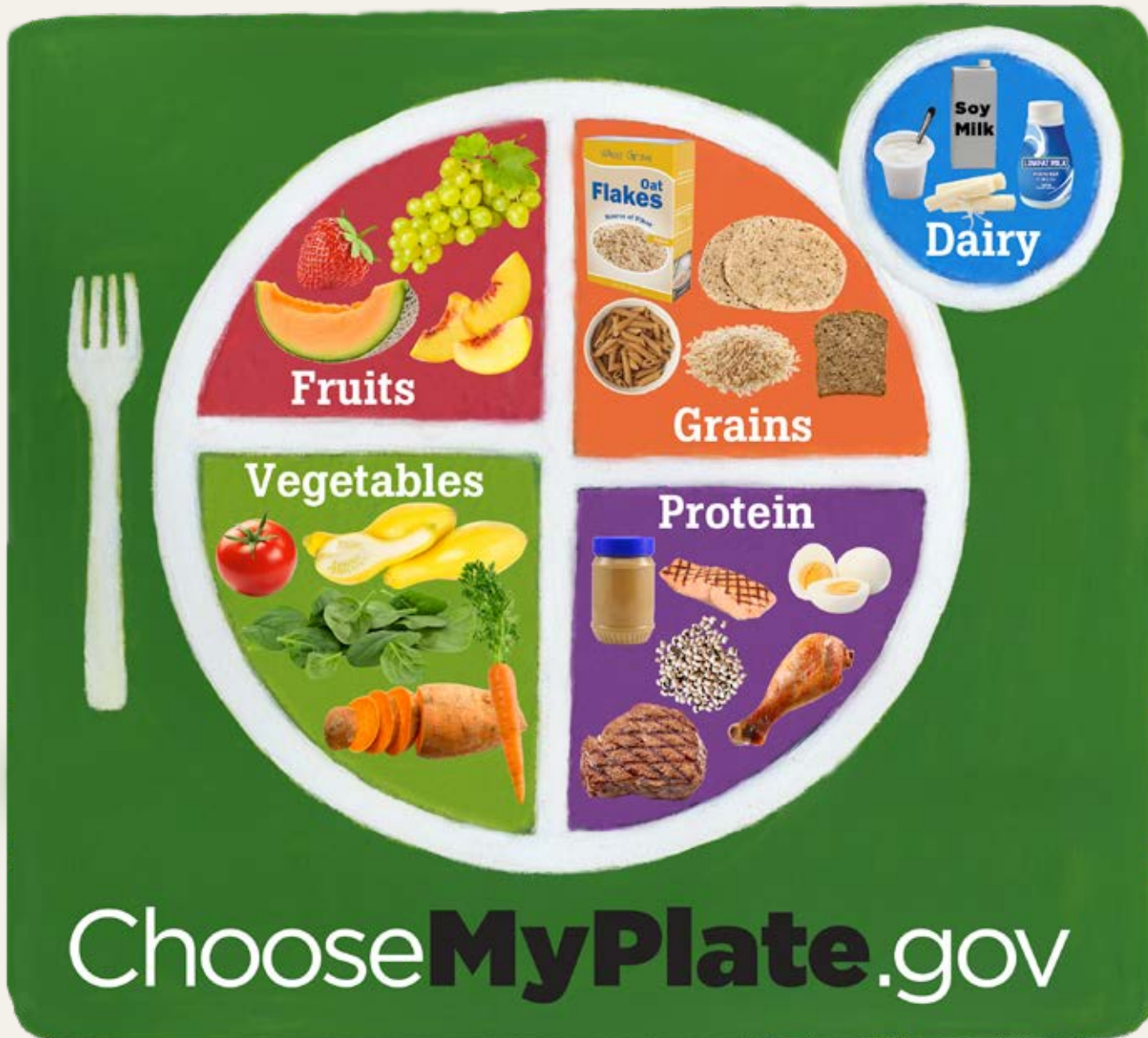


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APPENDIX A

The Five Food Groups

The following is an at-a-glance chart of foods that belong to each food group. It is not a complete list. For more information on each group visit: <https://www.choosemyplate.gov/food-groups/>.

