

Fact Sheets for Kids – Healthy Eating

Fact Sheets for Kids help children understand related community issues. For more fact sheets, go to www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning.



Meet Jenny Lee...

Jenny Lee is from Maine. Growing up she loved to help her grandparents in their garden, planting vegetable seeds in the spring, watching them grow into healthy plants, and harvesting the produce throughout the summer and fall. One of her favorite garden activities was pulling carrots out of the ground. Jenny Lee thought there was nothing better than crunching into a carrot fresh out of the garden!

As a child, Jenny Lee knew it was fun to grow and eat fresh foods. As a mother, she understands how important healthy eating is for growing bodies and minds.

Now Jenny Lee is a nutritionist. That means she teaches people what healthy foods are and why it's so important to eat them.

Here's what she has to say...

Gardening at Home

Growing your own veggies is fun and easy. You need a small, section of your yard or planting containers in an area that gets at least 5 hours of sun daily.

You can buy seeds and plant them indoors, in empty yogurt containers filled with potting soil, or purchase seedlings from a local nursery or farm.

Herbs, cucumbers, tomatoes, beans and peas are all great choices for first time growers!

What is Healthy Eating?

Healthy eating means balanced eating -- eating foods that provide us with the vitamins, minerals, protein, fiber, and energy we need to keep our bodies healthy and strong. That includes fresh fruits and vegetables, whole grains like whole wheat breads, rice and oatmeal, and lean proteins like chicken, turkey, fish, eggs, beans and low-fat dairy. Drink 100% fruit juices. Drinking plenty of water is also important as it keeps our body hydrated.

Sodas, chips, cookies, candy, and other "junk" foods don't provide our bodies with nutrients, lasting energy, or brain power. These types of foods are not healthy and should only be eaten once in a while.



This fact sheet was created by Jen Spaide, a member and founder of the first Kids Care Club. She is now a mom and a nutritionist.

How do I Eat Healthy?

Make sure you are eating fresh fruits or veggies, a whole grain, and a lean protein at every meal.

Start with a nutritious breakfast to ensure that your body gets the energy it needs to start moving and your brain has power to learn. Try eggs with whole wheat toast and fruit, or yogurt with berries and a muffin.

Eat snacks that will keep your body and brain pumped up with nutrients. The wrong kind will make you tired and cranky. Choose fresh fruits or cut up veggies, yogurt, trail mix, or granola bars.

Eat the Rainbow! To get all the vitamins and minerals your body needs, eat a colorful diet every day. There are five color categories of produce: Blue/Purple, Green, White/Brown, Red, and Yellow/Orange.

How to Help Others

Share this fact sheet with family and friends.

Bring a rainbow basket of fruits and veggies to a soup kitchen.

Distribute Eat Wise – Exercise![™] Breakfast Boxes or Baskets.