



WIN (Wellness IN) the Home Pleasure of a Kiss



Dear Family,

Today I learned how MyPyramid helps us have variety, balance and moderation in our food choices. Variety means choosing many different kinds of foods, balance means eating food from all food groups, and moderation means eating enough but not too much. All foods can fit in healthful eating.

I learned how to enjoy one chocolate kiss and would like to teach you. We can use a chocolate kiss or we could try a strawberry, orange segment, snack chip, bite of ice cream, spoon of mashed potatoes or anything else we enjoy eating.

Here are the steps:

1. Look at the shape and color of the food.
2. Think about how the food will taste. Is your mouth watering?
3. Smell the food.
4. Place a small portion in your mouth on your tongue.
5. DO NOT BITE!
6. Let the food slowly melt in your mouth or chew the food very slowly. Enjoy the flavor and changing texture. Notice how the taste fills your mouth.

Please answer the following questions.

1. What is your favorite food?
2. Where does the food fit in My Pyramid?
3. How much of this food do you usually eat at one time?
4. How much would you eat if you ate this food slowly like we just did?