

# Teacher Facilitated University of Rhode Island SNAP-Ed Video Series Nutrition Curriculum

Dear Teacher,

Thank you very much for taking the time to teach this program in your classroom. By doing this, you are encouraging your students and their families to live healthier lifestyles.

This program is designed to last 5 weeks, with one in-school video per week. However, we understand you are busy and may not finish in 5 weeks; it is okay if it takes longer!

We are here to support you!

Please reach out to: **Joanna Raymond MS, RDN, LDN**  
**joanna\_procopio@uri.edu**  
**401-277-5391**

Thank you again!

URI SNAP-Ed Team

THE  
UNIVERSITY  
OF RHODE ISLAND



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# Introduction:

## Organization of the nutrition series program:

### PRE-EVALUATION

- ◇ Students will complete a 10-15 minute survey before starting the series.
- ◇ URI SNAP-Ed staff will administer the pre-survey.
- ◇ The survey will be taken either on tablets or with paper/pencil.
- ◇ After students complete the pre-evaluation, please send home the parent/caregiver introduction letter before starting the first lesson.

### HOW TO CONDUCT THE LESSONS

- ◇ Every week, the class will watch one of the five **URI Nutrition videos**.
- ◇ After the video, the teacher will go through the **Teacher/Facilitator Review Sheet** with the class to address key concepts in that video.
- ◇ The curriculum provides activity sheets for the students to complete in class or as homework.
- ◇ As a take-home activity, please ask the students to re-watch the video at home with a parent/caregiver. Our newsletter sent home to parents/caregivers will also ask the parent/caregiver to watch a **URI Parent Nutrition video**. All videos are easily accessible on our **URI Nutrition YouTube channel** (see “**YouTube Channel Details**” for more).
- ◇ If students return the bottom half of the newsletter, they can be entered into a raffle to win a prize. Discuss prize options with the URI SNAP-Ed Nutrition Educator.

### POST-EVALUATION

- ◇ Once all 5 lessons are complete, please contact us.
- ◇ URI SNAP-Ed will return to administer the 10-15 minute post-survey.
- ◇ There will be an opportunity for teacher feedback through a short survey. This survey will help us better understand how the program went and how the curriculum can be improved.

# Curriculum Details:

For each lesson, there are four parts:

Part & Location	Activity	Tool	Time
Part 1: In class	WATCH on Elmo/smartboard	Using the YouTube link, students will watch the <b>URI Nutrition video</b> as a class.	5-10 minutes
Part 2: In class	REVIEW by teacher/facilitator	Using the <b>Teacher/Facilitator Review Sheet</b> , the teacher/facilitator will review key concepts from the video with students to promote understanding.	5-10 minutes
Part 3: In class	ACTIVITY SHEETS during class individually or in small groups, or as homework	If time allows, each video has <b>Activity Sheets</b> that provide students with an opportunity to reiterate and apply what they learned. These activities are designed to enhance the lesson, however they can be completed any time during the course of the curriculum implementation.	5-20 minutes
Part 4: At home	TAKE HOME newsletter	Students will be given the online link for the <b>URI Nutrition video</b> for them to re-watch the video at home with a parent/caregiver.  Additionally, parents/caregivers will receive a link for the <b>URI Parent Nutrition video</b> (in either English or Spanish) for the parent/caregiver to watch that week.  If students return the bottom half of the newsletter, they can be entered into a raffle to win a prize. Discuss prizes options with the URI SNAP-Ed Nutrition Educator.	5-10 minutes per video

Nutrition topics for each lesson:

Lesson	Topic	Incorporates
1	MyPlate	Science, Health, Math, ELA
2	Go Slow Whoa	Science, Health, ELA
3	Fruits & Vegetables	Science, Health, Math, ELA
4	Fats and Fast Food	Science, Health, ELA
5	Think Your Drink	Science, Health, Math, ELA

## Additional Idea:

Have students create their own nutrition videos, slogans, or advertisements related to any of the topics in the curriculum and share with peers and family members.

# YouTube Channel Details:

Both the **URI Nutrition videos** for in-school (and for the student to re-watch again with their parent/caregiver) and the **URI Parent Nutrition videos** (for parents/caregivers to watch) are on our YouTube channel.

## THREE PLAYLISTS ON OUR CHANNEL

1. Youth/Child videos (these are the **URI Nutrition videos** for in-school and for the student to re-watch at home)
2. Healthy Families videos for parents/caregivers (English) (these are the **URI Parent Nutrition videos** for parents/caregivers to watch)
3. Familias Saludables videos para padres/proveedores (Spanish) (these are the **URI Parent Nutrition videos** for parents/caregivers to watch)

The three playlists can all be found at this link....