FOOD GROUP	FOODS IN THE FOOD GROUP		
<p>Fruits</p> <p>Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.</p>	<p>Apples</p> <p>Apricots</p> <p>Bananas</p> <p>Cherries</p> <p>Grapefruit</p> <p>Grapes</p> <p>Kiwi fruit</p> <p>Mangoes</p>	<p>Oranges</p> <p>Papaya</p> <p>Peaches</p> <p>Pears</p> <p>Pineapple</p> <p>Plums</p> <p>Raisins</p>	<p>BERRIES</p> <p>Blackberries</p> <p>Blueberries</p> <p>Raspberries</p> <p>Strawberries</p> <p>MELONS</p> <p>Cantaloupe</p> <p>Honeydew</p> <p>Watermelon</p>
<p>Vegetables</p> <p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. There are five Vegetable Subgroups: Beans and Peas, Dark Green, Red and Orange, Starchy, and Other Vegetables.</p>	<p>BEANS AND PEAS</p> <p>Black beans</p> <p>Black-eye peas</p> <p>Chickpeas (<i>garbanzo beans</i>)</p> <p>Lentils</p> <p>Red beans</p> <p>Soy beans</p> <p>Split peas</p> <p>White beans</p> <p>DARK-GREEN VEGETABLES</p> <p>Bok Choy</p> <p>Broccoli</p> <p>Collard greens</p> <p>Dark-green leaf lettuce</p> <p>Kale</p> <p>Romaine lettuce</p> <p>Spinach</p>	<p>RED AND ORANGE VEGETABLES</p> <p>Butternut squash</p> <p>Carrots</p> <p>Red/orange bell peppers</p> <p>Pumpkin</p> <p>Sweet potatoes</p> <p>Tomatoes</p> <p>STARCHY VEGETABLES</p> <p>Corn</p> <p>Green peas</p> <p>Plantains</p> <p>Potatoes</p> <p>Taro</p>	<p>OTHER VEGETABLES</p> <p>Asparagus</p> <p>Avocado</p> <p>Beets</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Eggplant</p> <p>Green beans</p> <p>Iceberg lettuce</p> <p>Mushrooms</p> <p>Radicchio</p> <p>Sugar snap peas</p> <p>Yellow bell pepper</p> <p>Zucchini</p>



FOOD GROUP	FOODS IN THE FOOD GROUP		
<p>Grains</p> <p>Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into two subgroups:</p> <ul style="list-style-type: none"> • Whole grains contain the entire grain kernel—the bran, germ, and endosperm. • Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. 	<p>WHOLE GRAINS</p> <p>Amaranth</p> <p>Bread products made primarily from 100% whole grains (<i>such as whole-wheat breads, buns, rolls, and pitas</i>)</p> <p>Brown rice</p> <p>Buckwheat</p> <p>Bulgur</p> <p>Millet</p> <p>Muesli</p> <p>Oatmeal</p> <p>Quinoa</p>	<p>Rolled oats</p> <p>Whole-grain barley</p> <p>Whole rye</p> <p>Whole-wheat crackers</p> <p>Whole-wheat pasta</p> <p>Whole-wheat tortilla</p> <p>Wild rice</p> <p>REFINED GRAINS*</p> <p>Bread products made with refined “white” flour (<i>such as white rolls, buns, pitas, etc.</i>)</p>	<p>Cornbread</p> <p>Corn tortillas</p> <p>Couscous</p> <p>Flour tortillas</p> <p>Grits</p> <p>Noodles</p> <p>Pastas (<i>spaghetti, macaroni</i>)</p> <p>Some ready-to-eat breakfast cereals</p> <p>White rice</p> <p><small>*Most of these products are made from refined grains. Check the ingredients list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains.</small></p>
<p>Dairy</p> <p>All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.</p> <p>Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not considered to be in the Dairy Group.</p>	<p>FLUID MILKS (<i>favored or unflavored</i>)</p> <p>Lactose-reduced milks</p> <p>Lactose-free milks</p> <p>Calcium-fortified soy beverages (<i>soymilk</i>)</p>	<p>CHEESE</p> <p>Cheddar</p> <p>Mozzarella</p> <p>American</p> <p>Cottage cheese</p>	<p>YOGURTS (<i>favored or unflavored</i>)</p> <p>Calcium-fortified soy milk yogurt</p>

