



# Fit Family Challenge

## **Welcome!**

Welcome to the *Fit Family Challenge* program! This program is being offered at your physician's office to help you and your family eat healthier and be more physically active. The *Fit Family Challenge* is based off 5-2-1-0: 5 servings of fruits and vegetables; 2 hours or less of screen time; 1 hour of physical activity; and 0 sugar-sweetened beverages. This Family Guide is intended to help you with your visits with your care manager. The guide provides information and instructions for the nine modules of the program. Each module focuses on one aspect of healthy living based on the 5-2-1-0 initiative that you will learn about with your care manager.



# Fit Family Challenge

## Family Guide - Introduction

### Who, When, & Where!

#### What do I need to participate in the classes?

- ⇒ This family guide is a great resource that has everything you need to follow along as your care manager teaches the classes. It also has excellent information and ideas to assist you in setting and keeping your goals for healthier living.
- ⇒ You will get a packet of handouts with resources for each module with ideas and ways to reach your goals.
- ⇒ Visit the CAFP website at <http://www.ourfitfamily.org> for additional handouts and resources!

#### How much time will each class take?

The length of each class is 60 minutes. There will also be time for you either before or after each class to meet with your care manager and go over individual concerns and assessments.

#### Where will the visits/classes be conducted?

Your physician's office will most likely be the location of the monthly classes, but stay in contact with your care manager who will tell you exactly where and when your classes will be held.

#### Maximize Success- What you can do to get the most out of the *Fit Family Challenge*!

As part of the *Fit Family Challenge*, we will ask you to:

- Be on time!
- Actively participate in the classes.
- Complete an action plan and set a goal each week.
- Contact your care manager every week to update your progress on your action plan. You can either text message, email, or call your care manager each week. If something comes up, make sure you keep your care manager updated on your situation.
- Make some changes to your diet so that you eat more fruits and vegetables and drink fewer sugar-sweetened beverages.
- Increase your physical activity and decrease your screen time.
- Attend classes every month over the next year. At each class we will discuss a different topic. We will also:
  - ⇒ Meet with you to record your weight, height, and blood pressure
  - ⇒ Help you reset your action planning goal
  - ⇒ Discuss with you and your family any problems you may be having

#### Additional Resources

These links will provide additional resources on physical activity and nutrition for children.

[www.kidnetic.com](http://www.kidnetic.com)

[www.cdc.gov/nccdphp/dnpa/physical/importance/index.htm](http://www.cdc.gov/nccdphp/dnpa/physical/importance/index.htm)

[www.aphafoodandnutrition.org/overwt.html](http://www.aphafoodandnutrition.org/overwt.html)

<http://www.foodinsight.org/healthykids.aspx>

[www.letsgo.org](http://www.letsgo.org)



# Fit Family Challenge

## Family Guide - Introduction

### Keep Track!

Please use this sheet as an additional tool to keep track of the dates and times schedule for your group visits and your goals.

<b>Module to Attend</b>	<b>Date</b>	<b>Time</b>	<b>Goals</b>

**Notes:**



# Fit Family Challenge

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# Fit Family Challenge








## Family Guide - Module 1 - Introduction to 5-2-1-0

### Module Objectives

**During this first class you will have an opportunity to introduce yourself and get to know the other members of the group, set group ground rules, and introduce the concept of 5-2-1-0.**

- Make introductions and get to know one another
- Set ground rules for the group
- Introduce 5-2-1-0
- Introduce the idea of mindful eating

### Healthy Fun Facts and Ideas!

-  5-2-1-0 are recommended behaviors which improve fitness and health that we should try to do each and every day.
-  Eat **five** servings of fruits and vegetables daily.  
Vegetables and fruits are nutrient powerhouses, rich in vitamins, minerals, fiber and antioxidants. Eating at least five servings of vegetables and fruit each day promotes good health, including lowering your risk of heart disease, some types of cancer, high blood pressure, high cholesterol and infections.
-  Spend less than **two** hours or less in front of screens. This includes television, video games, computers, cell phones, and tablets.  
Too much screen time leaves less time for playing! Did you know that too much screen time makes it harder to get a good night's sleep? Also, TV bombards you with ads for unhealthy food.
-  Be active for **one** hour or more.  
Regular physical activity benefits body and mind and plays an important role in staving off many chronic diseases. Regular physical activity improves your mood and helps you do better in school.
-  Drink **zero** sugar sweetened beverages.  
Rethink your drink! Many drinks have added sugar. Sugar-added drinks include fruit drinks, regular carbonated beverages (sodas), energy drinks, sports drinks, sweetened bottled waters and even fruit juice. Sugary drinks are the single largest source of calories in the American diet. Sugar-added beverages have been directly linked to type 2 diabetes in adults.
-  Which of these healthy habits is easiest for you? Why?
-  Which one of these healthy habits is hardest for you? Why?



# Fit Family Challenge

## Family Guide - Module 1 - Introduction to 5-2-1-0

### Healthy Fun Facts and Ideas!

**Ready to improve your family's healthy habits?** Here are 4 tips on talking to your family about their health habits:

1. **Create an idea list.** Think about why you joined the Fit Family Challenge. Is there an unhealthy thing you'd like to stop doing, or do less often? Is there a healthy habit — like exercising or eating fruits and vegetables — that you'd like to do more often? Get your list together. And don't forget to add relaxing more and getting more sleep — two great, healthy ideas for parents *and* kids!
2. **Be willing to pitch in!** Many kids are willing to make healthy changes if it would help the whole family. You might be willing to go for a walk after dinner, help make a healthy meal together every Sunday, or pitch in and do a few more chores if it helped your parents feel less stressed. Let your parents know you're willing to make an effort.
3. **Make a decision together.** You and your family should agree on which steps to take next. It helps to pick a single goal and be specific. It can be overwhelming if you try to make too many changes all at once, your goal is too general, or you don't have specific steps in mind. For example, here are some possible action steps to agree on if your family goal is to eat healthier:
  - I'll eat 5 servings of fruits and veggies every day.
  - I'll eat breakfast every morning.
  - I'll stop buying snacks from the vending machine.
  - I'll drink water instead of sweet tea at lunch.
  - I'll have an apple or nuts as my snack instead of cookies
4. **Cheer them on!** Encourage your family as they start making changes. Tell them you're proud of them. An extra hug or a homemade card of encouragement can give them the boost they need to keep going down the healthy road. What a great way to show how much you care!

### Goal Setting & Action Planning

- ❁ This week, you learned about the importance of 5-2-1-0.
- ❁ Picking any one of the 5-2-1-0 healthy habits to try each day for a whole month is a great goal.
- ❁ Another great goal is to spend some time talking with your family about your health habits — good and bad.
- ❁ Set your goals to do more of these two things. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ❁ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.



# Fit Family Challenge

## Family Guide - Module 1 - Introduction to 5-2-1-0

### Goal Setting & Action Planning



As a family set new goals and record and action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!



# Fit Family Challenge

## Family Guide - Module 1 - Introduction to 5-2-1-0

### My Family's 5210 Goal

Pick one of the 5-2-1-0 habits that you would like to work on with your family. In the space below draw a picture of how you will achieve your goal.





# Fit Family Challenge








## Family Guide - Module 2 - Fruit & Vegetables

### Module Objectives

**Many kids (and adults!) fall short on eating recommended amounts of fruits and vegetables.**

- ☑ Understand why fruits and vegetables are not only good for you, but help you feel good and look good too.
- ☑ Understand why it is important for you and your family to eat lots of different colored fruits and vegetables.
- ☑ Explore easy ideas to get more fruits and vegetables in your diets.
- ☑ Participate in activities that encourage you and your kids to try tasty new and familiar fruits and vegetables and increase your knowledge about fruits and vegetables.

### Healthy Fun Facts and Ideas!

-  Fruits and vegetables contain vitamins and minerals that you need to grow up healthy and strong and to look good and feel good, too. They also contain fiber, which is good for you.
-  Color is Key! Eating lots of different colored vegetables and fruits helps you stay healthy and taste great too. Here's a few examples:
  - Dark green (broccoli, spinach)
  - Orange (carrots, sweet potatoes)
  - Red (tomatoes, red peppers, strawberries)
  - Green and Yellow (apples, bananas)
  - Beans (kidney beans, black beans, split peas)
-  Veggies come in different forms. There are fresh, frozen, canned and dried vegetables and 100% vegetable juice and they are all great to eat and drink.
-  Fruits come in different forms. There are fresh, frozen, canned in water or 100% juice, dried, and 100% fruit juice, and they are all great to eat and drink.
-  To look good and feel good you need to eat at least 1½ cups of fruits every day
-  To look good and feel good you need to eat at least 2½ cups of veggies every day
-  Easy ways you could eat more different colors of fruits and vegetables:
  - At dinnertime have a great big salad with different color veggies.
  - Order pizza with colorful veggies like tomatoes, peppers, or mushrooms
  - Snack on carrot sticks, celery sticks, or cherry tomatoes
  - Pick a different color apple for lunch each day
  - Put orange sections or grapefruit sections in your salad
  - Mix up some strawberries or blueberries in your yogurt for a snack or dessert



### Healthy Fun Facts and Ideas! (continued)



Here are some ways to cook with fruits and vegetables:

- Blueberries and raspberries are wonderful all by themselves. Or you can add them to some low-fat yogurt. Use them in smoothies too!
- Slice up some apples and add to a mixture of low-fat or fat-free granola and yogurt.
- Eating fruits raw is great tasting and healthy. If you need help with vegetables, however, you can steam them with low-fat dressings and other herbs and spices for flavor.
- Chop, marinate, and grill various vegetables such as zucchini, bell peppers, potatoes, asparagus, green onions, eggplant, and mushrooms.
- Add more vegetables like mushrooms, spinach, broccoli, carrots, zucchini, squash, eggplant, and onions to your lasagna, spaghetti sauce, or other pasta dishes. You can use canned or frozen veggies as well. Anything works!
- Use frozen 100% juice and berries or other chopped fruits. Freeze to make popsicles.
- Microwaving vegetables, using pre-cut, pre-washed, canned, or frozen fruits and veggies can save you time. Fresh and raw is always great as well!
- Snack on celery sticks and carrot sticks with a low-fat cream cheese dip.
- For even cooking, cut vegetables into small same-size pieces.
- Add your family's favorite way to eat fruits and vegetables here: \_\_\_\_\_

### Goal Setting & Action Planning

- ❄️ This week, you learned about the importance of eating fruits and vegetables.
- ❄️ Eating at least **5 fruits and vegetables** of various colors per day is the ultimate goal.
- ❄️ Set your goal to eat more fruits or veggies. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ❄️ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ❄️ As you develop your fruit and veggie goal, keep the following in mind:
  - What fruits/vegetables do you plan to eat?
  - What forms will you eat (fresh, frozen, or canned)?
  - When will you eat them? For example, I will have one fruit or vegetable serving at every snack and meal.
  - What colors will you try to include?
  - What other foods (if any) can you replace with fruits and veggies?



### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# Fruits

Name: \_\_\_\_\_

# + VegGies:

## FAMILY TASTE TEST!

We all have foods we like a lot and some we don't like as much. Sometimes, it takes a few tries before a food tastes good to us. Also, if you haven't tried a food in a while, you may be surprised that it tastes better or different now than it did the last time you tried it.

