

# Week 1 Overview: Food Groups & Superpowers

What we eat and how active we are helps give us our own kind of superpowers. Each week will contain recipes and activities to teach you about a healthy lifestyle

This week, you are going to learn about the five food groups and their superpowers:

- **Fruits & Vegetables** – give you energy, vitamins, antioxidants, fiber and water and can keep you from getting sick
- **Whole Grains** – provide energy and fuel the brain and muscles
- **Protein** – fills us up and makes strong muscles
- **Dairy** – builds strong bones, nails, and teeth
- **Healthy Fats** – these aren't a food group but they help absorb vitamins and minerals in foods and fill us up! More about this later.

Everything we eat and drink matters. It is important to have a well-rounded diet that includes the five food groups to ensure that you stay healthy and strong now and in the future.

Each group plays an important role in your health because each group provides essential vitamins and minerals to the body. Variety and amount in each food group is key. Creating a healthy lifestyle means portioning the right amount.

## What to expect this week:

- Activity: MyPlate
- Recipe: Wafflewich
- Activity: Create an Activity Tracker



Each segment of the MyPlate represents a food group, and each food group has “superpowers” like helping to form strong bones, improving vision, and building stronger muscles. Fitness also plays an important role in our health and the wellness of our bodies. During this program, we will learn more about each food group and the importance of each.

- Protein is found in foods like meat, beans, and nuts and helps to make us feel full and strengthens muscles.
- Dairy, which are foods like milk, yogurt, and cheese, builds strong bones, teeth, and nails.
- Whole grains, like cereal, toast, and pasta, provide energy and fuel the brain and muscles.
- Fruits and vegetables are packed with necessary vitamins and minerals which help to support all parts of your body and immune system.



**Supplies Needed:**

- Paper plate
- Crayons/markers

**Directions**

1. Using your paper plate, divide it into segments like the example above, and use your crayons/markers to color each section the color listed. Notice that each section is a different size which represent the appropriate serving size of each food group.
2. The number of servings we need from each group depends on things like our age, activity level, and weight. For most people, a good serving size is about the same size as your palm or fist. Most restaurant portions are much larger than recommended serving sizes, so we need to be careful not to overeat at restaurants. Not getting enough of a certain food group can be just as harmful to our health.
2. Let’s make a list of your 10 favorite foods:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

3. Next, use your crayons/markers to draw a colored dot next to each food to represent the food group it belongs to based on the colors of the MyPlate.

# WEEK 1 RECIPE

## WAFFLE WICH

### INGREDIENTS

2 WHOLE GRAIN  
TOASTER WAFFLES

1 TBSP PLAIN OR  
VANILLA LOW FAT  
GREEK YOGURT

1/2 RIPE BANANA

1 TBSP HONEY

CINNAMON, TO TASTE  
(OPTIONAL)

### MATERIALS

SPOONS

TOASTER

DULL KNIFE

PAPER PLATES

### DIRECTIONS

1. SLICE THE BANANAS  
AND SET ASIDE
2. TOAST THE WAFFLES  
IN THE TOASTER
3. SPREAD ONE WAFFLE  
WITH 1 TBSP LOW  
FAT YOGURT AND  
SPREAD THE OTHER  
WAFFLE WITH 1  
TBSP HONEY
4. ARRANGE BANANA  
SLICES ON TOP OF  
THE YOGURT
5. SPRINKLE WITH A  
LITTLE CINNAMON, TO  
TASTE
6. SQUISH THE TWO  
WAFFLES TOGETHER  
SO THEY STICK
7. CUT INTO 4 WEDGES &  
ENJOY!



# Week 1 Activity:

## Create an Activity Tracker

Physical activity is when your body is in motion and your heart rate is higher, such as walking, running, biking, skating, dancing, or even helping with chores at home. Just as eating the right foods in the right amounts is important for our health, physical activity also provides “superpowers.”

### Supplies Needed:

- Crayons/markers
- Activity tracker template (page 2)

**Directions:** What types of activities do you do that are considered physical activity (like playing basketball, or going for a walk, for example)? Use the space below to write a list or draw pictures of your favorite activities

1.

2.

3.

4.

5.

Remember - our bodies need physical activity to build strong bones and muscles. Physical activity also increases your chances of living longer, helps you feel better about yourself, helps you sleep well at night, improves your overall mood and helps you feel happier, allows you to move around more easily, helps to maintain or get to a healthy weight, increases your energy, and allows you to enjoy yourself and have fun.



# Week 1 Activity: Create an Activity Tracker



The goal for daily physical activity should be 60 minutes, which is one hour. The 60 minutes can be broken up throughout the day or done all at once.

**Directions:** Decorate the activity chart below as you wish and then use it to track and record your physical activity. Remember to track your activity every day, and at the end of the program, we'll get to see how much physical activity we have accomplished!

Day of the week							
	M	T	W	T	F	S	S
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							