Welcome to another year of Go Wild! University of Minnesota Nutrition Education staff will be presenting the Go Wild with MyPyramid! program in your child’s classroom during this school year. MyPyramid is the United States Department of Agriculture (USDA) guide for healthy eating. You can find out more about MyPyramid by visiting the website: www.mypyramid.gov.

With the help of Derek Deer and other Go Wild characters, your child will be learning about the food groups in MyPyramid. Each stripe represents a different food group. Ask your child about MyPyramid and what food groups are represented:
- Grains
- Vegetables
- Fruits
- Healthy Oils
- Milk
- Meat & Beans

The first stripe of MyPyramid represents the grain group. Notice that it is wider than some stripes. This tells us to eat more from the grain group than from other groups. Grains give us energy, vitamins, minerals, fiber and even phytochemicals. Make healthy grain choices with half of your grains being whole grain.

Breakfast is an easy meal to get in your whole grains:
- Buy breakfast cereals that contain whole grain.
- Eat whole grain toast or bagels.
- Make whole grain muffins.

Notice the individual moving up the steps of MyPyramid. This represents the MyPyramid message to be physically active every day or most days. Kids should be physically active 60 minutes every day. Brainstorm with your child ways to be more active as a family.
**Classroom Recipe—Taco Dip**

**Ingredients:**
- 15 ounce container 1% cottage cheese
- 1 cup shredded cheddar cheese
- 1/2 package taco seasoning mix or make your own (1 teaspoon chili powder, 1/2 teaspoon garlic powder, 1/2 teaspoon cumin, 1/2 teaspoon onion powder)
- Whole wheat crackers such as Trisquits® or Wheat Thins®

**Directions:**
1. Mix cottage cheese, cheddar cheese and taco seasoning mix in a bowl.
2. To reduce sodium make your own taco seasoning.
3. Serve taco dip on whole grain crackers or with raw vegetables.
4. Refrigerate leftovers.

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**Pumpkin Bread**

**Ingredients:**
- 2 cups canned pumpkin (can use squash)
- 2 cups sugar
- 1 cup oil
- 2/3 cup water
- 3 eggs
- 2 cups whole-wheat flour
- 1 1/2 cups all-purpose flour
- 2 teaspoons soda
- 1 teaspoons nutmeg
- 1/2 teaspoon ginger
- 2 teaspoons cinnamon
- 1 cup raisins (optional)

**Directions:**
1. Preheat oven to 350 degrees.
2. Blend together pumpkin, sugar, oil, water, and eggs.
4. Blend together all ingredients at low speed until moistened, then beat 1 minute at medium speed.
5. Stir in raisins to the mixture. (optional)
6. Spray two 9 x 5 loaf pans with non-stick spray, bottom only.
7. Bake 60 to 75 minutes. Bread is done when a toothpick inserted in the middle comes out clean.
8. Cool 5 minutes and remove from pan. Finish cooling on wire rack.

Makes 40 slices.
Dear family,

Put this paper on your refrigerator using the Go Wild magnet that your child brought home. It will help your family to remember your child’s challenge for this lesson.

What you need to do:

- Help your child find a whole grain breakfast food to eat at home. Some ideas are whole grain cereals, oatmeal, whole wheat toast, whole grain bagel or a bran muffin.

- Sign your name.

- Make sure your child brings the bottom part back to school.

Returning this paper to school gives your child the chance to be a special classroom helper!

Return by: ____________________________

My child ______________________________ participated in the Go Wild with MyPyramid! Challenge.

Signed: _________________________________

(adult’s name)