FOOD GROUP	FOODS IN THE FOOD GROUP		
<p>Protein Foods</p> <p>All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.</p> <p>Beans and peas are also part of the Vegetable Group.</p>	<p>BEANS AND PEAS</p> <ul style="list-style-type: none"> Black beans Black-eyed peas Chickpeas (<i>garbanzo beans</i>) Lentils Red beans Soy beans Split peas White beans <p>SEAFOOD</p> <ul style="list-style-type: none"> Anchovies Catfish Clams Cod Crab Crawfish Flounder 	<ul style="list-style-type: none"> Lobster Oysters Salmon Shrimp Tilapia Tuna <p>NUTS AND SEEDS (<i>and Butters</i>)</p> <ul style="list-style-type: none"> Almonds Peanuts Pumpkin seeds Sunflower seeds Walnuts <p>PROCESSED SOY PRODUCTS</p> <ul style="list-style-type: none"> Tofu “Veggie burgers” 	<p>POULTRY</p> <ul style="list-style-type: none"> Chicken Duck Turkey <p>EGGS</p> <p>MEATS</p> <ul style="list-style-type: none"> Beef Ham Lamb Pork Veal





APPENDIX B

Green Thumb Guide

WHEN TO START THE PLANTING ACTIVITIES: TIMING FOR PEAK SEASON

Generally speaking,

- Strawberries and spinach are spring and early summer crops;
- Cantaloupe, crookneck squash, and peaches are summer and late summer crops; and
- Sweet potatoes are early fall and fall crops.

Growing all or some of the fruits and vegetables in *Grow It, Try It, Like It!* provides children with fun-filled growing seasons. Check with local garden experts to determine the right month to start each plant indoors or for when small starter plants are available at nurseries. You can also find more information at:

- USDA Extension Service (<https://nifa.usda.gov/partners-and-extension-map>)
- USDA Plant Zone Map (<https://planthardiness.ars.usda.gov/PHZMWeb/>)

TYPES OF GARDENS

There are three types of gardens that are most adaptable to home gardening needs: in-ground gardens, raised beds, and container gardens. Which one you select is influenced by how much space is available, the quality of the soil on your property, and your preference.

Here are the basics on each garden type:

An **in-ground garden** is a plot of land on your property. Depending on its size, its advantages are that you can grow a large quantity of different vegetables and many children can work in the garden at the same time. The larger the garden plot, the more labor will be required to build and maintain the garden.

The soil available in your in-ground garden is important. First, you will want to test the soil. Soils can be acidic, alkaline, or neutral as measured by the pH level. Vegetables prefer soils with a pH reading of 6.0 to 7.0, which means slightly acidic to neutral. When you find out what the pH level of your soil is, you can determine what kind of amendments, such as fertilizer, that you may need. You also want to test for contaminants, such as lead, to make sure that the food you grow in the garden is safe to eat. You can ask your local Cooperative Extension agent ([https://](https://nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory)

nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory) who can provide you with sampling materials for a lab in your State.

Take a trip

Check with your local nurseries, orchards, and farms to plan field trips to see as many farm-grown fruits and vegetables as possible.



In-ground garden



Secondly, soil type plays an important role in whether the fruits and vegetables you plant in an in-ground garden will thrive. There are three types of soil: sand, clay, and loam. Sandy soil is loose and helps the roots of plants breathe because it lets the air pass through easily. Clay soil absorbs water faster and keeps it inside longer, so a soil composition that has more clay particles in it would be ideal for places that are too hot and the soil dries up quickly. Loam is a mixture of about 40 percent sand, 40 percent silt (quartz particles), and 20 percent clay. You can amend your soil to make it easier for your garden to grow. Again, your Cooperative Extension agent or Master Gardener can help guide you.

A **raised bed garden** is one built on top of your plot of land. Raised bed gardens can be contained, (e.g., with wood boards to keep the bed intact) or they can be more free form, with soil and amendments merely piled several inches high. Raised bed gardens offer several advantages:

- They allow you to compensate for poor soil in the ground by using new soil.
- They warm more quickly in spring, allowing you to work the soil and plant earlier.
- They drain better.
- They may be easier to work because you don't need to bend as low to the ground.



Raised bed garden

Container gardening is the practice of growing plants in containers instead of planting them in the ground. Containers may include terracotta or plastic pots of different sizes, as well as half-barrels and other large containers. The advantages to growing plants in containers include:

- There is less risk of soil-borne disease because you provide the soil.
- Containers eliminate most weed problems.
- Movable pots allow more control over moisture, sunlight, and temperature.
- Container gardens are possible for most homes.

