

WannaBee Healthy?

\_\_\_\_\_'s  
Family Activity Booklet

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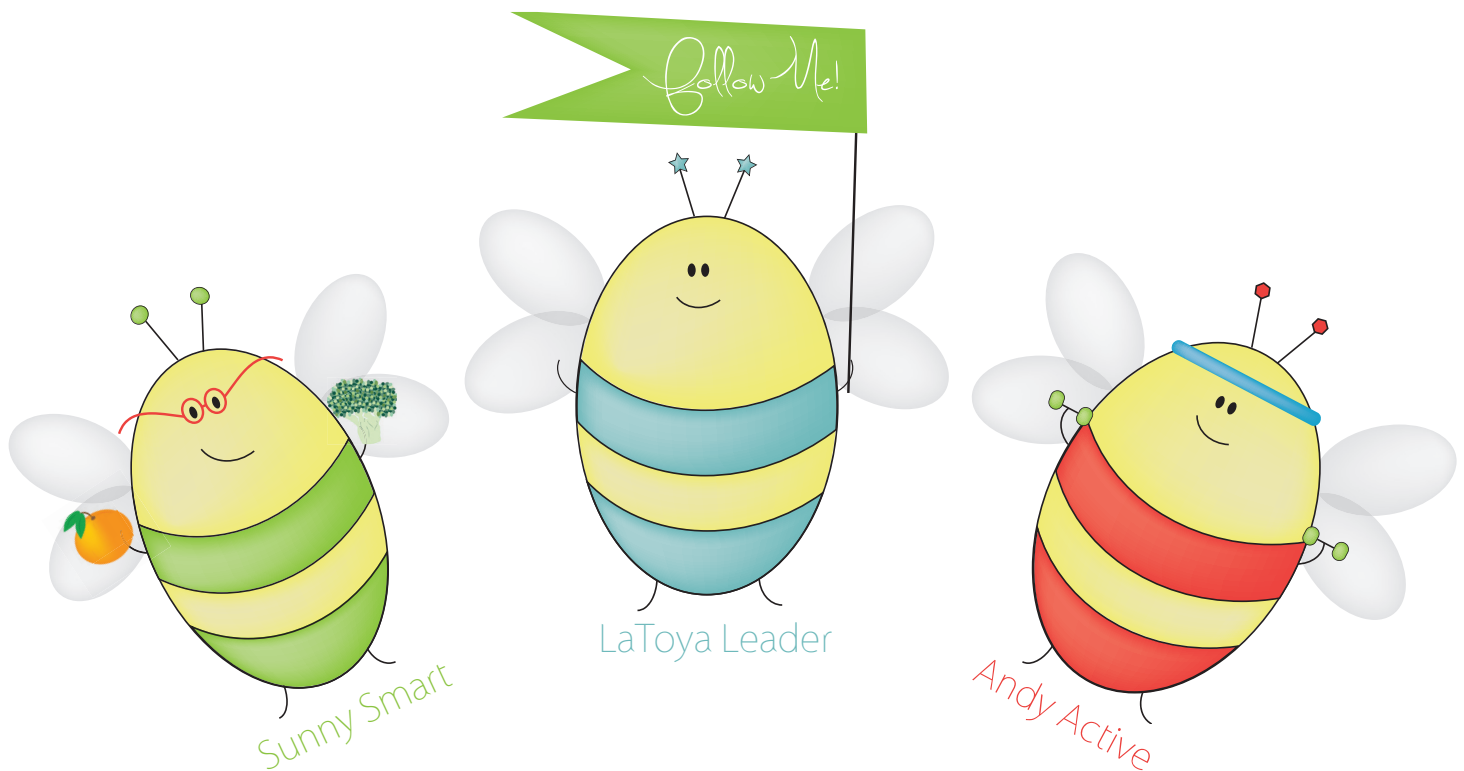
The Science Education Partnership Award (SEPA) Program funds innovative K-12 STEM and Informal Science Education (ISE) educational projects. SEPA projects create partnerships among biomedical and clinical researchers and K-12 teachers and schools, museums and science centers, media experts, and other educational organizations. SEPA is sponsored by the National Institutes of Health (NIH) (SEPA, 2013).

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# Activity Booklet Overview

Over the next few weeks, your child's class will be learning about healthy habits for a healthier life using a newly developed curriculum called, "WannaBee Healthy? Be Smart! Be Active! Be a Leader!"

The curriculum uses three Healthy Bees.



**Sunny Smart** teaches children to **Be Smart** by making healthy food choices. **Andy Active** teaches children to **Be Active** by moving around and making their hearts beat faster. **LaToya Leader** teaches children to **Be a Leader** for health by sharing what they learn with others!

This Family Activity Booklet is designed to go along with what your child is learning at school and to provide additional activities that you and your child can do at home together to reinforce what they learn with others. Start off by reading the *WannaBee Healthy? Be Active, Be Smart, Be a Leader!* storybook that introduces you to the three healthy bees. Your child has also read this book at school.

Your child's teacher should let your child know when to complete the remaining activities in this workbook. When all of the activities are completed, your child will need to **bring the booklet back to school** to receive his or her WannaBee Healthy Certificate.

Please join the team to **Be Smart**, **Be Active**, and **Be A Leader!**

# MyPlate, Food Groups, & Food Origin

## Learning the Food Groups on MyPlate

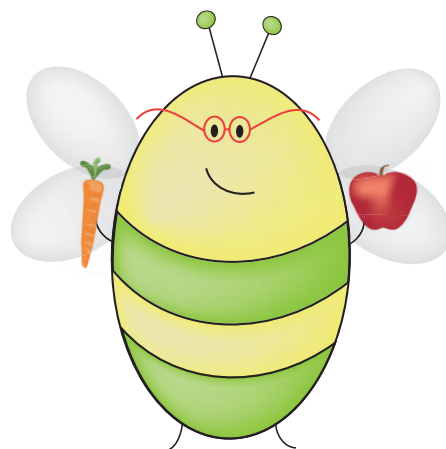
MyPlate was developed by the United States Department of Agriculture (USDA) to assist Americans two years and older in learning how to consume the appropriate foods necessary to maintain overall physical wellness or health. MyPlate replaces the Food Guide Pyramid and MyPyramid. By using the symbol of a plate, it helps to explain what should be consumed and makes it easier to remember which foods should be on your plate. Let's look at MyPlate a little closer:

There are 5 food groups represented on MyPlate:

- **Grains** include foods such as rice, pasta, breads, hot and cold cereals, and other grain-based products. It is suggested that at least  $\frac{1}{2}$  of your grains should be whole grain. Whole grain provides important health benefits such as reducing your risk of heart disease and some forms of cancer. **Your child is learning that grains are good for our stomach/digestive system and help us "go to the bathroom."**
- **Vegetables** include foods such as broccoli, peppers, tomatoes, corn, carrots, eggplant, and cauliflower. Eating a rainbow of colorful vegetables provides health benefits such as improved immune system, vision, skin, bone, and heart health. **Your child is learning that vegetables, like carrots, help keep our skin and eyes healthy.**
- **Fruits** include foods such as apples, bananas, oranges, grapes, mangoes, blueberries, and pineapples. Eating a rainbow of colorful fruits provides similar health benefits as vegetables. **Your child is learning that fruits help us fight colds and help our noses not to get "sniffly."**
- **Dairy** includes foods such as low-fat milks, cheeses, and yogurt. Dairy products assist with building strong bones and teeth. **Your child is learning that dairy products help build strong bones.**
- **Protein** includes foods such as meat, poultry, fish/shellfish, beans, peanut butter or other nut butters, nuts, and seeds. Protein assists with growth and development for children. **Your child is learning that protein builds strong muscles.**

All healthy foods are good for the heart and brain.

