



# PARENT GUIDE

# Fruits & Vegetables

At your child's school, students are learning about staying healthy by eating fruits and vegetables, proteins, whole grains and drinking plenty of water. This week, they focused on fruits, vegetables and physical activity.

## ABOUT THE LIFE TIME FOUNDATION<sup>SM</sup>

Our mission is to help schools eliminate what we call the "Harmful 7<sup>SM</sup>" ingredients from the food they serve so every child receives the healthy food they deserve.

## THE HARMFUL 7

**Trans Fats & Hydrogenated Oils:**  
Associated with heart disease risk

**High-Fructose Corn Syrup:** Main concerns are weight gain, obesity and weight related diseases

**Hormones & Antibiotics:**  
Overexposure, antibiotic-resistant bacteria

**Processed & Artificial Sweeteners:**  
Contribute to overweight, obesity and weight-related diseases

**Artificial Colors & Flavors:** May cause hypersensitivity and hyperactivity

**Artificial Preservatives:** Increased risk of cancer

**Bleached Flour:** Bleaching accomplished by use of unnecessary chemical that should be avoided; banned in some countries



We believe in removing the *Harmful 7* because processed, artificial and unhealthy foods negatively impact children in many ways, including: obesity, type 2 diabetes, heart disease, high triglycerides, increased cancer risk, learning disabilities, limited attention spans, hyperactivity, behavior problems, depression and anxiety.

We also believe in the importance of providing nutrition education so students understand the "why" behind the removal of the *Harmful 7* and helping them make informed healthy choices. Teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits can help them begin to make healthy and sustainable changes for life.

For more information on the Life Time Foundation<sup>SM</sup>, please visit  
<https://www.ltffoundation.org/>  
and follow us on Facebook, Twitter and Instagram,  
or call us at 952-229-7226.





## PARENT GUIDE | FRUITS & VEGETABLES

**Have you noticed your child asking for more fruits and vegetables?** This may be because we've been talking about it at school. By teaching your child to fuel their body with real, whole foods and adopt healthy exercise habits, you can help them begin to make healthy and sustainable changes for life.

### DID YOU KNOW?

- Your child may need to try fruits and vegetables many times and in different ways to acquire a taste for them because taste buds change over time. If your child doesn't like a fruit or vegetable today, encourage them to try it again in the future.
- Filling half of your child's plate with fruits and vegetables gives your child more energy to learn and play!

### START THE CONVERSATION

- Ask for your child's ideas and don't forget to share yours, too!
- What did you learn about fruits and vegetables in school?
- What should you do if you try a vegetable and you don't like it?
- Why is it important to try many different fruits and vegetables?

## THINGS TO TRY!

- Fruits are nature's candy. Instead of a packaged snack, send a banana or apple with your child to school.
- When you're boiling water for pasta, toss in chopped veggies for the last few minutes, then drain and combine with the sauce.

## FAMILY ACTIVITY: SCAVENGER HUNT

The next time you shop for groceries, have a scavenger hunt. Give your child clues to find a mystery fruit or veggie.

### Example #1:

I can be green, red, yellow, orange and even purple.  
I taste sweet, not spicy like other peppers.  
I'm a BELL PEPPER!

### Example #2:

I grow in clusters on bushes.  
darker my blue color, the sweeter I taste.  
I'm a BLUEBERRY!

