

You are your child's most important role model, and your help is needed to continue to help them be successful.

Therefore, we have created fun and informative activities that you and your child can do together.

1. Create a list with all the different kinds of beans and dry peas available such as black beans, split peas, lentils, and soy beans. Afterwards, visit the grocery store and find out if you can add more beans and dry peas to your list!
2. There are several different types of nuts and seeds such as almonds, cashews, hazelnuts, and mixed nuts. How many different kinds of nuts and seeds can you name?
3. What protein foods did you have for dinner last night? Think of your favorite protein rich foods for future dinners. Some ideas might be turkey hamburgers, chicken stir-fry or grilled tuna fish.

www.chefsolus.com

A free nutrition education web site.

The fun way to learn about nutrition!

Dear Parents,

Congratulations! Our group has been learning about nutrition this week by playing a nutrition game.

Your child has just completed the Meats & Beans Group Level of the Chef Solus and the Food Pyramid Adventure.

While playing the Meats & Beans Group Level, your child explored the Food Pyramid and learned these important facts:

- ★ Foods from the Meat and Beans group provide us with most of our protein which helps build, repair and maintain strong muscles.
- ★ Foods in the Meat and Beans group includes all foods made from poultry, fish and meat, as well as dry beans, peas, eggs, nuts and seeds.
- ★ Children should eat 5 ounces from the Meat and Beans group every day. A 1 ounce serving is equivalent to 1 medium egg, 1 tablespoon peanut butter or a small handful of nuts or seeds.
- ★ Remember to select a wide variety of lean meats and include fish, beans, nuts and seeds.
- ★ Beans, nuts, tofu and seeds are a great source of protein.

Your child will have a certificate for the level. Help remind your child that nutrition is important and fun by posting it for the family to enjoy.

For more information and nutrition tools, go to **[Parent's Tools Page](#)**

Encourage your child to **eat food that are high in protein but low in fat** by using our fun **[family agreement](#)**.

Put the **[tracking sheet](#)** on the refrigerator to see their successes!

Found on the **[Parents' Healthy Tips page](#)**.

