

MEALCRAFT

Thank you for downloading **#Mealcraft** to help kids eat healthier. I am a mom and Registered Dietitian who has been influenced by her kids who LOVE Minecraft. Feel free to contact me at bramirezrd@gmail.com with questions. I did not include instructions on how to build a Steve and Creeper head. There are so many on the internet and it's fairly simple.

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Sources: choosemyplate.gov

Minecraft Essential Handbook

Reviewed by: J Ramirez, MPH, RDN, A Flores, Nutrition Student

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**SUPER MARKET
NUTRITION**

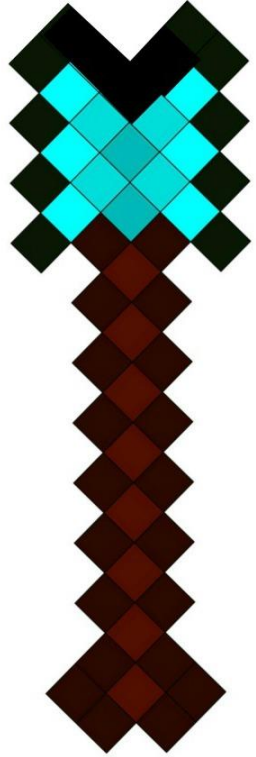
MEALCRAFT

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SUPER MARKET
NUTRITION



MEALCRAFT

BUILD YOUR PLATE WITH HEALTHY FOOD

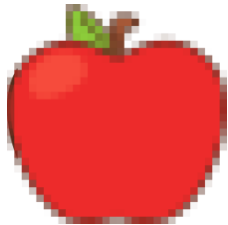




BUILD A HEALTHY PLATE FOR A HEALTHY BODY

CHOOSE CALCIUM RICH FOODS.

Dairy, like milk, yogurt, and cheese, help build strong bones and teeth.



MAKE HALF YOUR PLATE FRUITS AND VEGGIES.

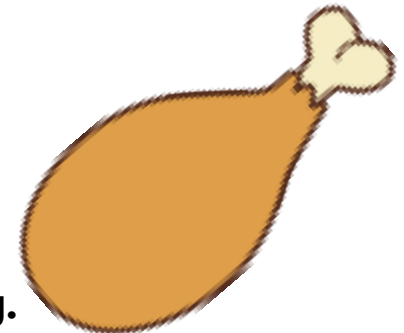
Fruits and veggies are rich in nutrients, like Vitamin C and fiber, that can help protect you from disease.



MAKE HALF YOUR GRAINS WHOLE

Whole Grains are filled with fiber, vitamins and minerals that can help protect your heart.

GO LEAN WITH PROTEIN. Protein helps build muscle, blood, skin, cartilage, and bones. It provides important nutrients: Zinc, Magnesium, B Vitamins, Vitamin E, and Iron to keep your body working.



SURVIVAL SERVINGS FOR KIDS

VEGGIES

1.5 – 2 CUPS A DAY

1 cup raw or cooked veggies

2 cups raw leafy greens

GRAINS

2.5 - 3 OUNCES A DAY

1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal

FRUIT

1 – 1.5 CUPS A DAY

1 cup of fruit or 100% juice

1/2 cup dried fruit

PROTEIN

4 – 5 SERVINGS A DAY

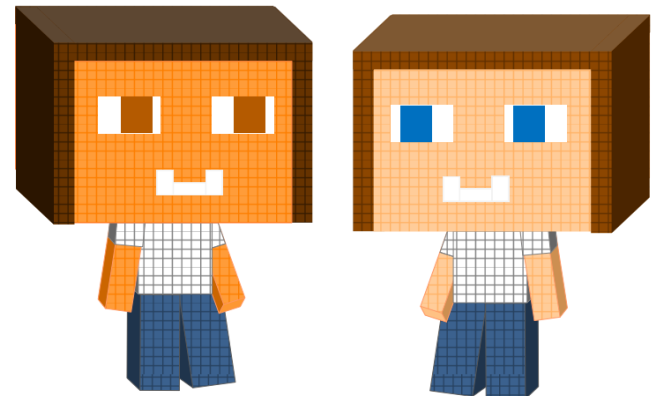
1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds

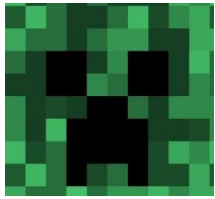
DAIRY

2.5 – 3 CUPS A DAY

1 cup of milk, yogurt, or soymilk

1 ½ ounces of natural cheese

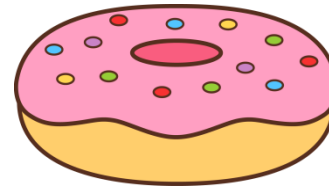
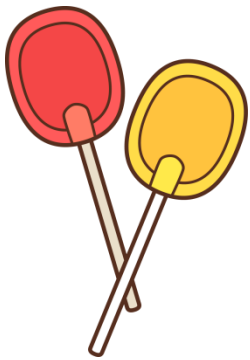




BEWARE OF THE CREEPER



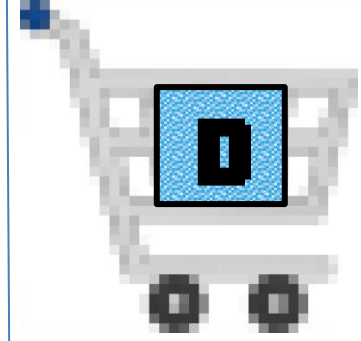
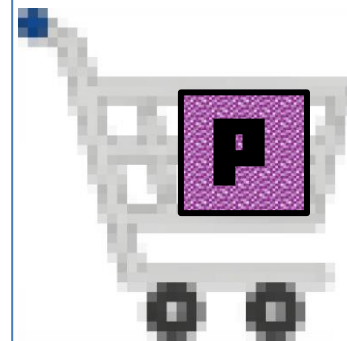
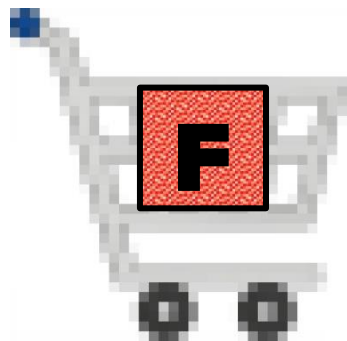
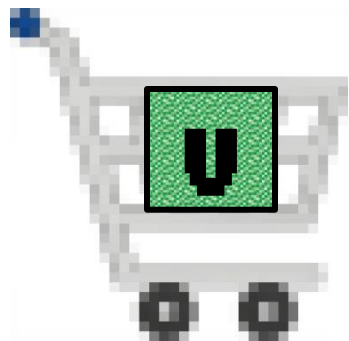
**THE CREEPER WANTS YOU TO EAT MORE OF
THESE FOODS TO DECREASE HEALTH POINTS**

