



# FRESH BABY'S MY BOOK ON HEALTHY FOODS FOR MY BRIGHT SMILE

## Audience

3-5 Years of Age

## MyPlate Message

- Introduction to the 5 MyPlate Food Groups
- Eating a variety of foods is healthy



## Setting

Small Group

## Fresh Baby Products (optional)

[7" Kid's 5-Section MyPlate](#)

[7" Kid's 4-Section MyPlate](#) + [Kids 4- to 6-oz. Dairy Cup](#)

## Anticipatory Set

- Have the children color the Fresh Baby Create a Super Smile with MyPlate worksheet. Talk about different tooth healthy foods.
- Share with the children the online book, [Henry and the Sugar Bugs](#).
- Watch the video [Sad & Happy Tooth](#)

## Objectives

- Children will learn about the 5 MyPlate food groups and the importance of eating a variety of foods for a healthy smile.

## Materials

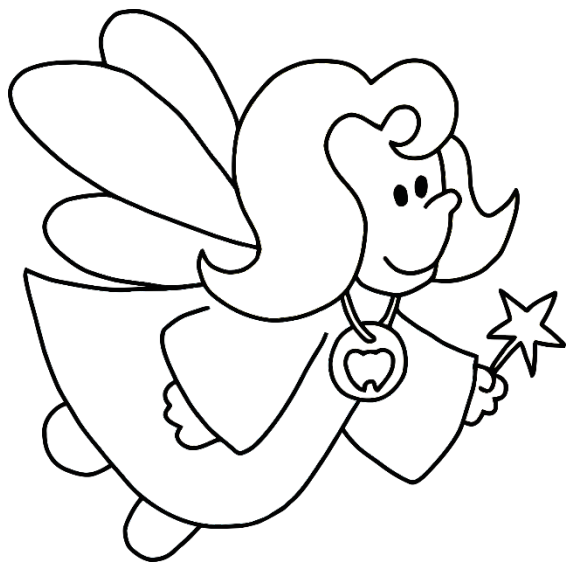
- Crayons, markers, scissors or colored pencils.
- A photo of each child's smile – a close up.
- Samples of foods from the five MyPlate food groups.
- Fresh Baby's book template, Healthy Foods for a Bright Smile.

## Tips

- Parent Involvement: Share the Fresh Baby, Added Sugar Tip Sheet to help parents understand how to read food labels and recognize added sugar in common foods.
- As a follow-up, give each child a [7" Kid's 5-Section MyPlate](#) OR [7" Kid's 4-Section MyPlate](#) + [Kid's 4- to 6-oz. Dairy Cup](#) to develop the healthy habit of eating a variety of foods at each meal.

## Instructions

1. In a small group, work with the children to help them create their own book on eating healthy foods for their teeth. Each page of the book will teach them about the five food groups and why each food group is important for their smile.
2. Use a [Fresh Baby 5-Section MyPlate](#) or use real foods (or pretend) to share with the children the examples of the five food groups.
3. While the children are coloring and working on their book, discuss the importance of choosing foods from each food group for a healthy smile.

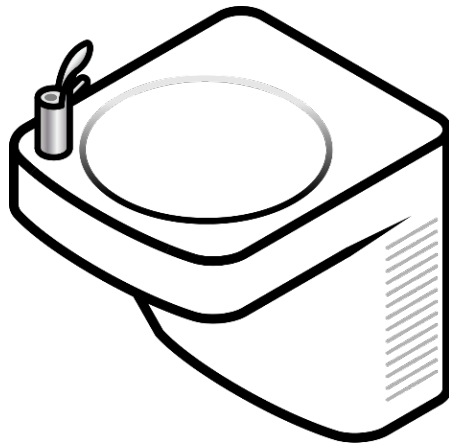
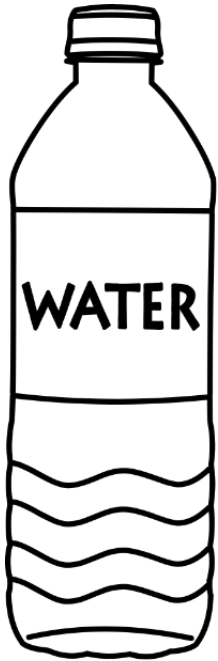


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\_\_\_\_\_ eats  
healthy foods and has a bright smile.