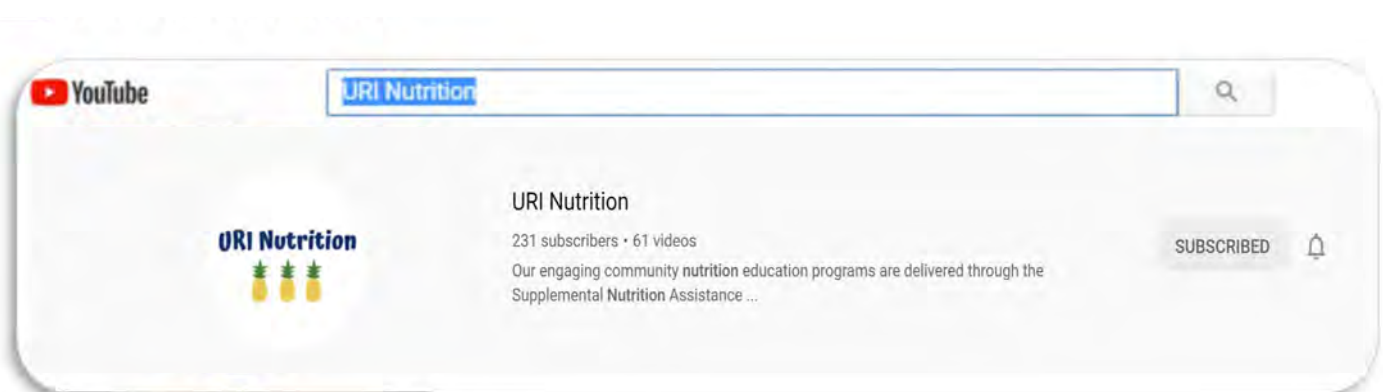
[https://www.youtube.com/channel/UCWRvGBisjf2gHYhveFxEmpvQ/playlists?view\\_as=subscriber](https://www.youtube.com/channel/UCWRvGBisjf2gHYhveFxEmpvQ/playlists?view_as=subscriber)

## HOW TO GET TO THE PLAYLISTS

STEP 1: Go to youtube.com.

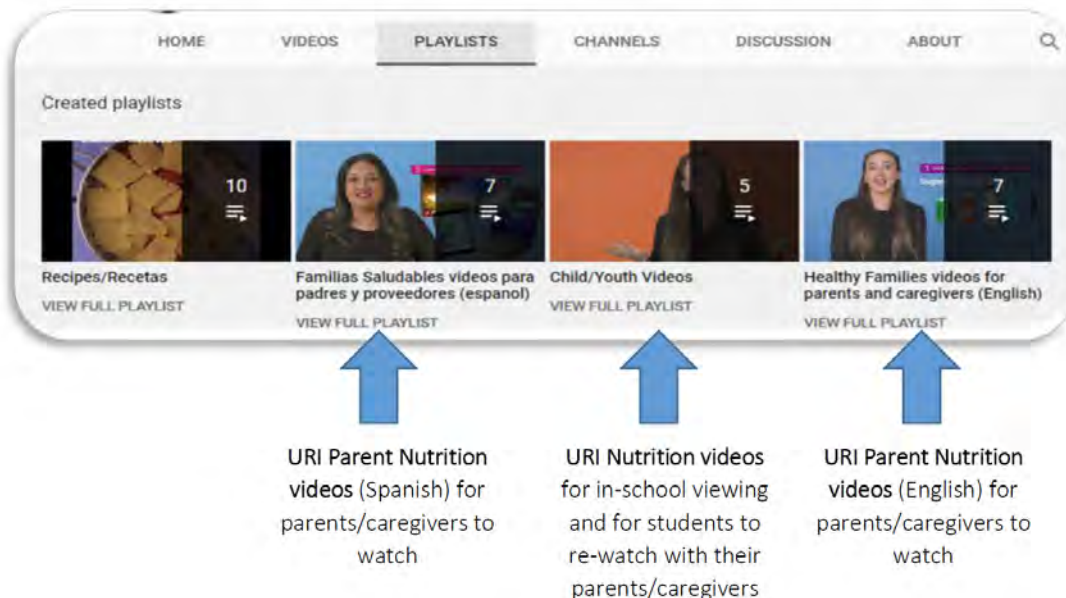
STEP 2: In the search box, type in “URI Nutrition.”

STEP 3: Click on our channel.

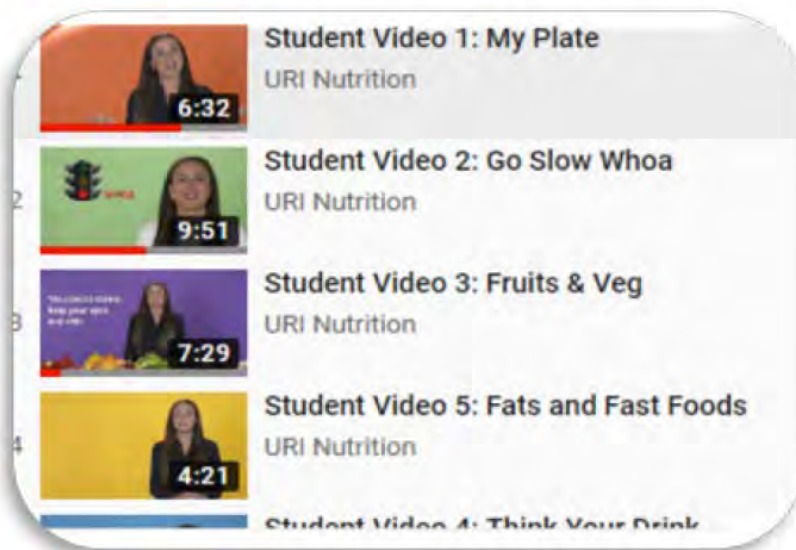


# YouTube Channel Details Continued:

STEP 4: Click on playlists and select the playlist you are looking to view.