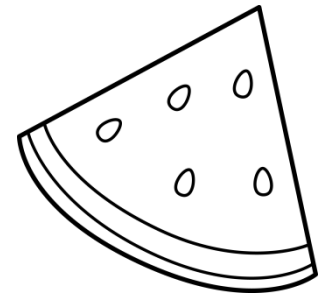
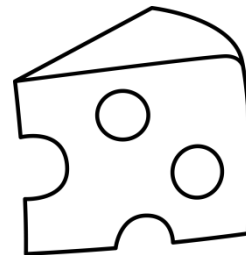
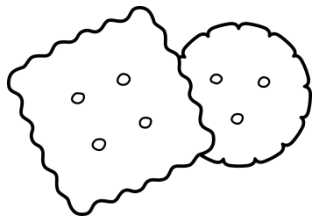
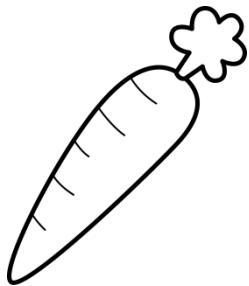
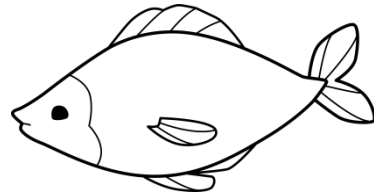
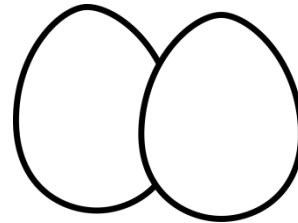
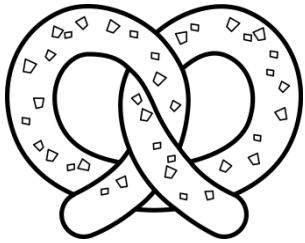
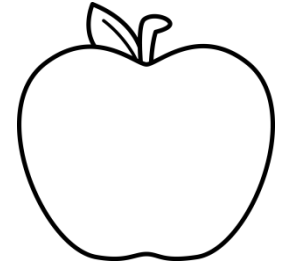
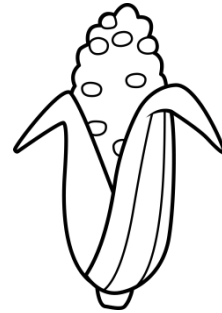
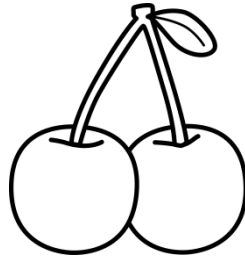
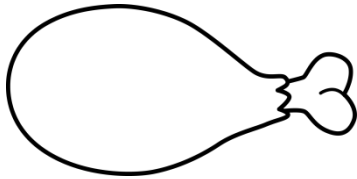
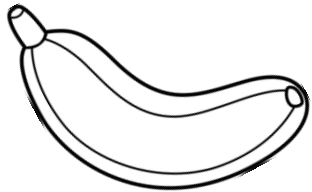
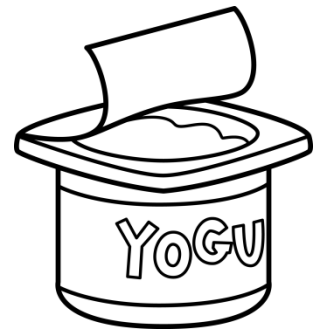
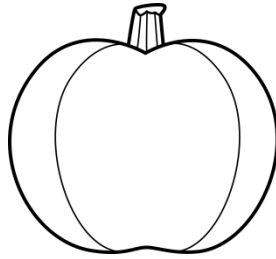
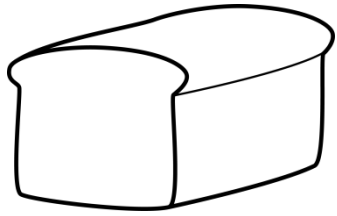
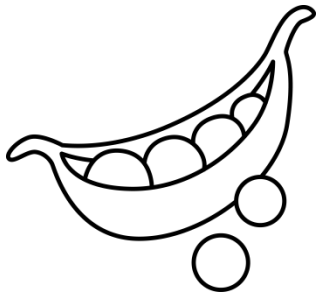


BUILD A MEALCRAFT CART

STEVE NEEDS HEALTHY FOODS TO SURVIVE.

CUT AND PASTE THE CORRECT FOOD INTO THE RIGHT SHOPPING CART



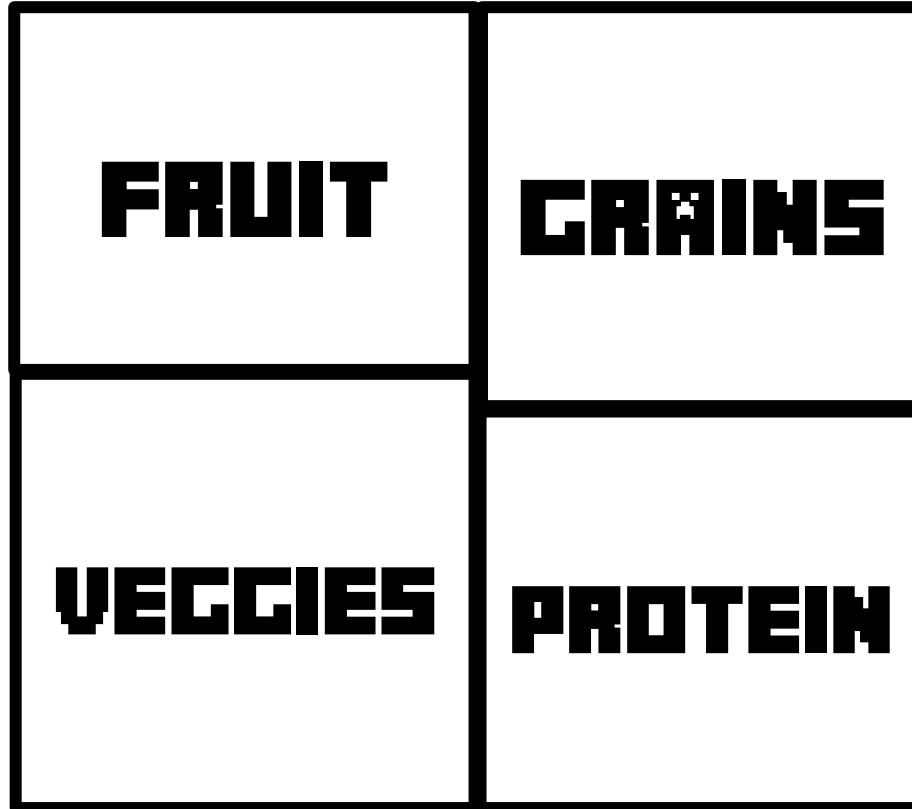
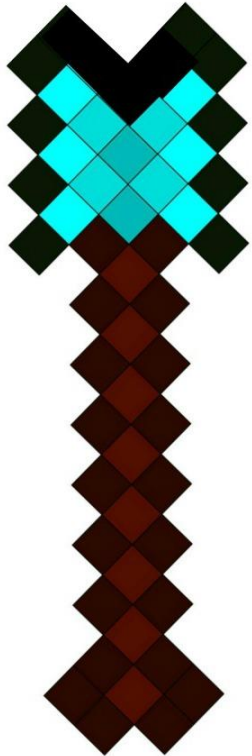