It can be fun to try different foods—like fruits and veggies—with your family. Invite them to play the taste-test game below.

### DIRECTIONS:

- ➔ Ask your parents to buy some different types of fruits and veggies, including some you've never had before.
- ➔ On the taste test handout, write the names of the fruits and veggies in the left-hand column.
- ➔ Round up some family members to do the taste test. Write your name and their names in the columns.
- ➔ Have everyone taste each fruit or veggie and give its taste a score based on the following scale:  

<b>5</b>	Yum! I will ask my family to buy this!
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<b>4</b>	Pretty good. I will try this again.
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<b>3</b>	Okay. I will eat this if it's on my plate.
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<b>2</b>	Not so good. I will eat this if I have to.
----------	--

<b>1</b>	Yuck! I am not eating this again!
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- ➔ Everyone writes their scores in the column under their name—or you can be the “official recorder” for everyone else.
- ➔ After your family scores each fruit and veggie, talk about why everyone scored it that way. For example, what was good or not-so-good about the fruit or vegetable? Was it the sweetness, sourness, the way it felt in your mouth (squishiness, juiciness, etc.) or something else?

(continued)







### Module Objectives

**Too much time spent on sedentary activities may increase kids' risk for being overweight.**

- ✓ Increase your kids' awareness of the amount of time they spend in sedentary "screen time" activities such as watching TV, playing video games or using the computer.
- ✓ Understand why too much screen time may not be healthy.
- ✓ Learn new ideas to replace some daily screen time with physical activity for your kids and yourself.
- ✓ Get moving with a fitness-themed scavenger hunt or a team fitness challenge and learn about ideas to replace screen time at home.

### Healthy Fun Facts and Ideas!

- 👏 Screen time is time spent in front of a screen watching TV or DVDs, playing video games, using a cellphone, or using the computer.
- 👏 A lot of screen time is not so good if it means you're not moving around (being physically active) enough.
- 👏 Screen time for kids under 3 years is linked to irregular sleep patterns and delayed language acquisition. The more time in front of the screen the less time they are interacting with people and in active play.
- 👏 Time spent on a screen is associated with obesity, sleep disturbances, and attention span issues for school aged kids.
- 👏 On average preschool children see nearly 25,000 commercials!
- 👏 Children 8-18 years spend an average of 4.5 hrs/day watching TV, 1.5 hrs on a computer, and more than an hour playing video games.
- 👏 Children with a TV in their bedroom are more likely to be overweight.
- 👏 Teens with a TV in their bedroom spend more time watching TV, have less physical activity, have poorer dietary habits, fewer family meals, and worse school performance than those without.
- 👏 Other reasons to spend less time in front of a screen: you will have more time for other activities such as socializing with friends, reading, being with your family or learning new hobbies (cooking, crafts, etc.).



### Healthy Fun Facts and Ideas! (continued)



Ideas to reduce screen time at home:


- Put on some music and dance
- Play catch
- Ride your bike
- Shoot baskets
- Jump rope
- Help around the house by vacuuming, raking leaves, washing the car or another “active” chore
- Walk the dog or walk around the block
- Use an exercise bike or other fitness equipment
- Go skating
- Do some sit-ups, push-ups, jumping jacks or crunches

### Goal Setting & Action Planning

- ✿ This week, you learned about the importance of limiting screen time.
- ✿ Limiting screen time to no more than **2 hours** per day is the ultimate goal.
- ✿ Set your goal to decrease your screen time. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ✿ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ✿ As you develop your screen time limitation goal, keep the following in mind:
  - What can I do to replace the screen time?
  - Physical activities, family meals, playing with friends/family are good alternatives.
  - How can kids reduce screen time without feeling like they are missing out?
  - A screen time log may be an option that works well for you.



### Goal Setting & Action Planning

 As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**


Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

 Remember to log the date and time of your next class!

# HOW LOW CAN YOU + YOUR FAMILY GO?

## SCREEN TIME CHALLENGE!

**Listen up! Here's the challenge:** See how *little* time you and a family member can spend in front of a screen doing stuff like watching TV or DVDs, playing video games or using the computer.

Each day, both of you write down how many hours and minutes you spent on screen time. Every time you move around instead of vegging in front of a screen, write down what you did instead.

This is one challenge where the lowest score wins!

**Your Name:** \_\_\_\_\_

Day	How Many Hours & Minutes of Screen Time I Had Today (e.g., 1 hour and 15 minutes)	Type of Screen Time (e.g., TV, video games, computer)	How I Got Moving Instead (e.g., Rode my bike, danced, played catch)

**Total Screen Time:** \_\_\_\_\_

(continued)

Family Member's Name: \_\_\_\_\_

Day	How Many Hours & Minutes of Screen Time I Had Today (e.g., 1 hour and 15 minutes)	Type of Screen Time (e.g., TV, video games, computer)	How I Got Moving Instead (e.g., Rode my bike, danced, played catch)

**Total Screen Time:** \_\_\_\_\_

For fun ways to get moving, go to [www.kidnetic.com](http://www.kidnetic.com).



## Bright Paper

# Setting Limits on Screen Time

How much time do your kids spend in front of the TV or computer screen each day?

On average, children and adolescents log nearly three hours of TV-watching daily- and that doesn't include time spent viewing DVDs, playing video games or using the computer.

### What's the big deal?

Children who don't get enough physical activity are at increased risk for becoming overweight or obese. Spending hours watching TV and surfing the Internet crowds out time for physical activity.

Experts recommend that children total at least 60 minutes of physical activity most days of the week but, ideally, every day. They can accumulate this total throughout the day in chunks of 10-minutes or more. Activities may include sports, active play such as biking or jumping rope and household chores such as vacuuming and sweeping.

If you're raising a crop of couch potatoes (or mouse potatoes!), try these tips to set some limits on screen time and get them moving:

- **Set a screen time budget.** Allot kids one to two hours per day to spend on TV, video games or fun time on the computer-their choice!
- **Devise an after-school action plan.** Watching TV is the #1 after-school activity for many kids. Sometimes they just need ideas for what else they can do. Brainstorm with your kids to create a "Top 10" list of activities to get them on their feet after school. Activities can include active play such as riding bikes or shooting baskets, walking the dog, doing household tasks or even helping to prepare dinner. Post the list right on the fridge so kids can pick an activity when they get home from school.
- **Get them moving in front of the tube.** Set up an exercise bike in the TV room and require kids to put in some "pedal" time while they watch TV. Or suggest they jog in place or do some stretches during commercials. Buy or rent a fun exercise video such as aerobic dance, tae kwon do or yoga-and do it with them.
- **Tune out at meal times.** Turning off the TV during family meals helps you and your kids tune into what's going on in each other's lives. In addition, you're more likely to focus on how much you're eating and enjoy your food more.
- **Turn the tables-on yourself.** The best way to cure your kids of being couch potatoes is to cut back your own screen time and make family fitness first on your list. You'll be amazed at how much extra time you "find" when you click off the tube.










### Module Objectives

**Being fit and active are essential for good health. Fitness experts recommend that children engage in physical activity for 60 minutes every day, or on most days.**

- ☑ Understand that being physically active for 60 minutes each day is a great fitness goal for everyone, not just athletes.
- ☑ Become more aware of your physical activity level by learning to measure your heart rate or count your steps.
- ☑ Challenge yourself to be more physically active each day and learn about fun ideas that encourage movement.

### Healthy Fun Facts and Ideas!

-  You already know that physical activity is a very important part of being healthy. Physical activity helps you:
  - feel good
  - stay at a healthy weight
  - keep your heart healthy
  - get stronger
  - stay flexible (meaning you can bend and stretch your body without too much trouble)
  
-  Physical activity can include things like walking or riding your bike to school, taking gym class (PE), playing sports, running around on the playground at recess or just about any activity that makes you breathe harder and makes your heart beat faster.
  
-  To be healthy, experts recommend that kids spend at least 60 minutes doing physical activity each day or most days of the week.
  
-  Does 60 minutes sound like a lot? It's not a lot if you spread it throughout the day—you don't have to do the 60 minutes all at once. It's OK to break the 60 minute into 10 minute periods of physical activity throughout the day or 20 minute periods, for example.
  
-  Walking more each day is a great way to be more active. How many steps do you think you take each day? Fitness experts say that grown-ups should take at least 10,000 steps a day! That equals about five miles. It's good for kids your age to take even more steps than that each day.
  
-  Being fit makes it easier to run, dance and climb stairs without getting out of breath. Being fit also helps you feel and look great. Depending on what activities you choose, your muscles will get stronger, including your heart.
  
-  Physical activity is not only good for your body it is good for your mind too. Regular physical activity improves your mental health and mood.





# Fit Family Challenge

## Family Guide - Module 4 - Physical Activity

### Healthy Fun Facts and Ideas! (continued)



Your heart rate is the number of times your heart beats in one minute. For most of you, your “resting” heart rate will be between 70 and 100 beats per minute. Your resting heart rate is the number of times your heart beats in one minute after you’ve been resting for at least 10 minutes. Athletes or people who are very fit generally have lower resting heart rates than people who are not active regularly.



If you are already fit and physically active, good for you! If you aren't and want to do more physical activity—go for it! Just remember to listen to your body, stop if anything hurts and keep moving at YOUR pace. Most important, pick something fun you like to do and ask a friend to join you so it will be even more fun! Here are some easy ideas to get moving:

Walk or jog in place or outside

- Put on some upbeat music and dance
- Kick a soccer ball
- Jump rope
- Play tag
- Hold a relay race
- Play catch with a Frisbee® disc, softball or football
- Play a physically active game available at your location, such as volleyball
- Use exercise equipment available at your location
- Do an exercise video or DVD
- Do jumping jacks
- Do strengthening exercises such as hand presses, wall presses, pushups, and sit ups
- Do simple stretches such as shoulder rolls, torso twists, toe touches and reaching for the ceiling.



Physical activity is a very important part of your program for your health and can help with weight management. However, there are a lot of different options for physical activity—some of them are good, others are not so good. When starting a new program of physical activity, the **FITT principle** can help guide you in choosing a safe and effective exercise program. FITT stands for **f**requency, **i**ntensity, **t**ime (duration), and **t**ype.

**Frequency**—physical activity should be completed everyday for children and at least 5 days a week for adults.

**Intensity**—for adults moderate intensity physical activity is recommended. Moderate intensity is anything about as difficult as a brisk walking pace. For children moderate to vigorous intensity is recommended. This includes active play with running, jumping, and walking.

**Time**—for children and adults, the recommended duration of physical activity per day is 60 minutes.

**Type**—activities and exercises that make the heart and lungs work harder and adapt in a positive way, or cardiovascular activity, is the most effective type of physical activity to reduce health risks and manage weight. There are a number of different ways to get cardiovascular physical activity (walking fast, skipping, hopping, jumping, running, climbing). Other types of physical activity that are recommended are things that build strength and flexibility.



### Healthy Fun Facts and Ideas! (continued)



It is important to stay active even indoors, but it can be more difficult to do so. Here are a list of ideas for indoor physical activity:

- Hopscotch (use masking tape on the carpet for the squares)
- Scavenger hunts
- Jump rope
- Build a fort with blankets and chairs
- Put in a workout video
- Charades mimicking sports and other active motions
- Hula hoop or jump rope contests
- Play “keep the balloon up” or “keep the ball up.”
- Play hide-and-seek!

