



## Tips for keeping kids healthy at home



### GROCERY STORE VIRTUAL TOUR

Today your child took a virtual tour of a grocery store. Your child learned that grocery stores are organized to provide the fresh foods on the perimeter of the store and the foods that have longer shelf lives are centrally located.

Your child learned about ingredients in processed foods and why these ingredients are used. By looking at the ingredient list, your child compared two similar products, researched the ingredients and then picked the healthier version.

### AT HOME ACTIVITY



Take a look at some of the products in your pantry. If you have two similar products, such as two different types of wheat crackers, compare the ingredient list to see which version is healthier. The healthier version should follow these rules:

- The product has five ingredients or less.
- Sugar, or a form of sugar, is not in the ingredient list.
- You can pronounce all the ingredients and know what they are.

If you can't pronounce the ingredient or don't know what it is, either do not buy the product or look up the ingredient to find out what it is, and why it is in the product. These grocery store rules will provide you with knowledge to choose to buy the product or not.

Products that are advertised on TV, radio or the Internet, often times are not as healthful for us. While at the grocery store, ask yourself if you have seen or heard of the product advertised, look at the ingredient list, if the product is advertised, there is more of a chance that you will not recognize or be able to pronounce all the ingredients.



### TAKE CARE OF THOSE EYES!

You only get one set of eyes to last your entire life, so it's important to take good care of them. There are lots of ways you can take care of your eyes that will help them work better for now and in the future. One way to take care of your eyes is to eat foods with lots of beta-carotene. This is found most commonly in orange foods such as carrots, sweet potatoes and pumpkins. It helps keep your eyes strong and working well!