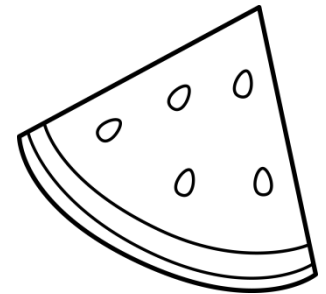
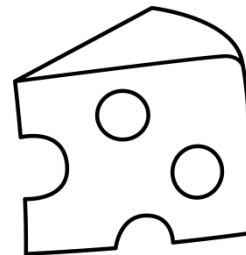
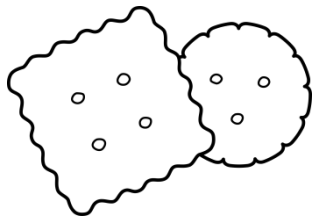
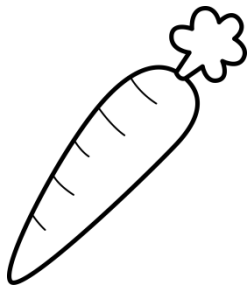
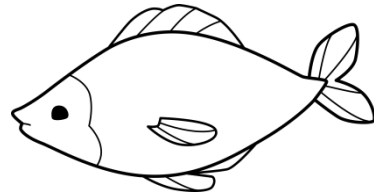
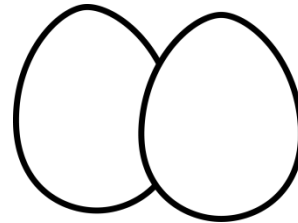
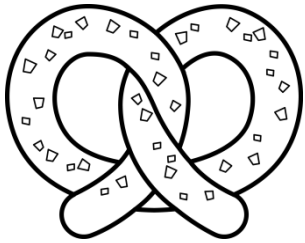
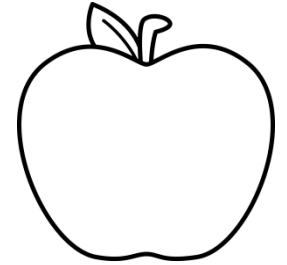
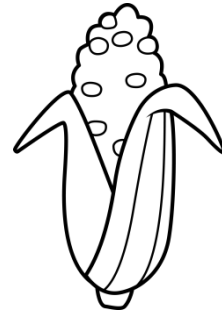
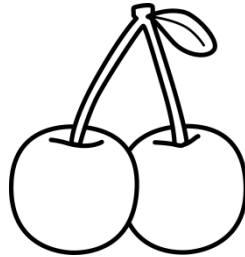
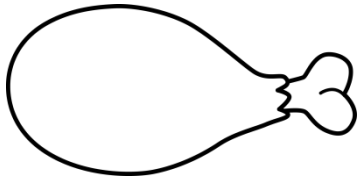
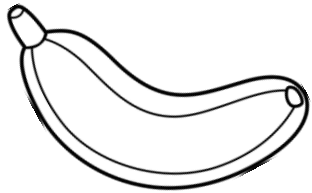
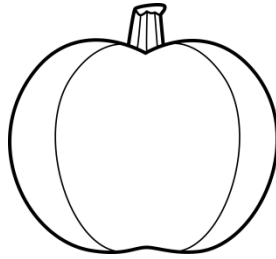
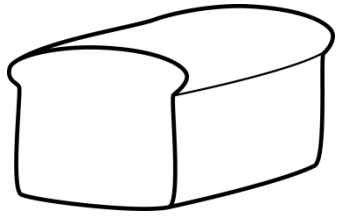
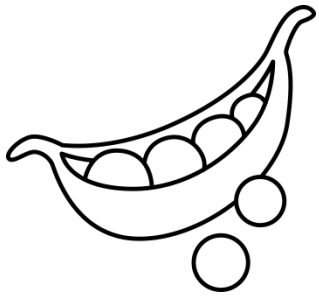


MEALCRAFT



BUILD YOUR PLATE WITH HEALTHY FOODS



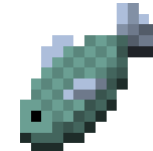
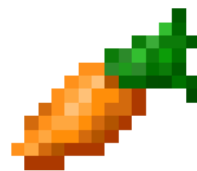


