

Burlington County School Resource Guide to Physical Activity & Nutrition



Burlington County Health Department



Public Health
Prevent. Promote. Protect.

April 2011



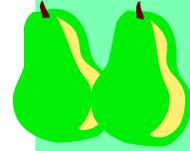
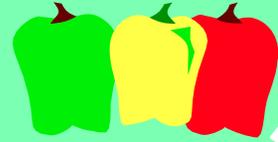
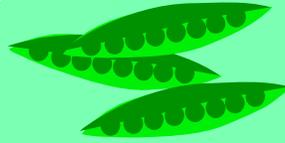


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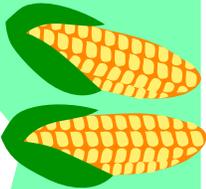
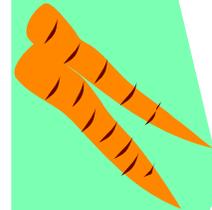
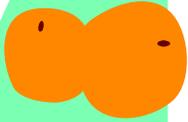
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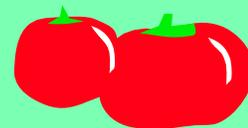
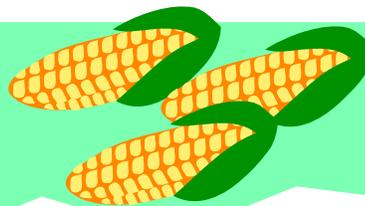
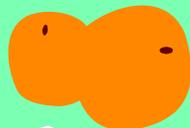
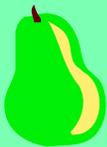
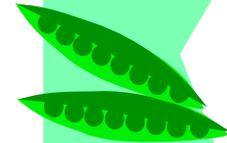
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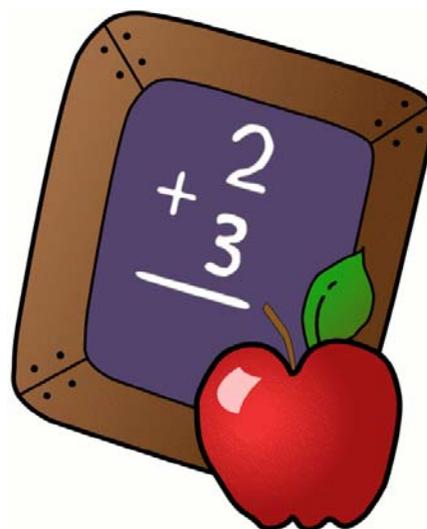
A Letter to Burlington County Educators

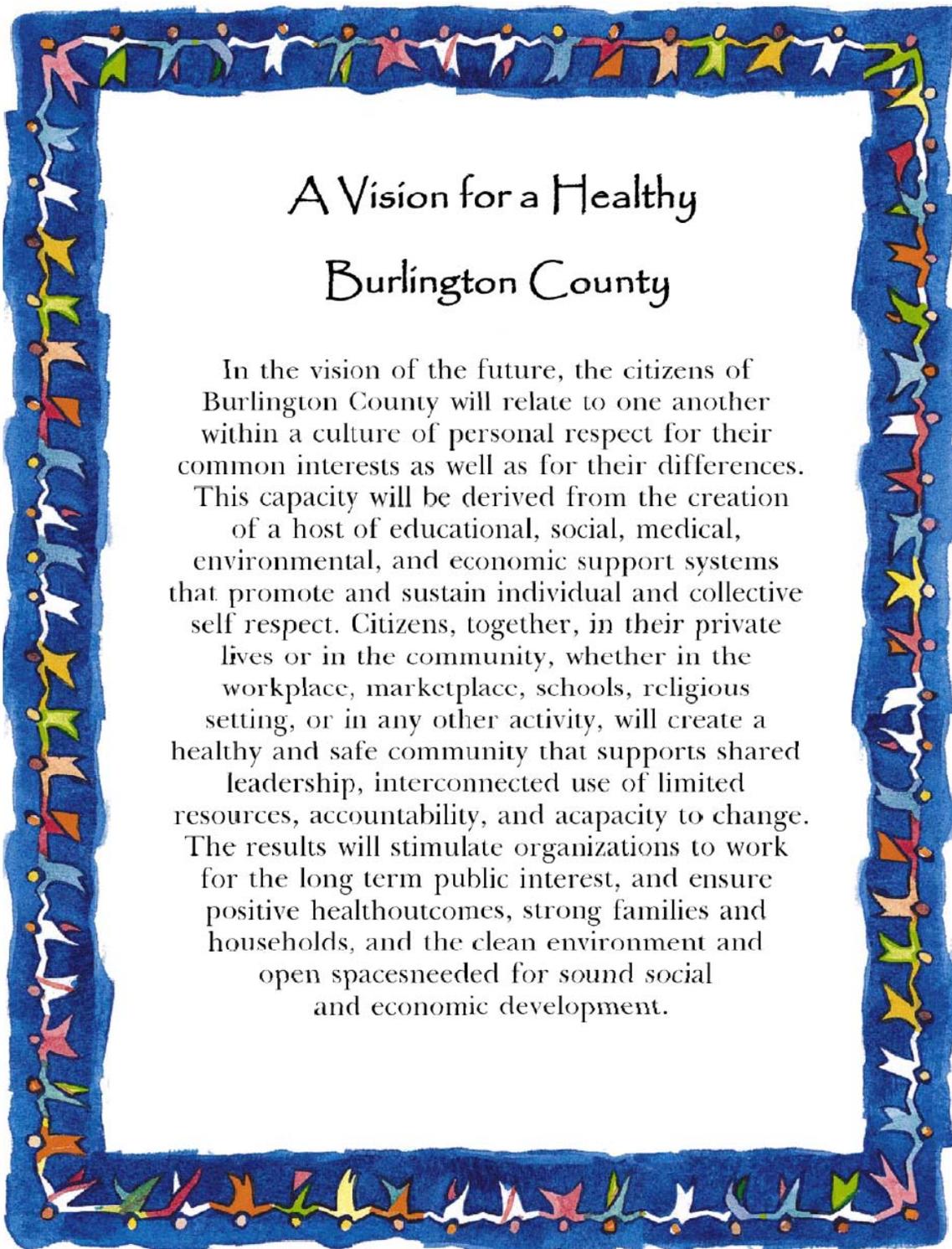
The Burlington County Health Department is pleased to provide you with “A Teacher’s Guide to Physical Activity and Nutrition.” This resource guide provides you with information about county resources, as well as, national resources and best practices.

We all know that proper physical activity and nutrition are very important for kids, especially in the age of technology, fast food, and convenience. This resource guide can help teachers obtain the proper nutrition and physical activity resources in order to make it easier to obtain information for students. Not only will this guide benefit you but you can also obtain information from this guide to provide for parents and how they can help play a role in promoting physical activity and nutrition in their children’s lives.

We hope that you find this guide useful and practical in your classroom. We encourage you to provide us with feedback about the resource guide and on ways we can improve it. This can be done by contacting the Burlington County Health Department at 609-265-5548.

Thank you for all you do to improve the lives of the children in our county.





A Vision for a Healthy Burlington County

In the vision of the future, the citizens of Burlington County will relate to one another within a culture of personal respect for their common interests as well as for their differences. This capacity will be derived from the creation of a host of educational, social, medical, environmental, and economic support systems that promote and sustain individual and collective self respect. Citizens, together, in their private lives or in the community, whether in the workplace, marketplace, schools, religious setting, or in any other activity, will create a healthy and safe community that supports shared leadership, interconnected use of limited resources, accountability, and a capacity to change. The results will stimulate organizations to work for the long term public interest, and ensure positive health outcomes, strong families and households, and the clean environment and open spaces needed for sound social and economic development.

Teacher and School Corner



Supplemental Nutrition Assistant Program Education Support Network (SNAP- Ed Project)

Conducted by Rutgers New Jersey Agricultural Experiment Station the goal of this program is to support nutrition education to limited resource audiences throughout New Jersey. The resources available include educational material for all ages and groups.

<http://www.njsnap-ed.org>

Farm to School Program

Farm to School Program conducted by the State of New Jersey Department, the goal is serving healthy meals, by using Jersey fresh produce in school cafeterias is to improve student nutrition, provide healthy and nutrition education opportunities that will last a lifetime, as well as support local farmers.

http://www.state.nj.us/agriculture/divisions/fn/childadult/farm_to_school.html

Center for Disease Control Learning Connection

Learning products and resources to assist in leading strategic public health efforts to prevent and control obesity through policy, environmental strategies, regular physical activity, and good nutrition.

<http://www.cdc.gov/learning/spotlight.html?source=govdelivery>

Eat Smart. Play Hard.

Resources teachers can use to teach kids to eat healthy and be active. Provides resources to keep kids healthy and moving with tips, puzzles, activities, and bookmarks that give them the tools to shine! These materials are available to download.

<http://teammnutrition.usda.gov/Resources/eatsmartactivitiesheets.html>

Tools for Addressing Nutrition Topics

Teachers can use this website provided by the Center for Disease Control as resource to teach students about nutrition.

<http://www.cdc.gov/nutrition/professionals/tools/index.html>

Nutrition Exploration (Educators)

Provides ways to teach nutrition in the schools, nutrition lessons for various grade levels, a nutrition calendar for each month providing ideas to carry out on the indicated month, and school wellness which follows the 2005 Dietary Guidelines for Americans encouraging students to eat nutrient-rich foods.