### Goal Setting & Action Planning


- ✿ This week, you learned about the importance of staying physically active.
- ✿ Increasing your physical activity to **1 hour** per day or more is the ultimate goal.
- ✿ Set your goal to increase your physical activity. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ✿ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ✿ As you develop your physical activity goal, keep the following in mind:
  - What activities does the family enjoy individually? With each other? With friends?
  - What are good times in the day that I can include some sort of physical activity?
  - Would breaking activity into smaller times be a good option for me? For example, doing 15 minutes at a time 2-4 times a day may be better for you than 60 minutes all at once.
  - Do I have good ideas to stay active if we are indoors? Outdoors?
  - What are some activities you can do in Colorado? Do you have a bike path, jogging path, or hiking trail nearby?



# Fit Family Challenge

## Family Guide - Module 4 - Physical Activity

### Goal Setting & Action Planning

 As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**


Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

 Remember to log the date and time of your next class!

# PuMp it Up:

Name: \_\_\_\_\_

## HEART RATE LOG

Your heart is an amazing muscle that pumps blood to all of your parts. Your heart rate is a good gauge of how hard your body is working. When you are "sitting" (not moving), your heart rate will be lower than when you are physically active. Follow the directions below and measure your heart rate after doing some of the activities.

**1** Do each activity for about 2 minutes and then measure your heart rate immediately after completing the activity.

**2** Write down your heart rate, the time you spent doing the activity and how you felt doing each activity.

**3** After a minute or so, measure your heart rate again and see how close you are to your "sitting still" rate. If your heart is still beating pretty fast, wait a little longer and measure the rate again. If you are physically active on a regular basis, your heart rate will slow down more quickly.

ACTIVITY	HEART RATE <i>(Beats per minute)</i>	TIME SPENT DOING THE ACTIVITY	HOW I FELT <i>(Great, okay, tired, or terrible)</i>	MINUTES IT TOOK MY HEART TO SLOW DOWN
Sitting still (no activity, talking or moving)				
Standing up				
Walking slowly around the room				
Walking quickly around the room				
Jumping jacks				
Running in place				
Sit ups				
Stretching				
Push Ups				

My favorite ways to move \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

For more fun ways to get moving, go to [www.kidnetic.com](http://www.kidnetic.com).



# Fit Family Challenge









## Family Guide - Module 5 - Zero Sweetened Beverages

### Module Objectives

**Sugary drinks often displace healthful foods and beverages like milk and 100% fruit juice.**

- Understand health concerns related to drinking sweetened beverages.
- Understand why it's important to drink more milk and water.
- Establish goals for improving health through better beverage choices.

### Healthy Fun Facts and Ideas!

-  Water and milk are the best choices for beverages. Not only is water calorie-free, but drinking it teaches kids to accept a low-flavor, no-sugar, no-cost beverage as a thirst-quencher. Water should be the main drink served to kids at snack times.
-  Choose 100% juice and limit intake to about 1 cup per day. The sugar content in 100% juice makes it high in calories, so intake should be limited. The sugar in 100% fruit juice is natural sugar, not ADDED sugar. For more fiber and fewer calories, eat whole fruit instead of fruit juice.
-  Juice products labeled “-ade”, “drink”, or “punch” often contain 5% juice or less. The only difference between these juices and soda is they're fortified with Vitamin C.
-  Soda has no nutritional value and is high in sugar. Many sodas contain caffeine, which kids don't need.
-  Choose 1% or skim milk. Beware of flavored milk - it's loaded with added sugars and extra calories. Milk should be the main drink served to kids with meals.
-  Coffee and tea are virtually calorie-free, however sugar and high-calorie, sweetened creams are often added to these drinks. Coffee and tea also contain caffeine.
-  There is strong evidence to support that sugar-sweetened soft drinks may contribute to the development of type II diabetes.
-  Reasons soft drinks and other sweetened beverages are not good for your health:
  - Too many calories with few or no other nutrients
  - They create a desire for sweet flavored foods and beverages
  - They replace other fluids in our day, such as milk and water
  - They contain sugar and acids that contribute to dental decay



### Healthy Fun Facts and Ideas! (continued)



Easy ways you could switch from sugar beverages to water or milk:

- Keep bottled water or a water bottle on hand
- Add fresh lemon, lime, or orange wedges to water for some natural flavor
- Drink zero calorie flavored waters or sparkling waters
- Try low-fat flavored milks
- Drink 100% fruit juices
- Mix half water and 100% juice together to decrease calories and sugar
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8 oz. cans and bottles of soda which contain about 100 calories.

### Goal Setting & Action Planning

- ✿ This week you learned about the importance of avoiding drinking sweetened beverages.
- ✿ Reducing your sweetened beverage intake to **0 sugary drinks** per day is the ultimate goal.
- ✿ Set your goal to reduce your sweetened beverage intake. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ✿ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ✿ As you develop your sweetened beverage reduction goal, keep the following in mind:
  - What are some healthier drinks/ways of drinking fluids that you can replace sugary drinks with?
  - When and where do you tend to drink sweetened beverages? Think of how and what you will replace these with (water, low-fat milk).
  - You may be used to the taste of sweetened beverages and it may be difficult to get out of the habit of drinking them, but try to get accustomed to drinking water even though it has no taste. Eventually you will adjust to the difference in taste.



# Fit Family Challenge

## Family Guide - Module 5 - Zero Sweetened Beverages

### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### SPECIFIC

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### MEASURABLE

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### ATTAINABLE

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### REALISTIC

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### TIME

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# How Much Sugar Do You Drink?

Consider how frequently you or your child enjoy these beverages and what nutrition, if any, they get from it.

## Common Drink Choices

Drink	Serving Size	Fat	Sugar	Calories
Whole Milk	8oz	8g	11g	150
2% Milk	8oz	5g	12g	120
1% Milk	8oz	2.5g	12g	100
Skim Milk	8oz	0g	12g	80
Hershey's Choc Milk	8oz	4.5g	30g	200
Gatorade Thirst Quencher	8oz	0g	14g	50
Coca Cola Classic	8oz	0g	27g	97
Crystal Light Lemonade	8oz	0g	0g	5
Tropicana Healthy Kids Orange Juice	8oz	0g	22g	110
Diet Coke	8oz	0g	0.1g	1
Minute Maid Coolers	6.7oz	0g	27g	100
Minute Maid 100% Apple Juice	6.7oz	0g	21g	100
Water	8oz	0g	0g	0

Table taken from: [http://pediatrics.about.com/od/nutrition/a/06\\_drink\\_gdlnes.htm](http://pediatrics.about.com/od/nutrition/a/06_drink_gdlnes.htm)

### Tips to make cutting back on sugary drinks easier:

- Cut back slowly
- Don't replace soda with other sugar-sweetened beverages, such as juice and sports drinks
- Remember, water is the best drink when you are thirsty
- Make low fat milk and water the drink of choice



# Make-Your-Own Sugar Bottle Display

Let's Go! has discovered the power of our Sugar Bottle Display; making your own is a great activity. This is one of the best ways to graphically show how much sugar is in some of the most consumed beverages—you'll be surprised. This is a tool that can be used to help students *and* staff to make smart beverage choices.

## Directions to Make-Your-Own Sugar Bottle Display



### Supplies:

- Bottles of your favorite beverages—refer to the table on the next page for suggestions.
- Bag of White Sugar
- Teaspoons
- Funnels

### Directions:

1. Empty, wash and completely dry bottles—keep the labels on the bottles.  
**Tip:** Bottles take *at least* 24 hours to dry completely.
2. Find the Nutrition Facts box on the bottle label.
3. Take note of serving size (*many bottles contain two or more servings — something to think about!*)  
**Tip:** Make sure to pay attention to the information listed *Per Bottle*.
4. Record how many grams of sugar are in a bottle.

(Continued on page 2)

5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (number of grams of sugar in a teaspoon.)
  - Serving size: 1 bottle
  - Sugars=48g
  - Teaspoons=48 divided by 4.2≈11.
  - Amount of sugar to put in bottle=11 teaspoons.
6. Put funnel into mouth of bottle and put in computed amount of sugar. Replace cap. Screw on tight!
7. Make a chart like the one below corresponding to the drinks you chose.
8. Display at your program so kids and staff can see how much sugar is in some of their favorite drinks.
9. Other ideas:
  - Take a photo of your display and use along with chart and hand-outs from the 0 binder to make a bulletin board.
  - Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize!
  - Have a poster contest around sugar-sweetened beverages.



Common Drink Choices

Drink	Size	Total Calories	Sugar Grams	Tea- spoons Sugar
Mountain Dew®	20 oz	275 cal	78 g	18
Coca-Cola® Classic	20 oz	250 cal	65 g	15
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz	290 cal	65 g	15
Sprite®	20 oz	250 cal	65 g	15
Monster Energy® Drink	16 oz	200 cal	54 g	13
Arizona® Green Tea & Honey	20 oz	210 cal	51 g	12
Minute Maid® 100% Apple Juice	10 oz	140 cal	32 g	8
Glaceau Vitamin Water®	20 oz	125 cal	32.5 g	8
Gatorade™	20 oz	130 cal	34 g	8
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Poland Spring® Water	20 oz	0 cal	0 g	0





# Fit Family Challenge

## Family Guide - Module 6 - A Family Affair

### Module Objectives

**When it comes to establishing healthy eating and physical activity habits, you as parents are the most influential role models for your children. If parents practice healthy habits, children usually follow your lead.**

- Understand the importance of your job as a role model for establishing healthy habits in your kids.
- Explore ideas for role modeling healthy behaviors.
- Consider ways that you can “team up” as a family to take small steps toward better health.

### Healthy Fun Facts and Ideas!



Doing things to be healthy is a lot more fun when you do them with other people. Some of the best people to get healthy with are the people you spend time with everyday: parents, children, grandparents or other caregivers.



These are all activities that when done a little differently can help your family eat a little healthier or be more active:

- Eating together as a family on a regular basis (without the television) encourages better communication.
- Grocery shop together as a family. Everyone can help and it’s a chance to walk indoors. Ask each family member to pick one fruit and one vegetable to eat together that week at meals.
- If you live within walking distance of your child’s school, consider walking or riding bikes with them to school. It’s a great chance to get some physical activity and spend time together.
- Walk the family dog together on a regular basis: everyone benefits (including the dog!).



Before your family can start doing healthier things like eating dinner as a family or taking daily walks, you may have to take a few steps that will make it easier for you to change.

For example:

- To eat dinner as a family, clear any mail, papers or other items from the dinner table;
- To fit in a daily walk, get up 15 minutes earlier each morning;
- To help encourage your kids to watch less TV, purchase a few inexpensive card games, board games or other activities to play instead—and play with them!



Here are some basic guidelines to follow to help you make changes in you and your family’s behavior:

- **Model desired behaviors:** if you want your children and family to eat healthy and exercise you need to do so yourself!
- **Be attentive to positive behaviors:** praise your kids and reinforce healthy behaviors when they make good choices.
- **Set boundaries:** boundaries help you set goals and expectations. The 5-2-1-0 guideline is a great place to begin in setting boundaries for your family’s behaviors.