FOOD BAR SORT

CUT AND PASTE THE FOODS INTO HEALTHY OR DAMAGING

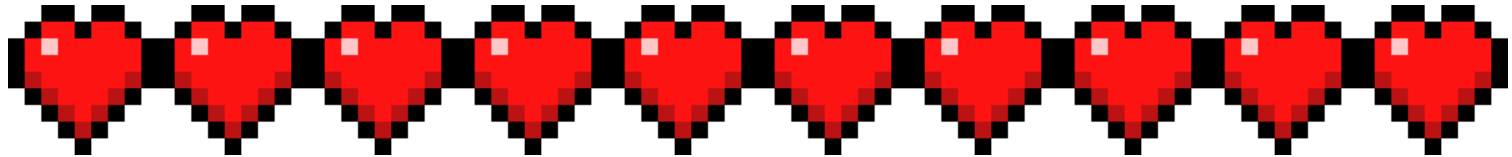
HEALTHY

DAMAGING



FEED STEVE

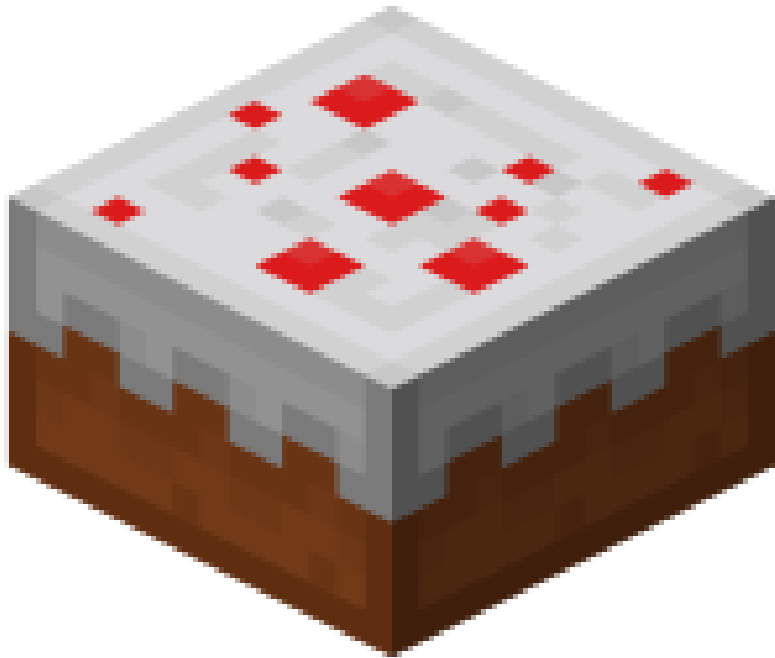
KEEP STEVE'S HEALTH BAR FULL



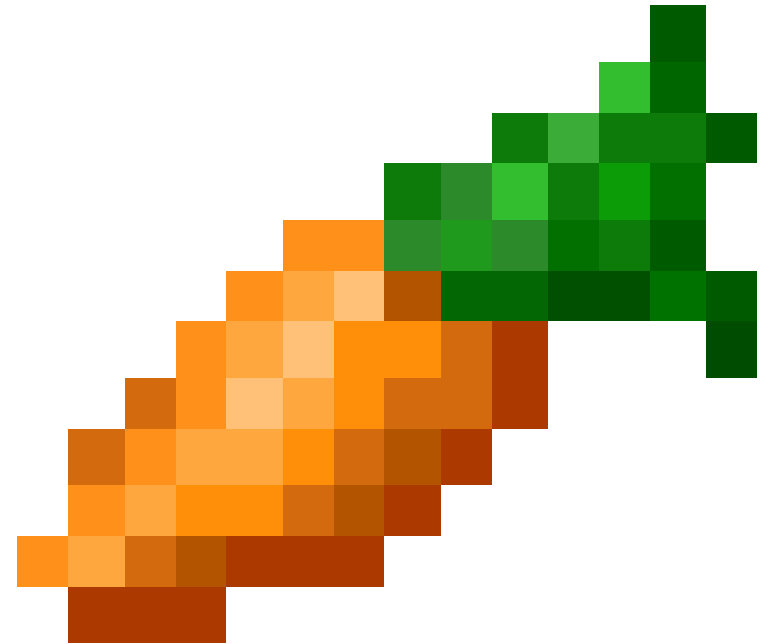
Directions:

- 1. Design and build a Steve and Creeper head and/or body using cardboard boxes. Create a hole for the mouth on each head. Use construction paper or wrapping paper to cut out squares to design head and body.**
- 2. Print cards on cardstock and laminate for durability.**
- 3. Assign 12 children a card.**
- 4. Assign other children the job of adding a heart card or removing it so everyone can participate.**
- 5. Give each child the opportunity to choose Steve or the Creeper for their card. Healthy Foods are fed to Steve to fill his health bar. Damaging foods are given to the Creeper. If a card is given to Steve, call on a child to add a heart (on a table, on a board, or in front of the boxes). If the Creeper gets a card, pick a child to remove a heart.**