The disadvantage, of course, is that you can grow only a small quantity of fruits and vegetables in a container garden.

If you opt for a container garden, make sure there is a hole in the bottom of the pots to allow water to drain out.



Container garden





Clay pots, empty plastic buckets, and, milk cartons can be used to create a container garden.

GARDENING IN CONTAINERS

Containers and Container Size

Remember: All containers need drainage holes. Suitable containers include clay pots, empty plastic buckets, cans, milk cartons, and used pallets made from untreated wood. (Search the Internet for information on pallet gardening). Give an old plastic wading pond new life as a miniature garden spot. Fill it with soil or with pots of plants.

Garden in a Bag

Look for commercial growbags or make your own. Find a thick plastic bag of potting soil (it is important that the bag is sturdy and will not break apart easily). Poke drainage holes in the bottom. Plant spinach seeds or strawberry starts in holes in the top.

Watering a growbag can be the hardest part. During summer heat, water every day. A plastic pipe with holes drilled in the sides can be inserted the length of the bag to help deliver water evenly.

Soil and Fertilizer

Use store-bought potting soil instead of soil from your yard or garden. It is lightweight and will keep the container from getting too heavy. Container gardens may need more fertilizer because the water draining from the pot washes nutrients out of the soil. Check with a local garden or nursery center for more information on using fertilizers without container gardens.



*Every fruit and vegetable, featured in *Grow It, Try It, Like It!* can be grown in a container.*

Water and Drainage

Container gardens need to drain water. Containers must have a few drain holes for water to flow out. Standing water in the bottom of a pot can rot the plant's roots. Use flat stones to lift a pot off the ground for drainage. Or, nestle a pot with drainage inside a solid pot.

Weather conditions and container size will influence water needs. The soil inside the pot can get very hot and "cook" plant roots. This can also happen if the pot is too small for the plant. Check the soil in the pot for dryness frequently and talk with local garden experts for guidelines on watering plants in pots.



Sunlight

Container gardens need several hours of sunlight each day. This will vary depending on the type of plant you are growing. The soil in containers can become hot. Long hours of direct sunlight may be too much for plants in containers. If you live in a very sunny or hot area, try using light-colored containers. Containers placed on black surfaces, such as asphalt, should be raised above the surface. Flat stones, boards, or bricks can be used for this purpose.

Seeds or Plants

Some fruit and vegetable plant varieties thrive in pots. Look for seed packets and plant starts, which are new plants started from seeds, specifically for containers at nurseries. Be sure to find out if more than one plant is needed for pollination.



Hardening Seedlings for Transplanting Outdoors

Before the seedlings are planted outside (when climate conditions permit), the plants need to be “hardened.” Hardening helps plants adjust to the harsher conditions outdoors. Plants are ready to harden once the seedlings have developed a few green leaves. Set the containers outside for increasingly longer periods each day. Start with a few hours and increase to a full day over the course of a week or so. Be careful not to leave the tender seedlings in hot, direct sunlight for too long. Plants hardened for about a week are ready to plant outside. After planting, watch local weather forecasts and cover the plants if frost is predicted overnight.



GARDENING IN RAISED BEDS OR PLOTS

Plants need soil, water, sun, and time to grow. Plants can grow in nearly any plot of soil with enough sun and water. Plots of soil next to sidewalks, flowerbeds, and even shrubs can do double duty as garden spots. If you do not have space, check for community garden spots or other nearby locations suitable for garden activities. Combine container and traditional gardens, if necessary.

Follow these tips to produce the best results. Check out the resources listed for more information on gardens.



Soil and Fertilizer

If you plan to eat the food grown in your garden, first have your soil tested for pH, nutrients, and lead contamination. Contact your local Cooperative Extension office (<https://nifa.usda.gov/partners-and-extension-map>) to learn how to get your soil tested. If your soil is contaminated, the simplest solution might be to plant in containers (see Gardening in Containers, pages 320–321).

If your soil is fit for planting, prepare the soil for planting by tilling or breaking it up. A large garden spot can be prepared with a rotor-tiller. Add fertilizer or some sort of compost, manure, or chemical types. Young children need the soil prepared for them. If necessary, dig out the soil from a spot and replace with potting soil. It's a quick way to prepare and fertilize the soil.