### Healthy Fun Facts and Ideas! (continued)

- **Be consistent:** consistency is key to maintaining healthy habits. If you are not consistent in the rules you make or the goals you set, it's more difficult for your family to learn how to make life-long healthy decisions and develop those behaviors.
- **Appropriate rewards:** avoid using food as a reward. You can even help reach your fitness goals by offering physical activities as rewards such as a biking trip or a day at the zoo (with lots of walking!) as a reward when your family and kids are reaching goals.
- **Get needed support from other adults:** work with your partner and/or other caregivers to get on the same page. Your children will become confused if one parent says one thing and another adult says something else. Support will make reaching your goals more possible as well.



Making changes as a family to become healthier is not an overnight process. Review your goal regularly and remind yourself that it's normal to slip back into old habits. Keep working toward reaching your goal and celebrate the small steps that you take: you and your family will all benefit. **You can do it!**

### Goal Setting & Action Planning

- ✿ This week, you learned about the importance of your role as parents in helping your family become healthier.
- ✿ Set your goal to model the changes you want to see in your children in yourself and to provide more healthy options for your children whether it is in food choices or physical activities. Set goals to do as much as you think you can, but try to make goals that are realistic and attainable.
- ✿ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ✿ As you develop goals, keep the following in mind:
  - How will you change your own behaviors to meet the 5-2-1-0 action plan yourself so that you can serve as a role model for the rest of your family?
  - What parenting skills will you need to ensure that you eat 5 fruits/veggies everyday, limit screen time to 2 hours, exercise for 1 hour, and cut out sugary drinks as much as possible?
    - \*Consistency
    - \*Patience
    - \*Positive attitude and reinforcement
    - \*Role modeling with your own behaviors
    - \*Providing healthy options and a healthy home environment to the best of your ability
  - How will you change your home environment to help make sure you and your family can do these things everyday?



### Goal Setting & Action Planning



Set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# TAKE THE LEAD! You're The Most Important Role Model

Name: \_\_\_\_\_

*"Actions speak louder than words,"* according to traditional wisdom.

If you want your family to eat healthy and be physically active, look to your own actions first. If you are practicing healthy habits, your kids are more likely to follow your lead. Like many people, you might be struggling to improve your own habits. Below are some ways to make healthy changes as a family. Try a new tip each week, but be realistic—small steps work better than giant leaps!

- Eat meals together as often as possible. You'll eat healthier and catch up at the same time.
- Use cooking and shopping time as family time.
- Head out for a family walk or bike ride each evening after dinner.
- Take up a new sport as a family.
- Stop watching from the sidelines: play with your kids
- Take the kids on a supermarket safari! Pick a MyPyramid food group and let kids "hunt down" one new food to try.
- Turn off the TV during meal times. Tune in to your internal signals of hunger and fullness instead.
- Have each family member plan at least one meal per week. Make sure foods from at least 3 of the 5 MyPyramid food groups are included.
- Let your kids help in the kitchen. They'll learn fast and eat well at the same time.
- When eating out, encourage your family to split large entrees and desserts or take half home to enjoy the next day.
- Make it a family rule that snacks and meals are eaten at the table and not in front of the TV.
- Plan a family adventure with lots of activities like hiking, swimming or biking.
- Walk your kids to school.
- Let everyone choose the amount of food that's right for his or her hunger level.
- Make the table a battle-free zone. Schedule a family meeting at a later time to handle disagreements.
- Include a positive dinner table activity, such as every member of the family tells the best thing that happened to them that day.
- Avoid monitoring and commenting on what and how much your kids eat. Provide a balanced meal and let them choose from what's offered.
- Cancel your membership in the clean plate club! Eat until you're satisfied and then STOP.

For more tips on raising a healthy family, go to the Parents' section at [www.kidnetic.com](http://www.kidnetic.com).

# FAMILY CONTRACT

NAME: \_\_\_\_\_

## FOR BETTER HEALTH

As a family, we the undersigned, have decided that we would like to improve our health in the following way:

### OUR FAMILY'S GOAL:

\_\_\_\_\_  
\_\_\_\_\_

Example: We will eat a well-balanced dinner together as a family at least three times per week.

### To make this improvement, we must take the following steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Example Steps:

1. We will plan and shop for the meals in advance.
2. We will do our best not to let evening meetings, after-school activities or other events interfere with our plan.
3. Each family member will have assigned tasks to make the meals possible.
  - Mom or Dad: Plan, shop for and prepare meals
  - Kids: Set and clear table, help with cooking and dishes
  - Mom or Dad: Clean up the kitchen

### I agree to work with my children to achieve the above goal.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Child's Signature

\_\_\_\_\_  
Child's Signature

 We will review this goal and our progress towards it in \_\_\_\_\_ days/weeks.

 As a reward for reaching this goal, we will \_\_\_\_\_

\_\_\_\_\_ (list a specific reward.)



# Fit Family Challenge

## Family Guide - Module 7 - Figuring Out Food Labels







### Module Objectives

**You will team up to prepare a simple snack recipe, which gives a great sense of accomplishment and heightens your interest in eating the fruits of your labor!**

- Learn to use the Nutrition Facts food label on packages to find the number of servings and amounts of key nutrients in various foods and beverages.
- Work as a team.
- Enjoy a tasty and nutritious snack.

### Healthy Fun Facts and Ideas!


#### Figuring Out Food Labels

-  Who knows what detectives do? Today you are going to learn how to be nutrition detectives. You are going to learn about 5 clues only nutrition detectives know that will enable you to know what foods are good for you and what foods are not.
-  The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, such as vitamins, to work properly and grow.
-  Food labels aren't ideal for kids because they're calculated based on what adults need to eat. A kid's diet might be more or less than 2,000 calories, based on your age, whether you are a boy or girl, and how active you are. Likewise, kids may need more or less of certain food components and nutrients, such as calcium and iron.
-  Some things that you *want* plenty of in a food are *fiber, vitamins, protein, calcium, and iron*.
-  Kids can still get important information from food labels. They can get a general idea about what the food contains, how much is in a serving, and how many calories are in a serving. Kids also can use labels to compare two foods. Which one has more sugar? Which one has trans fat?
-  A major way food labels can be misleading is if you do not consider how many servings you are actually eating. A food label can say that you are only consuming 100 calories, for example, but you may actually be eating 3-4 servings without realizing it!










### Healthy Fun Facts and Ideas!

 You have to be a good spy, and look everywhere to find the truth on a food package. The front of the package wants you to think that if you eat this food you will be a superstar or a famous athlete. Maybe you will be, but not because of this food. You will find the clues you need to get to the truth, the nutrition facts and ingredient list on the side.

#### The 5 Clues for Nutritional Detectives

- 1. Don't be fooled by THE BIG LETTERS on the front of the package.** Look for the itty-bitty letters on the food label instead!
- 2. The first ingredient is always the biggest!** The ingredients are always listed in the order of quantity—the food is mostly made up the ingredients that come first.
- 3. Avoid partially hydrogenated oil and high-fructose corn syrup!**
- 4. Avoid foods with a long ingredients list!** Look for shorter ingredient lists because these foods will be more nutritious.
- 5. Fiber is your friend, so look out for whole grain imposters!**

### Goal Setting & Action Planning

-  This week, you learned about the importance of preparing how to read and use the Nutrition Facts food labels.
-  Using food labels to monitor calorie-intake, limit fats, and reach your daily goals for various nutrients is a great goal.
-  Set your goal to be a better nutrition detective. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
-  Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
-  As you develop your cooking and label reading goal, keep the following in mind:
  - As you read labels on foods, think about if there are better choices to make for calories, fat, and nutrient intake.
  - About how much fat and calories should you and each member of your family be getting each day? Consult your care manager to develop some idea of this.



### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# SUPER DUPER SHAKIN' SNACK MIX

(NO OVEN RECIPE)

Makes 3 servings

## WHAT'S IN IT?

**1 cup mini pretzels**

**1 cup white cheddar cheese or cheese flavored popcorn**

**1/2 cup puffed wheat or other mini wheat cereal**

**1/4 cup cashew halves and pieces or peanuts, lightly salted**

**1/4 cup raisins**

## STUFF YOU NEED

**Large-size bowl**

**Dry measuring cups**

**3 sealable, sandwich-size plastic bags**

## HOW TO PUT IT TOGETHER

1. Into a large-size bowl, dump each ingredient from a dry measuring cup.
2. Toss the ingredients together by shimmyin' and shakin' the bowl!
3. Throw the snack mix into 3 sealable, sandwich-size plastic bags.
4. Grab it as a speedy snack on the go!

## WHY IT'S GOOD FOR YOU

**Nutrition Information Per Serving:** 200 calories, 9 g total fat, 2 g saturated fat, 0 mg cholesterol, 460 mg sodium, 27 g total carbohydrates, 2 g dietary fiber, 10 g sugars, 5 g protein, 4% vitamin A, 4% vitamin C, 2% calcium, 10% iron



# Bright Paper

## Figuring Out Food Labels

You know how lots of books have a table of contents in the front? The table of contents is a list of the different things you'll read when you go through the book.

The Nutrition Facts food label on food packages is a lot like the table of contents in a book. It gives you information about the food inside, and what **nutrients** you'll get from the food. (Nutrients are the things in foods that help our bodies to be healthy.) It tells you about all the parts that make up the whole.

The Nutrition Facts food label is printed somewhere on the outside of food packages, and it's usually easy to find. Fresh food that doesn't come in a package still sometimes has a Nutrition Facts label-many supermarkets list the nutrition information for the 20 most popular fruits and vegetables, as well as seafood (fish).

Most nutrients are measured in **grams**, also written as **g**. Some nutrients are measured in **milligrams**, written as **mg**. Milligrams are very tiny-there are 1,000 milligrams in a gram. Other information is given in **percentages**. The nutrition information is based on eating 2,000 calories (this is a measure of how much energy a food provides) in a day.

### Serving Size

The serving size tells you how much of the food gives you the amounts of nutrients listed. It can be measured in lots of ways. Many times, though, serving sizes are measured in ways that help people understand how much they're eating, like in cups (one cup of cereal) or numbers (two cookies or five pretzels). If your portion size is bigger or smaller than the serving size listed on the label, use your math skills to figure out the calories and other nutrients in the amount you eat.

The serving size for a food can depend on how much the foods weighs or how big the pieces are. For example, a serving size for cold cereals is one ounce. For some cereals that's one cup, but for others it's  $\frac{3}{4}$  cup or  $\frac{1}{4}$  cups.

Sometimes two or three small cookies are one serving, but other times one **big** cookie is one serving! It can all be a little confusing, and that's why it's important to check out the serving size before digging in.

### Servings per Container or Package

A serving is the measure of how much food gives you the amounts of nutrients listed. The servings per container or package tell you how many servings are in the whole package. So if a box of cookies has 21 cookies, and the cookie maker's serving size is three cookies, then there are seven servings of cookies in the box. (Math comes in handy with food labels!)

### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### **Calories and Calories From Fat**

The number on the left of the label tells you how many calories are in one serving of the food. The number of calories tells you the amount of energy in the food.

The number on the right, calories from fat, tells you how many of the total calories come from the fat in the food. Calories can come from protein, carbohydrate and fat. The label lists the calories from fat (rather than listing the calories that come from the other two nutrients) because many people want to make sure they don't eat too much fat.