To learn more about MyPlate and the five food groups, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



Sunny Smart

Eat healthy foods from the five food groups!

Fruits and vegetables should make up  $\frac{1}{2}$  of your plate!

Eat a rainbow!




Looking for fun books to read on this topic? Try these:

*Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden* by Rosalind Creasy  
*How Do Apples Grow?* by Betsy Maestro  
*I Eat a Rainbow* by Bobbie Kalman


Your child has been learning about the 5 food groups. Ask your child what his or her favorite food group is and to write the name of that food group below. Ask which foods they like in that food group. Then ask what his or her least favorite food group is and why. Try to explore different ways to improve acceptability of the food group by pairing it with a favorite food on the plate.

## Activity 1: What's on MyPlate?


MyPlate highlights the importance of having foods from each food group on our plates for a balanced, healthy diet. On the plate below, ask your child to choose which foods belong in each section of the plate. Ask him/her to draw a line from each food to the correct food group on MyPlate. Some foods may belong in more than one food group. Those foods will have more than one line drawn to the plate. In the boxes below, ask your child to count and then write how many foods there are in each food group.




Apple




Milk




Beans




Broccoli




Rolls




Hamburger




Carrot



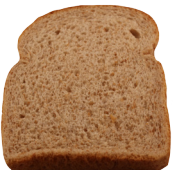
Strawberry




Chicken Leg



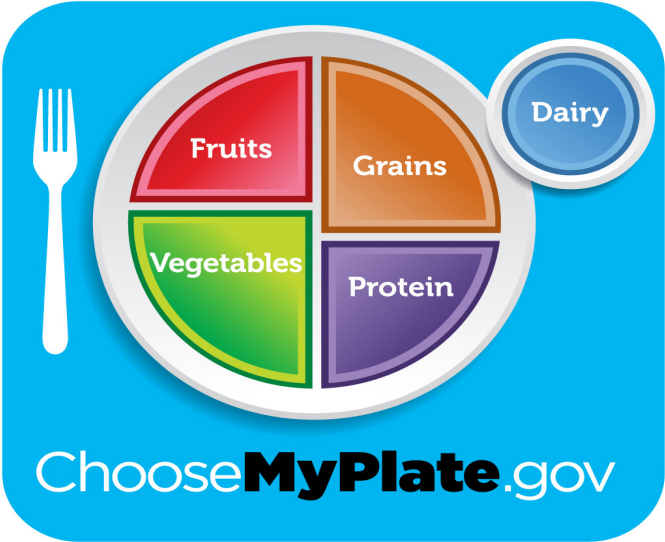
Cheese



Wheat Bread



Vegetable Pizza



My favorite food group is: \_\_\_\_\_

Not including the Vegetable Pizza, how many are in each food group?

Fruits	Vegetables	Grains	Protein	Dairy

# Activity 2: Where Does My Food Come From?

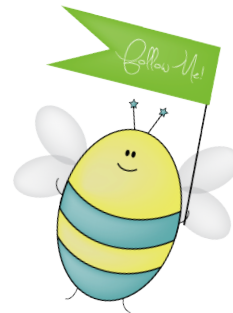
Child nutrition experts suggest that the fear of new foods lessens when children are exposed to how their food is grown and learn the importance of the food for the health of their bodies. In class, your child is learning how food is grown or where food comes from/originates. Ask your child to draw a line from each food to where the food is grown or where it comes from (food origin):

Food	Food Origin	Food
 Carrot	 Tree	 Chicken Leg
 Apple	 Chicken	 Corn
 Wheat Bread	 Garden	 Cheese
 Milk	 Wheat	 Cereal
 Egg	 Cow	 Orange

Answers: carrot and orange - tree; wheat bread and cereal - wheat; milk and cheese - cow; egg and chicken leg - chicken.

## Activity 3: What's For Dinner?

**Sunny Smart** taught us, according to MyPlate, for good health 1/2 of our plate should have fruits and vegetables. Ask your child to **Be a Leader**, like **LaToya Leader**, and create 3 different dinnertime meals which include fruits and vegetables in your home. The fruits and vegetables you pick can be fresh, frozen, or canned. In the table below, ask your child to write the name of one vegetable and one fruit for each dinner. Then, your child will ask family members if they would eat a dinner that includes these fruits and vegetables and write the number who said "Yes" in the box. Then, have your child circle the one that your family liked the most.



Dinner Fruit & Vegetable Choice	Dinner 1	Dinner 2	Dinner 3
Fruit			
Vegetable			
How many family members said they would eat this as part of their dinner?			

## WannaBee a Healthy Family?

What if your child does not accept a new food that you serve for dinner? Never fear, TIME is here! It takes time for your child to accept a new and different food. In fact, it may take **more than 12 times** before that food is accepted. Just remember to try again and make sure that everyone at the dinner table is trying the food, too. By having everyone try the food together, it helps with the acceptability of the new food. If possible, try to introduce a new **HEALTHY** fruit or vegetable and help your child write the name of that food below:

I tried a NEW fruit or vegetable:

### WannaBee a Healthy Family Recipe: Trail Mix (16 servings. Serving size: 1/4 cup)

#### Ingredients:

- 1 cup almonds
- 1/2 cup chocolate chips
- 1 cup dried fruit
- 1/2 cup dried cranberries
- 1 cup oatmeal squares

#### Directions:

1. Measure ingredients and put in a large zip-close bag.
2. Shake to mix
3. Portion into single-serving zip-close bags

Recipe used with permission from the University of Nebraska-Lincoln Extension  
Recipe retrieved: <http://food.unl.edu>

WannaBee  
Healthy Tip



Let's go to the Farmers' Market! The Farmers' Market is a great place to see and learn about different fruits and vegetables. Children have the opportunity to meet the people who grew the foods and ask questions. Choose at least one food from the market that you and your child can try at home and prepare for the family. Try the "Easy Veggie Pizza" recipe on page 15 to see if your child can identify the vegetables and where the food originates.