Water and Drainage

Gardens need a ready supply of water. The soil needs to drain extra water deeper into the ground. The soil type will determine how well water drains.

Weather conditions and garden locations will influence water needs. The soil beside asphalt and concrete can be very hot.

Seeds or Plants for Different-Size Spaces and Zones

Some fruit and vegetable plant varieties thrive in small spaces. Look for seed packets, or starter plants at nurseries if space is limited. Be sure to find out if more than one plant is needed for pollination, since some plants require pollination to make fruit.



Match the type of plant to the planting zone where you live. Every fruit and vegetable (in some variety) featured in *Grow It! Try It! Like It!* can be grown throughout the United States with the exception of sweet potatoes. These plants require warm nights and may not grow in northern climates. Check with local experts for plant varieties that thrive in your area.

Sunlight

Gardens need several hours of sunlight each day. Long hours of direct sunlight may be too much for some plants such as spinach and strawberries. Check with local garden experts for guidance on sunlight for plants in your area.

Weeds

Weeds are any plants that are growing where you don't want them. Learn to tell the difference between weeds and the plants you are trying to grow so you can remove the weeds. It is easier to recognize the plants you are trying to grow if plant starts are used. Use grass clippings or mulch to cover the spaces between rows for a walk-on weed barrier.



APPENDIX C

Polite Food Tasting—Be Kind



Children are more likely to try a taste of a new food if they don't feel pressured to swallow something they dislike. When children taste foods they do not want to swallow:

- Teach them to remove the food politely from their mouth with a napkin;
- Show them how to discard the napkin quietly in a wastebasket.

Review these polite food taster tips with your child:

- Polite food tasters wait until everyone else has received their food before they start eating.
- Polite food tasters do not make faces or express their dislike loudly. They know that they may not like a food this time, but may like it next time. Sometimes foods taste different when prepared different ways.
- Polite food tasters can share how they feel about a food by completing a score card.

Grow It, Try It, Like It!
FOR MOTHERS AND GRANDPARENTS OF PRESCHOOL CHILDREN

Score Card for Preschoolers

Child's name: _____

Name of food tasted: _____

Drawing of fruit or vegetable tasted:

How did it taste?

I liked it! It's okay. Maybe next time.

Beets 25



APPENDIX D

Hand Washing

Everyone must wash hands before and after preparing, handling, or sampling foods. If soap and clean, running water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

WHEN WASHING HANDS WITH SOAP AND WATER

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air-dry them.

WHEN USING HAND SANITIZER

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Be sure to lather the backs of your hands, between fingers, and under your nails.
- Keep hand sanitizer out of the reach of children.
- Supervise the use of hand sanitizer.



APPENDIX E

Food Allergies

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions and may even be life-threatening. Before you begin any tasting or food preparation activity, be sure to find out if any of the children in your care have food allergies.

TOP 8 FOOD ALLERGENS

There are eight foods that most commonly trigger an allergic reaction. These foods, and any ingredients made from them, are known as “The Top 8 Foods” and should be identified as allergens on food labels. These foods include: **fish, shellfish, eggs, milk, wheat, peanuts, tree nuts,** and **soybeans**.

For additional food allergy management and prevention information, refer to the Centers for Disease Control and Prevention’s Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs at: <https://www.cdc.gov/healthyschools/foodallergies/index.htm>.

KNOW THE SYMPTOMS

Symptoms of food allergies typically appear from within a few minutes to a few hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Swelling of the throat and vocal chords
- Dizziness and/or lightheadedness
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Difficulty breathing
- Loss of consciousness

Quickly call for emergency medical help quickly if someone is having a severe allergic reaction.



APPENDIX F

Choking Prevention

Children under 4 years of age are at the greatest risk of choking. Almost 90 percent of children who die from choking are **under the age of 4**. Young children are still learning how to chew properly, and they often swallow things whole. Young children also like to put things in their mouths, but their small airways can become easily blocked. Nearly any food can cause choking in children. It is important to make sure that food is served in the appropriate sizes, shapes, and textures to reduce the risk of choking. Always supervise children during eating time.

WHAT TYPES OF FOODS CAUSE CHOKING RISKS?