### **% Daily Value**

% Daily Value tells you how much of the daily recommended amount of each nutrient is in one serving of the food. % Daily Values for total fat, saturated fat, total carbohydrate and fiber are based on eating 2,000 calories a day. % Daily Values for sodium and other minerals and vitamins stay the same no matter how many calories you need to eat. So if one serving of a food has a % Daily Value of 25% for carbohydrate, that means a person who eats 2,000 calories in a day will get 25% of the carbohydrates he/she needs on that day. The other 75% must come from other foods to reach the important 100%.

**Quick Tip!** A %DV of **5% or less** means a serving of the food is low in that nutrient. A %DV of **20% or more** means a serving of the food is high in that nutrient. Try to go **low** for things like fat, saturated fat, cholesterol, and sodium and **high** for things like fiber, vitamin A, vitamin C, calcium and iron.

### **Total Fat, and Saturated Fat and *Trans* Fat**

The number listed for total fat tells you how much fat is in one serving of the food. Fat is usually measured in grams. Fat is actually an important nutrient that your body uses to grow and develop. Just remember not to eat "too much of a good thing"! Listed under total fat are the amounts of saturated fat and *trans* fat in one serving of the food. Both saturated fat and *trans* fat are listed in

grams. To keep your heart healthy, make sure you don't eat too much saturated fat or *trans* fat. Saturated fat is listed on the label because, to keep their hearts healthy, some people want to make sure they don't eat too much saturated fat.

### **Cholesterol and Sodium**

These numbers tell you how much cholesterol and sodium (a mineral that's in salt) are in one serving of this food. Cholesterol and sodium are usually measured in milligrams. Cholesterol is listed on the label because, to keep their hearts healthy, some people want to make sure they don't eat too much cholesterol. Sodium is listed on the label because some people, to keep their blood pressure healthy, want to make sure they don't eat too much sodium.

### **Total Carbohydrate, Fiber and Sugars**

The number listed for total carbohydrate tells you the amount of carbohydrates in one serving of the food. Carbohydrates are usually measured in grams.

Carbohydrates are your body's primary source of energy. The more active you are, the more carbohydrates you need!

Listed under total carbohydrate are the amounts of fiber and sugars in one serving of the food. Fiber and sugars, which are two types of carbohydrates, are listed in grams.

### **Protein**

This number tells you how much protein is in one serving of the food. Protein is usually measured in grams. Protein's main job is to build muscle, keep organs strong and fight off disease, but your body also can use it for energy.

### **Vitamin A and Vitamin C**

This lists the amounts of vitamin A and vitamin C, two really important vitamins, in one serving of this food. The amount is measured in % Daily Values, so if a food has 80% of vitamin A, one serving gives you 80% of the vitamin A needed for a 2,000-calorie diet. you need for

the whole day.

Food companies **must** list the amounts of vitamins A and C. If they want to, they also can list the amounts of other vitamins. (Cereal companies often list the amounts of other vitamins found in cereal. If the company adds any vitamins, they must list them.)

### **Calcium and Iron**

This lists the amounts of calcium and iron, two really important minerals, in one serving of the food. The amount is measured in % Daily Values, so if a food has 10% of iron, one serving gives you 10% of the iron needed for a 2,000-calorie diet. you need for the whole day.

For most foods, food companies **must** list the amounts of

calcium and iron. If they want to, they also can list the amounts of other minerals. (Cereal companies often list the amounts of other minerals found in cereal. If the company adds any minerals, they must list them.)

### **Calories per Gram**

These numbers show how many calories are in one gram of fat, carbohydrate and protein. This information is always the same for every food, and is printed on the food label so people can find it when they need it.

*Reviewed by the Kidnetic.com Scientific Advisory Panel, 2006*



# Fit Family Challenge







## Family Guide - Module 8 - Portion Distortion & Eating Out

### Module Objectives

**WHAT you eat, as well as HOW MUCH you eat matters to your health.**

- ✓ Increase your awareness of portion sizes eaten and how they affect eating habits.
- ✓ Review ideas for making healthier choices at fast food restaurants and eating out.
- ✓ Understand how moderate amounts of favorite foods (like fast food, snacks and sweetened soft drinks) fit into a healthy diet.

### Healthy Fun Facts and Ideas!

-  Portion distortion is eating or drinking a super large amount because that's how much was in the package or bottle or because that's how much you were served. What are some things you tend to eat or drink a lot of for these reasons?
-  Foods like chips, cookies and candy fit in a healthy diet IF you avoid portion distortion by watching how much you eat and how often.
-  Make careful menu selections – pay attention to the descriptions on the menu. Dishes labeled deep-fried, pan-fried, basted, batter-dipped, breaded, creamy, crispy, scalloped, Alfredo, au gratin or in cream sauce are usually high in calories, unhealthy fats or sodium. Order items with more vegetables and choose leaner meats.
-  Healthier portions for everybody: Share with your family. It's worth an extra plate fee to be able to cut back on your own over-sized entrée and give a portion to your child. It's also a wonderful way for you to introduce your favorite foods to your children. If this doesn't appeal to you, and your child still wants a full-sized entrée, you can cut the entrée in half, and ask for a take-home box to keep the food for another meal.
-  Buffets –You'll likely overeat to get your money's worth. If you do choose buffet dining, opt for fresh fruits, salads with olive oil & vinegar or low-fat dressings, and steamed vegetables. Resist the temptation to go for seconds, or wait at least 20 minutes after eating to make sure you're really still hungry before going back for more.
-  It may not be very practical to measure out all your serving sizes when you eat a certain food, but it can be a good idea to try this a few times with as many foods as you can at some point since it will give you a good idea of what that portion size entails. When you eat it again in the future, you'll know what the portion size is without measuring it out.



# Fit Family Challenge

## Family Guide - Module 8 - Portion Distortion & Eating Out

### Healthy Fun Facts and Ideas! (continued)



To help you understand portion sizes, use the table below to get an idea of what a serving size of various foods means in an easier, more visual way.

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85

Hand Symbol	Equivalent	Foods	Calories
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Illustrations © 2006 Jean Tuttle

### Goal Setting & Action Planning

- ✿ This week you learned about the importance of monitoring portion sizes and how to eat fast foods in a healthier way.
- ✿ Monitoring your portion size of various foods by keeping in mind actual serving sizes is a great goal. Limiting how often you eat fast food and the portion size of fast food when you do eat it is another great goal.
- ✿ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ✿ As you develop your portion size and eating out limitation goals, keep the following in mind:
  - How often can you replace that with homemade meals? How will you make time to do so?
  - Try to have fun with the kids figuring out serving sizes. It is a great way to practice math skills!
  - Do you have smaller plates and cups to serve food on to help you limit portion sizes?
  - When you do eat out, what are healthier choices you can make in place of unhealthier ones?





# Fit Family Challenge

## Family Guide - Module 8 - Portion Distortion & Eating Out

### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# Portion Size

Name: \_\_\_\_\_

## MATCHING GAME

Can you guess popular portion sizes? A portion of each food or group of foods listed on the left matches up in size with one of the things listed on the right. Draw a line to connect each left-hand food with the correct right-hand object.

- |  |                                    |
|--|------------------------------------|
| 1 cup fruit, vegetables,<br>cooked cereal, pasta or rice | computer mouse                     |
| 3 ounces cooked meat, poultry or fish                    | 6 dice                             |
| 1 tortilla (1 oz.)                                       | 2 checkers                         |
| ½ bagel (1 oz.)  | baseball                           |
| 1 teaspoon of margarine or butter                        | small soft drink lid<br>(diameter) |
| 1 tablespoon of peanut butter (1 oz.)                    | 1 can                              |
| 1 small baked potato (1 cup)                             | your thumb tip                     |
| 1 pancake or waffle (1 oz.)                              | deck of cards                      |
| 1 medium apple or orange (1 cup)                         | baseball                           |
| 3 cups popcorn (1 oz.)                                   | 3 baseballs                        |
| 1½ ounces of cheese                                      | small 6 inch plate                 |
| 1½ cups of regular soft drink<br>or fruit drink (12 oz.) | 1 music CD                         |

Get even smarter about healthy eating at [www.kidnetic.com](http://www.kidnetic.com).



# Fit Family Challenge

## Family Guide - Module 9 - Family Communication







### Module Objectives

**Sometimes the toughest thing about feelings is sharing them with others. Sharing your feelings helps you when your feelings are good and when they aren't so good. Sharing also helps you to get closer to people you care about and who care about you.**

- Understand the importance of talking regularly about health and other issues
- Understand the benefits of talking with someone in your family about problems and concerns as soon as they develop rather than waiting

### Healthy Fun Facts and Ideas!

#### Communicating Feelings

-  The way a person feels inside is important. It can be really hard not to tell anyone that you're feeling sad, worried, or upset. Then, it's just you and these bad feelings. If you keep feelings locked inside, it can even make you feel sick!
-  "Talking out" the problem with your family (kids, mom, dad, relative, caregiver, teacher or another adult) can really help you feel better: don't keep it all to yourself when you are having a tough time. Let other people help!
-  Having some time each day that you connect with your kids/parents is very important. It can be at the dinner table, while walking the neighborhood, in the car while commuting or just before bedtime. Turn off the phone, the TV and any other distractions and just listen. When does your family talk about feelings?
-  Before you can share them with anyone, you have to figure out what feelings you have. Making a list of your feelings can help. You can do this in your head or by writing it out on a piece of paper or even by drawing pictures. What helps you figure out your feelings?
-  Talking to someone who will listen can really help when you have a problem. A good listener may not have all the answers, but they can help you consider your options. Who can you talk to when you have a tough problem?
-  It's good to tell your listener what you need. Here are some possibilities:
  - just listen and understand what you're going through
  - give permission or support for something
  - offer you advice or help
  - guide you back on track if you're in trouble, but without getting mad at you



# Fit Family Challenge

## Family Guide - Module 9 - Family Communication

### Healthy Fun Facts and Ideas!

#### Planning Your Talk

Need to talk about something important? This is a little silly, but you might think of it like planning a party. When you plan a party, you have to make some decisions:

**Who?** Pick your mom, dad, or both. Also, think about who you don't want there. It's OK if you don't want sisters, brothers, or anyone else there for this talk.

**When?** Life is busy for kids and adults. Look for a day and time when you both have the time. Before school, in the morning rush, might not be the right time. But on the way home from sports practice could be a perfect time.

**Where?** Just like the decision about when, you'll want to pick the right place. To get away from the hustle and bustle of the house, you could go for a walk. Or you might find that traveling in the car together is the right time. Lots of good talks have happened on long (and even short) drives.

### Goal Setting & Action Planning

- ❁ This week, you learned about the importance of your feelings and why it's important to talk about your feelings.
- ❁ Finding some time to talk to your kids/parent each day is a great goal.
- ❁ Another great goal is to practice talking about more difficult topics—good and bad.
- ❁ Set your goals to do more of these two things. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ❁ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ❁ As you develop your family communication goal, keep the following in mind:
  - When would be a good time for your family to talk each day?
  - Where would be a good time for your family to talk each day?
  - Talking about your feelings takes practice—give yourselves time to get better at talking to one another
  - Try to understand each other's point of view. If you have a disagreement, can you see your parents' side? If you can, say so. Telling parents you understand their views and feelings helps them be willing to see yours, too.