# Reducing Sugary Beverages & Drinking Water

## How Much Sugar Is in My Drink?

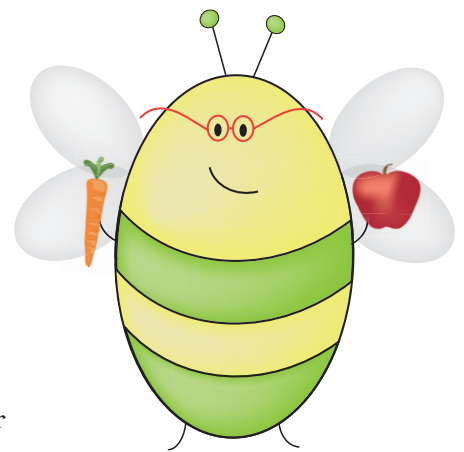
According to the Academy of Nutrition and Dietetics and the Academy of Pediatrics, one of the major sources of calories for young children is beverages containing large amounts of sugar, such as: soda, sports drinks, and energy drinks. These beverages may contribute to weight gain. Therefore, key beverages for children are water, low-fat milk, and 100% fruit juice with no sugar added. Make sure to provide at least three cups of low-fat milk per day for young children. It is always better for children to eat fruit than to drink their fruits (fruit juices). Why is this? By eating whole fruits, children will add more nutrients and fiber into their diet, which may not be available in fruit juices.

How do you know how much sugar is in a beverage? It is on the food nutrition label. On the label, it shows not only the calories and nutrient value of the food, but it also lists the ingredients. If a product has some type of sugar within the first five ingredients on the nutrition food label, then the product is considered high in sugar.

## Water Is Good for Me!

Did you know that 60% of your body is water? You can live a lot longer without food than you can without water. There are several functions of water:

- Makes up blood and other important fluids in the body
- Transports oxygen, nutrients, and waste in the body to the places that it needs to go to do work, or for disposal
- Lubricates joints and tissues
- A part of many chemical reactions that helps with body repair, maintenance, and general function of the body
- A fluid that is a part of all cells and cell membranes in the body



Sunny Smart

Drink water!

## MOST COMMON

Here are some other names sometimes used for sugar:

Table Sugar	Corn Syrup
High Fructose Corn Syrup	Anhydrous Dextrose
Corn Syrup Solids	Honey
Dextrose	Liquid Fructose
Malt Syrup	Brown Sugar
Maple Syrup	Confectioner's Powdered Sugar
Raw Sugar	Molasses
Cane Juice	Fruit Nectars
Evaporated Corn Sweetener	

## SUGAR SUSPECTS



Looking for a fun book to read on this topic? Try this one:

*No Milk!* by Jennifer Ericsson



Your child is learning about beverages that have a lot of sugar and that water is the best beverage to drink. If your family drinks a lot of beverages that contain high amounts of sugar, try replacing some of those beverages with bottles of water. In our next recipe, we have a way to help increase your family's water intake.

## Activity 4: How Much Sugar is in My Drink?

Help your child count the number of teaspoons of sugar in some common beverages<sup>1</sup> he or she might drink. Have your child watch or help you measure out the amount of sugar in each drink below into a clear glass or container. Have your child color or shade in the sections on the bottle to represent how many teaspoons of sugar each drink contains (each line is 1 teaspoon of sugar):



Water (8 oz.)  
(No sugar)



Soda (8 oz.)  
(Approx. 7 tsp. of sugar)



Chocolate Milk (8 oz.)  
(Approx. 5 tsp. of sugar)



Fruit Punch (8 oz.)  
(Approx. 6 tsp. of sugar)

This drink has  
NO Sugar:

This drink has  
the MOST Sugar:

Answers: water has no sugar, soda has the most sugar

<sup>1</sup>See the Notes section located on page 30

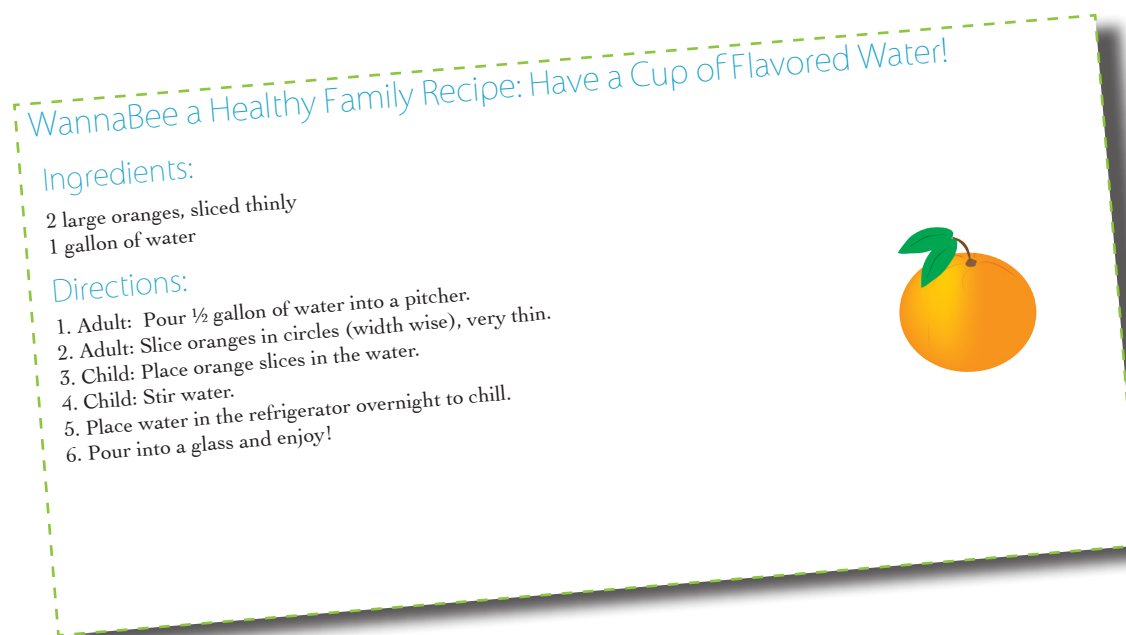
WannaBee  
Healthy Tip



Don't drink your calories! Many of the popular drinks are full of empty calories with no health benefits. The healthiest beverage is always water!

## WannaBee a Healthy Family Recipe:

Here is a recipe that you may want to try to increase water consumption for the entire family. Let your child assist with choosing the fruits and making the beverage. Once you make the beverage, you and your child should try it! Have your child rate your fruit water recipe(s) on the Rating Sheet on the next page. Try to think of other fruits and even vegetables (for instance, cucumbers) that can be used to make more flavored waters. Add those fruits or vegetables to your flavored water rating sheet! Note to parents: As you slice the fruit you can show your child how two halves make one whole. For example, half of an orange.



