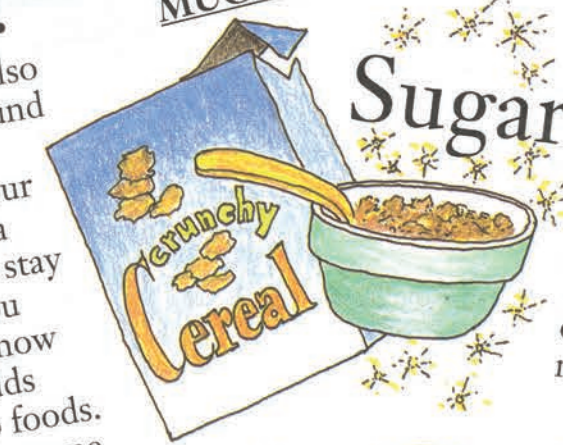


Moderation Meadow.

Look!

Some salt is also scattered around Moderation Meadow. Your body needs a little salt to stay healthy. You probably know that salt adds FLAVOR to foods. It also is in some foods like bread and canned and frozen foods to keep them fresh.



Sugar

in moderation can be part of a healthy diet. Remember, it's a carbohydrate. It's great company for foods like cereals and grains. Try a little on your oatmeal, and here, have a muffin.



What I'm trying to show you is you have many, many food choices. Make up your own meal or have a friend make one up for you to try. Get some paper, choose some foods you see on my mountain, and draw a picture of your creation. Don't forget to color it. Or, look through magazines at home, cut out different foods and glue them on paper to make a meal.

Remember to include fruits, vegetables and grains!

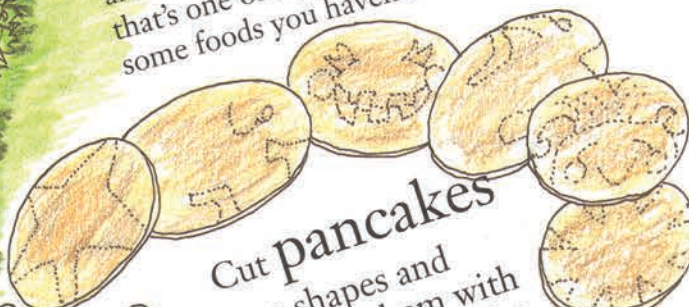
What is moderation, you ask? Why don't you look it up in the dictionary while I have a glass of water — climbing my mountain always makes me thirsty. Here's a hint: not too MUCH and not too LITTLE. Got it?

See... there's a little bit of sugar sprinkled all around. Hey, that got a smile out of you!

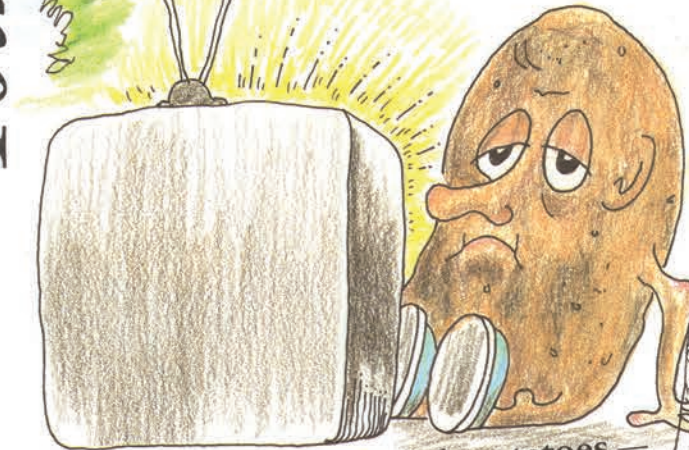
You don't know this, but



Build a character from vegetables and then eat it. Invent your own characters — that's one of my favorite things to do. Include some foods you haven't tasted while you're at it.

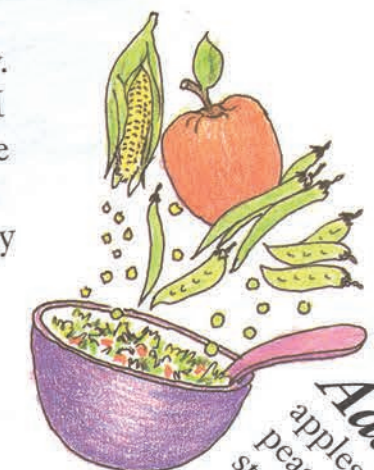


Cut pancakes into shapes and decorate them with berries, nuts and a little jam.