# Fit Family Challenge

## Family Guide - Module 9 - Family Communication

### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

## LET'S GET IT STARTED:

# 5 Ways to Begin a Conversation You Really DON'T Want to Have

Let's face it. There comes a time in every parent's life when you have to start a conversation with your son or daughter that you really wish you didn't have to have. Certain topics (you know what they are!) are just plain tough to talk about for both kids and parents. But, chances are, if you ignore the issues, they will only get bigger. Address issues as soon as you can and you may find that any problem can be more easily resolved.

Make sure your child knows that the reason you are confronting them about the issue is that you love them and are concerned about them. Kids put on a good show when parents "get in their business" but in the end, they know we're just trying to make sure they stay out of trouble.

When its time to have that tough conversation, here are some ways to get started:

- "I overheard something you said and I am very concerned about it. Are you willing to talk with me about it?"
- "I found \_\_\_\_\_ in your room/pocket. I'd like to hear from you about what's going on."
- "I need to talk to you about something and I know you won't like it. I love you and I'm very concerned about you. Please try to listen to what I have to say and then I'll listen to what you have to say, okay?"
- "When I was your age, I found myself *(or a friend of mine was)* in a situation that made me really uncomfortable. Even today, I wish I'd handled it differently. Here's what happened to me... I'm concerned because I think you may be in a similar situation..."
- "You know that I love you very much. We may fight a lot but that's because I care so much. Today, I'm going to do my best not to yell or scream. I'd like to talk with you about \_\_\_\_\_."

Take-Home Activity

# FRIENDLY FOCUS



Think of someone who you want to get along with better. Write the person's name here: \_\_\_\_\_

For the next few days, use at least two ideas each day from the list below to help you get along better. Write a plus sign (+, for being positive) to show what you did each day.

<b>Friendly Communication Ideas</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Spend time together					
Share your feelings with each other					
Be kind with actions and words					
Control your temper					
Talk it out if there's a problem					
Be happy for each other					

Did you get along better? Why or why not?

Did any of the friendly ideas help? Why or why not?











### Module Objectives

**Our feelings and thoughts about ourselves make up our self-esteem. Having high self-esteem increases the likelihood that children will make decisions that are right for them, rather than following the crowd.**

- ☑ Learn about the concept of self-esteem.
- ☑ Learn to identify signs of high and low self-esteem in children.
- ☑ Learn how to improve children's self-esteem and how kids can improve their friend's self-esteem as well.




### Healthy Fun Facts and Ideas!

-  Self-esteem is the way you think about yourself and the things you do. Having high self-esteem means you feel proud of who you are and what you can do. People with high self-esteem have the courage to try new things and they expect good things to happen to them.
-  People with high self-esteem are willing to do things like asking questions that might make them look dumb, sharing embarrassing stories with friends or sharing secrets with friends. They take these risks because they have confidence that others view them in a positive way.
-  Having low self-esteem means you aren't feeling very good about who you are and what you can do. People with low self-esteem are sometimes afraid to try new things because they think they will fail. They may also believe that others don't like them or that they cannot depend on the friendship of others.
-  Having high self-esteem can help you make choices that are smart for you even if other people are doing things differently.
-  You can actively do things to boost your self-esteem. For example, write down all the positive things you can remember others saying about you. Add other good things you know about yourself. When you need a boost, look at your "good things" list. It can help cheer you up!
-  Here's something else to try: Think about the thing that bothers you most about yourself and keeps you from feeling good about who you are and what you can do. Try to decide whether or not you can do something to change this thing. If you can't work it out by yourself, talk it over with your parents or another adult you trust and ask for help on how to make things better.










### Healthy Fun Facts and Ideas! (continued)

-  As a parent some, basic **building blocks** that your children need provided by you to help build self-esteem are love, listening, patience, understanding, consistency, and structure.
-  When you hang around people who are positive you start to think positive about yourself and others. This is a great way to help develop self-esteem. Negative people put down your ideas, looks, and feelings which leads to negative thinking. This will only lower your self-esteem. Lowering your self-esteem is not the goal.
-  Complimenting other people makes them feel good. Usually when you make someone feel good about themselves it makes you feel great about yourself. This is a very positive way to help you when trying to develop self-esteem. It shows that you think well of yourself, because people who have high self-esteem do not feel threatened by complimenting and admiring others.

### Goal Setting & Action Planning

-  This week, you learned about the importance of having high self-esteem.
-  Having a high level of self-esteem is the goal.
-  Set your goal to do things that help yourself and your children have self-esteem. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
-  Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
-  As you develop your self-esteem building goal, keep the following in mind:
  - What are some things in your life that may lower your self-esteem? Certain negative people? Things about yourself you do not like?
  - What are some ways you can keep those things from being obstacles as you build self-esteem? Can you try to work on things that you want to improve? Hang around people who are not so negative?
  - What are things that you like about yourself? What are things you do not like?
  - As a parent, what things can you do to try to boost your children's self-esteem? Can you be more positive and make sure not to put them down in unnecessary, harmful ways? Can you compliment them when they do something well more often and find healthy ways to help them improve in other areas?



# Fit Family Challenge

## Family Guide - Module 10 - Building Self-Esteem

### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# TOP 20 WAYS TO

Name: \_\_\_\_\_

# Build Healthy Self-Esteem

Having high self-esteem doesn't just happen by itself! Sometimes you have to try new things to help you feel good about yourself.

Over the next few days, try a few of the ideas below and see how you feel afterward. Check off the ideas you tried and put "TS" next to the ideas you will "Try Soon." Some of the ideas may not seem like ways to make you feel better but they might make your family or friends feel good—which lifts your spirits, too! Add your own "feel good" ideas to the bottom of the sheet.

- |  |   |   |
|--|---|---|
| <input checked="" type="checkbox"/> Move more every day: walk, run, swim, jump, play             | <input type="checkbox"/> Smile and say hello to at least one new person today                                   | <input type="checkbox"/> Do a job around the house without being asked  |
| <input type="checkbox"/> Try a new food  | <input type="checkbox"/> Ask your Mom, Dad or a grandparent to remind you of all the things they love about you | <input type="checkbox"/> Appreciate nature: watch a sunrise, gaze at the stars or walk in the woods                           |
| <input type="checkbox"/> Learn to make something new to eat                                      | <input type="checkbox"/> Encourage a friend   | <input type="checkbox"/> Get creative: write a poem or a story or draw a picture  |
| <input type="checkbox"/> Help someone out  | <input type="checkbox"/> Keep a diary or journal  | <input type="checkbox"/> Create a "feel good" box with notes, pictures, and other reminders of things that make you feel good |
| <input type="checkbox"/> Talk to a friend  | <input type="checkbox"/> Accept compliments with a "thank you" instead of a "yeah, right"                       | <input type="checkbox"/> Volunteer at a senior center, animal shelter or other community organization                         |
| <input type="checkbox"/> Find a new friend   | <input type="checkbox"/> Pay someone a compliment   |   |
| <input type="checkbox"/> Learn a new skill like walking on your hands, skateboarding or juggling | <input type="checkbox"/> Take an art class  |   |
| <input type="checkbox"/> Tell yourself encouraging things  |   |   |

**What other ways can you think of to boost your self-esteem?**

Find out more ways to feel good about yourself at [www.kidnetic.com](http://www.kidnetic.com).










### Module Objectives

**Sleep is important for everyone—especially kids. Your sleep habits directly impact your body and brain development.**

- ✓ Increase families' awareness of the amount of time they sleep each night.
- ✓ Explain why getting enough rest each night is important for being healthy.
- ✓ Give families ideas on how to get a good night's sleep.
- ✓ Conduct activities that encourage kids to get sufficient amount of sleep each night.

### Healthy Fun Facts and Ideas!

-  Time spent on a screen is associated with sleep disturbances. Turn off all of these items at least 30 minutes before your bedtime:
  - Computer
  - TV
  - Movies and videos
  - Video games
  - Cell phone
-  School aged children need between 10 and 12 hours of sleep each night. Try to go to bed at or near the same time every night, even on weekends.
-  Create a healthy sleep environment in your bedroom with:
  - Dim lighting
  - A comfortable temperature
  - Soothing sounds
  - No TV or computer
-  Avoid heavy meals right before bedtime. If you are hungry try a light snack or a warm glass of milk.
-  Avoid drinking caffeine (this includes coffee, tea, soda and hot chocolate) in the afternoon and at night.
-  Develop a bedtime routine that helps you relax by:
  - Brushing your teeth
  - Taking a warm bath or shower
  - Reading
  - Listening to relaxing music
-  Discuss any ongoing sleep problems with your parent or doctor



### Healthy Fun Facts and Ideas! (continued)

**Make sure your bedroom is cool, dark, and quiet.**  
Ask your parents to help.

**Exercise during the day.**  
Running and playing at least 3 hours before bed help your body get ready for sleep.

**Try to go to bed the same time every night.**  
Your body gets used to a schedule and will be ready to sleep.



**Avoid big meals before bedtime.**  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

**Don't drink sodas with caffeine...**  
especially in the afternoon and at night.

**Have a bedtime routine.**  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music. Your body will know it is time to get ready to sleep.

### Goal Setting & Action Planning

- ❁ This week, you learned about the importance of getting a good night's sleep.
- ❁ Sleeping between 10 and 12 hours per night day is the ultimate goal.
- ❁ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ❁ As you develop your health sleep habits goal, keep the following in mind:
  - What can I do to develop a healthy bedtime routine?
  - To help get used to earlier bedtimes and more rest, add 15 minutes of sleep time each night until you're sleeping at least ten hours.
  - How can kids increase sleep time without feeling like they are missing out?
  - A sleep log may be an option that works well for you.



### Goal Setting & Action Planning



Set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

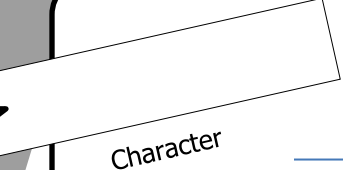
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# PILLOW PITCH

Instructions: Use this script paper to write your commercial for the Department of Health.

★  Character

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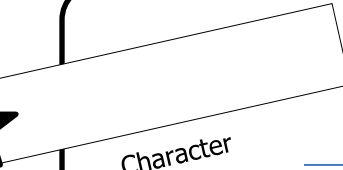
★  Character

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★  Character

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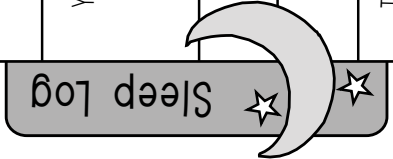




**Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_

Instructions: Fill out this log for 1 week. Then, look at the day or days when you didn't get enough sleep or felt tired during the day. What could you do to get a better night's rest every night?

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply) Ate too much Didn't eat enough Drank caffeinated soda	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Yesterday, I: (check one) Had lots of energy Was tired all day Felt sleepy in the afternoon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Yesterday, I took a nap. (check one) True False	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today, I woke up at this time:							
Last night, I slept for this many hours:							







# Fit Family Challenge








## Family Guide - Module 12 - Media & Advertising

### Module Objectives

**Children are exposed to a steady stream of advertisements for foods and drinks.**

- Raise kids' awareness of techniques used in food ads and on food packages that capture attention and give products appeal.
- Call attention to the appropriateness of food and drink portion sizes depicted in ads and to the presence or absence of physical activity messages/examples.
- Highlight promotional messages/techniques used on food packages.