Some foods are easy for young children to choke on when swallowing because they are the same size and shape as a child's airway. For example, peanuts, may block the lower airway. A chunk of hot dog or a whole grape may completely block the upper airway. Avoid serving foods that are as wide around as a nickel, which is about the size of a young child's throat. Foods likely to cause choking come in many shapes, sizes, and textures.

Child care providers should not offer to **children under 4 years of age** foods that pose the highest risk for choking. These include foods that are round, tube-shaped, small, hard, thick and sticky, smooth, slippery, or easily molded to stick to the airway. Prevent choking by avoiding these foods or by changing their shape, size, and texture before offering them to children during meals and snacks.

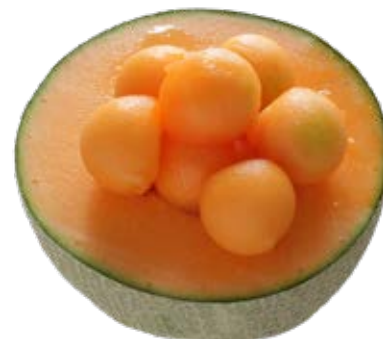
WHAT ARE SOME COMMON FOODS THAT MAY CAUSE CHOKING AND SHOULD NOT BE GIVEN TO CHILDREN UNDER THE AGE OF 4?

Firm, smooth, or slippery foods that slide down the throat before chewing, such as:

- Whole grapes, cherries, berries, melon balls, or cherry and grape tomatoes
- Hot dogs and similarly shaped foods, including sausages, meat sticks, and cheese sticks (even when cut into round slices)
- Peanuts, seeds, and nuts
- Whole beans
- Hard or round candy, jelly beans

Small, dry, or hard foods that are difficult to chew and easy to swallow whole, such as:

- Popcorn
- Hard pretzels
- Potato and corn chips, or other similar snack foods
- Small pieces of raw vegetable (like raw carrot rounds, baby carrots, string beans, or celery) or other raw or partially cooked hard vegetables



- Apples or other hard pieces of raw fruit, especially those with hard pits or seeds
- Cooked or raw whole-kernel corn
- Raw green peas
- Peanuts, nuts, and seeds (like sunflower or pumpkin seeds)
- Plain wheat germ
- Whole-grain kernels (like rice or wheat berries)
- Crackers or breads with seeds, nut pieces, or whole-grain kernels

Sticky or tough foods that do not break apart easily and are hard to remove from the airway, such as:

- Chunks or spoonfuls of peanut butter or other nut and seed butters
- Large, hard pieces of uncooked dried fruits or vegetables
- Tough meat or large chunks of meat
- Large chunks of cheese, especially string cheese
- Fish with bones
- Marshmallows
- Chewing gum
- Chewy fruit snacks
- Caramels, gum drops, and gummy candies, or other gooey or sticky candy

HOW CAN YOU SERVE TABLE FOODS SO THEY ARE EASY FOR YOUNG CHILDREN TO CHEW?

You can help reduce the risks of choking on some foods by changing their shape, size, or texture, and by serving certain foods in small, manageable bites. Offer 2- to 4-year-olds the same variety of foods as the rest of the children in your care, but prepared in forms that are easy for them to chew and swallow. Use these simple tips to make child care menu items safe options for 2- to 4-year-old children.

- **Cook foods until soft enough** to pierce easily with a fork.
- **Cut soft food into thin slices or small pieces**—no larger than one-half inch ($\frac{1}{2}$ "). Cut soft, round foods, like hot dogs or string cheese, into short strips rather than round pieces.



- **Remove all bones** from fish, chicken, and meat before cooking.
- **Grind up meat**, chicken, and other tough foods.
- **Cook foods such as carrots and celery** until slightly soft. Then, cut into sticks.
- **Mash or purée food** until it is soft.
- **Remove seeds** and hard pits from fruit.
- **Cut grapes, cherries, berries, or melon balls in half lengthwise**, and then cut into smaller pieces.
- **Grate or thinly slice** cheeses.
- **Chop peanuts, nuts, and seeds finely** or grind before adding to prepared food.
- **Spread peanut butter, nut butter, or seed butter thinly** on crackers. Or, mix with applesauce and cinnamon and spread thinly on bread. Use only creamy, not chunky, peanut, nut, and seed butters.
- **Avoid serving foods** that are as wide around as a nickel.
- **Serve shredded carrots and chopped tomatoes** instead of baby carrots and cherry tomatoes.
- **Make sure that children do not eat during times of high activity.** Eating while walking, running, or other active playing may increase a child's risk of choking.
- **Monitor activities and games.** Avoid games that involve catching a food item in the mouth or stuffing large amounts of food into the mouth.