Here are other fruit combinations to make flavored waters:

Citrus Water: 1 lemon, sliced; 1 lime, sliced; 1 orange, sliced

Watermelon Water: 2 cups of seedless watermelon in chunks

Melon Water: 1/4 honeydew, in chunks and 1/4 cantaloupe, in chunks

Berry Water: 1/2 cup of mixed berries (strawberries, blueberries, blackberries and raspberries)

The information for this topic comes from the following references:

Eat Right. (2012). Position of Academy of Nutrition and Dietetics: Safely Enjoy Sweetened Foods Within a Healthful Eating Plan [Press Release]. Academy of Nutrition and Dietetics. Retrieved from: <http://www.eatright.org/Media/content.aspx?id=6442469620&terms=safely%20enjoy#.U9FKM4BdXEI>.

Crum, R. (2009). The Sugar-Sweetened Beverage and Childhood Obesity Connection. Robert Wood Johnson Foundation. Retrieved from: <http://www.rwjf.org/en/research-publications/find-rwjf-research/2009/08/the-sugar-sweetened-beverage-and-childhood-obesity-connection.html>.

Wang, Y. C., Bleich, S. N., & Gortmaker, S. L. (2008). Increasing Caloric Contribution from Sugar-Sweetened Beverages and 100% Fruit Juices Among US Children and Adolescents, 1988-2004. *Pediatrics*, 121(6), e1604-e1614. DOI: 10.1542/peds.2007-2834.













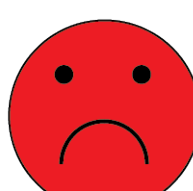
WannaBee  
Healthy Tip



As you and your family are being active, remember water is the best thirst quencher!  
Make sure to have water available as a quick beverage when being active.

## Activity 5: Child's Flavored Water Rating Sheet!

Ask your child to use the rating sheet below to circle his or her answers. Your child can choose from "I liked it!" "It was okay," or "I didn't like it." Try other flavored waters, and have your child draw the fruit or vegetable. Write the name of the fruit or vegetable on the rating sheet and have your child rate it!

Fruit or Vegetable	I liked it!	It was okay.	I didn't like it.
 Orange			
<hr/>			
<hr/>			
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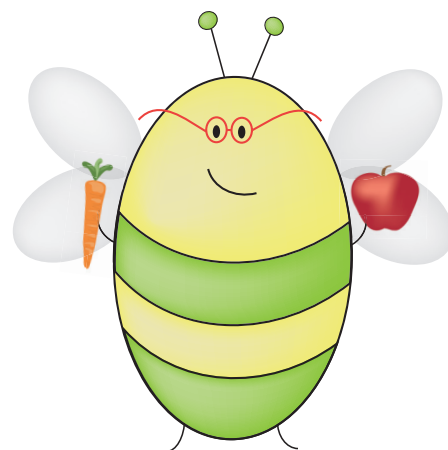
# Food is Fuel and Healthy Food Choices

## Food is Fuel!

Just as cars need fuel/energy to move and work, our bodies also need fuel/energy. The foods we eat give us energy to work, go, grow, and to **Be Active**. However, there is a certain ratio of food that is needed. Eating too little food can cause limited growth, and eating too much (without exercising or “burning” off the energy) may place us at risk of becoming overweight or obese.

There are some foods that we eat that do not require a lot of activity or energy to “burn” their calories, and some foods require a lot of activity to “burn” or use their calories. It is important to make sure that physical activity fits into your family’s lifestyle every day. The Physical Activity Guidelines for Americans suggests that young children have 60 minutes of structured and 60 minutes of unstructured play each day. For adults, 30 minutes five days a week or 150 minutes per week is recommended.

To learn more about the Physical Activity Guidelines for Americans, visit: <http://www.health.gov/paguidelines/>



Sunny Smart

Eat healthy foods from the five food groups!

Drink water!

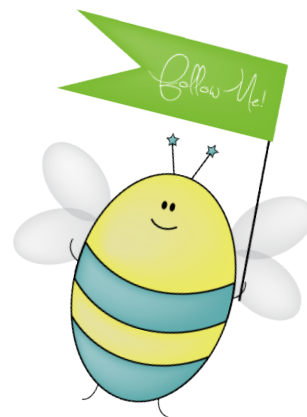
## Healthy Food Choices

Making healthy and smart food choices (i.e., giving your body the best fuel) are also important for keeping the body healthy. Snacks for young children are ways to provide healthier food choices to meet nutrition requirements for growth and development. Young children have tiny stomachs and need three meals a day and at least two to three snacks. Healthy snacks, along with three healthy meals, will provide your child with the energy needed for play and can also make your child more alert and focused in class. When purchasing snacks, make sure they are low in fat, sugar, and salt.

## Having a Snack Attack? Try These Healthy Snack Ideas!

Graham Crackers and Low-fat Milk  
Low-fat Yogurt  
String Cheese and 3 to 4 Crackers  
Whole Grain Cereal  
Cucumber Rounds with Dip  
Banana  
Strawberries  
Mini Rice Cakes

Kiwi Slices  
Broccoli Florets with Dip  
Celery with Cream Cheese or Peanut Butter  
Apple Slices  
Zucchini Strips  
Low-fat Pudding  
Hard Boiled Egg



Try one of these healthy snacks for a snack time choice!



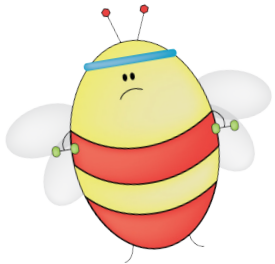
Looking for fun books to read on this topic? Try these:

*The Busy Body Book* by Lizzy Rockwell  
*The Berenstain Bears and Too Much Junk Food* by Jan & Stan Berenstain



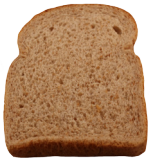
Your child has been learning about how foods can fuel our bodies and give us energy. Ask your child to name some **HEALTHY** foods that he or she can eat to give him or her the energy needed to run, jump, and dance.

## Activity 6: Andy Active Needs **HEALTHY** Food for Fuel/Energy!



**Andy Active** wants to move and **Be Active**, but first, he needs to eat food to give him energy. Ask your child to help Andy decide which foods would be a **HEALTHY** food choice to give him energy. Circle the food or drink that is the **HEALTHY** choice:

Talk with your child about why it's the **HEALTHY** choice.



Wheat Bread



White Bread



Doughnut



Banana Nut Muffin



Banana Split



Banana



Chicken Nuggets



Grilled Chicken Leg



Fried Chicken Leg



Orange Popsicle



Orange



Orange Juice



French Fries



Potato Chips



Baked Potato



Ice Cream



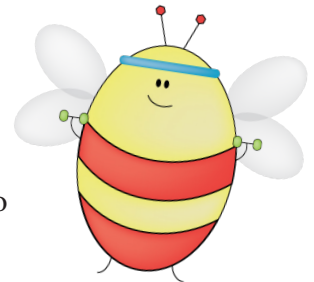
White Milk



Chocolate Milk

Answers: wheat bread, grilled chicken leg, baked potato, french fries, banana, orange, white milk

Thank you for helping me fuel up with **HEALTHY** foods! Now I have energy to **Be Active**!