### Healthy Fun Facts and Ideas!

-  The average amount of time per week that American kids ages 2 to 17 spend watching television is 9 hours!
-  Kids see and hear an average of 40,000 advertisements a year! Companies spend about \$10 billion to \$15 billion a year just to reach children and young people like you.
-  If you watch TV for four hours straight (no breaks, no leaving to grab a snack), you would see approximately 100 ads!
-  Many of these advertisements are for food—primarily candy, cereal, and fast food. Some types of foods are rarely advertised. For example, milk, fruits, vegetables or fresh meats are advertised less often than packaged foods.
-  Three popular methods of marketing foods are “premiums,” “sweepstakes and contests” and “clubs.”
-  A product's packaging is another way to draw attention to the product. Examine an apple; then ask them to look at the packaging or labels on apple juice, applesauce or apple pie. What are the similarities and differences between each product? What do you find attractive about each product?
-  Just as you need to learn how to be critical of the things you read, you also need to know how to do the same with pictures, video, and sound.
  - What methods (e.g., animation, music, bright colors or celebrities) do the manufacturers use to sell their products?
  - How do these methods affect your thoughts about these products? Do the props make the product more interesting to you?
  - What is the message? (e.g., you'll be stronger, smarter, have more fun if you eat/drink the product.) Do you believe it?
  - How does the portion size of the product shown compare to what's recommended? How does it compare to the amount your usually eats?



# Fit Family Challenge

## Family Guide - Module 12 - Media & Advertising

### Healthy Fun Facts and Ideas! (continued)



Too many commercials and advertisements are just another good reason to limit your daily screen time to no more than two hours a day. Recall some ideas to reduce screen time at home:

- Put on some music and dance
- Play catch
- Ride your bike
- Shoot baskets
- Jump rope
- Help around the house by vacuuming, raking leaves, washing the car or another “active” chore
- Walk the dog or walk around the block
- Use an exercise bike or other fitness equipment
- Go skating
- Do some sit-ups, push-ups, jumping jacks or crunches

### Goal Setting & Action Planning

- ✿ This week, you learned about the importance of media and advertisement awareness.
- ✿ Increasing your ability to be critical of food advertising is the ultimate goal.
- ✿ Set your goal to increase your advertising awareness. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ✿ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ✿ As you develop your advertising awareness goal, keep the following in mind:
  - What are some ways you could increase your advertising awareness?
  - Think about all of the ways you are exposed to media—TV, movies, online, magazines, newspapers, billboards
  - How does your family talk about the advertisements you see on TV?
  - The more TV you watch the more ads you will see. What are some activities you can do instead of watching TV?



# Fit Family Challenge

## Family Guide - Module 12 - Media & Advertising

### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### SPECIFIC

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### MEASURABLE

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### ATTAINABLE

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### REALISTIC

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### TIME

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

# Be A Food Ad Reviewer

Name: \_\_\_\_\_

Companies that make foods and drinks often advertise on TV, the radio and magazines hoping you'll want to buy their product. To help you decide, it's good to think about how ads "talk" to you. Tune into the tube, the radio or your favorite magazine to "review" some ads (commercials) for foods or drinks. Use the spaces below to write down what you think about one ad.

What food or drink was featured in the ad?  
\_\_\_\_\_

What does the ad do to catch your attention and help sell the product?

- animation
- music
- jokes or humor
- bright colors
- cartoons or celebrities
- contest or prize
- other \_\_\_\_\_

What does the ad seem to say the product will do if you eat/drink the product? Will it make you...

- stronger
- smarter
- have more fun (cooler)?
- other \_\_\_\_\_

**Do you believe what the commercial is saying about the product and what it will do for you? Why?**

\_\_\_\_\_  
\_\_\_\_\_

Is the amount of the food or drink shown in the ad

- too big to eat or drink at one time
- too small
- just right?

Does the ad show people doing active things like getting some exercise? If so, what are they doing?

\_\_\_\_\_  
\_\_\_\_\_

After seeing the ad, do you want to try the food or drink? Why?

\_\_\_\_\_  
\_\_\_\_\_

Overall, I give this ad a (check one)

- Thumbs Up
- Thumbs Down

**Explain why:**

\_\_\_\_\_  
\_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Media Alert!

Instructions: Look through a grocery store circular. Make a list of the healthy and unhealthy foods you see on each page. When you have finished looking at a page, record the final count in the number (#) column. Then, pay attention to the commercials you see during 1 hour of TV. Take notes on what you see.

### Grocery Store Circular

Page	Healthy foods	#	Unhealthy foods	#
TOTAL			TOTAL	



### TV Commercials

Commercials showing healthy foods	Commercials showing unhealthy foods



# Fit Family Challenge

## Family Guide - Module 13 - At the Grocery Store

### Module Objectives

Help families make healthy and affordable choices at the supermarket

- ✓ Practice reading a Nutrition Facts label
- ✓ Discuss how food packaging and placement impacts our food choices
- ✓ Apply nutrition information about fat, fiber, and added sugar content to food choices

### Healthy Fun Facts and Ideas!



Healthy Shopping on a Budget

- Weekly ads may offer discounts on healthy foods, like fruits and vegetables
- Store cards can save extra money
- You may need the store card to get sale prices
- Store brands are typically cheaper



Buy fruits and vegetables in season

- In season fruits and vegetables may cost less
- Shop at your local farmers market when you can
- If your favorite fruits and vegetables are not in season, buy canned without added sodium (salt) or frozen without added fat



Read and compare the Nutrition Facts label on foods

- Look at the serving size and how many servings are in each package.
- Check the nutrients in each serving and choose products with less sodium and sugar
- Compare brands and sizes to find the best buy.



Make grocery shopping a time to learn for the whole family

- Teach your kids to look for healthy choices
- Let your children pick out their favorite fruits or vegetables
- If your kids ask for high-sugar or high fat foods, be strong, say no, and tell them why. They will learn to make good choices from you

Try some of these tips to save money and eat better!





# Fit Family Challenge

## Family Guide - Module 13 - At the Grocery Store

### Healthy Fun Facts and Ideas! (continued)



Easy ways to shop healthier at the grocery store

- Make a list and stick to it!
- Include the whole family
- Buy your produce in season
- Fill your cart with the basics first—vegetables, fruit, protein and milk.
- Avoid the empty calorie aisles (potato chips, crackers, candy, soda, deli)
- Frozen fruits and vegetables are a convenient way to help fill in the produce gap, especially in winter.
- Keep a variety of canned vegetables, fruits, and beans on hand to toss into soups, salads, pasta, or rice dishes.

### Goal Setting & Action Planning

- ⚙️ This week you learned about the importance of making healthy choices at the grocery store.
- ⚙️ Developing healthy grocery shopping habits is the ultimate goal.
- ⚙️ Set your goal to make healthy affordable choices at the grocery store. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ⚙️ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ⚙️ As you develop your grocery shopping goal, keep the following in mind:
  - When and where does your family shop?
  - How does your family usually prepare for grocery shopping?
  - What's something you can do to help your family at the grocery store?
  - What shopping choices can you make that would help your family eat more fruits and vegetables every day?
  - What shopping choices can you make to help your family drink less sugar sweetened beverages?



# Fit Family Challenge

## Family Guide - Module 13 - At the Grocery Store

### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!





# Scavenger Hunt Guide:

## Produce Option 1

Today you're going on a scavenger hunt for information! Tour the produce section and answer the questions below.

**NOTE:** Use your eyes, not your hands, to do this scavenger hunt. Do not touch any foods that are not in bags or other packaging.

### Key things to look for in your



search

- Availability of a wide range of fruits and vegetables in the produce section
- Availability of a variety of deeply colored fruits and vegetables (red, orange, purple, yellow, green)
- Availability of ready-to-eat fruits and vegetables
- Packaging or lack of packaging

## Nutrition Information

1. Find five different fruits or vegetables that you eat regularly (at least once a week).

1 _____	4 _____
2 _____	5 _____
3 _____	

Choose someone in your group to read this paragraph out loud:



Health experts think young people should eat lots of fruits and vegetables, especially really colorful ones, because they are full of vitamins and minerals.

2. Find the following:

Three kinds of dark-green leafy vegetables

1 _____	2 _____	3 _____
---------	---------	---------

Three deep-yellow or orange fruits or vegetables (remember, they can be deep yellow or orange under a peel or skin, too)

1 _____	2 _____	3 _____
---------	---------	---------

Three types of berries

1 _____	2 _____	3 _____
---------	---------	---------

Vegetables or fruits you would like to try soon

1 _____	2 _____	3 _____
---------	---------	---------

3. List any fruits and vegetables that you've never seen before today.

1 \_\_\_\_\_ 3 \_\_\_\_\_

2 \_\_\_\_\_ 4 \_\_\_\_\_

4. Why is it good to try new fruits and vegetables?

\_\_\_\_\_  
\_\_\_\_\_

### Packaging and placement

5. List at least three produce items that are packaged in a way that makes them ready to eat right now.

1 \_\_\_\_\_ 3 \_\_\_\_\_

2 \_\_\_\_\_

Do you think young people would choose these items?  Yes  No

Why or why not? \_\_\_\_\_

\_\_\_\_\_

6. Are fruits and vegetables advertised as much and/or in the same way as other items (such as breakfast cereals or cookies)?  Yes  No

Why is this, do you think? \_\_\_\_\_

\_\_\_\_\_

7. What would you suggest to a fruit or vegetable company to help it sell more of its products?

\_\_\_\_\_

\_\_\_\_\_

8. Name one interesting fact you learned about the produce section. You can think about nutrition content, packaging, or the location of the fruits and vegetables in the store.

\_\_\_\_\_

\_\_\_\_\_

**Congratulations! You have finished the Produce Scavenger Hunt!**



# MEAL PLANNER

Save money and time by planning meals for the next couple of days before you shop.



	BREAKFAST	LUNCH	SUPPER
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

## A HEALTHY BUDGET

For every \$25 you can spend on food, experts suggest:

- \$6 for vegetables
- \$5 for fruits
- \$4 for grains
- \$4-5 for proteins
- \$4 for dairy
- \$1-2 for oils and other foods





# Fit Family Challenge







## Family Guide - Module 14 - Growing Gardens

### Module Objectives

**A great way of having good nutrition and taking care of ourselves is to eat the food we grow. We can have healthy bodies by having healthy gardens.**

- ☑ Discuss the difference between nutrition and nutrients.
- ☑ Brainstorm ways to keep bodies and gardens healthy.
- ☑ Tour a garden/farmers' market/farm or start seeds to begin to identify what makes a garden healthy.

