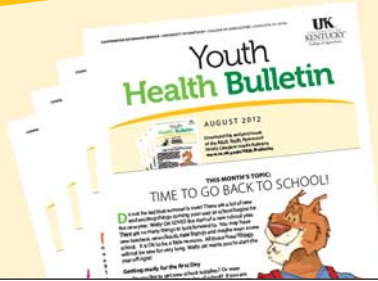


# Youth Health Bulletin



AUGUST 2014

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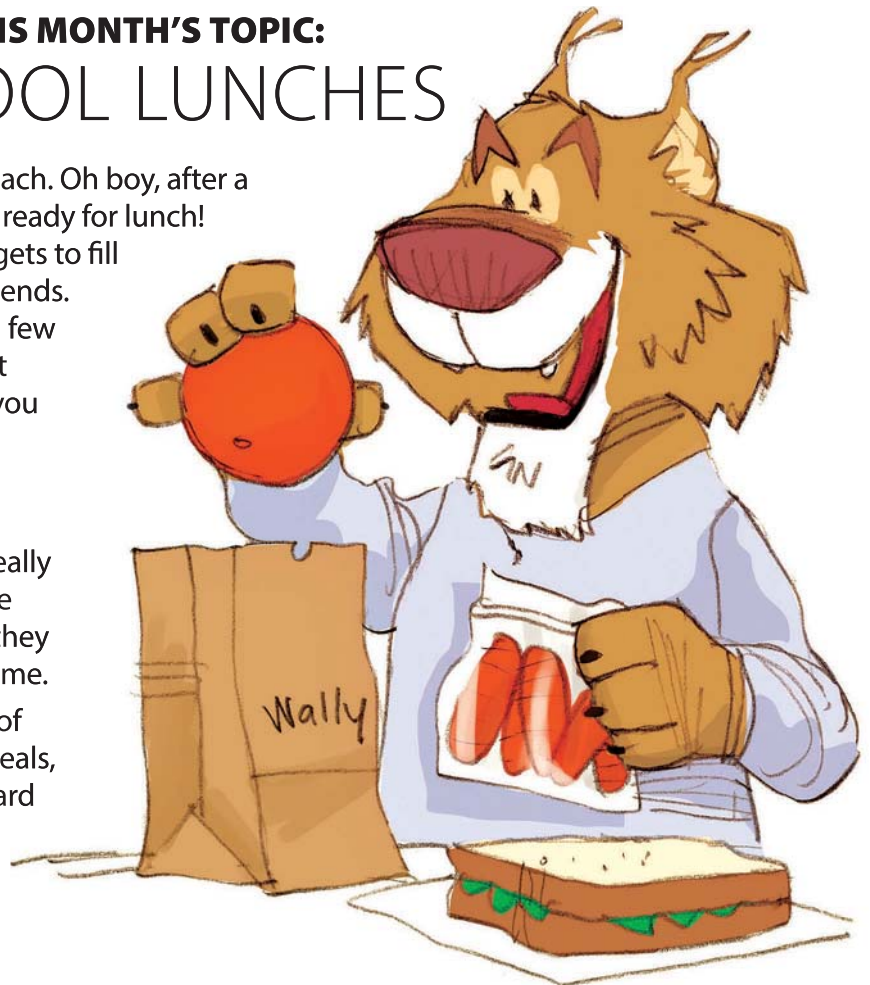
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Atchison County Office  
405 Main/PO Box 109  
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## THIS MONTH'S TOPIC: SCHOOL LUNCHES

**"R**umble, rumble," went Wally Cat's stomach. Oh boy, after a morning of sitting in class Wally Cat is ready for lunch! Wally enjoys lunchtime because he not only gets to fill his tummy, but he also gets to talk with his friends. Often during lunchtime, Wally gets to make a few choices about what he wants to eat. Wally Cat makes sure that he eats a healthy lunch and you can too! Just follow these tips:

- **Choose fruits and vegetables.** It is important to make healthy choices for lunch. Eating fruits and vegetables are really important for a nutritious lunch. They are full of vitamins, minerals and fiber, plus they help you feel full for a longer period of time.
- **Whole grains.** You may eat many types of grains during the day. Grains include cereals, breads, pasta and rice. You may have heard

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# By eating a healthy variety of fruits and vegetables, you are getting vitamins and minerals that help fight sickness.

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that whole grains are healthier choices than refined grains such as white bread or white rice.

- **Think about your drink.** Did you know that there are also healthier choices when it comes to what you drink at lunch? Milk is often the drink of choice and a much better choice than soda. If you do not like milk, water is the best option. Juices may seem like a healthy choice, but many of them are filled with extra sugar.
- **Variety.** Is your lunch always the same? When you eat the same foods every day, you are only getting the same nutrients. By eating a variety of foods, you will be sure to get many different vitamins and minerals. As a bonus, you will not get bored with your lunch!
- **Balance.** Just as variety is important, so is balance. You should eat foods from all of the food groups. By balancing out your meals you are not eating all fruits, or all vegetables, or only bread or meat. You are eating a little bit of each during lunch.

## Minding your manners

It is also important to mind your manners when you are eating lunch at school. You may want to talk and laugh with your friends, but also make sure you are following some simple manners. You should remember to not talk when you are eating your food, use your fork and spoon when it is appropriate and not to make fun of someone else's lunch.



## What if you have to pack a lunch?

If you have to bring a lunch from home, talk to your mom or dad about how to help you eat healthy. Perhaps you can even help make your own lunch. In fact, a great way to show your mom or dad that you are growing up is to offer to pack your own lunch.

Wally Cat loves lunchtime and hopes you do too. Next time you sit down at the school lunch table, think about the ways you could eat a healthier lunch.

### SOURCES:

- Nemours Kidshealth. School Lunches  
[http://kidshealth.org/kid/homework/lunch/school\\_lunches.html](http://kidshealth.org/kid/homework/lunch/school_lunches.html)
- USDA Food and Nutrition Service National School Lunch program (NSLP)  
<http://www.fns.usda.gov/nslp/national-school-lunch-program>

## Word Scramble

LEHOW ARGISN: \_\_\_\_\_

FTSRUI AND TEAGEVEBLS: \_\_\_\_\_

RAVTIEY: \_\_\_\_\_

TTRINUUIOS: \_\_\_\_\_

ANSWERS: Whole Grains, Fruits and Vegetables, Variety, Nutritious

Youth  
Health Bulletin

Written by: Nicole Peritore  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Cartoon illustrations by:  
Chris Ware (© University  
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