FEED STEVE CARDS



CAKE

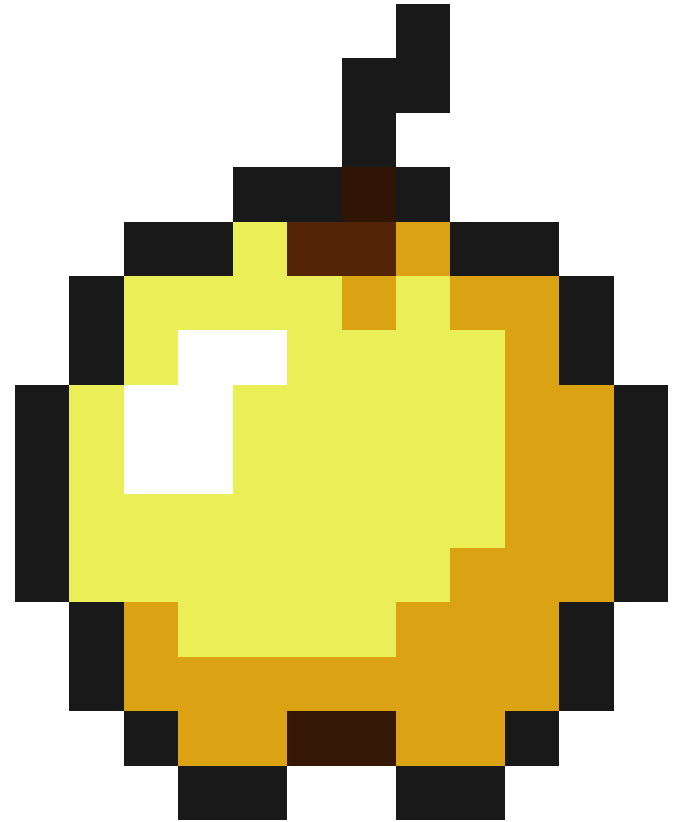


CARRROT

FEED STEVE CARDS

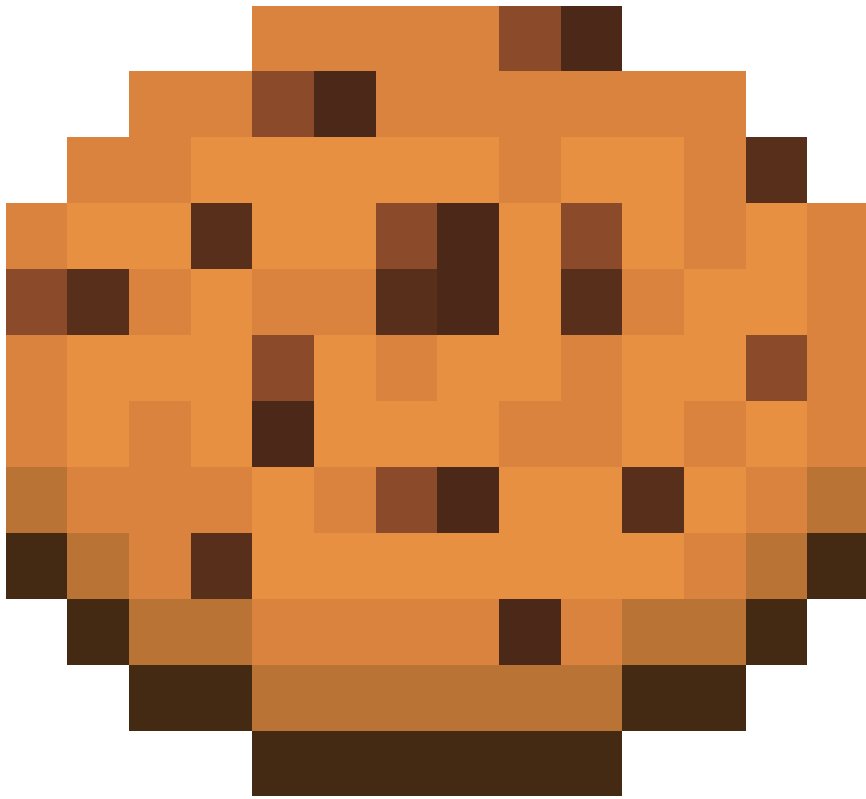


CHEESE

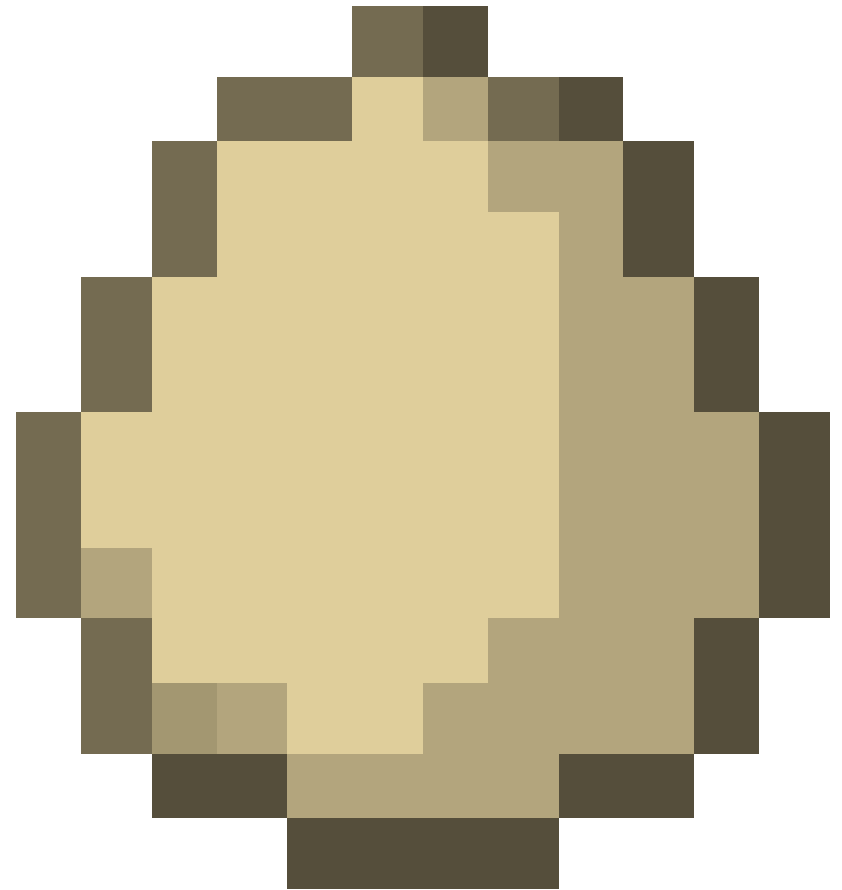


**GOLDEN
APPLE**

