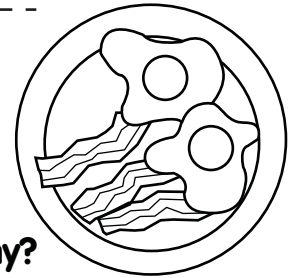
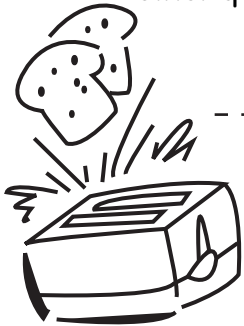


# THE FAMILY MEAL TABLE

**Primary/  
Intermediate**

Sitting down to eat together as a family is a special treat. This is a great time to ask each other questions and learn more about each other. The next time your family sits down for a healthy meal, go around the table and answer these questions!



**What's your favorite breakfast food?**

**What's your healthy favorite thing to cook?**

**What's something new you learned this week?**

**If you could be any fruit or vegetable, then what would you be? Why?**

## Wake Me Up Smoothie

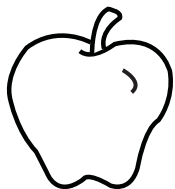
*"Makes a yummy breakfast or power snack!"* *\*Always let an adult help you use the blender.*

1	cup	100% Fruit Juice, any flavor
1/2	cup	Low fat plain yogurt
1	small	Ripe banana
2-4		Ice cubes (if you like it extra cold)

1. Get out the blender.
2. Measure the fruit juice and pour it into the blender.
3. Measure the yogurt and add it to the blender using a spoon.
4. Peel the banana. Break it into a few chunks. Add it to the blender.
5. Add the ice cubes to the blender if you like it extra cold.
6. Put the lid on the blender and turn it on to blend.
7. Blend about 30 seconds until everything is smooth.
8. Drink.

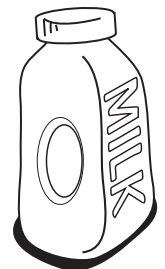
One Serving:

143 calories, 4 gm protein, 30 gm carbohydrates, 1 gm fat (1/2 gm sat.), 3 mg cholesterol, 2 gm fiber, 50 mg sodium, 125 mg calcium



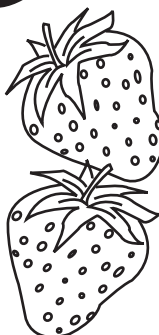
## Smart Breakfast Choices

**Circle your Favorites**



Calories give our bodies energy. It is important to make smart choices for breakfast to fuel your body all morning long. Here are some fun and healthy breakfast choices, with smart portions, to get you started:

1% Low fat milk	1 cup	100 calories	Hard boiled egg	1 large	75 calories
Apple	1 small	55 calories	Pork bacon	2 slices	70 calories
Banana	1 small	75 calories	Vegetarian sausage	1 link	65 calories
Canned mandarin orange	1 cup	70 calories	Whole grain English Muffin	1	65 calories
Oat rings cereal	1 cup	110 calories	Cinnamon raisin mini bagel	1	70 calories
Instant cheese grits	1 packet	100 calories	Whole wheat toaster waffle	1	90 calories



# THE FAMILY MEAL TABLE

Primary/  
Intermediate

## WORD JUMBLE!

For questions 11. & 12. make up your own word jumbles of healthy breakfast choices!

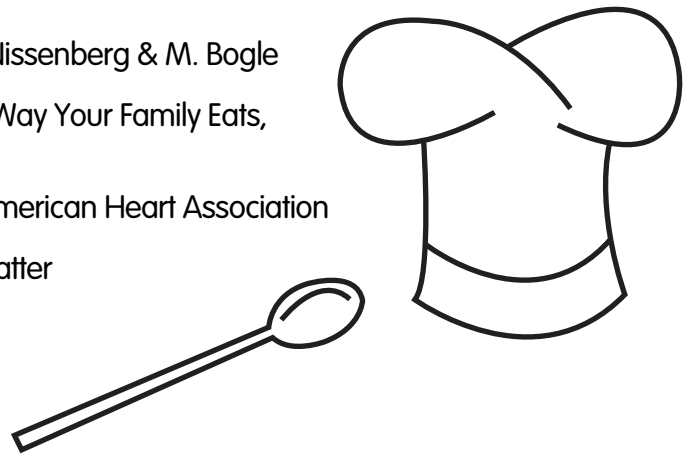
- |                   |            |                  |
|-------------------|------------|------------------|
| 1. C_re_l         | 5. Oa_me_l | 9. L_w-F_t Mi_k  |
| 2. Ba_an__        | 6. Yo_urt  | 10. O_a_ge J_i_e |
| 3. Sc_am_l_d E_gs | 7. W_ffl_s | 11.              |
| 4. S_o_ed S_lm_n  | 8. Gr_nola | 12.              |

ANSWERS - 1. Cereal, 2. Banana, 3. Scrambled Eggs, 4. Smoked Salmon, 5. Oatmeal, 6. Yogurt, 7. Waffles, 8. Granola, 9. Lowfat Milk, 10. Orange Juice

## Handy Resources for Busy Families

### Books & Cookbooks

- ★ Quick Meals for Healthy Kids and Busy Parents by S. Nissenberg & M. Bogle
- ★ The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time! by J. Bissex and L. Weiss
- ★ American Heart Association Kids' Cookbook by The American Heart Association
- ★ How to Get your Kid to Eat...But Not Too Much by E. Satter
- ★ Eating the Alphabet by L. Ehlert



### Websites

- ★ [www.nhlbi.nih.gov/health/public/heart/obesity/wecan](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan)  
Family information about striking a balance between healthy food choices and physical activity with a free Parent Handbook that is excellent.
- ★ [www.mypyramid.gov](http://www.mypyramid.gov)  
All about the USDA food pyramid for adults and students
- ★ [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
Interactive fruit and veggie fun for students