



## 10 Tips to Healthy Eating for You

1. Balance calories from foods with calories used.
2. Be physically active 60 minutes every day, or most every day.
3. Eat a variety of nutrient-rich foods from the basic food groups.
4. Choose a variety of grains daily. Make half of your grains whole.
5. Choose a variety of fruits and vegetables daily.
6. Keep food safe to eat. Wash hands and clean food-contact surfaces, fruits and vegetables.
7. Choose foods low in saturated fat, trans fat and cholesterol. Eat more fiber-rich fruits, vegetables and whole grains often.
8. Choose beverages and foods to moderate your intake of sugars.
9. Choose and prepare foods with little salt.
10. Do not drink alcohol.





Makes 12-16 mini pizza wheels

- English muffins - use 1/2 muffin for each pizza wheel
- 3/4 pound lean ground beef
- 1 clove garlic, minced
- 1 (8 3/4 ounce) can kidney beans, drained and mashed
- 1 (8-ounce) can tomato sauce
- 1 tablespoon chili powder, if you like
- 1/2 cup (2 ounces) grated mild Cheddar cheese
- 1/2 cup finely chopped broccoli, if you like
- 1/2 cup finely shredded carrots, if you like



**Food Safety Tip:**  
**Wash hands!**  
Brown all of the ground meat!

Split English muffins in half. In skillet, cook beef over medium-high heat 5 minutes or until browned, stir to crumble. Drain. Add just enough hot water to cover the cooked and drained ground beef, and rinse. Add garlic, mashed beans, tomato sauce, chopped broccoli, shredded carrots and chili powder; stir well. Cook for 5 to 7 minutes, stirring occasionally, until liquid is absorbed. Spread meat/bean mixture evenly on muffin halves; sprinkle with cheese. Bake at 350-375 degrees for 5 to 10 minutes or until done. Nutrition information for one mini wheel pizza: Fat = 5.3 grams; calories = 164; good source of iron and fiber; also, vitamins A and C if broccoli and carrots are included.

### Tips to lower fat

1. Use two cans of kidney beans, drained, instead of the ground beef.
2. Use a two-step process to cook ground beef.
  - a. Cook ground beef until it is no longer pink, then drain.
  - b. Add just enough hot water to cover the cooked and drained ground beef, and rinse.
3. Cut down on cheese or use low-fat cheese.

Begin singing the song below, and challenge each other to sing a verse about a healthy food.

## Healthy Food Song

Sing to the tune of "Skip to My Lou."

Motion ideas: Everyone can join hands in a big circle and skip or step to the right and then skip or step going back as they sing each part of the song.

I like variety. How about you?  
I like variety. How about you?  
I like variety. How about you?  
Healthy foods are good for you!  
I like exercise. How about you?



Continue for the following verses:

I like oatmeal, etc.  
I like apples, etc.  
I like carrots, etc.  
I like baked foods. How about you?  
I like fruit juice. How about you?  
I like lemon juice. How about you?  
I don't drink alcohol. How about you?  
I follow the guidelines. How about you?

Skip, Skip, Skip to my Lou.  
Skip, Skip, Skip to my Lou.  
Skip, Skip, Skip to my Lou.  
Skip to good health, everybody!



### Menu Idea

Mini Pizza Wheels  
Carrot Strips  
Apple  
Milk Smoothie



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