FEED STEVE CARDS

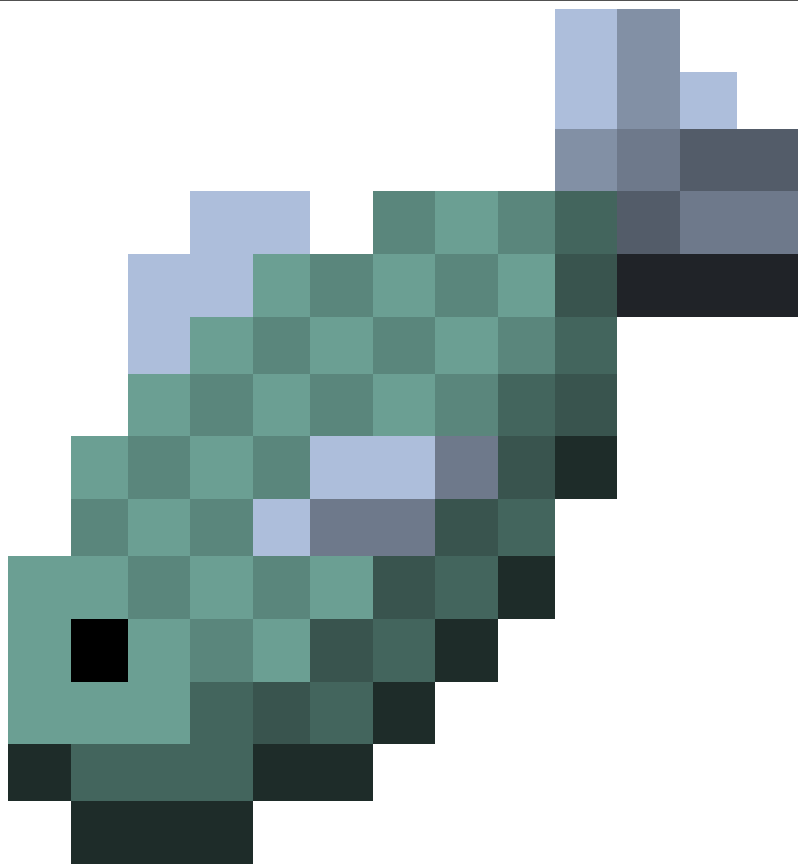


COOKIE

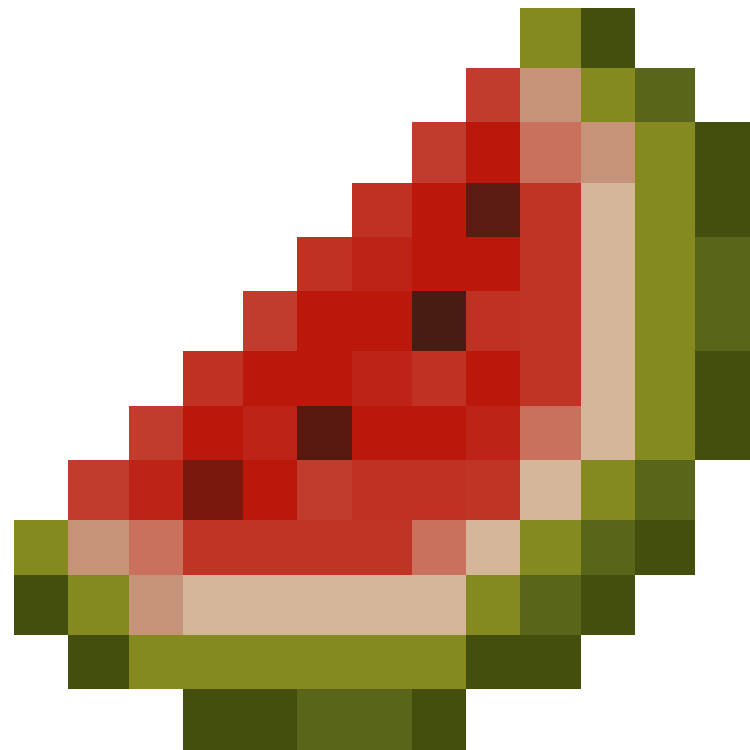


EGG

FEED STEVE CARDS

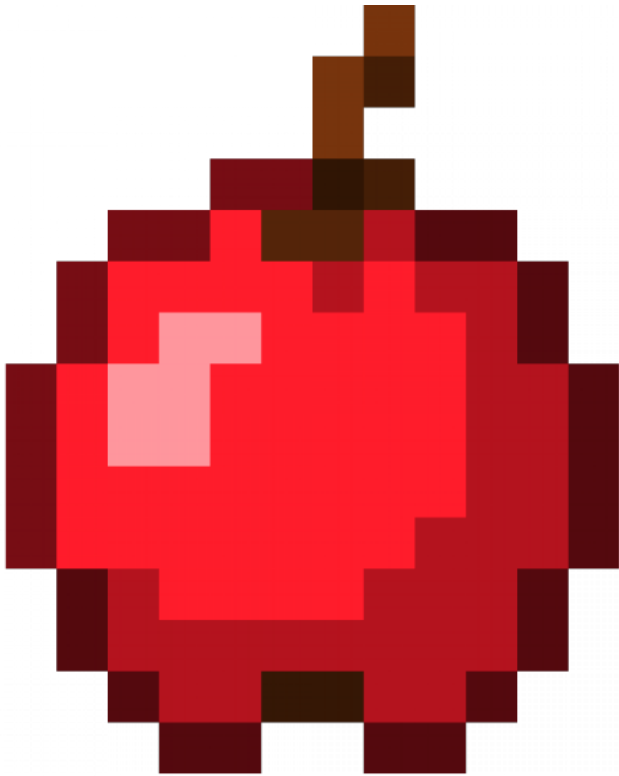


FISH

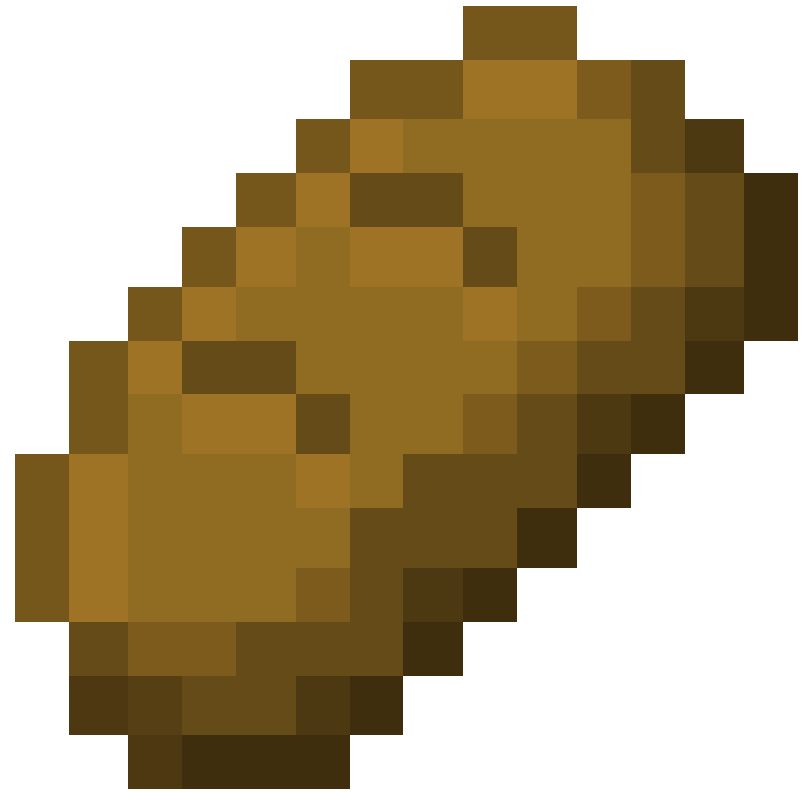