STEP 5: Once you are in the playlist, select the video you want to watch.



*Note: The easiest way to access the videos is to go to the playlist and save it on your computer so that you have all 5 in-school videos.*



# Introduction

Team Up for Change! is a nutrition program that brings together teachers and parents/caregivers to help keep children healthy.



## Team Up for Change!

Dear Parents and Caregivers,

I am so excited to tell you about our partnership with the URI SNAP-Ed Nutrition Education Program! This program helps your child have healthier eating habits. In our classroom, we will complete a series of five nutrition lessons. Each lesson includes a short video developed by the team at URI as well as a short activity that we will do in class.

Here is where you come in... where children live, learn and play affects their habits the most. So, the influence you have on your child and what they do at home is so very important!

Each time we complete a lesson in our classroom, your child will be sent home with a newsletter. The newsletter includes information about the video your child watched in class and how to re-watch it together at home. Also, the URI SNAP-Ed team has created seven parent/caregiver videos (in English and Spanish). The newsletter sent home will ask you to watch 1 or 2 parent/caregiver videos each time. There will be step-by-step instructions for you to access the videos on YouTube.com or we can text the links to you **(if you would prefer a text, please provide your phone number below)**. We look forward to doing this program with you. Your support and feedback is so important! Thank you!

**Please return this form to school.**



I know about the 5 week nutrition program being taught in \_\_\_\_\_'s class.

I understand I will be sent home newsletters that ask me to watch videos with my child as well as parent/caregiver videos to watch alone.

Your Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Can the team at URI contact me? YES or NO If yes, circle: CALL or TEXT at (\_\_\_\_) \_\_\_\_\_

Signature: \_\_\_\_\_

# Introducción

¡Unidos Para el Cambio! Es un programa de nutrición que reúne a maestros y padres/proveedores para ayudar a mantener a los niños sanos.



## ¡Unidos Para el Cambio!

Queridos Padres y Proveedores,  
¡Estoy muy emocionada de contarles sobre nuestra asociación con el Programa de Educación Nutricional URI SNAP-Ed! Este programa ayuda a su hijo a tener hábitos alimentarios más saludables. En nuestra aula, completaremos una serie de cinco lecciones de nutrición. Cada lección incluye un video corto desarrollado por el equipo de URI, así como también una breve actividad que haremos en clase.

Aquí es donde entra usted... donde los niños viven, aprenden y juegan es lo que más afectan sus hábitos. ¡Entonces, la influencia que usted tiene en su hijo y lo que hace en casa es muy importante!

Cada vez que completemos una lección en nuestra aula, su hijo será enviado a casa con un boletín informativo. El boletín incluye información sobre el video que su hijo miró en clase y cómo volver a verlo juntos en casa. Además, el equipo de URI SNAP-Ed ha creado siete videos para padres/proveedores (en inglés y español). El boletín enviado a casa le pedirá que vea 1 o 2 videos para padres/proveedores cada vez. Habrá instrucciones paso a paso para que pueda acceder a los videos en YouTube.com o podemos enviarles los enlaces por mensaje de texto **(Si prefiere un mensaje de texto, por favor proporcione su número de teléfono a continuación).**

Esperamos con anticipación hacer este programa con ustedes. ¡Su apoyo y comentarios son muy importantes! ¡Gracias! *Por favor devuelva este formulario a la escuela.*



Yo sé sobre el programa de nutrición de 5 semanas que se enseña en la clase de \_\_\_\_\_ . Entiendo que me enviarán boletines informativos a casa que pedirán ver videos con mi hijo, así como videos para padres/proveedores para ver a solas.

Su Nombre: \_\_\_\_\_

Nombre de su Hijo: \_\_\_\_\_

¿Puede contactarme el equipo de URI? SI o NO Si es sí, circule: LLAME o MSJ a (\_\_\_\_) \_\_\_\_\_

Firma: \_\_\_\_\_

# Lesson 1

**WATCH:** URI Nutrition Video 1: MyPlate

**REVIEW:** Teacher/Facilitator Review Sheet: MyPlate and the 5 Food Groups

**ACTIVITY SHEETS:** MyPlate: The Five Food Groups  
Healthy Snacks: Two Food Groups  
Reflection Sheet

**TAKE HOME:**

Newsletter #1

Student re-watch URI Nutrition Video 1 with parent/caregiver:

- MyPlate

Parent/caregiver watch URI Parent Nutrition videos

- Tips for Families (Introducción: Consejos para familias más saludables)
- Firm & Responsive Parenting (Ser un Padre Firme y Receptivo)



# Teacher/Facilitator Review Sheet

## Lesson 1: MyPlate and the 5 Food Groups

SAY

- Today, we watched one of the five URI Nutrition videos and began our journey to become stronger and healthier. Let's review what we learned.

