

# Cornerstone Children's Nutrition Connection

Nurturing Bodies • Developing Minds • Fostering Hope Through Christ...One Child at a Time

## Obesity Prevention Program



Blue Cross and Blue Shield of Florida Foundation is an Independent Licensee of the Blue Cross and Blue Shield Association.

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# Food Experiences



Lesson on Fruits & Vegetables from “A Dozen Ways to Be Healthy”



Teaching components of “MyPlate”






Recipe tasting experience. Blueberry and banana smoothies.

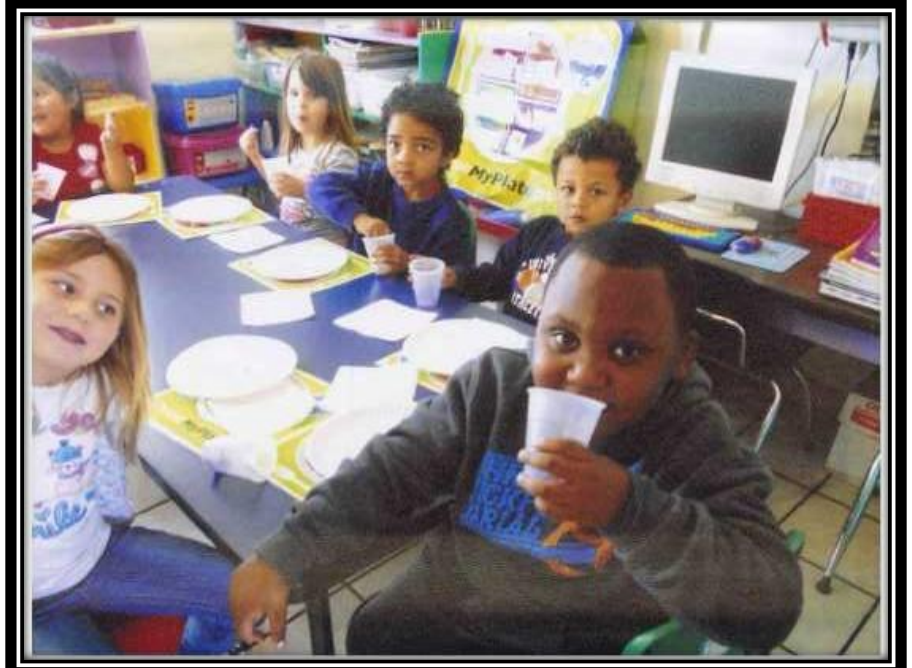


**Activity: Food Picture Recognition**

Children identified food groups by placing a picture in the correct category. (ie: Grain, Fruit, Vegetable, Protein or Dairy)



Ingredient measuring activities using blueberries for smoothie preparation. Children counted blueberries before placing items in blender.



Children learning about the benefits of grain foods.





**The End**