MELON

FEED STEVE CARDS



APPLE

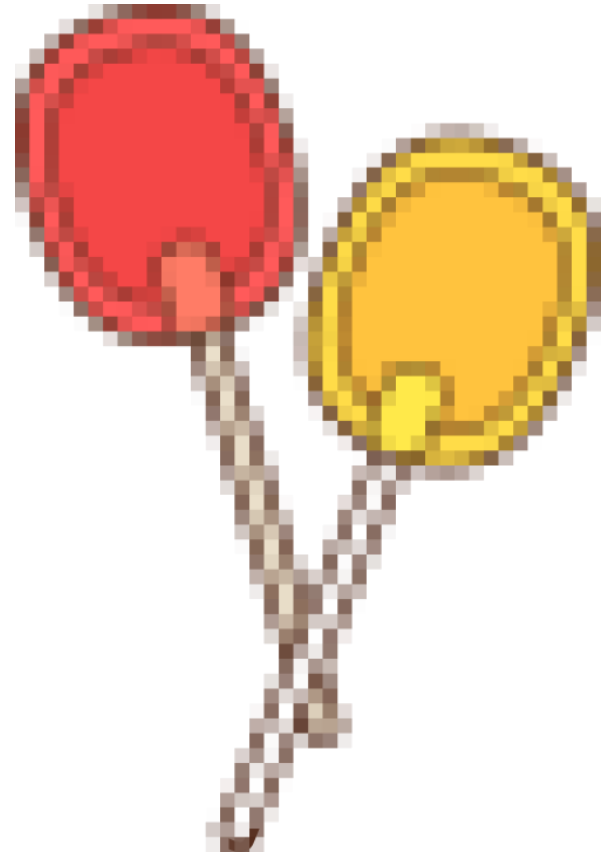


**WHOLE GRAIN
BREAD**

FEED STEVE CARDS

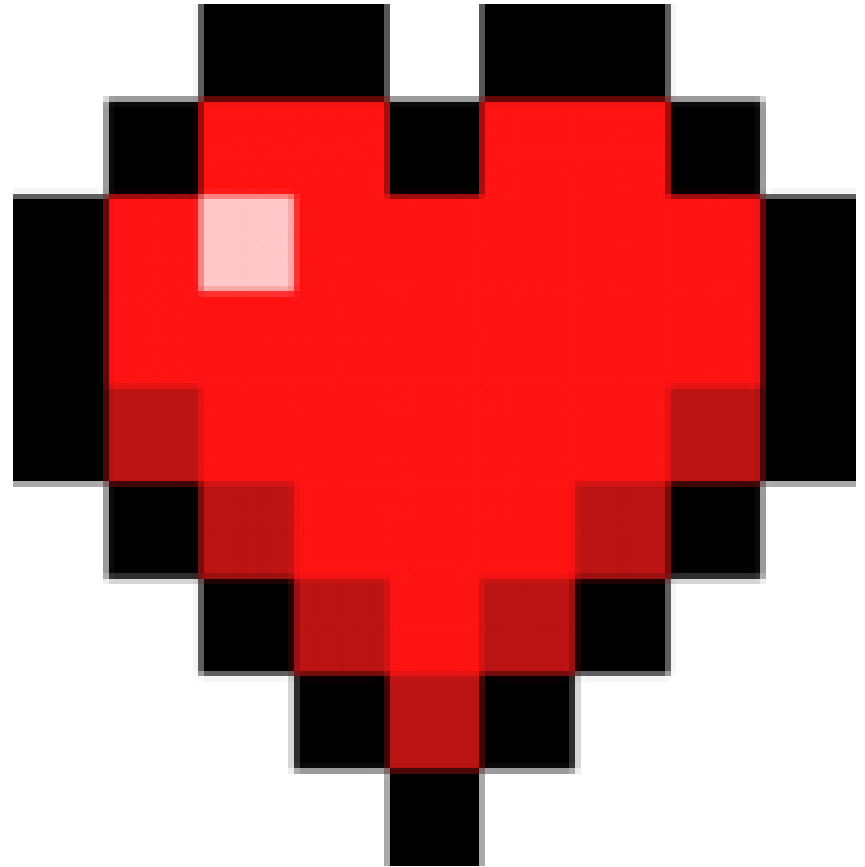
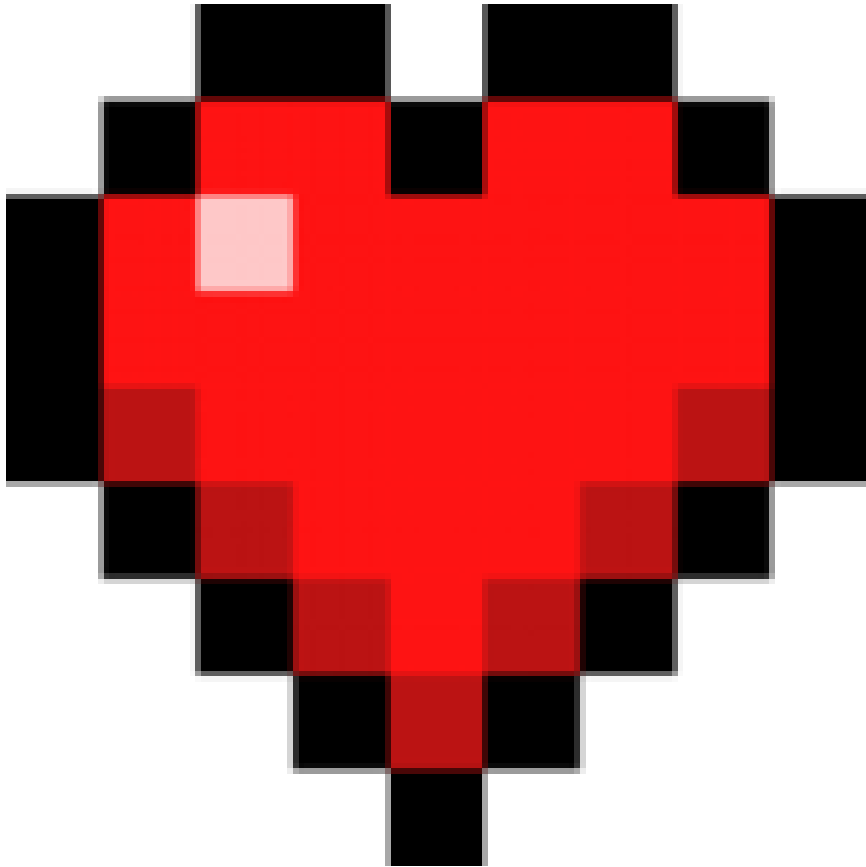