ASK

- Can someone name the five food groups?
  - Fruit
  - Vegetables
  - Grains
  - Protein
  - Dairy

ASK

- Can someone give me an example of each?
  - Fruit
    - Bananas, pears, apples, strawberries, peaches, fruit cup in juice, pineapple, grapes, oranges, watermelon, blueberries, etc...
  - Vegetables
    - Peppers, sweet potatoes, squash, lettuce, onions, mushrooms, broccoli, tomatoes, green beans, etc...
    - If the conversation comes up about tomatoes and avocados being a fruit or vegetables say, *"if you ask a chef they are vegetables because that is how we eat them. If you ask a food scientist, they are fruits because of their seeds and pit. It does NOT matter what we call them, what matters is that we eat them because they are healthy for us!"*
  - Grains
    - Breads, cereals, oatmeal, rice, crackers, pasta, etc...
  - Protein
    - Chicken, beef, deli meats, nuts, seeds, eggs, fish, beans, peanut butter, tofu, etc...
  - Dairy
    - Milk, cheese, and yogurt (yes, ice cream...next week we will discuss "Go, Slow, Whoa" foods from each group).

## Lesson 1

### ASK

- Can someone tell me how much of our plate should be filled with fruits and vegetables?
  - Half of our plate should be filled with fruits and vegetables.
- Why should half of our plate be filled with fruits and vegetables?
  - Fruits and vegetables help to keep us healthy and prevent us from getting sick.
  - They have fiber which helps keep us full and helps move food through our bodies.
- Why are grains important for us?
  - Grains give us energy to live, learn, and play.
- How much of our grains should be whole grains?
  - At least half of our grains should be whole grains; they have fiber and vitamins/minerals.
  - Examples: brown rice, 100% whole grain pasta and breads, oatmeal, whole grain cereal
  - The first ingredient on the ingredient list of a whole grain should say “whole.”
- Why is protein important for us?
  - Protein helps our muscles. Be sure to choose lean or low-fat protein foods.
- Why are dairy foods important for our bodies?
  - We should eat and drink low-fat dairy products to build strong bones and teeth.
- How many food groups should we aim to have at our meals?
  - At breakfast aim for at least 3 of the 5 food groups. At lunch/dinner aim for as many as you can.
- How many food groups make up a healthy snack?
  - At least 2 of the 5 food groups; try to make one a fruit or vegetable.

### SAY

- Now, we are going to complete some activity sheets to apply what we learned in the videos and reflect on any questions we still have related to this topic.

### DO

- Walk students through the activity sheets during class or assign for homework.
  - MyPlate: The Five Food Groups
  - Healthy Snacks: Two Food Groups
  - URI SNAP-Ed Nutrition Lesson Reflection

### SAY

- Please remember to share Newsletter #1 with your parents/caregivers. There are directions on how to re-watch the **MyPlate** video and a few other videos that they might be interested in. Complete the pledge with your parent/caregiver and return the bottom half of the newsletter to class for a chance to win a prize!