<http://nutritionexplorations.org/educators/>

Fresh Fruit and Vegetable Program

State of New Jersey Department of Agriculture

The Fresh Fruit and Vegetable Program exposes school children to new, healthier foods and increases their fruit and vegetable consumption, ultimately leading to lifelong dietary habits. The school provides fresh fruits and vegetables to students on a regular basis.

<http://www.nj.gov/agriculture/divisions/fn/childadult/fruitandvegetable.html>

Media Smart Youth: Eat, Think, and Be Active!!

Is an interactive after-school education program for young people ages 11 to 13. It is designed to help teach them about the complex media world around them, and how it can affect their health-especially in the areas of nutrition and physical activity.

<http://www.nichd.nih.gov/msy/>

The President's Council of Physical Fitness and Sports

This site provides various PDF files on how to be physically fit for students. The site has guidelines according to the student's gender and age.

http://www.fitness.gov/council_pubs.htm

All provided information follow school curriculum guidelines. For information about the guidelines please see pg. 6.



State of New Jersey School Curriculum



What does the school curriculum say??

For a whole overview of the curriculum in regards of nutrition and physical activity visit:

https://www13.state.nj.us/NJCCCS/ContentAreaView_Health.aspx

https://www13.state.nj.us/NJCCCS/ContentAreaView_Health.aspx

Also follow link

<https://www13.state.nj.us/NJCCCS/CADDownload.aspx?AreaCode=2&AreaDesc=Comprehensive%20Health%20and%20Physical%20Education Classroom>

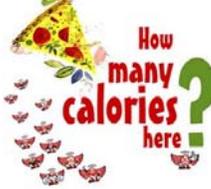
to Application Documents (CADs) and download content for

Standard 2.1 Wellness B Nutrition

Standard 2.6 Fitness A Fitness & Physical Activity

For more information regarding the school curriculum please visit your school administration.

See below for a brief sample of the school curriculum requirements for nutrition and physical activity.

Grades	Content Statement	Cumulative Progress Indicator	Programs that Meet Standards
 <p>Grade P- 2</p>	<p>Developing the knowledge and skills necessary to make nutritious food choices promotes healthy habits, and choosing a balanced variety of nutritious foods contributes to wellness.</p>	<p>Explore foods and food groups (compare and contrast foods representative of various cultures by taste, color, texture, smell, and shape.) Explain why some foods are healthier to eat than others. Explain how foods in the food pyramid differ in nutritional content and value.</p>	<p>Eat Smart. Play Hard. www.teamnutrition.usda.gov/resources/eatsmartactivitiesheets.html Nutrition Explorations http://nutritionexplorations.org/educators/ Team Nutrition www.fns.usda.gov/tn/</p>
 <p>Grade 4-6</p>	<p>Choosing a balanced variety of nutritious foods contributes to wellness. Eating patterns are influenced by a variety of factors.</p>	<p>Explain how healthy eating provides energy, helps maintain healthy weight, lower risk of disease, and keeps body systems functioning effectively. Create a healthy meal based on nutritional content, value, calories, and cost. Interpret food product labels. Determine factors that influence food choices and eating patterns. Summarize the benefits and risks associated with nutritional choices, based on eating patterns.</p>	<p>Farm to School Program. www.state.nj.us/agriculture/divisions/fn/childadult/farm_to_school.html Fresh Fruit and Vegetables Matter. www.nj.gov/agriculture/divisions/fn/childadult/fruitandvegetable.html Nutrition Exploration http://nutritionexplorations.org/educators/ Check out Appendix D on reading food label</p>
 <p>Grade 8</p>	<p>Eating patterns are influenced by a variety of factors.</p>	<p>Analyze how culture, health, status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.</p>	<p>Tools for Addressing Nutrition Topics www.cdc.gov/nutrition/professionals/tools/index.html Media Smart Youth: Eat, Think, and Be Active!!! www.nichd.nih.gov/msy/</p>
 <p>Grade 12</p>	<p>Applying basic nutritional fitness concepts to lifestyle behaviors impacts wellness.</p>	<p>Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.</p>	<p>Tools for Addressing Nutrition Topics www.cdc.gov/nutrition/professionals/tools/index.html Fruits and Veggies More Matter www.furitandveggiesmatter.gov</p>

Grades

Content Statement

Cumulative Progress Indicator

Programs that Meet Standards



P-2

Developing competence and confidence in gross and fine motor skills provides a foundation for participation in physical activities. Appropriate types and amounts of physical activity enhance personal health.

Develop and refine gross motor skills (hopping, galloping, jumping, running, and marching.) Explain the role of regular physical activity in relation to personal health.

Eat Smart. Play Hard.
<http://teamnutrition.usda.gov/Resources/eatsmartactivitysheets.html>
 We Can!
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/



4-6

Each component of fitness contributes to personal health as well as personal skill performance. Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

Determine the physical, social, emotional, and intellectual benefits of regular physical activity. Relate physical activity, healthy eating, and body composition to personal fitness and health.

The President's Council of Physical Fitness and Sports.
http://www.fitness.gov/council_pubs.htm
 Let's Move
<http://www.letsmove.gov/>
 Kids Walk-to-School
<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>



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Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.

Summarize the short-and long-term physical, social, and emotional benefits of regular physical activity. Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

The President's Council of Physical Fitness and Sports.
http://www.fitness.gov/council_pubs.htm
 Media Smart Youth: Eat, Think, and Be Active!!!
<http://nichd.nih.gov/msy/>
 President's Challenge
www.presidentschallenge.org/challenge/active/getting-started.shtml



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Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principles. Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.

The President's Council of Physical Fitness and Sports.
http://www.fitness.gov/council_pubs.htm
 Fuel Up to Play 60
<http://students.fueltoplay60.com>
 Empower me: Our Health is Up to Us
<http://empowerme2b.org/>

KID'S CORNER



THESE ARE SOME INTERACTIVE SITES THAT STUDENT CAN LEARN AND HAVE FUN WITH!

Kids Health

Recipes for kids with Cystic Fibrosis, recipes for kids with Diabetes, vegetarian recipes, recipes for kids with Lactose Intolerance, and recipes for kids with Celiac Disease.

<http://kidshealth.org>

Nourish Interactive

One stop resource for fun nutrition games for kids, interactive nutrition tools.

www.nourishinteractive.com

Super Kids Nutrition

This interactive site helps kids learn about healthy food choices, physical activity, and ways to have fun while being healthy and fun games.

<http://superkidsnutrition.com>

Body and Mind

Get recipes, play a game about dining decisions, learn how to fuel for physical activity and how to pack power lunches. The website has info about exercise, disease, and safety as well.

http://www.bam.gov/sub_foodnutrition/index.html

Food Champs

Have online interactive games for kids 2-5 and 6-8, free downloadable food coloring pages, great kid recipes, and a number of nutrition activities for kids such as a supermarket scavenger hunt and a "fruit and veggie eater meter".

<http://www.foodchamps.org>

SmallStep (Kids)

This site provides fun food and awesome activities, small step challenges, and activities that will make it fun for kids to learn about nutrition and fitness.

<http://smallstep.gov/kids/flash/index.html>



Girl Power!!!!!!!!!!!!

Girls Health

Specifically for girls, this website has good nutrition information including *what types* of foods and *how much* of them to eat, healthy weight goals, info on bone health, how to eat healthy at fast-food restaurants, and guidance on vegetarian eating.

<http://www.girlshealth.gov/nutrition/>

Young Women's Health

Learn about eating disorders, sports nutrition, vitamins and minerals, healthy eating, and fun ways to stay in shape.

http://www.youngwomenshealth.org/nutrition_menu.html

Best Bones Forever

A bone healthy campaign for girls, on keeping their bones healthy, through proper exercise and nutrition.

<http://www.bestbonesforever.gov/index.cfm>

Youth and Teens



Kids Health (Teens)

This site provides the lowdown on healthy eats, dieting, strength training, eating disorders, steroids, and more for teens.

http://teenshealth.org/teen/food_fitness/

Kids Health (Dieting)

This site provides information about dieting, safe dieting, and that sometimes dieting is not the best option.

<http://kidshealth.org/kid/nutrition/food/diet.html>

Teen BEAT- Basic Exercise & Activity Tracker

How much physical activity do you get? As a teenager, physical activity is important, not just for your future health but for looking and feeling your best now. This quiz will help you figure out if you are active enough, whether it is through a formal exercise program or fun activities.

<http://www.mealsmatter.org/EatingForHealth/Tools/PFP/index.aspx>

SmallStep (Teens)

This site provides tips on how to be healthier and make healthier choices when it comes to nutrition and fitness. Get your friends and family involved in coming up with fun ways to take small steps each and every day.

http://www.smallstep.gov/eb/take_small_steps_today.html#eat

Vegetarian Lifestyle



Kids Health (Vegetarian)

This site provides information about being a vegetarian, and on how to maintain a healthy diet by obtaining all the required minerals and proteins.

http://kidshealth.org/teen/food_fitness/nutrition/vegetarian.html

MyPyramid (Vegetarian Diet)

This site provides resources for vegetarian diets that can meet all the recommendations for nutrients. The key is to consume a variety of foods and the right amount of foods to meet your calorie needs. Follow the food group recommendations for your age, sex, and activity level to get the right amount of food and the variety of foods needed for nutrient adequacy.

http://www.mypyramid.gov/tips_resources/vegetarian_diets.html

Challenge your School

Empower Me: Our Health is Up to Us.

