

We caught your child making healthy food choices at the CATCH KIDS CLUB. Now, catch something healthy at home!

- Did you know that your child loves

Asparagus



Broccoli



Cantaloupe



Tomatoes

Apples

Beans

Kiwi

Celery

Ants on a log

Bananas

Oranges

Carrots

- Did you know that your child knows how to find nutrition facts on a carton of milk? (Ask him/her to explain)

- Ask your child to tell you what foods are high in fiber.

- Ask your child to tell you the 5 food groups.

- How about going on a new food adventure with your child tonight? (Try apples and yogurt, dynamite sticks, cracker delights, stellar sundaes.)



Oklahoma State
Department of Health
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