Right website at [www.kidseatright.org](http://www.kidseatright.org). It contains tips, articles, recipes and videos to help busy parent shop smart, cook healthy and eat right. The short video clips of favorite recipes allow you to see how the recipes are prepared. All of the information on this website is provided by Registered Dietitians, so you know it's reliable. You can even search by age of your child to get really specific information that is helpful to you. (Write this website on the board for all parents to see and write down.)

### **Wrap Up (5 minutes)**

To wrap up today, let's re-cap three key "routines" that support healthy families—healthy eating, physical activity, and adequate sleep/rest. Of these three routines, which one do you feel your family needs to work on the most? What positive steps do you think you can take in the coming weeks to improve that routine? To help you establish great habits in your family, I'm going to give you two handouts called "Play Hard and Rest Well" which provides practical tips for these habits and more.

I have enjoyed being with you today and sharing our commitment to helping kids eat right!

Please complete a short online survey about this workshop:

[www.surveymonkey.com/s/KR868DT](http://www.surveymonkey.com/s/KR868DT)

(Draw attention to this website printed on the back of their handout.)

## Family Champions Suggested Equipment List

### Equipment needed for Meal # 1 Bean and Cheese Burritos

Can opener, cutting board, oven mitts, extension cord, mixing spoon, knife, microwave-safe dish for burritos, microwave, and electric burner with small skillet or toaster oven. (Bring aluminum foil if using toaster oven.) Remember to bring equipment necessary to assemble the side dishes to comprise a balanced MyPlate.

### Equipment needed for Meal #2 Black Bean Veggie Fajitas

Electric skillet, spatula, extension cord, and can opener.

### Equipment needed for Meal #3 Pasta

Electric burner, 2 qt. pan, electric skillet with lid, two extension cords, spatula, mixing spoon, colander, and can opener. (Consider pre-cooking spaghetti noodles at home and bring to workshop)

### Equipment needed for Meal # 4 Veggie Quesadilla:

Electric skillet, spatula, cutting board, knife or pizza cutter, spoon for cheese, extension cord, and electric burner with small skillet or electric skillet to cook frozen veggies in.

### Equipment needed for Meal #5 Tuna Melt:

Toaster oven, small baking sheet, oven mitts, can opener, cutting board, knife, and extension cord.

### Equipment needed for Meal #6 Stir Fry:

Electric skillet with lid, extension cords, spatula, electric burner, 2 qt pan with lid, and oven mitts.

### Equipment needed for Meal #7 Rice & Beans:

Two electric burners, two 2-qt pan with lids, extension cords, oven mitts, and can opener.

### Equipment needed for Meal #8 Mediterranean Chicken:

Electric skillet with lid, spatula, extension cord, and can opener.

### Equipment needed for Meal #9 Veggie Scramble:

Electric skillet, spatula, and extension cord.

### Equipment needed for Meal #10 Teriyaki Chicken:

Electric skillet with lid, spatula, electric burner, 2 qt pan with lid, extension cords, and can opener.