YOU HAVE THE STRENGTH to take control of your health.

YOU HAVE THE RIGHT to healthy food and time to exercise at school.

YOU HAVE THE POWER to make your community healthier.

Is a movement, in which teens work hard to get healthy and have fun.

<http://empowerme2b.org/>

Fuel Up to Play 60

Eat Healthy. Get Active. Make a Difference.

Fuel Up to Play 60 is a fun, interactive program that allows YOU to decide how to make your school an even healthier place. You can put your ideas and plans into action to help everyone eat healthy and get active. Take fun Challenges with your classmates along the way to have the chance to earn prizes; you can even be recognized on our website for your efforts!

<http://students.fueluptoplay60.com/>



PARENT'S GUIDE

HEALTHY KIDS MEANS HEALTHY FAMILY THESE ARE SOME RESOURCES THAT CAN HELP PARENTS!



Eat Smart for a Great Start

Gives tips on getting kids to start healthy eating habits at the same time helping them learn and grow.

<http://www.pbs.org/parents/eatsmart/>

Food For Thought

Food for Thought: Eating Well on a Budget is a bilingual, multimedia program designed to help support families who have children between the ages of 2 and 8 and are coping with uncertain or limited access to affordable and nutritious food.

<http://www.sesamestreet.org/parents/food>

Fitness

Getting an early start of having children practice physical activity, while letting them have fun and be creative.

<http://www.pbs.org/parents/fitness/>

Kids Health

Learn how to give your kids the nutrients they need at every stage of life, through helping them make good food choices, also tips on how to make them active and healthy.

<http://www.kidshealth.org/parents>

Nourish Interactive

Tips for parents to use to promote healthy living for the whole family. Provides healthy recipes, healthy tips, nutrition tools, and dietician advice.

http://www.nourishinteractive.com/parents_area/overview

CDC Healthy Weight

Provides tips for parents to help their kids maintain a healthy weight through physical activity and nutrition.

<http://www.cdc.gov/healthyweight/children/index.html>

Eat Smart. Play Hard. Healthy Lifestyle

This site is specifically designed for parents and caregivers to provide information to help you eat better, be more physically active and be a role model for your kids. This site contains information and resources to help you get started, help you make smart choices, prepare quick, easy, and healthy meals that taste good and provide you with tips on how to increase physical activity in your life.

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>

Nutrition Explorations (Parents)

Provides information on family eating such as meal planning, breakfast first, and healthy food choices. Contains tips on having a healthy kitchen through smart shopping and healthy cooking recipes.

<http://nutritionexplorations.org/parents/>

Kids Eat Right

Scientifically-based health and nutrition information parents can trust to help their child grow healthy. This site provides tips on eating healthy, cooking healthy, shopping smart, and ways to help the kids stay healthy through exercise and nutrition.

<http://www.eatright.org/kids/>



County Resources

Virtua Health FitSmart for Kids

FitSmart for kids offers a balanced, medically sound approach to nutrition and fitness that is designed especially for children ages 8-12

For more information call: 1-888-VIRTUA-3 or visit FitSmart on Virtua.org

Burlington County Nutrition Program

Conducted by the Burlington County Health Department, promotes a healthy lifestyle through providing education materials, workshops/classes, and Fruits and Veggies Matter More program.

For more information call: 1-609-265-5467

<http://www.co.burlington.nj.us/Pages/ViewDepartment.aspx?did=37>

Shape Down, Choose to Lose

Program conducted by Virtua Health provides patients with accurate reliable nutritional information this will lead to successful management of disease and weight in all ages, by providing lecture/seminar, assessment, counseling, educational materials, self help materials, and form classes/instruction.

For more information call: 1-888-VIRTUA-3

Farmers Market Nutrition

Program conducted by Burlington County Health Department's WIC program which provides a nutritional option of fresh fruits and vegetables though cash value vouchers redeemable at the Farmer's Market.

For more information call: 1-609-267-4304

Women, Infants, and Children (WIC)

State of New Jersey Department of Health and Senior services provide supplement nutritious foods to pregnant, breastfeeding, and postpartum women, infants and children up to age five. WIC provides nutrition education and counseling, breastfeeding promotion and support, immunization screening and health care referrals.

<http://www.state.nj.us/health/fhs/wic/index.shtml> or call 1-609-267-4304

State Resources

New Jersey School Nutrition/Wellness Policy

The Board of Education has realized the need of nutritional education to address the high rate of obesity in the state. The Board is committed to providing students with healthy and nutritious foods; encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains; supporting healthy eating through nutrition education; encouraging students to select and consume all components of the school meal; and providing students with the opportunity to engage in daily physical activity.

http://www.nj.gov/agriculture/divisions/fn/childadult/school_model.html

Get Moving Get Healthy New Jersey

Conducted by Rutgers New Jersey Agricultural Experiment Station the goal of this program is to encourage a healthy lifestyle, through healthy eating, and physical activity and provide resources via website, pod casts, wellness buddies, and fact sheets.

<http://www.getmovinggethealthynj.rutgers.edu/index.html>

Shaping NJ

The State of NJ Department of Health and Senior Services states nutrition plays an important role in health promotion and disease prevention. Eating well can help reduce the risk of chronic disease and obesity, as well as some cancers.

<http://www.state.nj.us/health/fhs/shapingnj/nutrition.shtml>

NJ Safe Routes to School Resource Center

Safe Routes to School (SRTS) is a national initiative to encourage and enable children to safely walk and cycle to school through an approach that combines encouragement, education, engineering, enforcement and evaluation.

<http://policy.rutgers.edu/vtc/srts/>

Osteoporosis Prevention and Education Kidstrong

Inside & Out (Grade 5) and Jump Start Your Bones (Grade 7), provides research based osteoporosis prevention (including nutrition and physical activity) curricula for elementary and middle school teachers.

<http://apps.nccd.cdc.gov/DNPAProg/SearchV.asp?State=NJ>

Milk Matters

This site provides information on the importance of including milk in kids and teens diet. The site also provides information for parents, teachers, and interactive activities and games for the kids.

<http://www.nichd.nih.gov/milk/milk.cfm>

Rutgers Cooperative Extensions

Food, Nutrition, Health, & Wellness

Rutgers New Jersey Agricultural Experiment Station, provides information on nutrition and physical activity for students.

<http://njaes.rutgers.edu/health/>



Best Practices Nationally



Let's Move

Through the *Let's Move!* campaign—a comprehensive, collaborative, and community-oriented initiative that addresses all of the various factors that lead to childhood obesity—every sector of society is engaged that impacts the health of children to provide schools, families and communities the simple tools they need to help kids be more active, eat better, and get healthy.

<http://www.letsmove.gov/>

We Can

This program provides ways to enhance children's activity and nutrition, and resources on helping kids maintain a nutritional balance, getting active, and ways to do fun activities besides watching TV or other form of entertainment product.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Or Call

1-866-35-WECAN

MyPyramid for Kids

Teachers can easily teach *MyPyramid for Kids* by using the classroom materials, including lesson plans, an interactive game, and a *MyPyramid for Kids* Poster. The fun, colorful *MyPyramid for Kids* graphic will attract children's attention and encourage them to learn more about *MyPyramid for Kids*. The nutrition and physical activity messages included throughout the materials are designed to help children 6 to 11 years old make healthy eating and physical activity choices.

<http://teamnutrition.usda.gov/kids-pyramid.html>

Fruits and Veggies More Matter

Provides tips and recipes on maintaining a healthy balanced diet, calculation method for determining how much vegetable and fruit intake individuals should have on a daily basis.

<http://www.fruitsandveggiesmatter.gov>

Mighty Milers

Encourages kids to run or walk half-mile (or more) two to five times a week. The online running start provides online instructions, videos, and support to coaches, teachers, and parents. It's available free of charge.

<http://mightymilers.org/>

Kids Running

Presented by Runner's World, this program helps kids all over be more active through creating running groups, and encourage them to be more active and practice healthy eating.

<http://www.kidsrunning.com/>

KidsWalk-to-School

Encourage children to walk and bicycle to and from school. This is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

<http://www.fns.usda.gov/tn/>

President's Challenge

The Presidential Active Lifestyle Award (PALA) challenge is a great program for kids. Educators can do start the challenge at school by explaining PALA and why physical activity is important. Encourage students by giving them flexibility in choosing their activity. Track their progress by using the online activity sheet and reward them for their efforts.

<http://www.presidentschallenge.org/challenge/active/getting-started.shtml>

Dietary Guidelines for Americans

U.S. Department of Health and Human Services Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

<http://www.health.gov/DietaryGuidelines/default.htm>



Appendix A

10 Tips to Healthy Eating and Physical Activity

1. Start your day with breakfast



Breakfast fills your "empty tank" to get you going after a long night without food. Eating a good breakfast can help you do better in school. Easy to prepare breakfasts include: cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, or yogurt with fruit.

2. Get Moving



It's easy to fit physical activities into your daily routine. Walk, bike or jog to see your friends. Take a 10 minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an elevator. Try to do these things for a total of 30 minutes everyday.



3. Snack Smart



Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. If you eat smart at other meals, cookies, chips, and candy are okay for occasional snacking.



4. Work up a Sweat

Vigorous work-outs, when you're breathing hard and sweating, help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.