# MyPlate: The Five Food Groups



## Directions

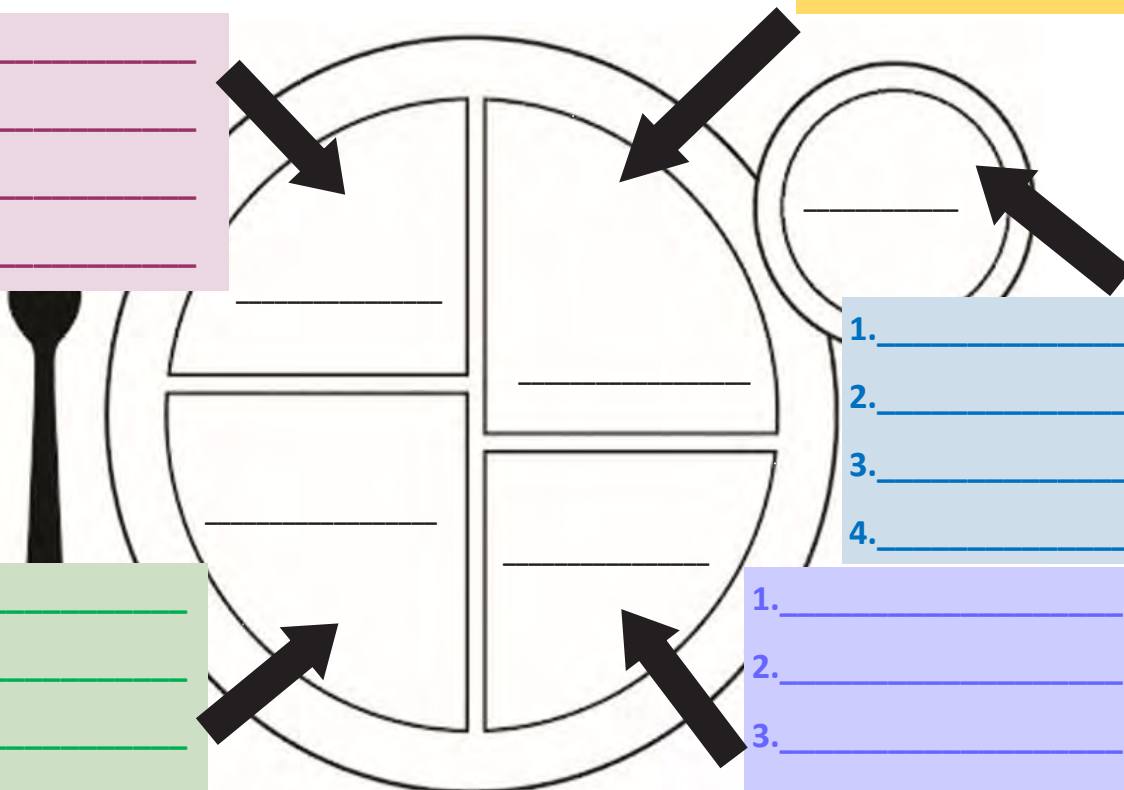
1. Write the name of each food group on the correct line on the MyPlate below.
2. Use the "Food Word Bank" to write the four foods that belong in each food group on the numbered lines.

## FOOD WORD BANK

Swiss Cheese	Whole Wheat Bread	Whole Wheat Pasta	Apple
100% Orange Juice	Lettuce	Blueberries	String Cheese
Kiwi	Fish	1% Milk	Chicken
Eggs	Beans	Carrots	Low-fat Yogurt
Bagel	Broccoli	Oatmeal	Celery

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# MiPlato: Los Cinco Grupos de Alimentos



## Direcciones

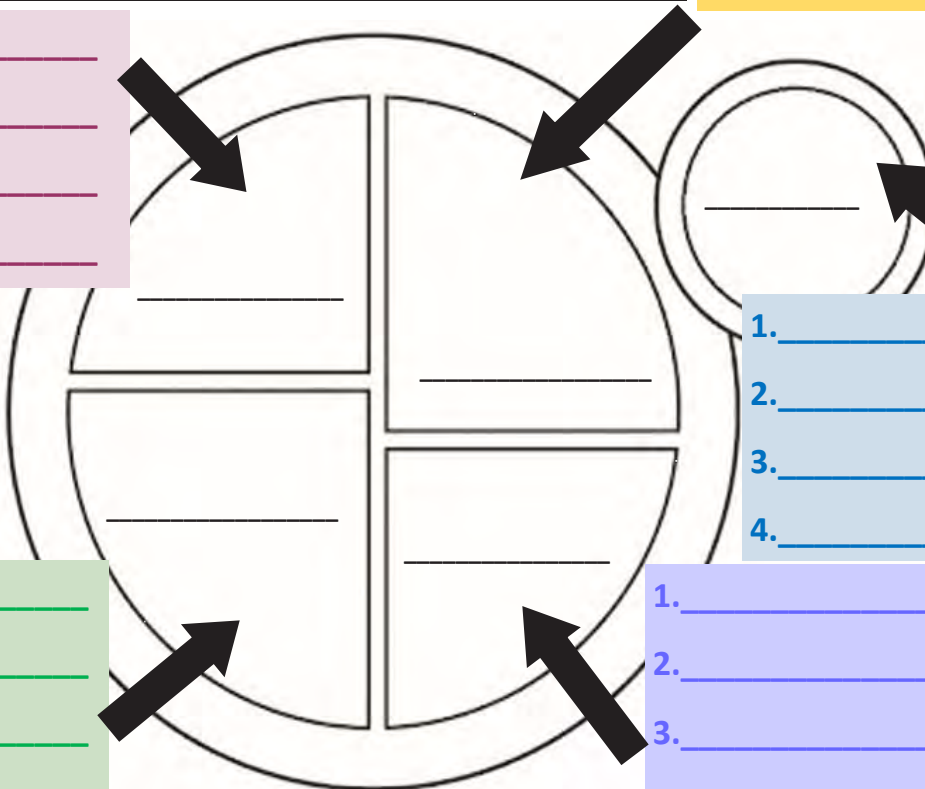
1. Escribe el nombre de cada grupo de alimentos en la línea correcta en el MiPlato a continuación.
2. Usa el “Banco de palabras de alimentos” para escribir los cuatro alimentos que pertenecen a cada grupo de alimentos en las líneas numeradas.

