



# Building MyBody

Third-grade nutrition education newsletter

Lesson **4**

## The power of vitamins, minerals and water

Your child has learned about three important vitamins, A, C and D, in class today.

**Vitamin A** keeps our eyes healthy and keeps us from getting sick.

**Vitamin C** helps heal cuts and protects us from infections. You can find these vitamins in many fruits and vegetables, especially **dark green** or **orange** fruits and vegetables such as:

### Orange

- Carrots
- Cantaloupe
- Sweet potatoes
- Orange peppers
- Oranges
- Squash

### Dark Green

- Spinach
- Kale
- Broccoli
- Green peppers
- Romaine and other dark greens

**Vitamin D** helps our body absorb and use calcium to build and maintain strong bones and teeth.

Vitamin D is added to milk to assure the calcium is deposited in bones and teeth. It also helps with muscle movement and plays a role in immunity.

### Vitamin D foods

- Tuna fish
- Mackerel
- Salmon
- Sardines
- Fortified milk
- Eggs
- Mushrooms



### Mighty calcium

A powerful mineral that your child learned about is calcium. Calcium builds strong bones and teeth. Low-fat cheese, milk and yogurt are especially good sources of calcium.

### What can you do to get more calcium in the foods you and your children eat?

Your children take their lead from you and watch what you do. If they see you eating some of the foods below, they are more likely to do so, too.

- Add milk to foods, such as whole-grain cereal or hot oatmeal and soup.
- Add cheese to salads, tacos, burritos and sandwiches.
- Choose low-fat yogurt or pudding for a snack or dessert.
- Drink low-fat milk with meals, or make smoothies (with milk or yogurt) for breakfast or a snack.

**If you can't drink milk, here are ways you can make sure you get enough calcium:**

- Select foods with added calcium, such as juices or cereals.
- Eat canned fish with bones, such as salmon.
- Choose calcium-fortified nondairy milks like soy, oat, or almond. Other soy foods like soybeans, soy yogurt and tempeh also have calcium.

For more tips, go to [www.myplate.gov/eat-healthy/dairy](http://www.myplate.gov/eat-healthy/dairy)



**Make family time, active time**

Take the family to pick their own fruits or veggies. This is a great way to be active together. Go to <http://www.pickyourown.org/MO.htm> to find a pick-your-own farm near you when these fruits and veggies are available.

**Wonderful water**

Every part of your body needs water! To make sure you're getting enough:

- Choose water instead of sugary drinks (see the recipe below).
- Keep a reusable water bottle handy at all times and sip on it throughout the day.
- Eat fruits and vegetables. Many are mostly water!

**Recipe**

**Fruity Water**

**Adults:** Here's a tasty way to get your child to drink more water. Wash your hands with your child, scrubbing for 20 seconds, or as long as it takes to sing the ABCs.

**Kids:** Choose the fruits to put in the pitcher. Try different combinations of fruit!

**Ingredients:**

- Fresh fruit such as lemons, oranges, peaches, watermelon, or berries
- Pitcher of water

**How to make it:**

1. Wash fruit by running under cold water.
2. Slice large fruit into wedges. If using small fruit like berries, they can be used whole. Place fruit into pitcher of water and cover.
3. Put pitcher in refrigerator for a few hours or overnight. The flavors from the fruit will come out in the water with time.

**Note:** It doesn't take much fruit to give the water a fruit flavor. You may need to remove some fruits from the water after the first day before they begin to soften and fall apart in the water.



Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)