APPENDIX G

Child and Adult Care Food Program Meal Patterns

BREAKFAST MEAL PATTERNS				
	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	
Milk	½ cup	¾ cup	1 cup	
Vegetables, fruits, or both	¼ cup	½ cup	½ cup	
Grains*	½ oz eq	½ oz eq	1 oz eq	

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week. Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

LUNCH AND SUPPER MEAL PATTERNS				
	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	
Milk	½ cup	¾ cup	1 cup	
Meat and meat alternates	1 oz eq	1 ½ oz eq	2 oz eq	
Vegetables	⅓ cup	¼ cup	½ cup	
Fruits	⅓ cup	¼ cup	¼ cup	
Grains*	½ oz eq	½ oz eq	1 oz eq	

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

SNACK MEAL PATTERNS <small>Select 2 of the 5 components for snack</small>				
	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	
Milk	½ cup	½ cup	1 cup	
Meat and meat alternates	½ oz eq	½ oz eq	1 oz eq	
Vegetables	½ cup	½ cup	¾ cup	
Fruits	½ cup	½ cup	¾ cup	
Grains*	½ oz eq	½ oz eq	1 oz eq	

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

Note: All serving sizes are minimum quantities of the food components that are required to be served.



APPENDIX H

Grow It, Try It, Like It! Glossary

Below is a list of gardening and nutrition terms defined that you may see throughout the units.

Annuals	Plants whose life cycle lasts only 1 year, from seed to blooms to seed
Bolting	Vegetables which quickly go to flower rather than producing the food crop. Usually caused by late planting and too warm temperatures. Plants that have bolted often taste bitter.
Bud	Early stages of development.
Child and Adult Care Food Program (CACFP)	CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.
Compost	An organic soil amendment resulting from the decomposition of organic matter.
Cultivate	Process of breaking up the soil surface, removing weeds, and preparing soil for planting.
Fertilizer	Organic or inorganic plant foods which may be either liquid or granular, used to amend the soil in order to improve the quality or quantity of plant growth.
Flower	A part of the plant that produces seeds
Germinate	The process that transforms the embryo within a seed into a seedling.
Grow It! Buddy	A <i>Grow It! Buddy</i> is an older child in the group that can help the younger children with activities.
Harden off	The process of <i>gradually</i> acclimatizing greenhouse or indoor grown plants in stages to different temperatures or to outdoor growing conditions.