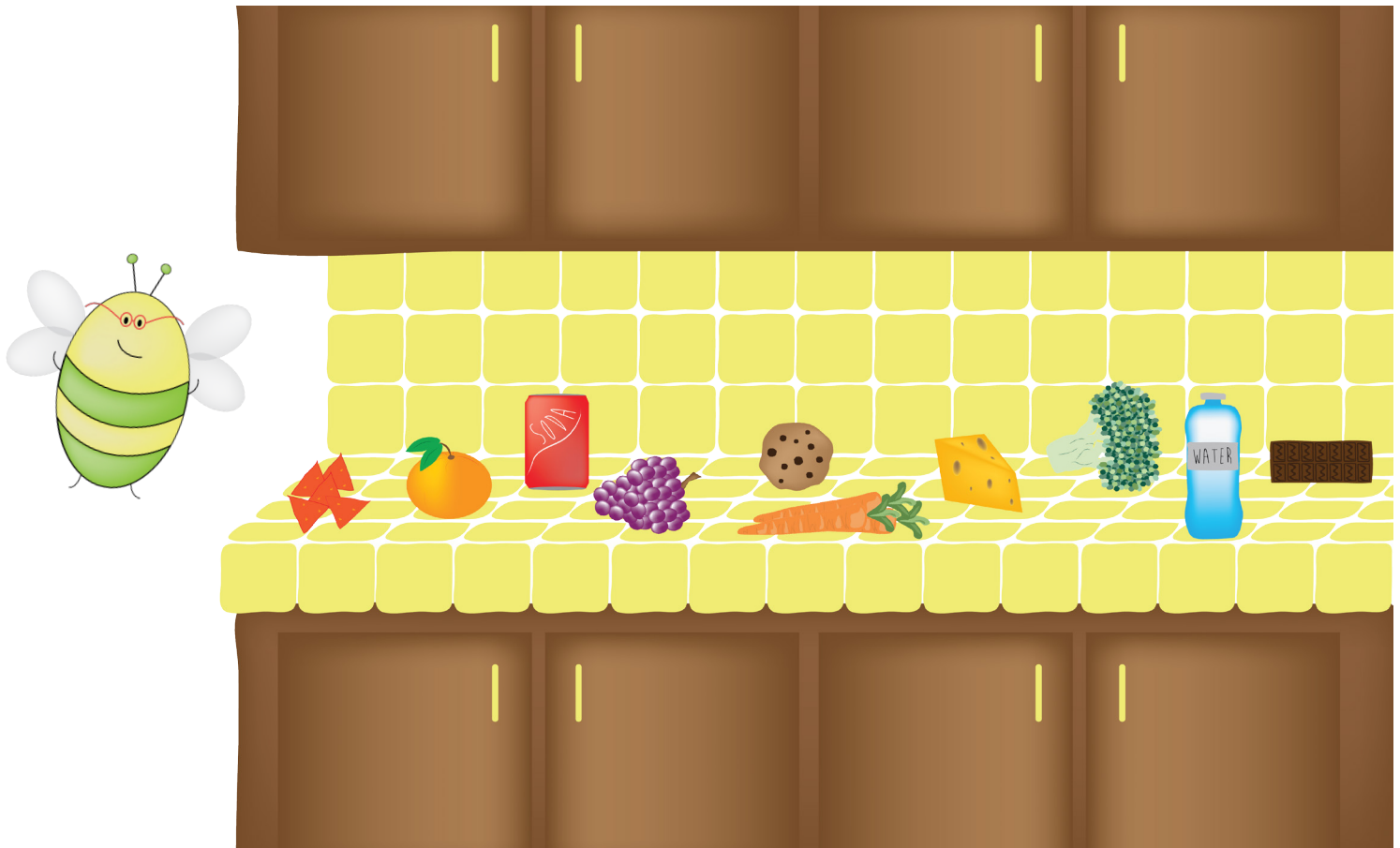
WannaBee  
Healthy Tip



Do you or your child have a sweet tooth? Try fruits, which are naturally sweet and low in calories! Be grocery store savvy and try fruits that are in season. Those fruits are at the peak of flavor and are lower in cost. Want to know which fruits and vegetables are in season? Visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

## Activity 7: Sunny Smart Wants a Healthy Snack!

**Sunny Smart** just buzzed home from school and said, “Mom, I’m hungry. May I have a snack, please?” Her mother said, “Yes, Sunny. Look on the kitchen counter.” **Sunny Smart** went into the kitchen and saw this on the counter:



Answers: oranges, grapes, carrots, cheese, broccoli, water

Ask your child to help **Sunny Smart** choose a healthy snack. Circle the **HEALTHY** snack choices. Which one of the foods circled would **YOU** choose as a snack if you were Sunny? Draw the food below, and write the name of the food! Parents, you can help your child write the name of the food and discuss with your child some other healthy snacks Sunny could add to her kitchen.

I would choose:

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# WannaBee a Healthy Family?

Your child has been learning about different foods within the 5 food groups, especially vegetables and fruits. Help your child become a true Super Shopper Helper! On your next grocery store visit, have your child pick different fruits and vegetables that are on your grocery list. Have your child describe the shape, size, color, and texture of the fruit or vegetable. Have your child count the number of fruits and vegetables you are placing in the bag. This will help your child become more familiar with the store and notice the different fruits and vegetables that are in the produce section.

## WannaBee a Healthy Family Recipe: Easy Veggie Pizza (Serves 4)

### Ingredients:

- 4 English muffins, cut into halves
- ½ cup prepared pizza sauce
- 1 cup thinly sliced mushrooms
- 1 small zucchini (about 1 cup), thinly sliced
- 1 medium green or red bell pepper, diced
- 1 cup shredded mozzarella cheese
- 2 tablespoons of grated Parmesan cheese
- ½ teaspoon of Italian dried seasoning



### Directions:

1. Preheat oven to 400 degrees.
2. Place English muffins on baking sheet.
3. Spread 2 tablespoons pizza sauce in the center of the English muffin half.
4. Arrange vegetables over sauce.
5. Combine mozzarella, Parmesan, and dried seasoning.
6. Sprinkle over vegetables.
7. Bake 15 minutes or until cheese melts and crust is crisp.
8. Let cool before serving.

