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# Young Athletes Camp

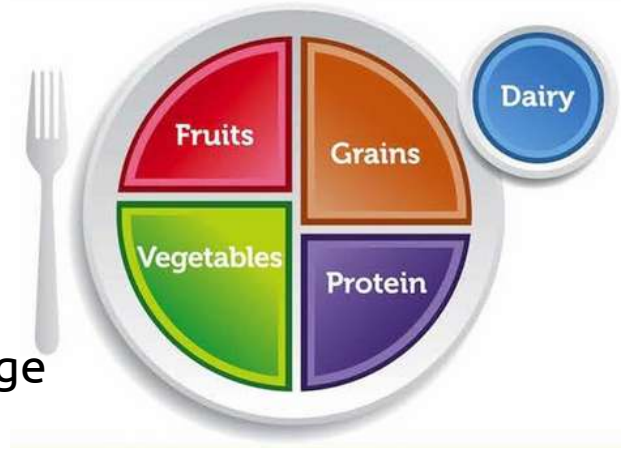
## Healthy Athletes Craft

**Nutrition**

# Nutrition

## 5 Food Groups

1. **Carbohydrates** - fuel your brain!
2. **Fruits** - Vitamins and Minerals!
3. **Vegetables** - Vitamins and Minerals
4. **Dairy** - Strong bones!
5. **Protein** - Build strong muscles, cartilage and skin!



## My Plate

Using visuals like the My Plate can help kids understand what a healthy meal looks like. Explain that they should fill half their plate with fruits and veggies that have nutrients that will help their bodies grow. The other half should be whole grains and lean protein that gives them energy to run, dance, and play.

Check out [www.myplate.gov](http://www.myplate.gov) for fun nutrition activities and games

## Go, Slow, and Whoa

Kids should learn that all foods have a place in their diet. Label foods as “go,” “slow,” or “whoa.” Kids can “green light” foods like whole grains and skim milk they should have every day and “slow down” with less healthy foods like waffles. Foods with the least nutrition, such as french fries, don’t need to be off limits, but kids should stop and think twice before they eat them often.

# Sandwich Faces

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## Materials :

1

Whole grain bread or crackers

2

Nut butter, hummus, or avocado

3

Variety of sliced fruit

4

Variety of sliced vegetables

## Activity:

1

Challenge your Young Athlete(s) to make the silliest face they can with the materials!

2

Take a big bite and enjoy your healthy snack for the day!