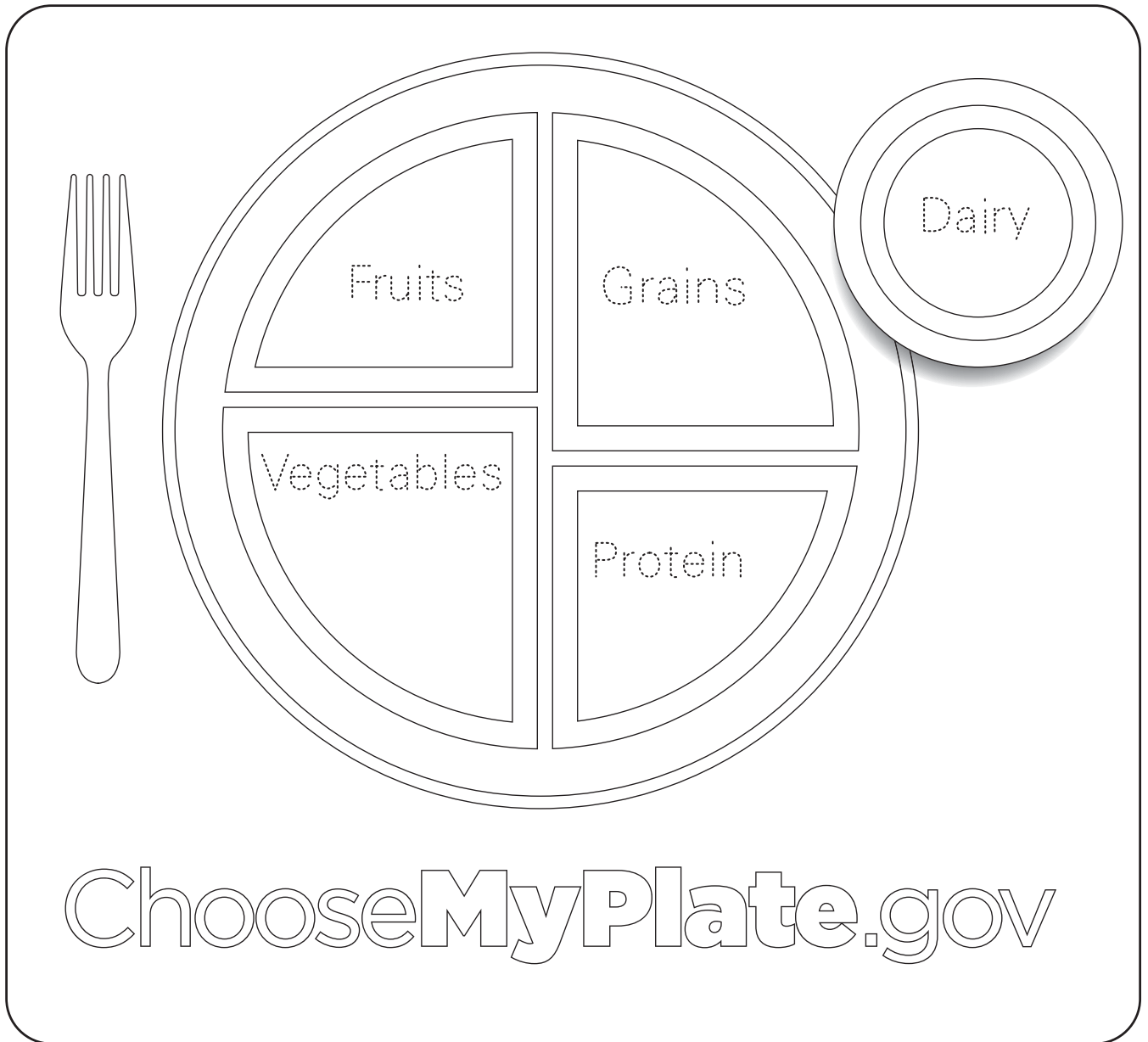


Herbaceous	A stem with little or no woody tissue and lasting usually only for a single growing season
MyPlate	MyPlate was developed by the U.S. Department of Agriculture as a nutritional guide for most Americans that replaced the MyPyramid.
Pit	A hard seed or stone of a fruit.
Seed tape	A strip of tape in which seeds have been placed at evenly space intervals.
Seedling	A young plant which can be newly sprouted or several weeks old and ready to set out in the garden.
Slip	Shoots that are grown from a mature sweet potato.
Sprout	To grow or spring up.
Stem	A part of the plant that supports the leaves and transports water and nutrients.
Stolon	An above-ground spreading stem or runner that often produces a new plant at the tip, as seen in strawberry plants.
Stone fruit	Fruits with one or more seeds surrounded by fleshy, usually edible tissue. They are common in the genus Prunus. Example: apricots, plums, cherries and mangoes.
Thinning	Removing excess seedlings, to allow sufficient room for the remaining plants to grow. Thinning also refers to removing entire branches from a tree or shrub, to give the plant a more open structure.
Vines	Twining/climbing plant with relatively long stems, can be woody or herbaceous.



APPENDIX I

MyPlate Coloring Sheet



APPENDIX J



United States Department of Agriculture

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

Test Yourself:

Does the cereal above meet the sugar requirement?
 (Check your answer on the next page)

Serving Size: _____

Sugars: _____

Yes No

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



APPENDIX K

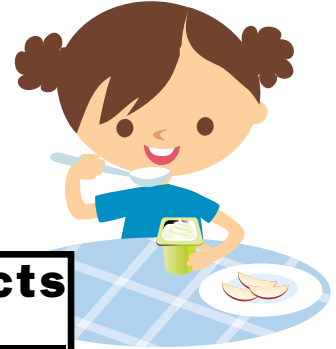


United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4 In the table, look at the number to the right of the serving size amount, under the “Sugars” column. **If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars : _____

Yes No



*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