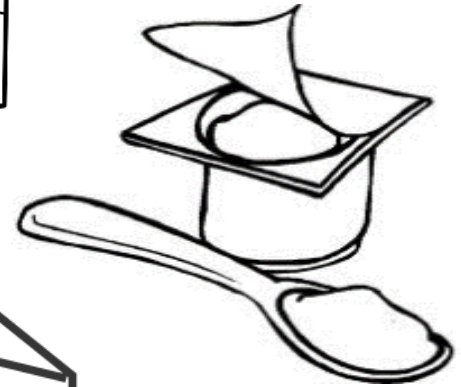
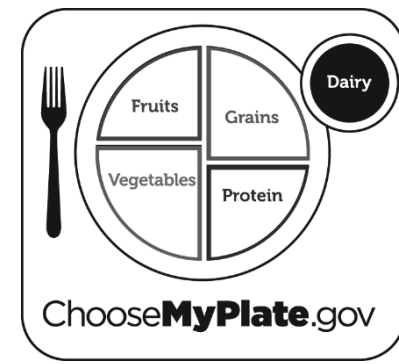
Cover of book: Draw a picture of your smile or paste a photo of your smile.



Drinking water helps to rinse my mouth.  
Water is good for me!

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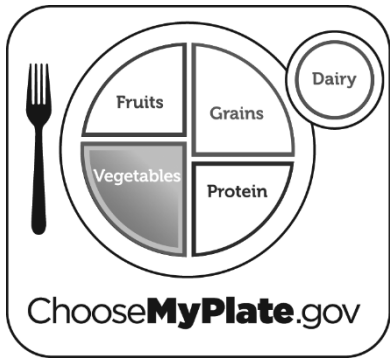
Color the water bottle and drinking fountain.



Dairy foods, like milk, yogurt and cheese  
have calcium to make my teeth strong.

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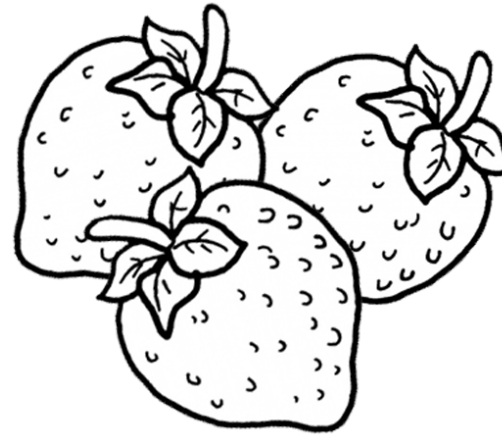
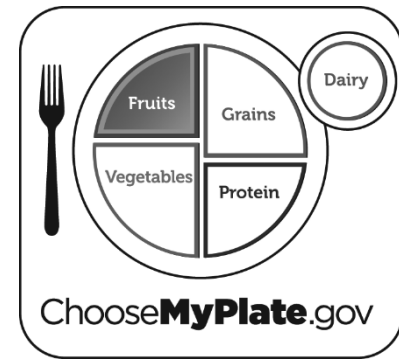
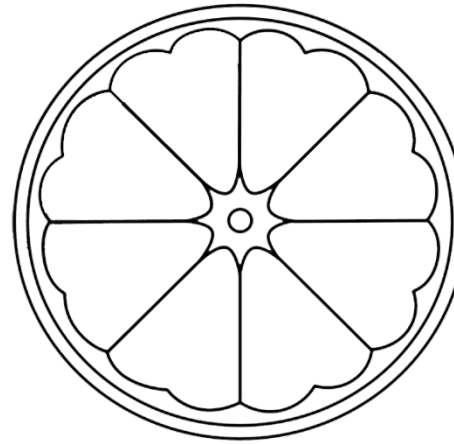
Color the milk, cheese and yogurt.



