

Activity 1

REPRODUCIBLE MASTER

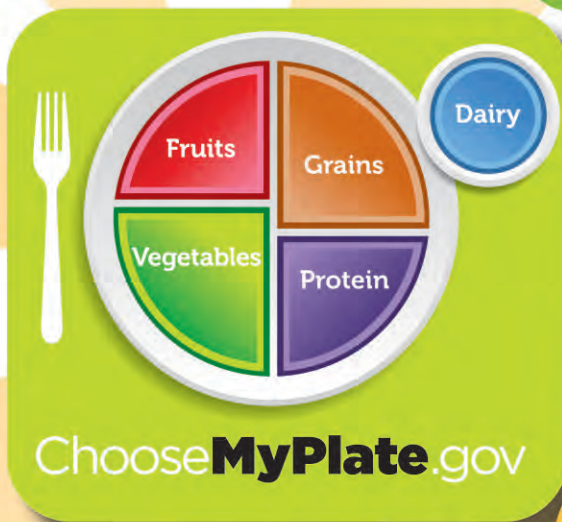
What's on Your Plate?



The **GOYA All-Stars** know that fueling your body with the right food is important. The nutrients in food help you grow, keep you healthy, and give you the energy to do things like play soccer.

MyPlate can help you make healthy food choices. There are five food groups. Each food group has recommended amounts to eat each day for kids ages 9 to 13.

Here's how to score good health by eating foods from each group.



Fruits

Daily amounts:
1½ to 2 cups a day

Fruits that = 1 cup

- 1 small apple
- 1 large orange

The score

Some fruits have Vitamin C, which helps repair body tissue, keeps teeth and gums healthy, and heals cuts and wounds.

Dairy

Daily amounts:
3 cups a day

- 1 cup of yogurt or milk (low-fat or fat-free)
- ½ cup shredded cheese

The score

Dairy foods help build and keep bones and teeth healthy.

Vegetables

Daily amounts:
2 to 3 cups a day

Veggies that = 1 cup

- 1 large tomato
- 1 cup broccoli

The score

Veggies may help reduce the risk of heart disease and type 2 diabetes. Some veggies have vitamin A, which helps keep eyes and skin healthy.

Protein Foods

Daily amounts:
5 to 6 ounces a day

Protein foods that = 1 ounce

- 1 sandwich slice of turkey
- ¼ cup cooked beans, like black, white, red kidney, and pinto beans, or chick peas
- 1 egg

The score

Proteins help build bones, muscles, skin, and blood.

Grains

Daily amounts:
5 to 7 ounces a day

Grains that = 1 ounce

- 1 slice of whole wheat bread
- ½ cup cooked rice or pasta

The score

Grains have vitamins that can help the body release energy.

Get in the Match

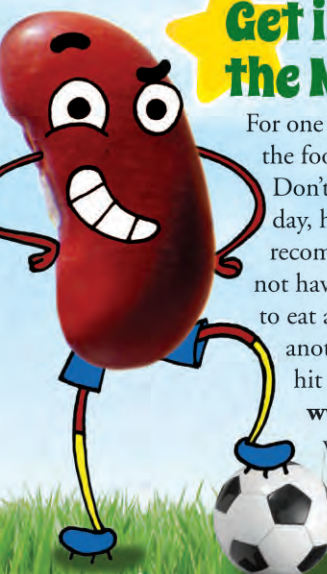
For one week, make **MyPlate** your plate. Write down the foods you eat for breakfast, lunch, and dinner. Don't forget snacks and drinks! At the end of each day, how close did you come to meeting the daily recommendations for each food group? You might not have every food group at every meal, but try to eat a variety and make up any you missed at another time in the day. For each day that you hit the mark, you will earn a star! (Check out www.ChooseMyPlate.gov to learn more about what counts for each food group.)

Parents, Help Your Kids Become All-Stars!

Help your family get the nutrients they need from the five food groups that make up the USDA's **MyPlate**. Offer your kids a healthy variety of balanced meals and snacks. Have them help you with the shopping and cooking to get them involved in making healthy food choices. For quick, affordable recipe ideas like Bean Burritos and Southwestern Chicken Salad, check out www.goya.com.

You ½ to Know This:

- Make half your plate fruits and veggies.
- Make at least half your grains whole grains.



Activity 2

REPRODUCIBLE MASTER

It's on the Label



Most food products have black-and-white labels that list nutrition information. Since it's the nutrients in foods that help make you strong and healthy, it's important to check out the label to see how a food measures up.

Look at this example from a can of pinto beans. Read the tips to help you compare different kinds of food labels so you can make smart choices.

Know how much you're eating. The information on a nutrition label is for the amount of food listed as the **Serving Size**.

The calories represent the energy in the food. Eat the right amount of calories for you.

Go Low – Choose foods with lower amounts of trans fats, saturated fats, cholesterol, sodium, and sugars.

Protein is needed to build and repair muscles, organs, and blood.

Nutrition Facts	
Serving Size 1/2 cup (126 grams)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 80	Fat Calories 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrates 18g	6%
Dietary Fiber 8g	32%
Sugars less than 1g	
Protein 6g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.

Read the numbers – The food's nutrients are measured in grams (g) and milligrams (mg). The % Daily Value shows how much of each nutrient someone who needs 2,000 calories a day will get from eating one serving. Learn about your calorie needs at www.ChooseMyPlate.gov.