MILK

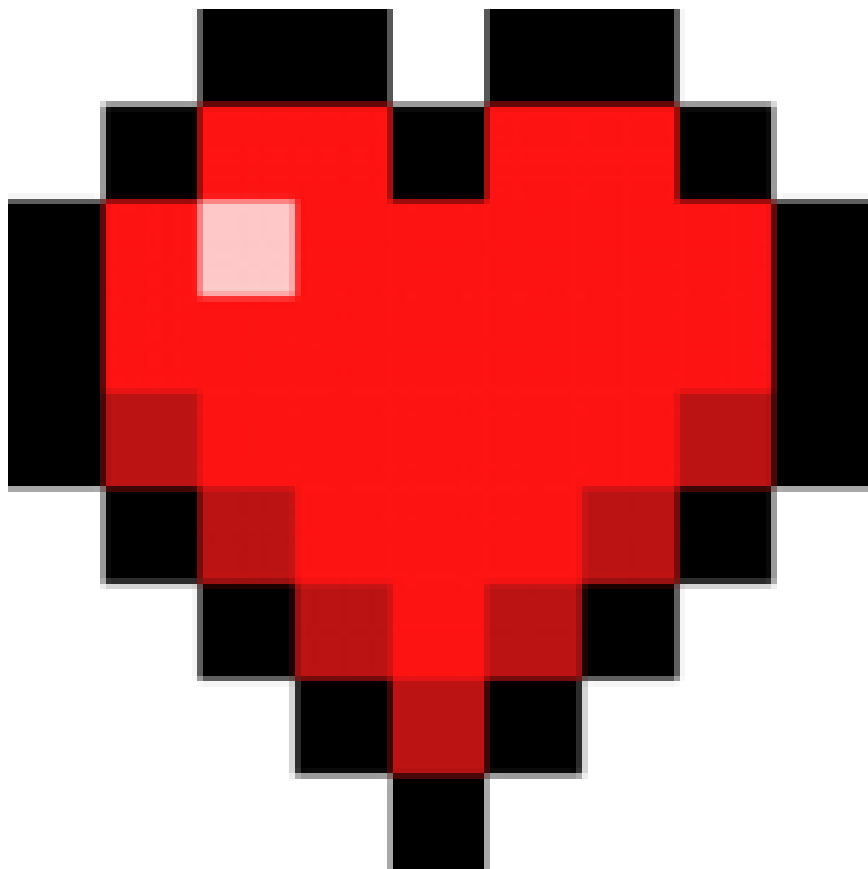


CANDY

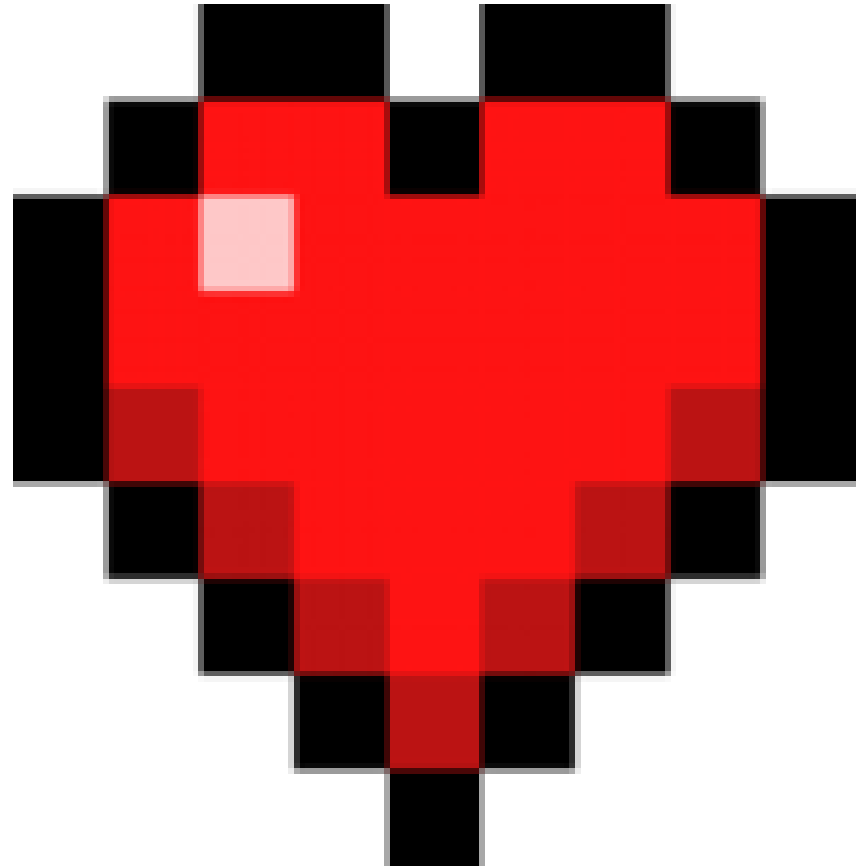
FEED STEVE CARDS



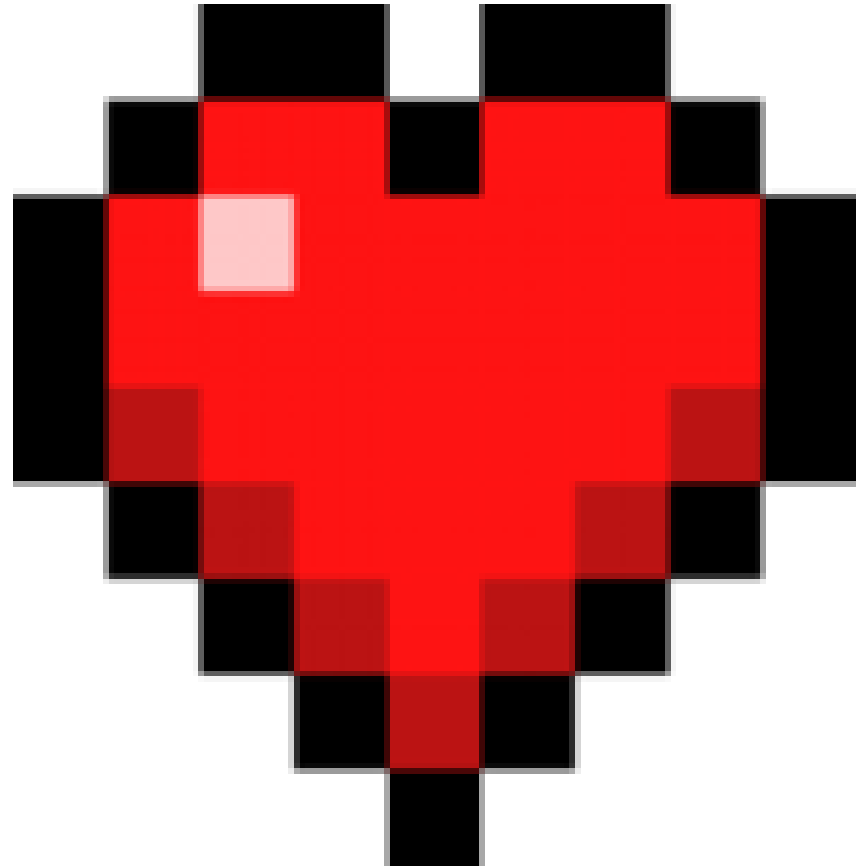
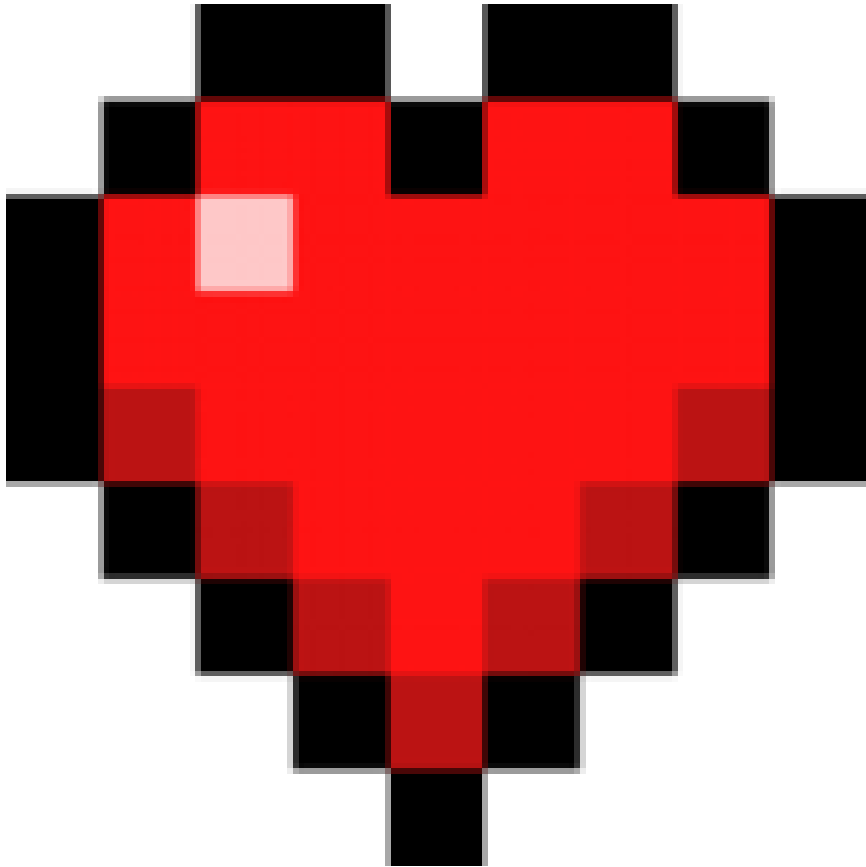
FEED STEVE CARDS



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