Eating crunchy vegetables  
helps to clean my teeth.

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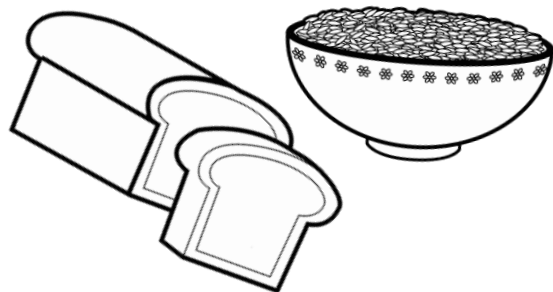
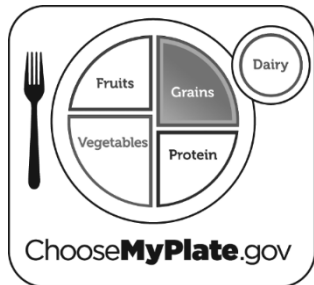
Color the crunchy vegetables.



Fruits like oranges, strawberries and  
grapes help to keep my gums healthy.

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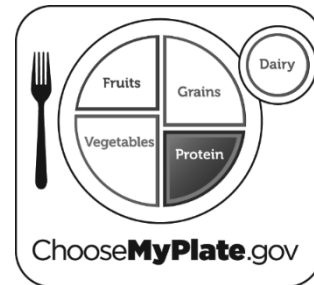
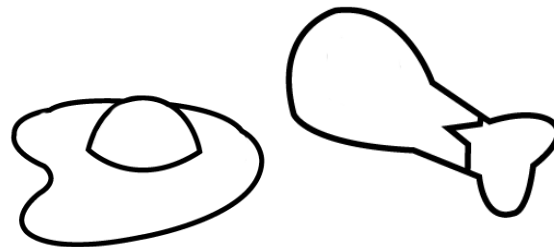
Color the tooth-friendly fruits.



Grains, like brown rice, tortillas, and whole-wheat bread give me energy to sing, whistle and laugh.

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Draw a picture of yourself laughing, singing and whistling.



I eat healthy proteins, like eggs, chicken and black beans for strong jaw muscles so I can chew and bite!

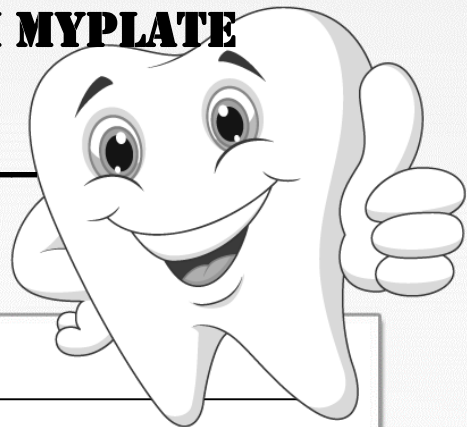
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Color the picture of the child taking a bite out of the apple.

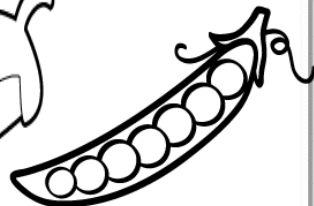
# CREATE A BRIGHT SMILE WITH MYPLATE

NAME: \_\_\_\_\_

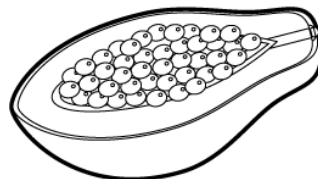
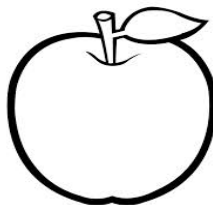
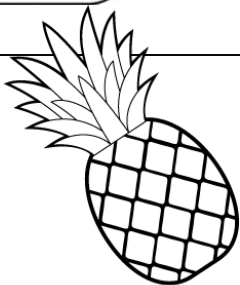
Eat vegetables, fruits, whole grains, dairy, and lean proteins!