## BANCO DE PALABRAS DE ALIMENTOS

Queso suizo	Pan integral	Pasta integral	Manzana
Jugo de naranja 100%	Lechuga	Arándanos	Queso de hebra
Kiwi	Pescado	Leche 1%	Pollo
Huevos	Frijoles	Zanahorias	Yogurt bajo en grasa
Bagel	Brócoli	Avena	Apio

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## MyPlate: The Five Food Groups : ANSWER KEY



### Directions

1. Write the name of each food group on the correct line on the MyPlate below.
2. Use the "Food Word Bank" to write the four foods that belong in each food group on the numbered lines.

### FOOD WORD BANK

Swiss Cheese	Whole Wheat Bread	Whole Wheat Pasta	Apple
100% Orange Juice	Lettuce	Blueberries	String Cheese
Kiwi	Fish	1% Milk	Chicken
Eggs	Beans	Carrots	Low-fat Yogurt
Bagel	Broccoli	Oatmeal	Celery

1. Bagel
2. Whole Wheat Bread
3. Whole Wheat Pasta
4. Oatmeal

1. 100% orange juice
2. Kiwi
3. Blueberries
4. Apple

Fruits

Grains

Dairy

Vegetables

Protein

1. Swiss cheese
2. 1% milk
3. String cheese
4. Low-fat yogurt

1. Lettuce
2. Broccoli
3. Carrots
4. Celery

1. Eggs
2. Fish
3. Beans
4. Chicken

# MiPlato: Los Cinco Grupos de Alimentos: CLAVE DE RESPUESTA



## Direcciones

1. Escribe el nombre de cada grupo de alimentos en la línea correcta en el MiPlato a continuación.
2. Usa el “Banco de palabras de alimentos” para escribir los cuatro alimentos que pertenecen a cada grupo de alimentos en las líneas numeradas.

## BANCO DE PALABRAS DE ALIMENTOS

Queso suizo	Pan integral	Pasta integral	Manzana
Jugo de naranja 100%	Lechuga	Arándanos	Queso de hebra
Kiwi	Pescado	Leche 1%	Pollo
Huevos	Frijoles	Zanahorias	Yogurt bajo en grasa
Bagel	Brócoli	Avena	Apio

1. Bagel

2. Pan integral

3. Pasta integral

4. Avena

1. Jugo de naranja 100%

2. Kiwi

3. Arándanos

4. Manzana

Frutas

Granos

Productos Lácteos

1. Queso suizo

2. Leche 1%

3. Queso de hebra

4. Yogurt bajo en grasa

Vegetales

Proteína

1. Lechuga

2. Brócoli

3. Zanahorias

4. Apio

1. Huevos

2. Pescado

3. Frijoles


























4. Pollo

Name: \_\_\_\_\_

# HEALTHY SNACKS: TWO FOOD GROUPS

Try to eat healthy snacks every day. The **best** snacks have at least 2 of the 5 food groups.

**DIRECTIONS:** Look at the pictures to help you create some healthy snacks. Write your answers on the lines below. The first one has been done for you.

<u>Vegetables</u>	<u>Fruits</u>	<u>Grains</u>	<u>Protein</u>	<u>Dairy</u>
 Peppers  Carrots  Broccoli  Celery  Cucumbers	 Apple  Banana  Orange  Strawberries  Grapes	 Whole Grain Cereal  Pita Bread  Popcorn  Unsalted Pretzels  Whole Grain Crackers	 Hard-boiled Egg  Hummus  Peanut Butter  Sunflower Seeds or Nuts  Turkey Slice	 Low-Fat Milk  Sliced Cheese  Cottage Cheese  Low Fat Yogurt  String Cheese

<u>FOOD</u>	<u>FOOD GROUP</u>	<u>FOOD</u>	<u>FOOD GROUP</u>
1. Strawberries	( Fruit )	and	Low fat yogurt ( Dairy )
2. _____	( _____ )	and	( _____ )
3. _____	( _____ )	and	( _____ )
4. _____	( _____ )	and	( _____ )
5. _____	( _____ )	and	( _____ )
6. _____	( _____ )	and	( _____ )
7. _____	( _____ )	and	( _____ )
8. _____	( _____ )	and	( _____ )
9. _____	( _____ )	and	( _____ )




















Nombre: \_\_\_\_\_

## Meriendas Saludables: DOS GRUPOS DE ALIMENTOS

Trate de comer meriendas saludables todos los días. Las **mejores** meriendas tienen al menos 2 de los 5 grupos de alimentos.

**DIRECCIONES:** Mira las imágenes para ayudarte a crear algunas meriendas saludables. Escribe tus respuestas en las líneas a continuación. El primero está hecho por ti.

