

Youth Health Bulletin



SEPTEMBER 2015

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THIS MONTH'S TOPIC: EAT HEALTHY AND STAY ACTIVE

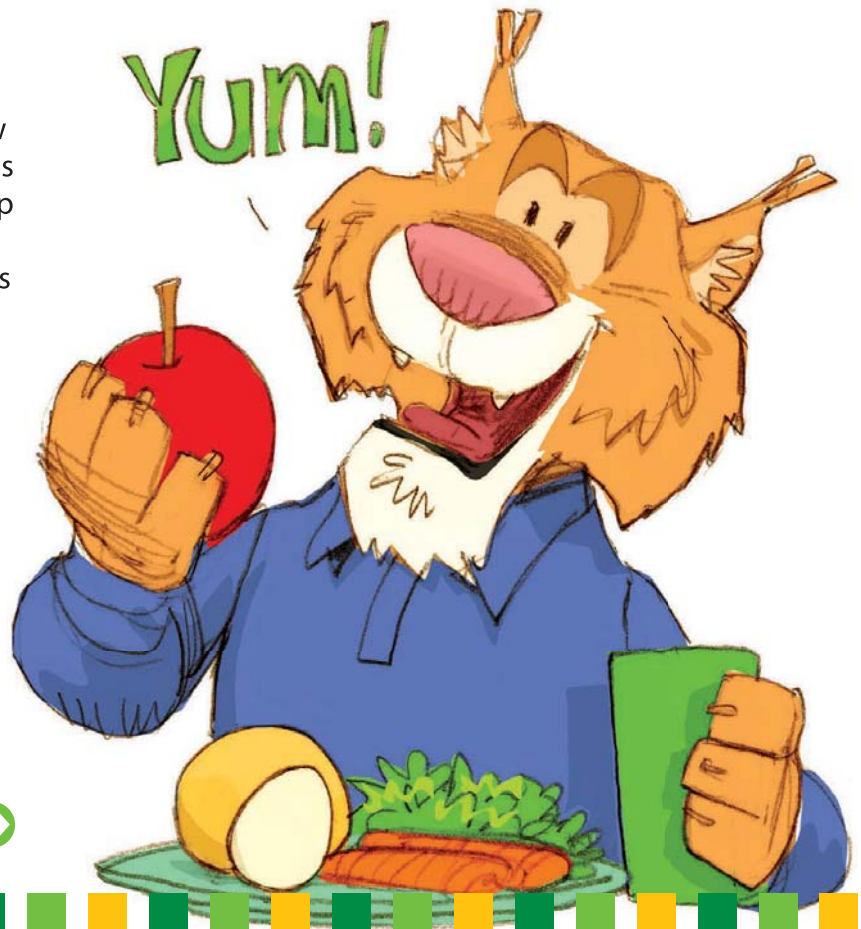
Do you like to try new foods? Wally Cat loves to try new foods, especially fruits and veggies! Wally Cat and his parents follow the MyPlate guidelines to make sure that he is getting all the foods that he needs to grow up big and strong. Wally Cat has been learning about staying healthy and how important it is to eat a healthy meal.

My Plate: What should be on it?

There are five different food groups. Do you know all of them? Wally Cat has started learning all about the food groups: fruits, vegetables, grains, proteins and dairy.

- **Fruits** are great because they can be quick and easy to eat when you are on the move. Frozen, fresh, dried or even canned, fruits do not need to be cooked to eat them.

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Eating healthy and staying active are important parts of growing up strong!



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- **Vegetables**, along with fruits, have many of the vitamins and nutrients that help you stay healthy. They come in many colors: red, orange, green and even purple.
- **Grains** are the breads and cereals you may eat. Did you know that popcorn is also a grain? We should try to eat whole grain foods which have more nutrients in them.
- **Proteins** such as chicken, pork, beef, beans and even tofu are good choices. Wally Cat loves to eat fish. He tries to eat fish at least once a week, but likes it when he has it twice.
- **Dairy** is important too! You can get dairy from drinking low-fat milk or having low-fat yogurt — another great snack. Do you have a sweet tooth? Fruits make a great dessert. You could even make a parfait and have fruits and yogurt together.

Staying healthy is more than just eating right. Staying active is important too. Wally tries to make sure he gets at least 60 minutes of activity a day. He stays active even when it is raining. He would rather

be outside though! What kinds of activities do you like to do outside?

Eating healthy and staying active are important parts of growing up strong!

SOURCES:

- ChooseMyPlate.gov (2011). Build a Healthy Meal <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet7BuildAHealthyMeal.pdf>
- Nicole Peritore, Extension Specialist for Health, University of Kentucky; College of Agriculture, Food and Environment

Word Scramble

LSEGBEVATE: _____

YLPA EOUTSDI: _____

GNSARI: _____

OPSRNTEI: _____

ANSWERS: VEGETABLES, PLAY OUTSIDE, GRAINS, PROTEINS

Youth
Health Bulletin

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