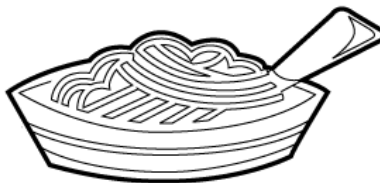
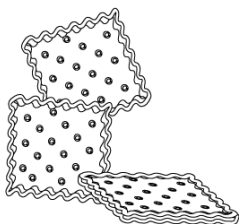
## VEGETABLES



## FRUITS



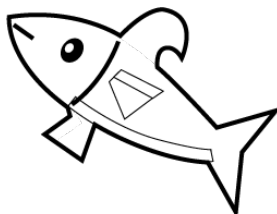
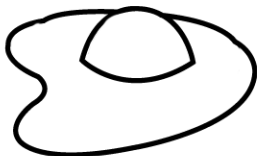
## GRAINS



## DAIRY



## PROTEINS





# ADDED SUGAR

1 teaspoon (tsp) of sugar is 4 grams (g)



## How Much Added Sugar is too much?

Newborns  
and babies

0 tsp  
(0 g)

Toddlers  
(ages 2-3)

4 tsp  
(16 g)

Children  
(ages 4-8)

3 tsp  
(12 g)

Preteens  
And Teens

5-8 tsp  
(20-23 g)

Adult  
Women

6 tsp  
(20 g)

Adult  
Men

9 tsp  
(36 g)

## Natural vs. Added Sugar?

Natural sugars are found *naturally* in foods such as fruit and milk. Added sugars are sugars and syrups put in foods during preparation or processing, or added at the table.



## Ingredient Lists

Read ingredient labels to identify “added” sugar in foods. Here are some words for added sugar.

- Agave nectar
- Brown sugar
- Cane sugar/Cane juice
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Ingredients ending in “ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Syrup

## Sugar Amounts In Favorite Foods

| Food                                 | Serving Size       | Sugars* |
|--------------------------------------|--------------------|---------|
| Animal Crackers                      | 8 crackers         | 4g      |
| Applesauce (unsweetened)             | Small Container    | 6g      |
| Applesauce (sweetened)               | Small Container    | 11g     |
| Bakes Beans                          | ½ cup              | 12g     |
| BBQ Sauce                            | 2 Tbsp.            | 14g     |
| Boxed Mac and Cheese                 | 1 cup              | 8g      |
| Cheese Pasta Sauce                   | 1/2cup             | 11g     |
| Chewy Granola Bar                    | 1 bar              | 13g     |
| Chicken Nuggets                      | 3 nuggets          | 4g      |
| Cinnamon-coated Graham Cereal        | 1 cup              | 20g     |
| Fruit Cup (Peaches in light syrup)   | Small Container    | 18g     |
| Fruit Snacks                         | 1 pouch            | 15g     |
| Graham Crackers                      | 2 squares          | 4g      |
| Jell-O                               | One 2” square      | 11g     |
| Ketchup                              | 1 Tbsp.            | 4g      |
| Maple Syrup (imitation)              | 1 Tbsp.            | 14g     |
| Oatmeal (instant, cinnamon flavored) | 1 packet, prepared | 18g     |
| Peanut Butter                        | 1 Tbsp.            | 3g      |
| Plain Cheerios                       | 1 cup              | 1g      |
| Popsicle                             | 1 pop              | 8g      |
| Ranch Dressing                       | 1 Tbsp.            | 1g      |
| Toaster Pastry                       | 1 pastry           | 18g     |
| Tomato Pasta Sauce                   | ½ cup              | 7g      |
| Tomato Soup                          | 1 cup              | 12 g    |
| Toaster waffles                      | 2 waffles          | 11g     |

\*Sugar amounts vary by brand. Read Nutrition Facts Labels for exact detail amounts.



## What do the food labels mean?

“Sugar-Free” – less than 0.5 g of sugar per serving

“Reduced Sugar” or “Less Sugar” – at least 25% less sugar per serving compared to a serving size of the traditional variety

“No Added Sugars” or “Without Added Sugars” – no sugars or sugar-containing ingredient such as juice or dry fruit is added during processing

“Low Sugar” – not defined or allowed as a claim on food labels