5. Balance your food choices - don't eat too much of one thing



You don't have to give up foods like hamburgers, french-fries, and ice cream to eat healthfully. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat, and many different vitamins and minerals such as vitamins C and A, iron, and calcium from a variety of foods.

6. Get fit with family and friends

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like a bike ride or hiking, with a group each week.



7. Eat more grains, fruits, and vegetables



These foods give you carbohydrates for energy, plus vitamins, minerals, and fiber. Besides, they taste good! Try breads such as whole-wheat, bagels, and pita. Spaghetti and oatmeal are also in the grain group.



8. Join in physical activities at school

Whether you take a physical education class or do other physical activities at school, such as intramural sports, structured activities are a sure way to feel good, look good and stay physically fit.



9. Foods aren't good or bad

A healthy eating style is like a puzzle with many parts. Each part, or food, is different. Some foods may have more fat, sugar or salt, while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. And don't forget about moderation. If two pieces of pizza fill you up, don't eat a third.

10. Make healthy eating and physical activities fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous - try new sports, games, and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals - don't try changing too much at once.

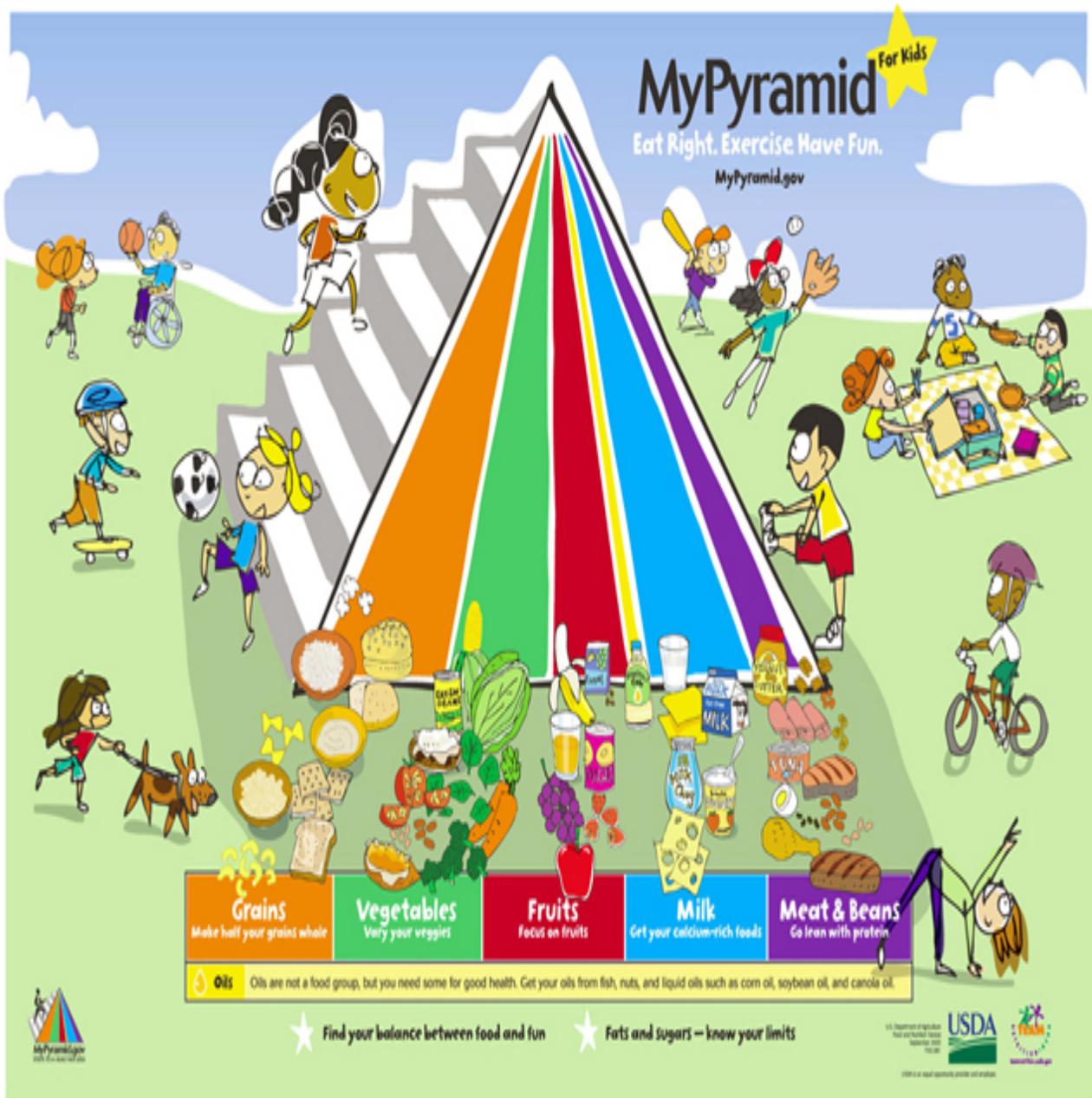


For more information visit:

http://www.education.com/reference/article/Ref_10_Tips_healthy/

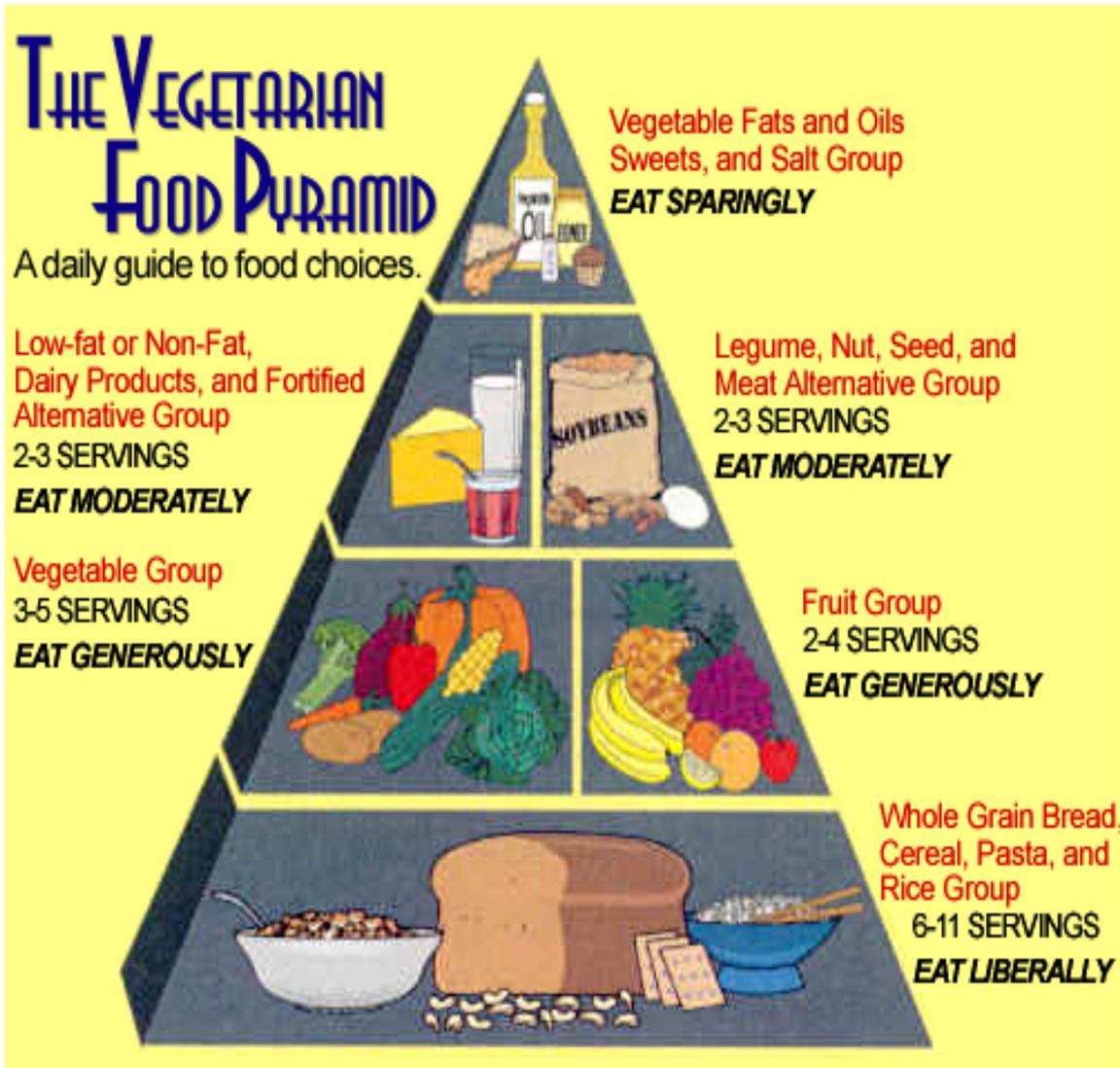
Appendix B

The Food Pyramid



www.MyPyramid.gov

Vegetarian Food Pyramid



<http://www.uhs.umich.edu/vegetarian>

The eatwell plate

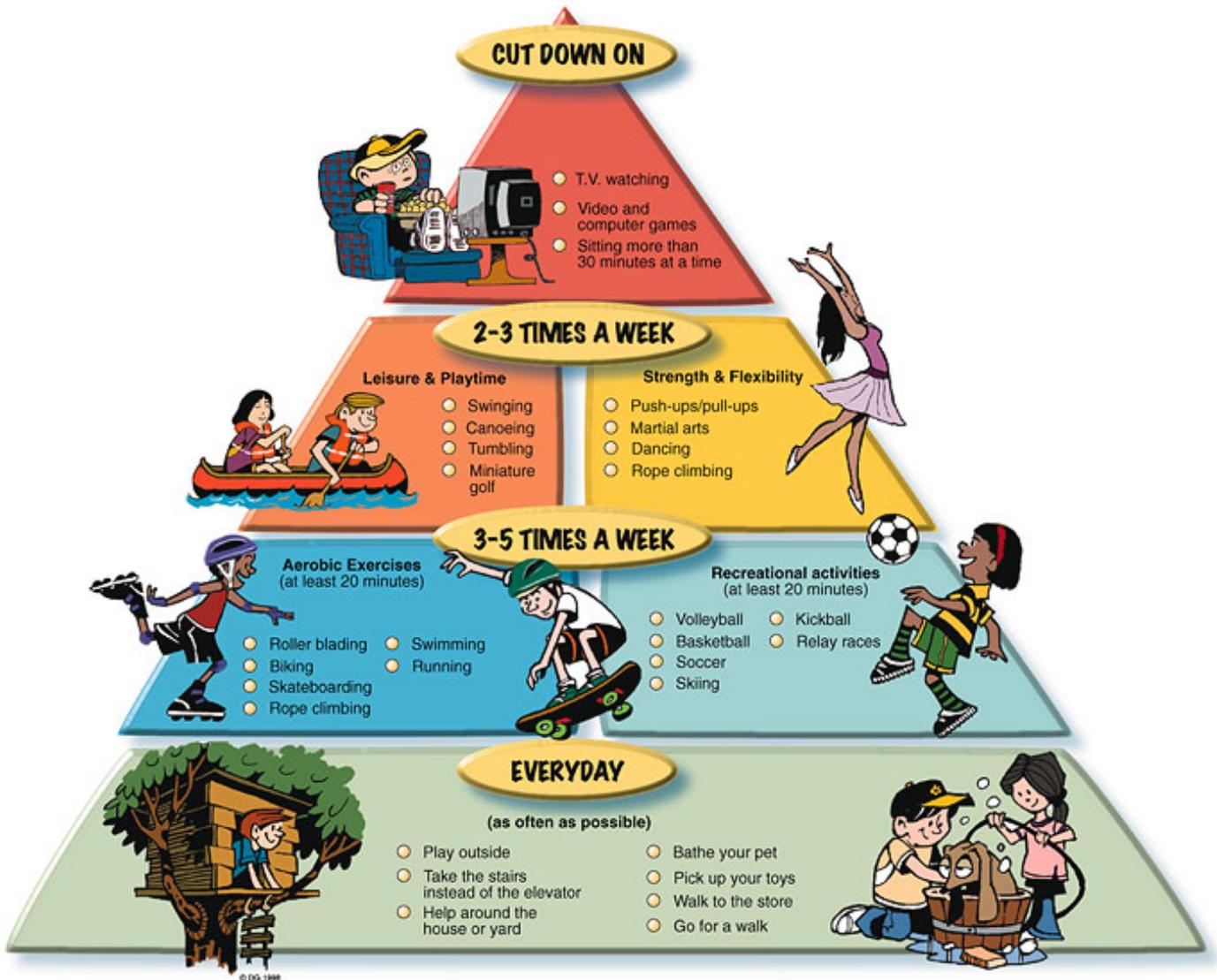
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



www.food.gov.uk

Appendix C

Activity Pyramid



<http://site.jkdjewelry.com/blog/2009/07/10/healthy-kids-are-happy-kids/>

Appendix D

How to Read a Food Label?

Sample label for
Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

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%
<i>Trans</i> Fat 3g	
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

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

<http://www.easy-weightloss-tips.com/nutritionfactlabel.html>

Appendix E

What's on your plate?

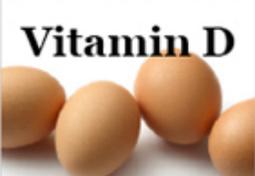
Some of the foods we consume can be very beneficial to our body. What are some of these foods let's take a look.

- ❖ **Blueberries**- can help strengthen your mind, so you can think better
- ❖ **Black Beans**- are a rich source of protein, fiber, and many antioxidants that can help reduce cholesterol, fight cancer, and keep your heart healthy
- ❖ **Strawberries**- are filled with Vitamin C
- ❖ **Tomatoes**- are packed with Vitamin A and C
- ❖ **Carrots**- are filled with Vitamin A which gives you good night vision
- ❖ **Orange sweet potatoes**- are packed with Vitamin A and E, they also have fight-o-chemicals (phytochemicals) which help fight off cancer
- ❖ **Oranges**- is full of Vitamin C that will help you grow up with a healthy heart
- ❖ **Pumpkins**- are a great source of Omega3 fats which are good fats help reduces chances of heart disease and cancer
- ❖ **Corn**- is also filled with fight-o-chemicals which help fight off cancer and keep your heart healthy, as well as being good for your vision
- ❖ **Bananas**- are full of potassium that keep our heart, arteries, and veins strong and healthy
- ❖ **Broccoli**- packs the most nutritional punch of any vegetable, it is full of Vitamin A and C, has cancer fighting agents, and Calcium
- ❖ **Brown Pear**- is full of Vitamin C, one pear has half a cup of Vitamin C
- ❖ **Cauliflower**- is full of fight-o-chemicals known as glucosinolates that prevents cancer causing agents from entering into your body



Appendix F

Nutrition Facts for Pre-school Students

NUTRIENT	DAILY VALUE*	FUNCTION	SOURCES
 <p>Protein</p>	16g	Important for growth and development of your child; also important for making and repairing cells	Good sources include poultry, meat, fish, beans, nuts, dairy products and soy
 <p>Fiber</p>	NA	Important for preventing constipation ; also helps decrease the risk of Type 2 Diabetes, heart disease and high cholesterol later in life	Good sources include fresh fruits with the skin on, dried fruit, vegetables, beans/legumes, whole grains such as brown rice and whole wheat bread
 <p>Calcium</p>	800 mg	Important for strong bones and teeth ; helps with muscle functioning, blood clotting, nerve transmission	Good sources include dairy products, leafy green vegetables, calcium fortified foods such as orange juice and tofu
 <p>Iron</p>	10 mg	Important for your child's growth; also important for forming hemoglobin to carry oxygen through the body, a lack of it can lead to fatigue	Good sources include poultry, meat, fish, eggs, raisins, leafy green vegetables, beans and enriched grains
 <p>Vitamin A</p>	2500 IU	Important for eyesight , growth, functioning of the immune system and healthy skin	Good sources include dark green vegetables such as spinach, orange fruits and vegetables such as sweet potatoes and papayas, dairy products fortified with vitamin A such as milk, eggs
 <p>Vitamin C</p>	40 mg	Important for decreasing risk of colds , infections, recurrent ear infections; wound healing; keeping gums, skin and muscles healthy; aids in brain function; also an antioxidant	Good sources include citrus fruits, broccoli, strawberries, tomatoes, bell peppers, kale
 <p>Vitamin D</p>	400 IU	Important for strong bones and teeth because it helps absorb calcium ; also important in immune function	Good sources include milk fortified with vitamin D, fatty fish, egg yolks and the sun (depending on latitude and time of year)

*Daily Values are Based on Children Under 4 years of age

<http://chickinfeed.blogspot.com/2010/04/din-din-nutrition.html>

8 Habits of Healthy Kids™

Healthy kids:



Spend at least 1 hour a day being physically active

Spend less than 2 hours a day watching TV and playing video and computer games



Eat at least a total of 5 fruits and vegetables everyday

Snack on healthy foods and less junk food and sweets



Drink or eat at least 3 low fat dairy foods a day

Drink at least 2 glasses or bottles of water a day instead of soda



Eat less fast food and make healthier fast food choices

Eat smaller amounts - bigger is not better



© Strang Cancer Prevention Center 2004

<http://www.refresheverything.com/healthydirections8habitsofhealthykids>

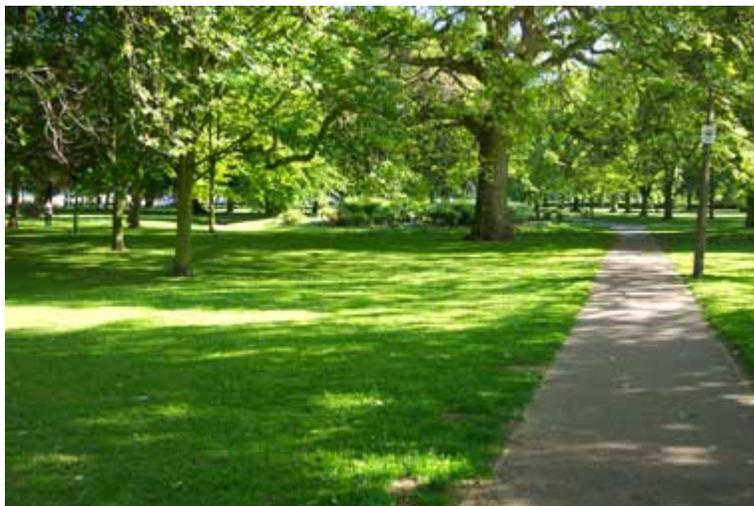
Recreational Parks within Our Community



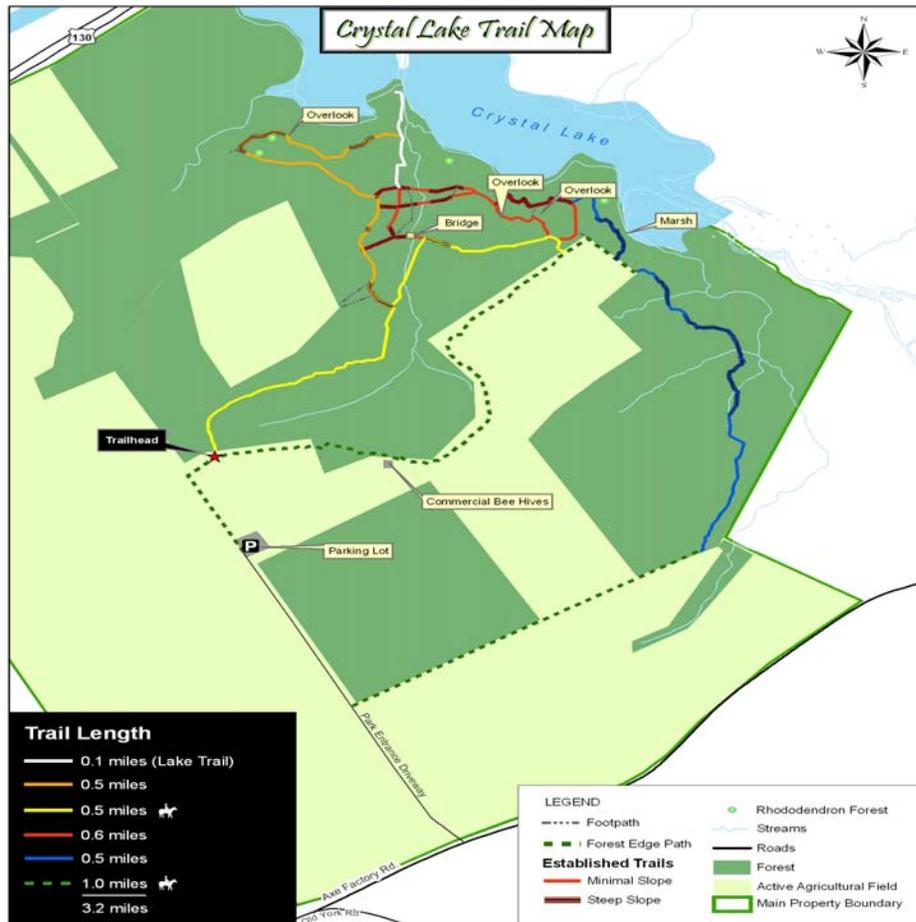
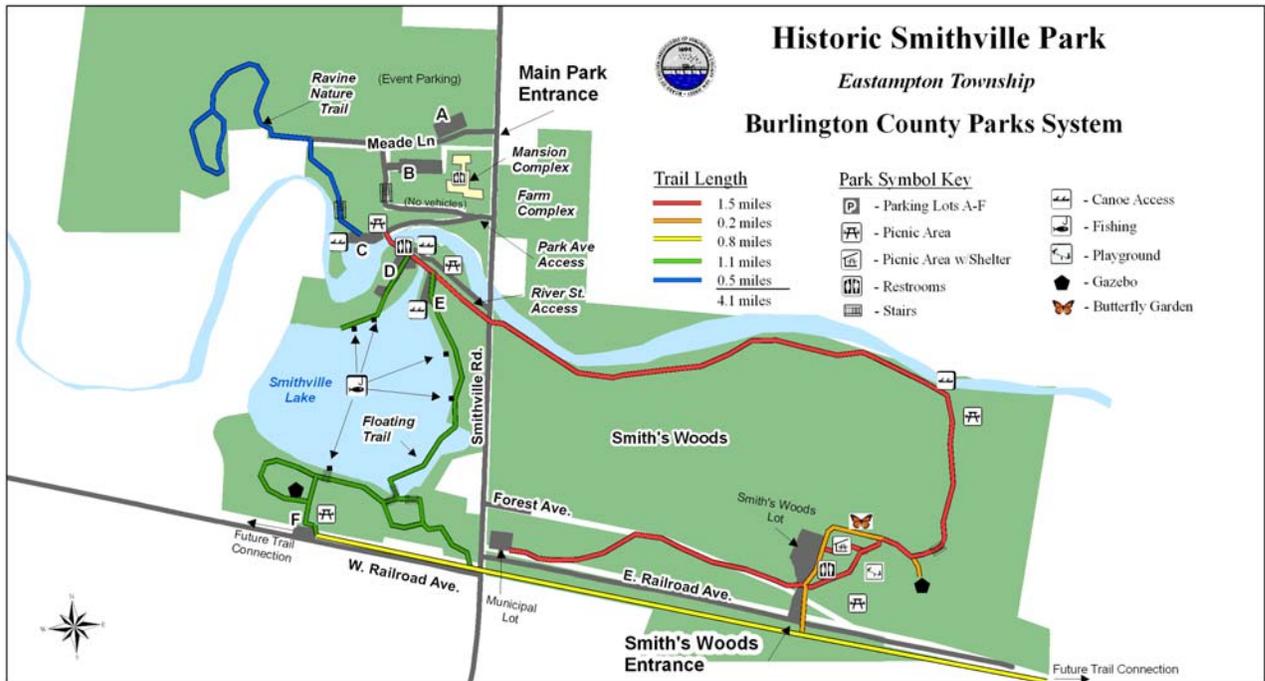
Planning a day out with the family is the best way to obtain physical activity while having fun and spending quality time with ones family.
Explore the trails by taking a hike or a bike ride!!!!

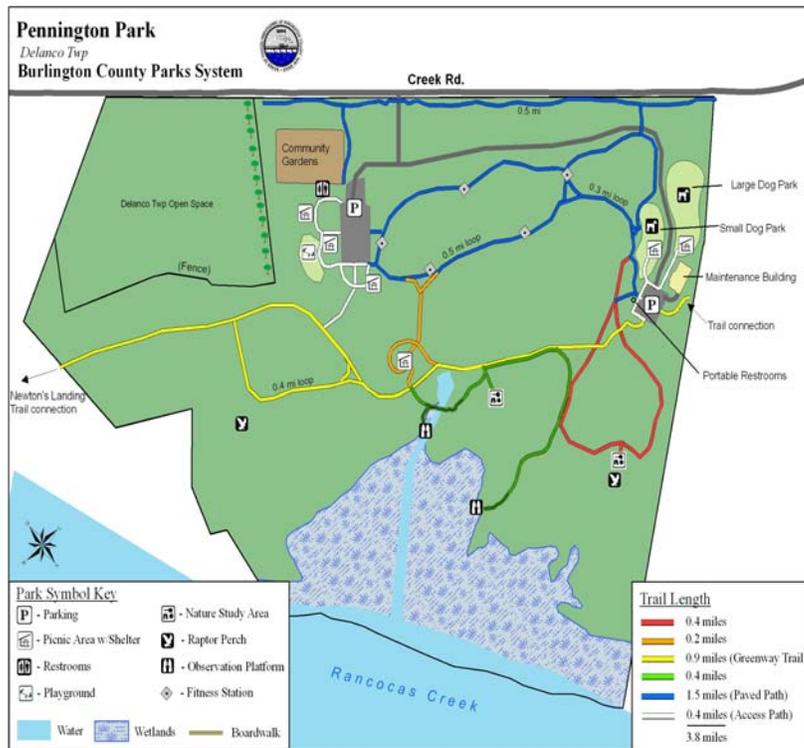
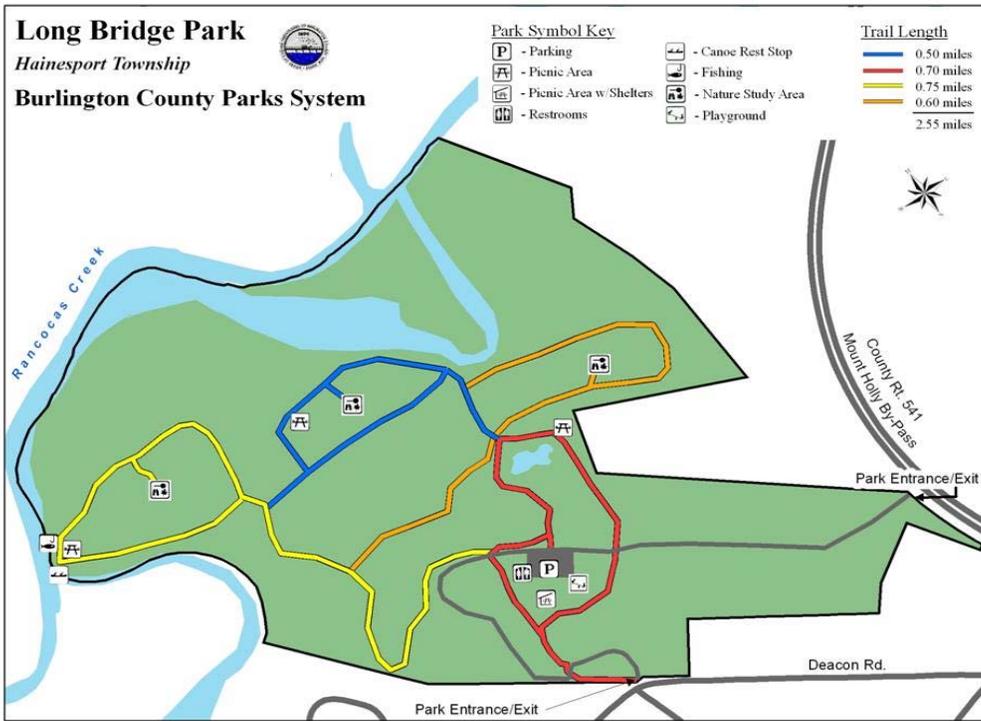
Some parks in Burlington County are listed below:

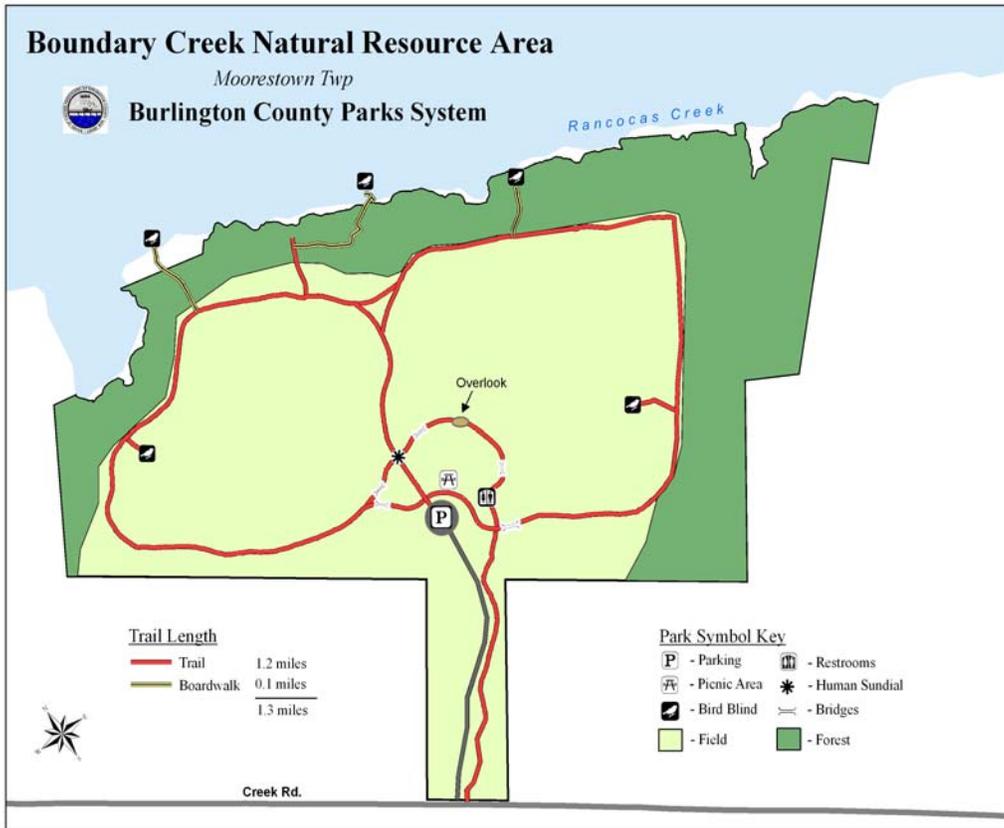
- ✚ Historic Smithville Park
- ✚ Crystal Lake Park
- ✚ Amico Island Park
- ✚ Pennington Park
- ✚ Long Bridge Park
- ✚ Boundary Creek Natural Resource Park
- ✚ Monroe Park
- ✚ John F. Kennedy Park
- ✚ Creek Island Park
- ✚ Wood Park
- ✚ Woolman Lake Park
- ✚ Riverfront Promenade Park



Some Trail Maps for Listed Parks







For Larger View Visit <http://www.co.burlington.nj.us/pages/pages.aspx?cid=584>

Fun Games!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Grocery Store Bingo

Lotería en el Mercado

Adding a healthy twist to the classic Bingo game equals F-U-N on your next trip to the grocery store! As you walk through the aisles, encourage your child to look for the fruits and vegetables pictured on the card. When an item is spotted, your child should mark it with an X in the appropriate box. Once your child gets four items in a row – up and down, across, or from corner to corner – he or she wins BINGO!
(Note: Bring a crayon for your child to mark his or her cards with.)

El añadirle un giro saludable al clásico juego de la lotería es igual a D-I-V-E-R-S-I-Ó-N en su siguiente visita al supermercado. Al recorrer los pasillos, anime a su niño a que busque las frutas y verduras ilustradas en la tarjeta. Cuando encuentre un artículo, su niño(a) deberá poner una X en la casilla correspondiente. Cuando obtenga cuatro artículos seguidos en una fila –vertical, horizontal o diagonal– ¡ganará la LOTERÍA!
(Nota: Lleve una crayola con la que su niño marque las tarjetas.)



Eat Smart
for a Great Start



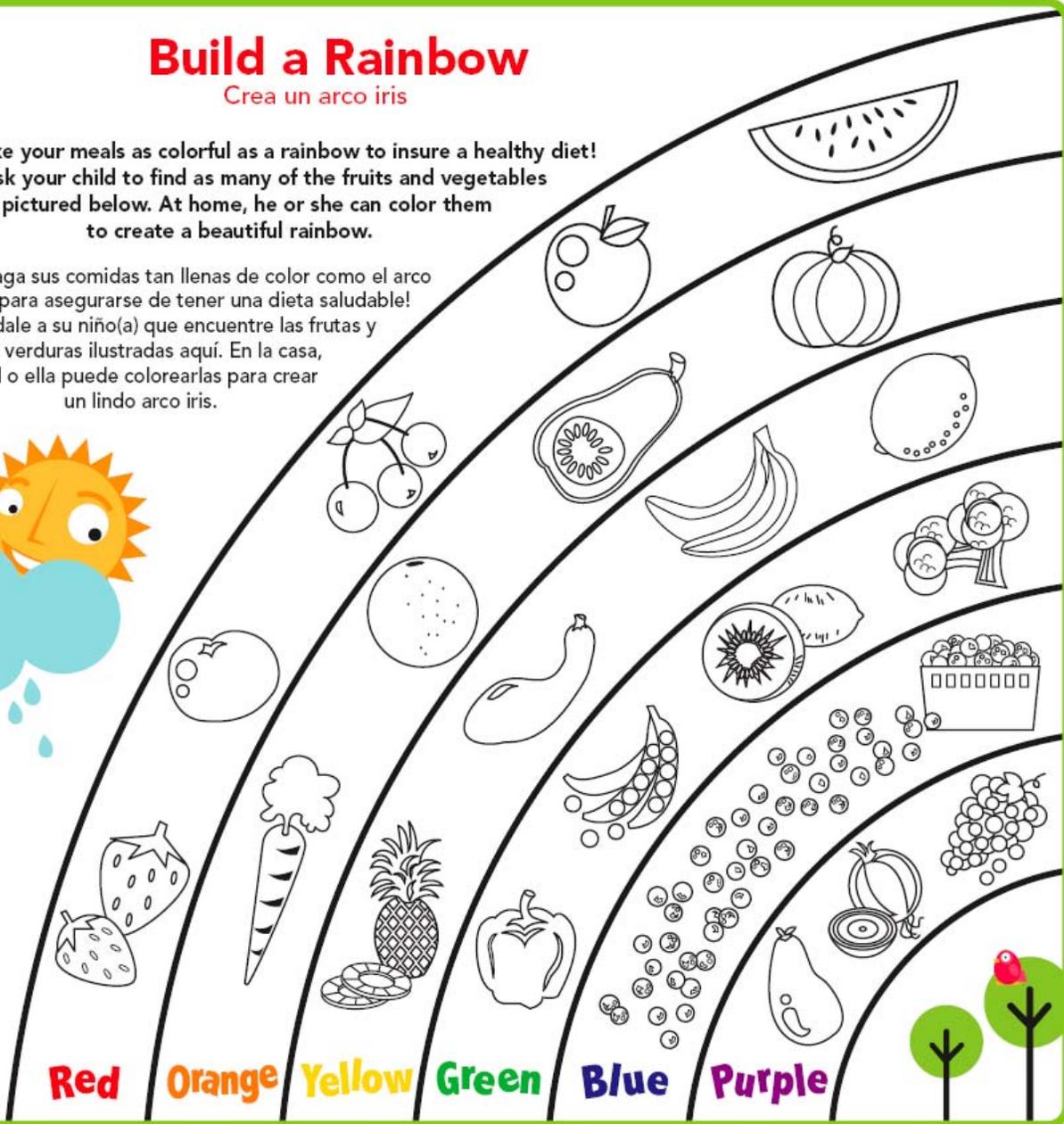


Build a Rainbow

Crea un arco iris

Make your meals as colorful as a rainbow to insure a healthy diet!
Ask your child to find as many of the fruits and vegetables pictured below. At home, he or she can color them to create a beautiful rainbow.

¡Haga sus comidas tan llenas de color como el arco iris para asegurarse de tener una dieta saludable!
Pídale a su niño(a) que encuentre las frutas y verduras ilustradas aquí. En la casa, él o ella puede colorearlas para crear un lindo arco iris.