<u>Vegetales</u>	<u>Frutas</u>	<u>Granos</u>	<u>Proteína</u>	<u>Productos Lácteos</u>
 Pimientos  Zanahorias  Brócoli  Apio  Pepinos	 Manzana  Banano  Naranja  Fresas  Uvas	 Cereal Integral  Pan pita  Palomitas  Pretzels sin sal  Galletas integrales	 Un huevo duro  Puré de garbanzos  Mantequilla de maní  Semillas de girasol o nueces  Rebanadas de pavo	 Leche bajo en grasa  Rebanadas de queso  Queso Cottage  Yogurt bajo en grasa  Palito de queso

<u>COMIDA</u>	<u>GRUPO DE ALIMENTO</u>	<u>COMIDA</u>	<u>GRUPO DE ALIMENTO</u>
1. Fresas	( Frutas ) y	Yogurt bajo en grasa	( Productos Lácteos )
2. _____	( _____ ) y	_____	( _____ )
3. _____	( _____ ) y	_____	( _____ )
4. _____	( _____ ) y	_____	( _____ )
5. _____	( _____ ) y	_____	( _____ )
6. _____	( _____ ) y	_____	( _____ )
7. _____	( _____ ) y	_____	( _____ )
8. _____	( _____ ) y	_____	( _____ )
9. _____	( _____ ) y	_____	( _____ )

Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). Esta institución es un proveedor que ofrece igualdad de oportunidades.

Name \_\_\_\_\_ Date \_\_\_\_\_

## URI SNAP-Ed Nutrition Lesson Reflection

### Lesson 1: MyPlate

1. Write the five food groups and at least one food from each food group on the lines below:

FOOD GROUP	FOOD(S) IN THIS FOOD GROUP
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

2. What questions do you still have about MyPlate?

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3. Think about what you have learned today and make a pledge to be healthy. Check the box if you think you can make that promise. If you have another pledge you would like to make, write it on the lines below.

#### I PLEDGE TO:

- ☐ try to eat at least three of the five food groups at my meals
- ☐ try to fill half my plate with fruits and vegetables
- ☐ other \_\_\_\_\_

---



Nombre \_\_\_\_\_ Fecha \_\_\_\_\_

## URI SNAP-Ed Reflexión de la Lección de Nutrición

### Lección 1: MiPlato

1. Escribe los cinco grupos de alimentos y al menos un alimento de cada grupo de alimentos en las líneas siguientes:

GRUPO ALIMENTICIO	ALIMENTOS DE ESTE GRUPO
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

2. ¿Qué preguntas tienes todavía sobre MiPlato (MyPlate)?

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3. Piensa en lo que has aprendido hoy y haz la promesa de estar saludable. Marca la casilla si crees que puedes hacer esa promesa. Si tienes otra promesa que te gustaría hacer, escríbela en las líneas siguientes.

#### ME PROMETO A:

- ☐ tratar de comer al menos tres de los cinco grupos de alimentos en mis comidas
- ☐ tratar de llenar la mitad de mi plato con frutas y verduras
- ☐ otro \_\_\_\_\_

---





# Newsletter 1

## Videos to Watch

**URI Nutrition video:**  
*child and parent/caregiver  
watch together*

- MyPlate

**URI Parent Nutrition videos:**  
*parent/caregiver only*

- Tips for Families
- Firm & Responsive Parenting

## Team Up for Change!

Hi families!

Your child is learning about nutrition at school. They are watching videos that the University of Rhode Island SNAP-Ed Nutrition education program created. We ask that your child share the short videos with you!

Every time a newsletter like this comes home, we hope that you and your child can watch the **URI Nutrition video** together that they watched in school.

We also have videos for parents/caregivers. These **URI Parent Nutrition videos** give tips to help families eat healthy and be active.

Attached to this newsletter are the directions for how to watch these videos on our YouTube channel. **After you watch the videos, please complete the form below and send it back to school with your child.** Thank you!



Your name: \_\_\_\_\_

Your child's name: \_\_\_\_\_

Think about what you learned in the *MyPlate* video and make a pledge to be healthy with your child. Check the box below if you think you can make that promise. If you have another pledge you would like to make, write it on the line below.

**We pledge to:**

- ☐ Try to eat at least three of the five food groups at our meals
- ☐ Try to fill half our plates with fruits and vegetables
- ☐ Other: \_\_\_\_\_

# Boletín 1

## Videos para Ver

**Video de Nutrición URI:**  
*niño y padre/proveedor  
miren juntos*

- MyPlate (MiPlato)

**Videos de Nutrición URI para  
Padres:**

*solo padre/proveedor*

- Consejos para Familias
- Ser un Padre Firme y Receptivo

## ¡Unidos Para el Cambio!

¡Hola familias!

Su hijo está aprendiendo sobre nutrición en la escuela. Están viendo videos que el programa de educación nutricional (SNAP-Ed) de la Universidad de Rhode Island ha creado. ¡Pedimos que su hijo comparta los videos cortos con usted!

Cada vez que un boletín como este llegue a casa, esperamos que usted y su hijo puedan ver juntos el **video de Nutrición URI** que vieron en la escuela.

También tenemos videos para padres/proveedores. Estos **videos de Nutrición URI para Padres** dan consejos para ayudar a las familias a comer saludable y ser activos.

Adjunto a este boletín están las instrucciones para cómo ver estos videos en nuestro canal de YouTube. **Después de ver los videos, complete el formulario a continuación y envíelo a la escuela con su hijo.** ¡Gracias!