Recipe from the University of Illinois Extension Service, Illinois Nutrition Education Program

### Menu Idea:

- Easy Veggie Pizza
- Mixed Green Salad with Carrots and Low-fat Italian Dressing
- Orange Wedges
- Low-fat Milk or Water



You can also have your child choose different vegetables to place on his/her pizza! For additional recipes and other WannaBee Healthy tips, visit our website:

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

## WannaBee a Healthy Family Recipe: Baked Kale Chips

### Ingredients:

- 1 bunch kale
- 2 teaspoons olive oil

### Directions:

1. Preheat oven to 200 degrees. Lightly spray two large baking sheets with vegetable oil cooking spray
2. Wash and thoroughly dry kale. A salad spinner works well, followed by patting kale dry with paper towels or a clean dish towel.
3. Cut with kitchen shears or tear leaves from stems and thick center rib in middle of leaves; then tear into large sections
4. Toss with 1 teaspoon of oil in a large bowl. You may wish to use your fingers to distribute the oil on the leaves. Use slightly more oil if needed.
5. Place in a single layer on baking sheets; use separate oven shelves if needed.
6. Bake about 20 minutes. Then, remove baking sheets from oven, turn kale chips over, and switch shelves if placed on separate shelves.
7. Check after an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed. The time may vary with your oven. Record the times that work for you.
8. Let chips cool slightly on baking sheet, placed on a cooling rack. Then transfer to a bowl and sprinkle with salt or grated parmesan cheese, if desired.

Recipe from the University of Nebraska-Lincoln Extension  
Recipe retrieved: <http://food.unl.edu>

WannaBee  
Healthy Tip

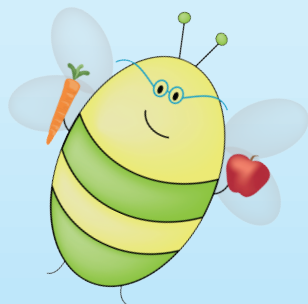


Does it seem like your child has joined the “I Don’t Want to Eat That” Club? Do you feel that you have become a short order cook during meal time because of the different meals you have to prepare for your picky eaters at home? As your child continues to grow and develop, he or she will want to become more independent. Making food choices is one area in which a child may voice his or her independence that may make it difficult for parents when planning meals. However, this is a perfect time for families to build a child’s confidence, self-esteem, and positive attitudes about consuming healthier foods. Want to read a fun book on picky eaters? Read this book, and discuss with your child ways that will help him/her try new foods: *Eat Your Peas, Louise!* by Pegeen Snow. Visit [www.partnershipsforhealthychildren.com](http://www.partnershipsforhealthychildren.com) for tips to help you Be Smart about feeding a picky eater.

# WannaBee Healthy?

Help Sunny Smart, Andy Active and LaToya Leader get to the WannaBee Healthy Hive! See pages 25-30 for game instructions and playing cards.

START HERE

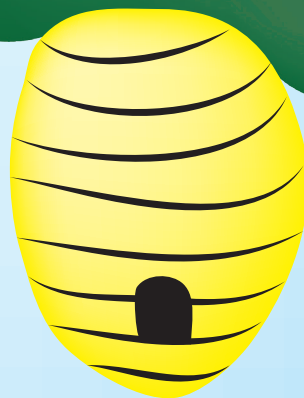
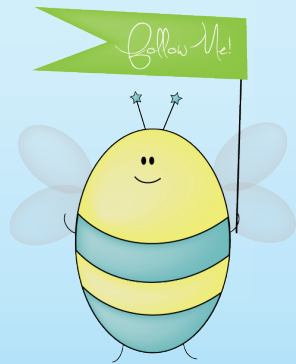


Be Smart!

Be Active!



Be sure to complete all activities in the booklet before playing the WannaBee Healthy Game!



FINISH

Be A Leader!

You're almost to the  
WannaBee Healthy Hive!

# Making Your Heart Beat Fast & Burning Fuel

## Let's Get Moving!

Young children love to **Be Active**! To be able to run, jump, and climb provides an outlet to release energy and to have fun. When young children have the opportunity to **Be Active**, it helps burn stored energy that comes from the food they eat. When calories (energy) in = calories (energy) out, it provides an energy balance which causes no weight gain. When calories (energy) in is greater than calories (energy) out, this can cause weight gain which may lead to being overweight or obese. If this trend continues, obesity experts suggest it will lead to lifelong habits that will lead to obesity into adulthood. Obesity increases your risk for health problems such as cardiovascular disease, type 2 diabetes, hypertension, strokes, cancer, gallstones, sleep apnea, mobility issues, and other health problems related to having extra weight on the body.

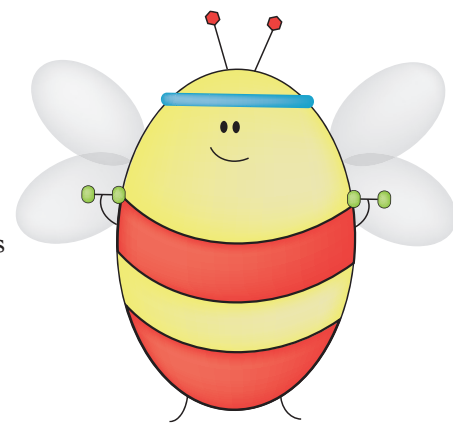
## Let's Be Active!

Statistics indicate that more than 50% of young children have televisions in their bedrooms. Most young children watch at least 2 ½ hours of television a day. The more time a child spends watching television, the less time a child has to be physically active which can cause an increase in weight gain. The Physical Activity Guidelines for Americans suggests children have 60 minutes of structured and 60 minutes of unstructured play each day. While the concept of “60 or 120 minutes” of physical activity may be difficult for children of this age to understand, we recommend that you tell children it is important for them to “be active as much as possible each day to make their hearts stronger and beat faster.” Most adults are also not meeting the physical activity requirements of 150 minutes a week for optimal health. If 150 minutes a week seems like a lot, try to think about it as 30 minutes a day, 5 days a week.

Do you know if your child is active enough? Answer the following questions:

- My child plays outside several times a day or inside where he or she is free to move. **Yes OR No**
- I make sure my child's TV and screen time is less than 2 hours a day. **Yes OR No**
- I make sure my child is actively moving for at least 60 minutes a day. **Yes OR No**
- When actively playing my child breathes quickly or sweats. **Yes OR No**

If you answer yes to most of these statements, your child is probably getting enough active play (from USDA MyPlate; [www.choosemyplate.gov](http://www.choosemyplate.gov); 2012)

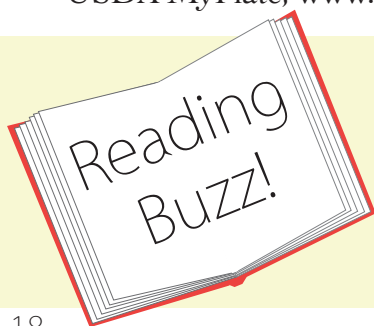


Andy Active

Get moving!

Make your heart  
strong!

Move more than you  
sit!



Looking for fun books to read on this topic? Try these:

*Hop and Jump* by Ellen Stoll Walsh  
*Giraffes Can't Dance* by Giles Andreae



Your child has been learning in class about activities that help make our hearts beat faster which helps to burn calories and makes our hearts strong! Ask your child to name some activities that make his or her heart beat faster. Ask which of those activities he or she enjoys. Try making time to do that activity together this week as a family.

## Activity 8: Let's Get Moving!

Being active helps to maintain a healthy weight and keeps overall good physical health and body function. There are different activities that help the body to increase in heart rate and help to build a strong heart, muscles, and bones. Ask your child to circle the activities that will make his or her heart beat faster and burn more calories.