Red Orange Yellow Green Blue Purple



Eat Smart
for a **Great Start**



Fun Recipes!!!!!!!!!!!!

Recipes below were obtained from Kids Health. For more great recipes visit <http://kidshealth.org/kid/recipes/index.html>

Frozen Yogurt Pops

Prep time: about 1 to 2 hours

Ingredients: 1 8-oz. container of your favorite flavor of yogurt

Utensils: small paper cups, wooden popsicle sticks (available in craft stores), and plastic wrap

Directions:

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Serves: 3 to 4

Serving size: 1 pop

Nutritional analysis (per serving):

127 calories
5 g protein
2 g fat
21 g carbohydrate
0 g fiber
7 mg cholesterol
73 mg sodium
262 mg calcium
0 mg iron



Simple Snack Mix

Note: Use single-serving bags or containers to take this snack on the go.

Prep time: 5 minutes

What you need:

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup small, whole-grain snack crackers or pretzels

Equipment and supplies:

- Large bowl
- Measuring cups
- Large spoon

What to do:

1. Measure out ingredients.
2. Combine in large bowl.



Incredible Edible Veggie Bowls

Prep time: about 10 minutes

Ingredients: 1 green, yellow, or red pepper (washed), 1 bunch of celery (washed), 1 carrot (washed and peeled), and your favorite salad dressing

Utensils: knife (you'll need help from your adult assistant) and cutting board

Directions:

1. Cut the pepper in half (from side to side). Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices.
3. Cut the carrot into skinny sticks about 4" long.
4. Cut celery into skinny sticks so each one is about 4" long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!

Serves: 1





Recipe Roundup

Receta Rodeo

Help your child learn what goes into a healthy snack by asking him or her to find the ingredients for these easy recipes. When you get home from shopping, pick one to make together as a yummy treat.

Ayude a su niño a aprender lo que lleva un refrigerio saludable pidiéndole que encuentre los ingredientes de estas fáciles recetas. Cuando regrese a casa después de hacer la compra, elija una de ellas para que ambos la realicen juntos y se den un delicioso gusto.

CELERY LOGS

Estimated time to prepare: 10 minutes

Servings: 6

INGREDIENTS

2 Celery Stalks



6 Tablespoons Cream Cheese



1 Cup Granola



Raisins (Optional)



HOW TO MAKE IT

- 1.) Wash and dry celery.
- 2.) Cut into six sticks (an adult should do this).
- 3.) Spread 1 tablespoon cream cheese into each stick.
- 4.) Top with granola and press it into cream cheese.
- 5.) Add raisins, if desired.



BANANA BERRY SMOOTHIE

Estimated time to prepare: 5 - 10 minutes

Servings: 2 - 3

INGREDIENTS

2 Bananas



2 Cups Strawberries



1 Cup Milk



1 Cup Plain Yogurt (or your favorite flavor)



HOW TO MAKE IT

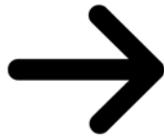
- 1.) Place ingredients into a blender and process until smooth. (An adult will need to operate the blender for young children).
- 2.) Pour into cups.



Eat Smart
for a **Great Start**



Try This



Instead of That



A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases, such as diabetes. Offer some of these foods instead of the unhealthy sugary foods and snacks.



- Offer five servings of fruits and vegetables a day
- Choose healthy sources of protein, such as lean meat, nuts and eggs
- Serve whole-grain breads and cereals because they are high in fiber
- Broil, grill or steam foods instead of frying them
- Limit fast food and junk food
- Offer water and milk instead of sugary fruit drinks and sodas



Fun Interactive Activities to Do With the Class

A Step In The Right Direction

Eating healthy and getting regular physical activity requires that we take a step in the right direction. That also means that sometimes we have to take a step away from things that get in our way. In the footprints below, write an example of what keeps you on track to eat healthy and to get physical activity.

Take a step toward healthy eating

Idea #1—Eating Healthy



Idea #2—Eating Healthy



Take a step toward physical activity

Idea #1—Getting Physical Activity



Idea #2—Getting Physical Activity



YMCA

We build strong kids,
strong families, strong communities.

Focus: Nutrition and Physical Activity

Asset Category: Boundaries and Expectations

Age Group: Ages 6 to 10 years

Group Size: All sizes of groups

Materials Needed: None

Learning Outcome: Children will decide which habits are healthy or unhealthy

Activity: Say something like, “There are a lot of things that can get in the way of eating healthy and getting physical activity. What are some of those things?” Encourage children to name a lot of examples, such as unhealthy food tasting good, TV, too easy to eat fast food, video games, some physical activities are boring, being tired, not having time to eat, computer, being too busy, etc.

Have the children spread out around the room. Say that you’re going to play a game. When you name an unhealthy habit, children should stomp around the room, like they’re stomping out the unhealthy habit. When you name a healthy habit, children should skip and clap around the room.

Play the game. Name habits such as these:

- Watching TV all Saturday morning (Stomp.)
- Eating salad (Clap and skip.)
- Drinking water (Clap and skip.)
- Skipping being active (Stomp.)
- Eating fast food (Stomp.)
- Eating food from the four food groups (Clap and skip.)
- Skipping breakfast (Stomp.)
- Going outside to play (Clap and skip.)
- Inviting a friend over to play together (Clap and skip.)
- Drinking a lot of pop (Stomp.)
- Not eating the vegetables on your plate (Stomp.)
- Going for a walk with your family (Clap and skip.)

Bring children together. Say something like, “This week, let’s stomp out unhealthy habits. Instead, let’s make healthy choices that are worth clapping and skipping about.”

Alternative Activity: If you have an older group (with children ages 10 to 12 years), create small groups. Give each group paper and something to write with. Have groups divide the paper into two columns: healthy habits and unhealthy habits. Have groups list as many healthy habits and unhealthy habits as they can think of. When groups finish, compile the lists into one long list. Ask questions such as these: How many habits were named? Which list was easier to create: healthy habits or unhealthy habits? What can we learn from this?



Activity #14: Sandwich

Focus: Nutrition

Asset Category: Constructive Use of Time

Age Group: Ages 6 to 12 years

Group Size: All sizes of groups

Materials Needed: None

Learning Outcome: It is important to include everybody. Everyone can eat healthy, and everyone can get physical activity

Activity: If you have 10 children or fewer, assign them each as an ingredient in a sandwich in this order: bread, bread, peanut butter, jelly, bread, bread, peanut butter, jelly, lettuce, and tomato. (For example, if you have only six children present, you would assign four breads, one peanut butter, and one jelly. If you have eight children present, you would assign everything except the lettuce and tomato.)

If you have between 11 and 20 children, assign them each as an ingredient in a sandwich in the order above for the first 10 children. Then add (in order): bread, bread, turkey, cheese, onions, bread, bread, cheese, spinach, and green pepper.

If you have between 21 and 30 children, assign them each as an ingredient in a sandwich in the order above for the first 20 children. Then add (in order): bread, bread, peanut butter, jelly, bread, bread, cheese, turkey, tomato and lettuce.

Say something like, "Sandwiches can be part of a healthy diet. Let's play sandwich. Does everyone know which ingredient you are?" Have children do a demonstration first. Ask for two children who are two pieces of bread to stand. Then have a peanut butter stand between them. Say something like, "When I name a peanut butter sandwich, call out your ingredient and create the sandwich that I have requested. Some of you may be in the sandwich, but some of you may not. Also, we may have enough to make two different sandwiches, so pay attention."

Do the activity. Name these sandwiches one at a time:

- Jelly sandwich
- Lettuce sandwich
- Peanut butter sandwich
- Veggie sandwich
- Peanut butter sandwich
- Tomato sandwich
- A sandwich with everything on it (every child should be in the sandwich)

If you have 20 or more children playing, add these sandwiches to the mix:

- Turkey and cheese sandwich
- Peanut butter and cheese sandwich
- Turkey sandwich with lettuce and tomato
- Cheese sandwich

Optional: Name other sandwich combinations, such as peanut butter and lettuce or jelly and onions. Be creative. See if you can name a sandwich that will make the kids giggle or groan.

End the activity by saying a sandwich with everything on it, so that every child is in the sandwich. Talk about how important it is to include everybody and not to leave anyone out. Everyone can eat healthy, and everyone can get physical activity. Being healthy is for everybody.

For more activity ideas please visit the YMCA Raising Healthy Kids an Activity Guide.

http://www.ymca.ca/media/54899/ymca_rhk_activityguide_eng.pdf

10 Fun Activities for Kids

- 1.) Ring around the rosy
- 2.) Duck, Duck, Goose
- 3.) Go on a treasure hunt
- 4.) Hot Potato
- 5.) Musical Chairs
- 6.) Get up and dance
- 7.) Hide and Go Seek
- 8.) Freeze tag
- 9.) Go outside: play; explore; go on a walk!
- 10.) Relay Races



10 Activities for Teens

- 1.) Water Sports
- 2.) Hiking
- 3.) After school sports
- 4.) Aerobic exercise
- 5.) Go bowling
- 6.) Go for a bike ride
- 7.) Gardening
- 8.) Have a relay race
- 9.) Walk a marathon
- 10.) Do a clean up project at your neighborhood

Eat Healthy. Be Fit.
Live Happy.

The End



TwistyNoodle.com