

# Smart Nutrition and Fitness: Information for Parents

Today your child learned about nutrition and fitness through the Nutrition and Fitness Presentation Kit for Kids program made available by Northwestern Medicine. We hope your child enjoyed the program and can demonstrate to you how to make healthy food choices and how to incorporate physical activity into their routine each day.

Making sure we eat the proper nutrients and get daily physical activity are important health practices for preventing disease and improving wellness. Please help reinforce what your child learned today by modeling this behavior by encouraging healthy eating and daily exercise in your family setting.

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## Important things to remember:

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Try to eat 5 fruits and vegetables every day—they keep us healthy

The protein group has meats, beans, seafood and nuts to help make us strong

Whole grains give us energy

Milk and dairy help kids grow and are good for bones and teeth

Set a goal to get at least 60 minutes of physical activity every day and include activities that increase your heart rate for the majority of the time

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Encourage your child to bring healthy snacks to school and to eat a nutritious lunch. These foods will help to sustain their learning abilities in the classroom. Remind your child to take advantage of recess as a means for physical activity. Promote activities that will get your child moving for that timeframe.

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## RESOURCES AND LINKS

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[choosemyplate.gov](http://choosemyplate.gov)

[nutrition.gov](http://nutrition.gov)

[fitness.gov](http://fitness.gov)

[eatright.org](http://eatright.org)

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[nm.org](http://nm.org)