

# Backpack Nutrition

CENTER FOR FAMILY DEVELOPMENT

 UNIVERSITY OF MINNESOTA | EXTENSION



## COLORFUL FRUIT SALAD

### Ingredients

- 1 cup red fruit (strawberries, watermelon, red grapes, or apples)
- 1 cup green fruit (honeydew melon, green grapes, or kiwi)
- 1 cup purple fruit (blueberries, plums, or blackberries)
- 1 cup yellow or orange fruit (cantaloupe, pineapple, or mandarin oranges)
- 1 cup white fruit (bananas or pears)
- 1 cup orange juice

### Directions

- Time needed: 15 minutes  
Wash fruit.
1. If using bananas, melon, or kiwi, peel fruit.
  2. Cut all fruit into bite-sized chunks.
  3. Toss fruit with the orange juice.
- If you don't have fresh fruit, use frozen fruit or canned fruit in juice or light syrup (not heavy).
- Source: University of Minnesota Extension. (2018). *Colorful fruit salad*. Retrieved from <http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/colorful-fruit-salad/>



## Table Talk

Dear Parents and Caregivers,

We all want the best for our family and children. Did you know that taking the time to eat a meal together is good for children and families? There are many benefits of family mealtime associated with behavior, nutrition and weight.

Healthy interactions at mealtimes help young people develop positive attitudes toward food, fitness and changing bodies, especially for teens. Many studies confirm a link between family meals and behavior issues during the teen years, with teens showing more positive behavior when they eat meals regularly with their families.

With all this in mind, here are some family mealtime tips:

- § Try to eat together as a family at least five times a week — at breakfast, lunch or dinner.
- § Avoid distractions like cell phones and TV. Turn the television off during mealtime and leave your phone in the other room.
- § Keep the conversation positive and child-focused.

Here are some conversation starters for tots in pre-school:

- § If you could be any animal in the world for a day, which animal would it be? Why?
- § How were you brave today?

Here are some conversation starters for elementary school-age kids:

- § What makes somebody a good friend? How have you been a good friend to someone recently?
- § Who did you play with today?

Here are some conversation starters for adolescents:

- § Describe an unexpected compliment you gave or received from someone recently.
- § Rate your day on a scale from 1-10. Why did you choose that number?

Sources: School-wellness.org. (2013). *Enriching family mealtimes*. Retrieved from <http://www.school-wellness.org/enrichingfamilymealtimes.aspx>. Personal communication about conversation starters with Ellie McCann, Extension educator in family resiliency.

## Physical Activity Corner

### Drink plenty of plain water

Stay healthy by moving and being physically active all summer long. Make sure you drink plenty of water when it's hot out so you don't get dehydrated. Choose plain or flavored water with no added sugar because your body doesn't need the added sugar or sugar substitute found in many beverages.