



# 4½-5 YEARS

My name is \_\_\_\_\_

I weigh \_\_\_\_\_ and I am \_\_\_\_\_ inches tall.

A special note for me:

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I'M GROWING UP RIGHT.

## I WILL SOON BE 5 YEARS OLD.

I still have plenty of growing to do. Help me keep my body healthy.

- Teach me how to choose foods. Soon I will go to school where I must make choices. If my friends ask, I can tell them why I choose the foods I do.
- Help me learn to balance foods. If I eat ice cream, teach me to top it with fresh strawberries, not chocolate syrup.
- Let's keep going. We can try a new food once a week. We might try brown rice. Let's make a stir-fry. I can wash the vegetables.
- Keep my body strong. Let's turn the TV off and play. Let's dance to the music, play catch, or take a walk (even inside). Let's pretend. I can be a bird and flap my wings. Or I can run like a horse.

## MAKE SOME MEALS SPECIAL.

- Have a color contest and see how many green, red, yellow, and orange fruits and vegetables you can include in one meal.
- Name a food your child helps create. Make a big deal of serving "Karla's Salad" or "Corey's Sweet Potatoes" for dinner.
- Try a "Make Your Own" night. Let your family put together its own soft tacos, sandwiches, pizza, or salads. Place the ingredients within easy reach and let the fun begin.



START THE DAY OFF RIGHT WITH A GOOD BREAKFAST!

## TALK TO ME!

- What made you feel really happy today?*
- What did you have to eat at lunch today?*
- What's your favorite veggie? Why?*
- Tell me one thing you learned today.*
- What made you laugh today?*

## THANK YOU FOR HELPING ME!

FOOD GROUP	ONE SERVING IS...	TIPS
<b>GRAINS</b> 6 Servings 	<ul style="list-style-type: none"> <li>• ½ to 1 slice bread or tortilla</li> <li>• 4 to 5 tablespoons rice or cooked cereal</li> <li>• ½ to 1 cup dry cereal</li> <li>• 4 to 5 crackers</li> </ul>	Choose whole grains for 3 of my servings: <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Corn tortilla</li> <li>- Whole grain breads and cereals</li> </ul>
<b>VEGETABLES</b> 3 Servings 	<ul style="list-style-type: none"> <li>• 4 or more tablespoons, chopped</li> <li>• ½ cup vegetable or tomato juice</li> </ul>	Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple.
<b>FRUITS</b> 2 Servings 	<ul style="list-style-type: none"> <li>• 4 or more tablespoons</li> <li>• ½ cup 100% fruit juice</li> </ul>	Teach me to eat many kinds and colors: red, yellow, orange, blue, and green. 4 ounces of juice a day is plenty.
<b>MILK &amp; MILK PRODUCTS</b> 4 Servings 	<ul style="list-style-type: none"> <li>• ½ cup low-fat milk or yogurt</li> <li>• ½ to 1 slice cheese</li> </ul>	16 ounces of milk a day is plenty. 1% milk or non-fat milk WIC cheese
<b>MEAT &amp; BEANS</b> 2 Servings 	<ul style="list-style-type: none"> <li>• 4 tablespoons meat, chicken, turkey, or fish</li> <li>• 1 egg</li> <li>• ½ cup cooked WIC beans or tofu</li> <li>• 2 tablespoons peanut butter</li> </ul>	Try low-fat and lean meats Try a meatless main dish like beans and rice



## HEALTH AND SAFETY TIPS

- Help me brush and floss my teeth every day. Take me to the dentist to get my teeth checked.
- Teach me to wear sunscreen when I play in the sun.
- Be sure I am buckled up before I ride in a car.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.

## BREAKFAST STARTS MY DAY

Eating breakfast gives me energy to learn. If I don't eat, I get hungry. It is hard to think or listen. Let's plan breakfast together. We can set the table with a box of cereal, bowls, and spoons. In the morning, we can get out the milk and fruit. Breakfast can be easy as A, B, C! We can pick a food from each group to eat.

BREAD, CEREAL, OR OTHER GRAIN	MILK OR MEAT (OR BOTH)	FRUIT OR VEGETABLE
<i>EXAMPLES:</i>		
wheat flakes	low-fat milk	peach slices
oatmeal	yogurt	strawberries
whole grain bread	cheese	orange slices
corn tortilla	WIC beans	watermelon
crackers	peanut butter	banana
biscuits	chicken	spinach
waffles	egg	tomato
rice	pork	cabbage

## LOOK WHAT I CAN DO!

- I can eat with a fork and spoon and wipe my mouth and hands with a napkin.
- I love to draw and make things. Let's make a picture with the food groups on it.
- I love to read. Let's walk to the library and get some books.
- I can take turns. Let's play follow the leader!
- I can help. I will set the table for dinner and wipe it off after we eat.