Su Nombre: \_\_\_\_\_

Nombre de Su Hijo: \_\_\_\_\_

Piense en lo que aprendió en el video *MiPlato* y haga la promesa de estar saludable con su hijo.

Marque la casilla a continuación si cree que puede hacer esa promesa. Si tiene otra promesa que le gustaría hacer, escríbala en la línea de abajo.

**Nos comprometemos a:**

- ☐ Tratar de comer al menos tres de los cinco grupos de alimentos en nuestras comidas
- ☐ Tratar de llenar la mitad de nuestros platos con frutas y verduras
- ☐ Otro: \_\_\_\_\_

Both the URI Nutrition videos for children to re-watch again with their parent/caregiver and the URI Parent Nutrition videos (for parents/caregivers to watch) are on our YouTube channel.

### THREE PLAYLISTS ON OUR CHANNEL

1. Youth/Child videos (these are the **URI Nutrition videos** for the student to re-watch at home with parents/caregivers)
2. Healthy Families videos for parents/caregivers (English) (these are the **URI Parent Nutrition videos** for parents/caregivers to watch)
3. Familias Saludables videos para padres/proveedores (Spanish) (these are the **URI Parent Nutrition videos** for parents/caregivers to watch)

### HOW TO GET TO THE PLAYLISTS

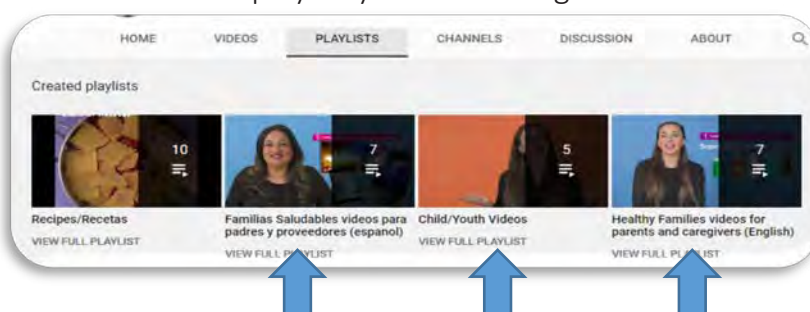
STEP 1: Go to youtube.com

STEP 2: In the search box, type in “URI Nutrition”

STEP 3: Click on our channel



STEP 4: Click on playlists and select the playlist you are looking to view.

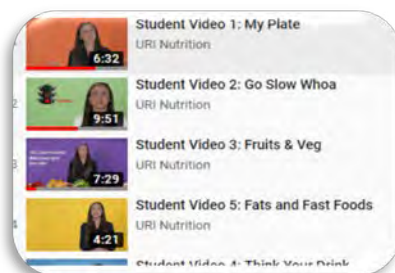


URI Parent Nutrition videos  
(Spanish) for  
parents/caregivers to watch

URI Nutrition videos  
for children to  
re-watch with their  
parents/caregivers

URI Parent Nutrition videos  
(English) for parents/caregivers  
to watch

STEP 5: Once you are in the playlist, select the video you want to watch.



Tanto los videos de Nutrición URI para que los niños vuelvan a ver con su padre/proveedor como los videos de Nutrición URI para Padres (para que los padres/proveedores vean) están en nuestro canal de YouTube.

## TRES LISTAS DE REPRODUCCION EN NUESTRO CANAL

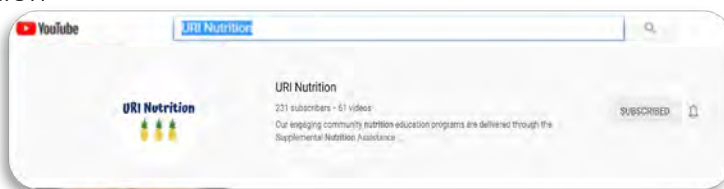
1. Video para Niños/Jóvenes (estos son los **videos de Nutrición URI** para que el estudiante vuelva a ver en casa con sus padres/proveedores)
2. Healthy Families videos for parents/caregivers (inglés) (estos son los **videos de Nutrición URI para Padres** para que los padres/proveedores vean)
3. Familias Saludables videos para padres/proveedores (español) (estos son los **videos de Nutrición URI para Padres** para que los padres/proveedores vean)

## COMO LLEGAR A LAS LISTAS DE REPRODUCCION

PASO 1: Vaya a youtube.com

PASO 2: En la caja de búsqueda, escriba “URI Nutrition”

PASO 3: Haga clic en nuestro canal



PASO 4: Haga clic en listas de reproducciones y seleccione la lista que busca para ver.



Videos de Nutrición URI  
para Padres  
(español) para que los  
padres/proveedores vean

Videos de Nutrición URI  
para que los niños  
vuelvan a ver con sus  
padres/proveedores

Videos de Nutrición URI  
para Padres  
(inglés) para que los  
padres/proveedores vean

PASO 5: Una vez que esté en la lista de reproducciones, seleccione el video que desea ver.

