

NOVEMBER

Good nutrition starts with healthy portions.

Grains

4 to 5 ounces a day

1 ounce of grains equals:
 5 whole wheat crackers
 1/2 cup cooked oatmeal
 1/2 cup cooked rice or pasta
 1 small (6-inch) tortilla

Vegetables

1 1/2 cups a day

1/2 cup vegetables equals:
 1 cup salad greens
 6 baby carrots
 1/2 medium (2-3 inch) potato
 1 large stalk of celery

Fruits

1 1/2 cups a day

1/2 cup fruit equals:
 1/4 large apple
 16 seedless grapes
 1/2 large banana
 4 large strawberries

Milk (dairy)

2 cups a day

Other dairy equal to 1/2 cup milk:
 4 ounces yogurt
 1/2-inch cube of hard cheese
 1 cup cottage cheese
 3/4 cup ice cream

Meat & Beans (protein)

3 to 4 ounces a day

1-ounce serving equals:
 1-ounce serving of meat, poultry, or fish
 1/2 cup cooked dry beans
 1 tablespoon peanut butter
 1 egg

Butter & Oils

4 teaspoons a day

1 tsp of oil equals:
 1 1/2 teaspoons peanut butter
 1 tablespoon mayonnaise
 1 tablespoon salad dressing



SUNDAY



For children ages 4 to 8, a typical portion or meal should be about 1/3 of an adult portion or meal.

MONDAY

TUESDAY

Practice: 1
 Have your child practice your phone number and address.

WEDNESDAY

2

THURSDAY

Healthy Choice: 3
 Make a snack mix out of pretzels, raisins and cereal. Share with a friend.

FRIDAY

Practice Listening: 4
 Play 'Simon Says' with your child while setting the table - "Simon says get 4 forks."

SATURDAY

Meal Time: 5
 Turn off the TV and start dinner with "What was something fun you did today?"

What . . . Rhymes with 'fall'? **6**

Daylight Savings Time Ends

Brown Week: 7
 Look for things that are brown this week.

Election Day: 8
Learn Shapes: Find things around the house that are square, round, triangle or rectangle.

Read to Me: 9
 Have your child find the color brown in the book you're reading.

Library Day: 10
 Check out the parent magazine section at the library for yummy recipes and fall craft ideas.

Veterans Day: 11

Snack Time: 12
 Enjoy 'ants on a log' - have celery sticks with peanut butter and raisins.

Grocery Store: 13
Have your child help make a shopping list.

Meal Time: 14
Skip the chips and have a crunchy fruit or vegetable.

Art Time: 15
Make a turkey!
Trace each other's hands onto paper and color together.

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What... 17
Rhymes with the word grape?

To Do Together: 18
Draw a picture and write a note about what you're thankful for and send to a family member.

Memory Game: 19
Have your child match socks as you fold laundry or dishes as you dry them.

Poems and Songs: 20
Sing 'Itsy Bitsy Spider' and 'I'm a Little Teapot' while acting out the motions.

Snack Time: 21
Have your child name four fruits and vegetables and pick one for a snack.

22

Library Day 23
Read about Thanksgiving.

Thanksgiving 24

Be with Me: 25
Have your child share a story with a family member.

Practice: 26
Sing the 'ABC' song while running errands.

Practice: 27
Buttons, zippers and snaps.

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Practice: 29
Remember to say please today.

Practice: 30
Have your child practice saying your phone number.



November is Good Nutrition Month



Great Books for November:

1,2,3 Thanksgiving – W. Nikola-Lisa
Every Autumn Comes the Bear – Jim Arnosky
Feast for Ten – Cathryn Falwell
Owl Babies – Martin Waddell
Interrupting Chicken – David Ezra Stein
Ten, Nine, Eight – Molly Bang
The Very Hungry Caterpillar – Eric Carle

Common items that can help you estimate portion sizes:

1 cup of pasta or 1 medium fruit = tennis ball
1 medium potato = computer mouse
2 tbsp peanut butter = golf ball
1 medium bagel = hockey puck
3 ounces grilled/baked fish = checkbook
3 ounces meat or poultry = deck of cards
1 slice of bread = cassette tape
1 cup of cereal flakes = fist
1 ½ ounces cheese = 4 stacked dice
1 tsp margarine or spreads = one dice

Just grab these household items, put them in a basket on the kitchen counter, and use them when you and the kids are preparing meals and snacks!