Go High – Choose foods with higher amounts of nutrients like fiber and vitamins A & C, calcium, and iron.

Way to Go!

Here's a tip about % Daily Value to help you decide whether the nutrients in a food are low or high: 5% DV or less is low, and 20% DV or more is high.



Home Field Advantage

Tasty Lemon and Herb Chicken

Cook in the oven for an easy baked chicken dish, or on the grill for a tasty outdoor variation.

Makes 4 servings
(1 chicken breast half each)

Prep time: 10 min.

Total time: 35 min., plus marinating time

Ingredients

- 1/4 cup GOYA Extra Virgin Olive Oil
- 2 tbsp. GOYA Lemon Juice
- 2 tsp. freshly chopped cilantro
- 2 tsp. GOYA Minced Garlic, or 4 cloves garlic, finely chopped
- 2 tsp. dried oregano leaf
- 1 packet Sazón GOYA Natural and Complete
- 1/2 tsp. GOYA Adobo Light All-Purpose Seasoning with Pepper
- 1/2 tsp. ground cumin
- 1/2 tsp. red pepper flakes
- 4 bone-in, skin-on chicken breast halves, about 2 lbs. (remove skin before eating)

Directions

- In bowl, mix together olive oil, lemon juice, cilantro, garlic, oregano, Sazón Natural and Complete, Adobo Light, cumin, and red pepper flakes; transfer to large zip-top bag. Add chicken; turn to coat completely. Transfer to refrigerator; marinate at least 2 hours, or up to 24 hours for best results. Bring chicken to room temperature 30 minutes before cooking, discard marinade.
- Place chicken skin side-up on foil-lined baking tray. Cook chicken until golden brown and cooked through (internal temperature will register 165°F on quick-read thermometer when inserted into thickest part of meat without touching the bone), about 25 minutes. Remove and discard bone and skin before eating.

Strike the Balance

Does your family dinner have a good balance of nutrients? To find out, collect the food labels from the foods used in your meal. (For nutrition labels for fresh fruits and vegetables, check out www.fruitsandveggiesmorematters.org.) Calculate the combined nutrients in the meal by adding together the numbers for each nutrient. Were your counts too high on nutrients like sodium and fat, or too low on nutrients like calcium, iron, and fiber? What improvements could you make?



Activity 3

REPRODUCIBLE MASTER

Beans Build a Body

In nutrition, beans are like the all-star team. They are healthy foods with lots of nutrients. Here are 9 facts about beans that give them that all-star quality.

1. Beans like kidney, pinto, black, and white beans, and peas like chick peas (garbanzo beans) appear in two food groups on MyPlate. They are both a vegetable and a source of protein.

2. Beans are low in fat.

6. Beans have lots of complex carbohydrates, which provide energy to the muscles and brain.

7. Beans are a great source of dietary fiber. Fiber helps keep your digestive track healthy.

8. Beans have potassium, which may help keep your blood pressure in check.

9. Beans have folate, which is a type of vitamin B that helps promote proper growth.

3. Beans are low in sugar.

4. Beans are cholesterol free.

5. Beans are a great source of protein. Protein is used to make and repair muscles and bone tissue.

Drill Time

Test your knowledge of beans by answering these questions:

1. Which food group do beans belong to?

2. Beans have low amounts of which three nutrients?

3. In which two nutrients do beans rank high?

4. Which nutrient in beans provides the body with energy?

Kick-Off to Great Flavor

Rice with Black Beans

This versatile side dish packs a delicious, seasoned bite that won't overwhelm these naturally low-fat beans.

Makes 6 Servings
(about 1 cup beans and 1/3 cup cooked rice each)

Prep time: 10 min.

Total time: 25 min.

Ingredients

- 2 tbsp. **GOYA** Extra Virgin Olive Oil
- 1 tsp. **GOYA** Ground Cumin
- 1 tsp. **GOYA** Minced Garlic
- 1 tsp. **GOYA** Oregano Leaf
- 1 packet **Sazón GOYA** Natural and Complete
- 2 tbsp. **GOYA** Golden Cooking Wine for flavor
- 2 cans (15.5 oz. each) **GOYA** Low-Sodium Black Beans, undrained
- 2 **GOYA** Bay Leaves
- 1 tsp. brown sugar
- 1 tsp. **GOYA** White Distilled Vinegar
- ¼ tsp. **GOYA** Adobo Light All-Purpose Seasoning with Pepper
- 1 cup of dry **Canilla** Extra Long Grain Rice, cooked according to package directions
- Finely chopped white onions
- Fresh cilantro leaves



Directions

- 1.** Heat oil in medium saucepan over medium heat. Add cumin, garlic, oregano, and **Sazón** Natural and Complete to pot. Cook until fragrant, about 30 seconds. Add wine; bring to a boil so that it will evaporate. Add 1 cup water, beans, bay leaves, brown sugar, and vinegar to pot; bring bean mixture to a boil. Reduce to medium-low and simmer, uncovered, stirring occasionally, until mixture thickens and flavors come together, about 15 minutes.
- 2.** Season beans with Adobo; discard bay leaf.
- 3.** Divide beans evenly among serving dishes. Garnish with onions and cilantro, if desired. Serve with rice.

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YOUNG MINDS INSPIRED

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