Riding a Bike



Watching TV



Playing a Video Game



Jumping Rope



Reading a Book



Playing Soccer



Running



Working on a Computer



Playing Baseball



Playing with Toys



Playing on a  
Playground



Art

Answers: riding a bike, jumping rope, playing on a playground, playing soccer, running, playing baseball, playing on a playground

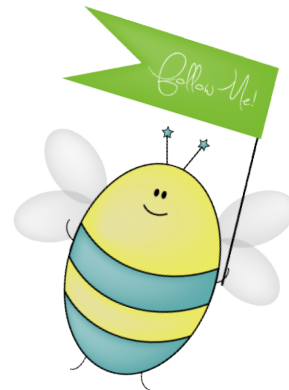
WannaBee  
Healthy Tip



There are a lot of ACTIVE fun things that can be enjoyed by the entire family. Try going on a bike ride, taking a family walk, playing a game of Frisbee or freeze tag in your backyard or in the park, playing kick ball or volleyball using a lower net, jumping rope, or playing games like hot potato and Simon Says. Bad weather? NO PROBLEM! There are still indoor activities that can keep the family active. Try playing interactive games that require physical movements, organize your family room for yoga, and dance using interactive games or DVDs. There may also be indoor, free locations such as community centers, sports centers, sports tracks, churches with a recreational center or family building, or school gyms available to the public after hours. These are great places for playing and being active!

## Activity 9: My Family's Favorite Physical Activities

**Andy Active** taught us it is important to **Be Active** and make our hearts beat fast. **LaToya Leader** would like to know more about the physical activities your family enjoys. Ask your child to write your 3 favorite activities below. Then, ask him or her to guess if the activity will make your hearts beat fast, by circling "yes" or "no." After completing the activity, ask your child to circle "yes" if it made your hearts beat fast or "no" if it did not.



My Family's Favorite Physical Activities	Before we tried it: Will it make our hearts beat fast?	After we tried it: Did it make our hearts beat fast?
	Yes or No	Yes or No
	Yes or No	Yes or No
	Yes or No	Yes or No

Want to know more about the health of young children?  
Visit: <http://www.healthychildren.org/growinghealthy>

The information for this topic comes from the following references:

Dietz, W. H. (1998). Health Consequences of Obesity in Youth: Childhood Predictors of Adult Disease. *Pediatrics*, 101(3pt2), 518-525. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/12224658>.

Insel, P., Bernstein, M., Ross, D., McMahon, K., (2014). *Nutrition*, 5th Edition. Burlington, MA: Jones and Bartlett Learning Publishing.

WannaBee  
Healthy Tip



Have you been active today? Try to set up a specific time each day for your family to be active. This can become a great health habit for life! And, remember to drink plenty of water to stay hydrated when you are active!

## WannaBee a Healthy Family Recipe:

Try these recipes as a fun treat after being active as a family:

### WannaBee a Healthy Family Recipe: Frozen Fruit Cups (Makes 18 Cups)

#### Ingredients:

- 3 bananas
- 3 containers (8 ounces each) fat-free strawberry yogurt
- 1 package (10 ounces) frozen strawberries, thawed and undrained
- 1 can (8 ounces) 100% in its own juice crushed pineapple, undrained



#### Directions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm.
5. Remove frozen cups and store in a plastic bag in freezer.
6. Before serving, remove paper cups and let stand 10 minutes.

Recipe used with permission of Kansas State University Research & Extension, Kids A Cookin' Program

Recipe retrieved from: [www.kidsacookin.com](http://www.kidsacookin.com)

### WannaBee a Healthy Family Recipe: Mighty Milk (Serves 6)

#### Ingredients:

- 8 ice cubes
- 2 cups low-fat milk
- 2 bananas
- 4 tablespoons of frozen orange juice concentrate

#### Directions:

1. Put all ingredients in a blender.
2. Cover and blend for about 20 seconds.
3. Serve in a cold glass or cup!



Recipe used with permission of Kansas State University Research & Extension, Kids A Cookin' Program

Recipe retrieved from: [www.kidsacookin.com](http://www.kidsacookin.com)

WannaBee  
Healthy Tip

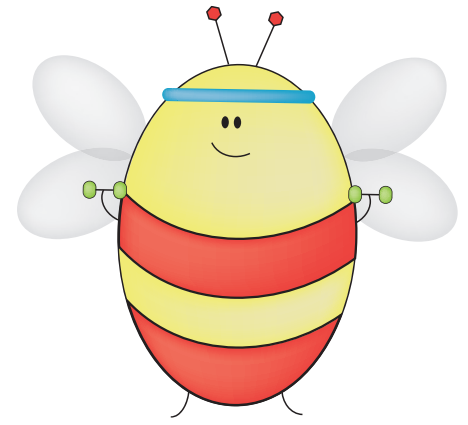


**NO MORE CLEAN PLATE CLUB!** Even though your child is growing, he or she has a tiny stomach. Let your child decide on the amount of food he or she wants to eat. This may mean not everything on his or her plate will be eaten. Try to provide smaller portions and have your child ask for more if he or she is still hungry. Make sure your child eats slowly and enjoys every bite of his or her food. Eating slowly will help your child understand when he or she is full.

# The Importance of Activity & Rest

## Why Do Our Bodies Need Sleep?

Our bodies get energy to **Be Active** (play, work, and move) when we eat healthy foods and get enough sleep every night. When we sleep, our bodies rest and prepare for the next busy day to come so that we feel energized when we wake up to start our day! We need both healthy food and sleep to have enough energy each day.



Andy Active

Get enough sleep!

- Sleep is good for our immune system and gives the body a special chance to heal.
- Sleep is important to our nervous system.
- Sleep improves our memory and helps our brain to sort through and remember things we see, hear, and learn about during the day.
- Sleep helps us to grow and helps our bodies to get better if we are sick or hurt, through tissue growth and repair.

Here are some tips to establish a good night's rest for your young child:

- Stick to the same bedtime and wake-up-time schedule. It is important for children to establish their internal clock so that they can be alert during the day and wind down when it is close to bedtime.
- Limit all television, video games, and other electronic devices. Establish a time for all electronic devices, televisions, and other technology to be turned off at least one hour before bedtime. By establishing this one-hour rule, it helps to prepare the child for bedtime and begin the relaxation process.
- Set the sleeping environment. Make sure the room the child is sleeping in is at a comfortable temperature, dark or dimly lit, and has very little distractions.
- Try a calming activity before bedtime. Reading a book to your child at bedtime or playing soft, relaxing music creates an atmosphere that promotes a restful sleep.

Here are a few questions to help you begin to review your bedtime rituals for your child:

What time does your child go to bed to go to sleep?  
What time does your child wake up?  
What is the nighttime routine prior to going to bed?

How often is that routine followed during the week?  
Does your child go to sleep without the television or computer on?  
Does your child get 10 to 12 hours of sleep per night?