### Healthy Fun Facts and Ideas!

-  One way to be healthy is to eat a variety of foods. Nature gives us a wide variety of colors and kinds of food.
-  You can choose to eat fresh, whole foods that are closest to the way they grow. When we learn about nutrition we learn about how to take care of ourselves.
-  A great way of having good nutrition and taking care of ourselves is to eat the food we grow. We can have healthy bodies by having healthy gardens.
-  Nutrition is the study or practice of understanding that what we eat affects our health.
-  Nutrients are the food we eat, including vitamins, minerals, carbohydrates, proteins, fats and water. Our bodies need all six types of nutrients, which can be found in many different foods. Nutrients keep our bodies functioning and give us energy to grow, work, play, think and learn.
-  We eat plants to get nutrients so we can grow and stay healthy. Why do the plants need nutrients? How do they get those nutrients?
  - **Carbohydrates.** Made in the leaves through the process of photosynthesis (plants use light energy from the sun to produce the food they need to survive. This process is called photosynthesis). Carbohydrates include the sugar that the plant makes and uses for food; they are also a source of energy for plants.
  - **Minerals.** Taken up from the soil by the roots. Plants need minerals to grow.
  - **Protein and fat.** Nutrients manufactured by plants. Plants make only what they need.
  - **Vitamins.** Made by the plant by using carbohydrates, water, minerals, and sunlight.
  - **Water.** Brought up to the plant through the roots in soil. Plants need water to maintain a relatively constant temperature and carry other nutrients.



### Healthy Fun Facts and Ideas! (continued)



When in season, fresh produce may be cheaper than frozen or canned produce. Starting a garden in your back yard or visiting the local farmer's market is a great way to incorporate five servings fruits and vegetables into your daily diet.



### Goal Setting & Action Planning

- 🌱 This week you learned about how to keep your body and a garden healthy.
- 🌱 Eating fresh fruits and vegetables in season is a great goal. Visiting a nearby farmers market to learn more about local produce in your area is another great goal.
- 🌱 Follow the SMART goal setting plan on the following page to develop a goal that works well for you.



### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!







## Plant Parts

Let's look at the different parts of the plant that we eat!



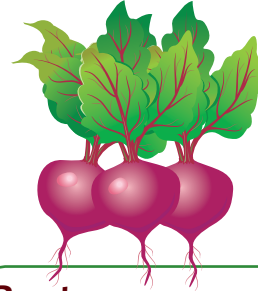
**Flower:**  
Produces the plant's seeds



**Leaves:**  
Make food through photosynthesis



**Stem:**  
Moves water and other nutrients throughout the plant



**Roots:**  
Absorb water and other nutrients from the soil



**Seeds:**  
Unborn plants



**Fruit:**  
Part of the plant that protects the seeds

## Family Activity

The object of this game is to figure out which part of the plant these 10 foods come from. Draw a line from each food to the correct plant-part name. Will you be able to recognize these plant parts later? See if you can find all six of the plant parts at home or in the grocery store.



Stem

Flower

Fruit

Root

Leaf

Seed










### Module Objectives



**Not only is eating out expensive, it can also be unhealthy. Cooking at home is a great alternative**

- Identify reasons why cooking can be a healthy and fun alternative to eating out.
- Introduce basic kitchen safety skills.
- Practice cooking skills by making a snack together as a group.

### Healthy Fun Facts and Ideas!

-  Today we're going to make a great snack together! But before we get started, think about why it might be a good idea to make your own snacks or meals. What are some reasons you might want to learn more about cooking?
-  There are a lot of great reasons to make your own food: it's fun, it tastes great and sometimes it can even be cheaper and faster than buying it already cooked from a grocery store, restaurant or fast food place.
-  You may not believe it, but cooking at home actually saves time. If you consider the time it takes you after leaving your home until you get home it can take an average of 80 minutes to eat out. Studies have shown that most people can put dinner on the table in 30 minutes or less.
-  What are some other reasons you might want to cook at home?
  - You can **work together as a team**, whether it is with a parent or with a sibling to get the job done.
  - You can **practice creativity and imagination**. Cooking activities are a great way to express yourself and enjoy your creations.
-  Cooking dinner at home is a great way to reconnect with your family, leaving behind our individual pursuits like playing video games and doing homework. Eating dinner as family is a time to relax, recharge, laugh, tell stories and catch up on the day's ups and downs.

### Kitchen Safety

-  Although making food is fun, it's important to know how to be safe. This means knowing when to get the help of an adult assistant, how to keep things clean, and how to use the kitchen safely.
-  Before you start, it's a good idea to learn a few rules of the kitchen. It's easy to get injured in the kitchen if you're not careful, and a cut or burn will put an end to your fun cooking session.



### Healthy Fun Facts and Ideas!

- There's another reason making your own meals might be a good idea. Can you think of what that might be?
- Sometimes, foods we prepare ourselves can be healthier than foods we purchase elsewhere. For example, making something like spaghetti and salad at home for dinner will usually be better for your body than eating out.

	Home: Spaghetti & Salad	Restaurant: Spaghetti & Salad
<b>Time</b>	15 minutes	60 minutes
<b>Cost per meal</b>	\$2.22	\$10.99 plus tax and tip
<b>Calories</b>	548	860
<b>Carbs</b>	53.9g	105g
<b>Fat</b>	27.3g	32g
<b>Sodium</b>	1435mg	2205mg

\*Nutrition information from [www.calorieking.com](http://www.calorieking.com)

- As this table shows the restaurant meal takes longer, cost more and is less healthy than the home cooked

### Goal Setting & Action Planning

- This week, you learned about the importance of cooking your own means instead of going out to eat.
- Cooking at home one night a week is a great goal.
- Eating dinner together as a family is another great goal.
- Set your goals to cook more. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- As you develop your cooking goal, keep the following in mind:
  - Cooking at home is a great alternative to eating out. It can be faster, healthier and less expensive!



### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Remember to log the date and time of your next class!

## When the Moon Hits Your Eye...Mini Pizzas

Preparation time: 15 minutes

Cook time: 5-10 minutes

### Ingredients

1	English Muffin	1
1 oz	Mozzarella cheese	30 g
1 oz	Cooked ham	30 g
1/6	Green pepper	1/6
1 large	Mushrooms	1 large
2 tbsp	Pineapple chunks	30 ml
2 tbsp	Tomato sauce	30 ml
1/2 tsp	Oregano	2 ml
1/2 tsp	Chili powder	2 ml
1/5 tsp	Dried parsley	2 ml

### Instructions

1. Wash vegetables.
2. Grate cheese.
3. Slice the English muffin in half.
4. Spread tomato sauce on each half and spices on top.
5. Add toppings (be creative).
6. Sprinkle grated cheese on top.
7. Broil in oven until bubbly. Watch carefully so your pizza doesn't burn.
8. Enjoy.

Makes 1 serving

### Suggestions

- Try using pita bread or bagels instead of English muffins.





### Module Objectives

- ✓ **Eating right and exercising daily can have a lifetime impact on our health and longevity.**

### Healthy Fun Facts and Ideas!

- 👉 Did you know that you own one of the most amazing machines ever created? Guess what it is (you all have one)? Your body! Think about it, everything about your body from your brain, eyes and teeth to your blood, muscles and inner organs is incredible! People have built many machines, but we'll probably never create body parts that work as well as the ones we have right now!
- 👉 Eating healthy and getting lots of physical activity are important for a healthy body, to look good and to have lots of energy so you can play hard and do other fun things.
- 👉 Eating breakfast every day and eating lots of fruits and vegetables are two good eating habits. They help give you energy.
- 👉 Skipping breakfast, eating the same foods over and over and getting too full all the time aren't so good for your body and can zap your energy. Also, it's not good to have too many "once in awhile" things like chips, cake, sweets and soft drinks more than just every once in awhile.
- 👉 Getting lots of physical activity and moving around a lot revs up your body! Spending too much time sitting around can make your body feel sluggish.

### Goal Setting & Action Planning

- ❄️ This week, you learned about how amazing your body is and how important it is to take care of it.
- ❄️ Using all the tips discussed so far in these classes are great ways to do that. Revisit your goals and make new goals in areas that you still need to work on.
- ❄️ Set your goal to reach the 5-2-1-0 guidelines. Set a goal to do as much as you think you can, but try to make goals that are realistic and attainable.
- ❄️ Follow the SMART goal setting plan on the following page to develop a goal that works well for you.
- ❄️ As you develop your goals, keep the following in mind:
  - Are you eating enough fruits and veggies, doing enough physical activity, reducing your screen time and sweetened beverage intake?
  - As a parent, are you providing healthier choices for your family? Preparing your own meals and allowing for good physical activity time? Are you role-modeling healthy behaviors?
  - How important is this to you, and what are you willing to do to help make the changes you want to see?



### Goal Setting & Action Planning



As a family set new goals and record an action plan.

#### S.M.A.R.T. Goal Setting

##### **SPECIFIC**

What are you going to do and how often?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **MEASURABLE**

How will you know if you've done it each day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **ATTAINABLE**

Can you do it?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **REALISTIC**

Can you do it given everything you have going on right now?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### **TIME**

When will you do this by?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

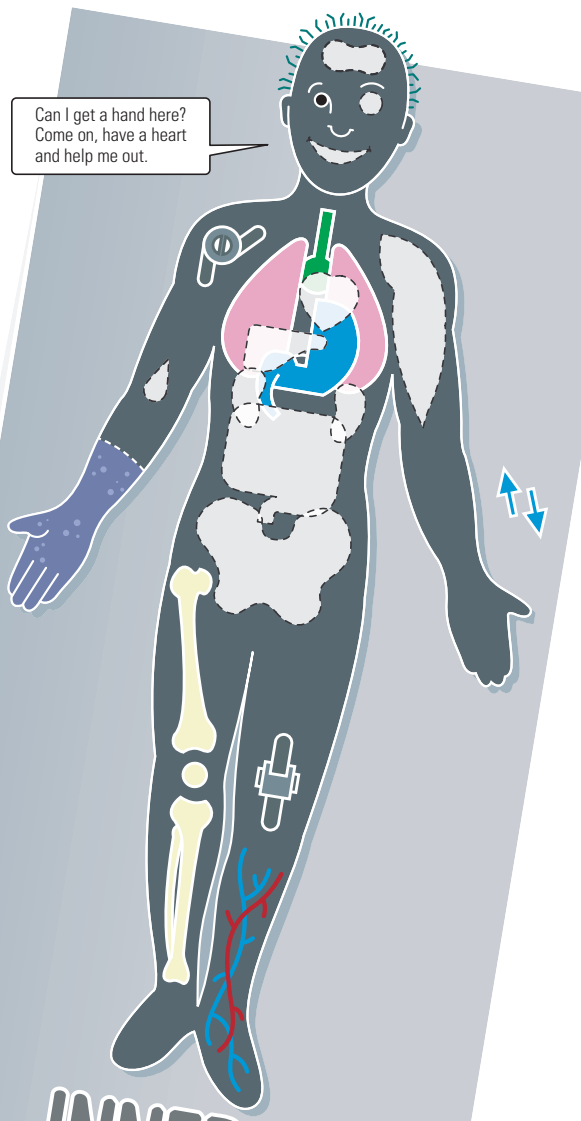
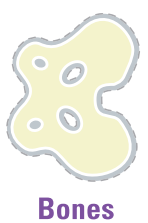
# WHAT'S MISSING?

# FiNd MY BOdY PaRtS

NAME: \_\_\_\_\_

**DIRECTIONS:** InnerG is missing some important organs. Draw lines between InnerG and the missing parts below to show where they belong. Then check out the **All Systems Go! Keep Your Parts Working Right** handout to see what keeps each part healthy (GO) or not so healthy (WHOA).

## MISSING PARTS ↓



INNER G