Do you know any kids who are couch potatoes? There are so many really fun fitness games! When you get home, get your friends together and play ball, skate, swim, take a walk, ride your bicycle — invent new games or a new dance. Not only will you have a great time — you'll feel great too!

my name wasn't always Variety. It used to be Picky because I ate only a few foods. But since I've discovered all these great food choices, the name Variety fits me very well! Here are some ideas to try with your friends and family.



Add apples, peas, string beans or corn to salad.



Discover new foods by helping your parents shop for groceries. Play a game by choosing one new fruit or vegetable to try each week. Your parents will be happy to get them for you to taste. Try new breads and different shapes of noodles — use your imagination.



Now, let's cross this stream....

Here's my kitchen.



Well, here we are ... almost back to where I met you earlier. I'm going to take a little rest since before I know it, someone else will come along for me to show around.



Goodbye!
Have fun and stay healthy!

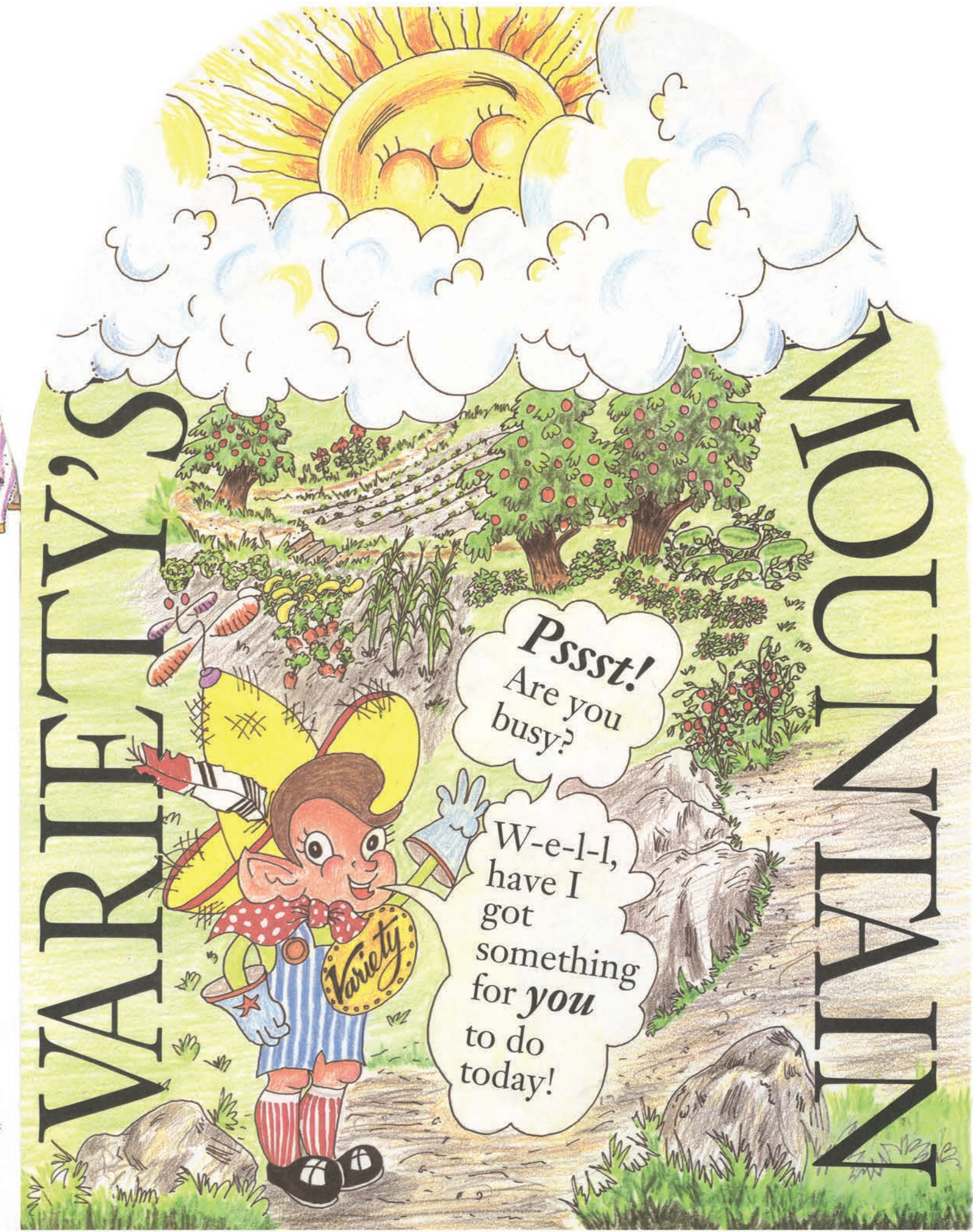
Of course, it's not exactly like the one you have at home because it's on a mountain, but it's just fine for me. I make my meals and snacks here, and you can help your parents make your meals at home by washing fruits and vegetables, adding ingredients to dips and pizza, stirring muffin mix and helping to clean up afterward. One thing though — don't forget to wash your hands before helping with food.

Think of me when you're eating and playing. Remember all of the food and fitness choices we talked about. Variety is the key and Variety's Mountain is where you heard it first!

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VARIETY'S MOUNTAIN

Pssst!
Are you busy?

W-e-l-l, have I got something for you to do today!

My name is
Variety!... and I'm going
to take you on an adventure you
will never forget. We're going to
explore my home —
Variety's Mountain.

Before we begin, I need
your name. Write it here, please.

I really enjoy meeting and
working with kids. And since I
meet so many, I like to make
sure I remember everyone's
name. After we're through
traveling around my mountain,
you can surprise your parents
or your teacher with what
you've learned today.

Ready?
Let's go!

I have a question
for you. Do you
like feeling great?
Do you like to have
the energy to do all
the things you want
to do? Circle
YES or NO.

First stop...

Yes?

Well, then it's
important that
you eat lots of
different foods
and exercise
often. Those
two things will
help you feel
your best now
and as you
grow up.

That's why my
name is Variety — I eat many
different foods
and like all
kinds of fitness
activities. Let's
start off by
jumping rope.
Do you know
how to Double
Dutch?

Carbohydrate Cliff!

Definition: Carbohydrates are one of your body's main sources of energy. They give you the energy to jump rope, to dance, and to run. They even give you the energy to think.)

Have you ever seen so many kinds of food?

Look, there are fruits, vegetables and all sorts of grains — you know, like cereal and bread. Yum! You need to eat plenty of these foods. They have carbohydrates in them. Turn this page upside down to find out why carbohydrates are important.

Vitamins

minerals and fiber — other healthy things — also are in fruits, vegetables and grains. And best of all, these foods taste reeeally good!

Let's race to the next stop — it's right around that bend.

Ready? Set?

Go ... to —

Energy

sure is something we kids need to do all the stuff we do in just one day. Between playing and school and helping our parents . . . *whew!* There are two types of carbohydrates — complex and simple.

Complex carbohydrates also are called starches. Starches are found in foods like rice, bread, cereal, noodles and some vegetables like potatoes and corn.

Mix and match a variety of carbohydrate foods in your meals and snacks. They'll taste great, and it's a lot of fun to invent new food combinations! Try mixing turkey and cranberry sauce for a sandwich or have some cottage cheese and jam on a cracker.

Sugars are simple carbohydrates. The kind that's in your sugar bowl at home comes from sugar cane and sugar beet plants. There are other kinds of sugars as well — they're in fruits and dairy products like milk and other foods like honey.

Protein Place!

Protein

is in foods like meat, chicken, fish, dry beans like kidney beans, and nuts and eggs. Look! Chicken sandwiches on pita bread, ginger snaps and milk — let's have lunch. What's your very favorite lunch?

Describe it to me with words or pictures.

There are the dairy foods like low fat milk, cheese and yogurt.

One thing to remember . . . don't eat too much fat. Your body needs some — it gives you energy among other things. You just don't need a whole bunch.

While we're talking about healthy bodies, let's put on some music and do some Jumping Jacks! Exercise also keeps the parts of your body, including your heart, fit and strong.

Hey, all of this exploring is making me hungry. How 'bout you? Let's go over here and make a snack.

(snack recipe: GINGER SOY DIP 1/2 CUP NON-FAT PLAIN YOGURT, 1-1/2 TSP. SUGAR, 1/2 TSP. LEMON JUICE, 1/2 TSP. GROUND GINGER, 1 TSP. SOY SAUCE — FRUITS AND VEGETABLES FOR DIPPING).

Ready to move on? On the other side of these trees is...