Looking for a fun book to read on this topic? Try this one:

*Goodnight Moon* by Margaret Wise Brown or *The Napping House* by Audrey Wood



Your child has been learning about the importance of rest and sleep. It is very important that children, as well as adults, get enough sleep. Do you and your child get enough sleep? If not, why? Try to think of ways to help you and your child get enough rest and sleep so that everyone is ready for the next day!

## Activity 10: Good Night, Sleep Tight!

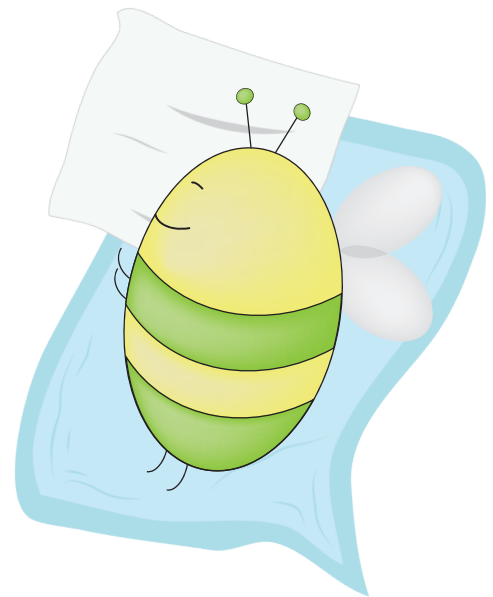
Your child has been learning about the importance of rest and sleep in class. Ask your child the following questions to assist in forming a healthy bedtime routine.

What are the activities you do before you go to bed?

What is your favorite relaxing activity to do before you go to bed?

Is there a special way you like your bedroom to be that helps you relax?












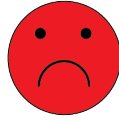






Who do you like to say good night to before you go to bed?



How do you feel when you do not get enough sleep? Many of us feel grumpy, tired, and not very alert. Young children are the same way too! You can start your child off with a great day by making sure he or she has a good night's sleep!

## Activity 11: Tracking My Sleep

Sleep is very important for children. Now that your child has listed nighttime routines in Activity 10, let's see if these routines are working! Use the table below to determine how much sleep your child is getting over several days of the week and how he or she feels after waking up. You could also have other members of your family do this activity as well to see if you are all getting the recommended hours of sleep and how you feel afterwards. Before starting this activity, let your child predict or guess if they would feel better or worse with different amounts of sleep. Then, when finished, you can discuss if their guesses were correct.

Day of the Week	How Long Did You Sleep?	How Did You Feel?
		  
		  
		  
		  
		  
		  

The information for this topic was taken from the following websites. Visit the websites for more information about the importance of sleep!

Sleep for Kids: Teaching Kids the Importance of Sleep, A Service of the National Sleep Foundation (<http://www.sleepforkids.org/html/why.html>); "What Sleep Is and Why All Kids Need It," Kids Health Website, The Nemours Foundation ([http://kidshealth.org/kid/stay\\_healthy/body/not\\_tired.html](http://kidshealth.org/kid/stay_healthy/body/not_tired.html)); "Why is Sleep Important?," National Heart, Lung, and Blood Institute (<http://www.nlm.nih.gov/health/health-topics/topics/sdd/why.html>); "Sleep," BrainFacts.org (<http://www.brainfacts.org/sensing-thinking-behaving/sleep/>); "Children and Sleep," National Sleep Foundation (<http://www.sleepfoundation.org/article/sleep-topics/children-and-sleep>)



Turning off the television at least one hour before bedtime helps your child know it is time to relax and get ready for rest. Try it at your house and see if it works!

**Be Smart!**

**Be Active!**

**Be a Leader!**

**Be Smart!**

**Be Active!**

**Be a Leader!**

**Be Smart!**

**Be Active!**

**Be a Leader!**

**Be Smart!**

**Be Active!**

**Be a Leader!**

Tell the person on your right how much of your plate should be filled with fruits and vegetables.

Answer:  $\frac{1}{2}$  your plate

Do 10 jumping jacks to move one space.

Answer: Person does 10 jumping jacks.

How many food groups are a part of MyPlate?

Answer: 5

Show everyone playing the game how to do your favorite dance to make your heart beat faster.

Answer: Player shows their favorite dance

Which activity makes your heart beat fast?

- a) sitting down and playing video games
- b) dancing

Answer: Dancing

I am a round fruit with a peel. I am also a crayon color. You can drink my juice. What am I?

Answer: Orange

Bonus question: Move one EXTRA space if you can name where I grow:

- a) a vine
- b) a tree
- c) the grocery store

Bonus Answer: Tree

Tell the person on your left why he/she should eat foods from the Dairy group.

Answer: The Dairy group helps to build strong bones

If you ate a slice of cake would you need to walk, hop, or run fast around the room to burn off the calories from eating the cake?

Answer: Run

Bonus question: Move one EXTRA space if you can name a food that you would only need to move a little to burn the calories from eating.

Bonus Answer: Any food that is low in calories such as a fruit or vegetable

Which of these drinks has NO sugar?

- a) chocolate milk
- b) soda
- c) water

Answer: Water

Tell everyone playing the game why they should be active.

Answer: Being physically active helps your heart to be strong and builds your bones and muscles

After being active, it is always good to drink which of these drinks?

- a) soda
- b) fruit punch
- c) water

Answer: Water

Name one food from the PROTEIN group.

Answer: Will vary. It could be any food that fits in the categories of meat, fish, poultry, eggs, nuts, and beans.

**Be Smart!**

**Be Active!**

**Be a Leader!**

**Be Smart!**

**Be Active!**

**Be a Leader!**

**Be Smart!**

**Be Active!**

**Be a Leader!**

**Be Smart!**

**Be Active!**

**Be a Leader!**

Tell everyone playing the game where eggs come from and in which food group they belong.

Answer: Eggs come from a chicken and are part of the protein food group.

Sing "Head, Shoulders, Knees and Toes," skip around the room, and hop like a bunny around the room. Then, move **THREE** spaces.

I am a crunchy vegetable until I am cooked. Some people think I look like a little, green tree! What am I?

Answer: Broccoli

Tell everyone, "Let's get moving!" and have them march around the room 3 times.

Answer: Everyone marches around the room 3 times.

I pump blood all over your body. I pump really fast when you run, jump and play. I am a muscle, and it is important to keep me strong by being active. What am I?

Answer: Heart

What food is a healthy choice to eat when you need energy?

- (a) a banana
- (b) a cookie
- (c) potato chips

Answer: A banana

Teach everyone the "Heads, Shoulders, Knees, and Toes" song. They must sing the song at least one time with your help.

Answer: Teach the song by singing and pointing to the parts of the body.

Which exercise makes your heart beat faster?

- a) working on the computer
- b) playing kickball

Answer: Kickball

I am yogurt. Where did I come from (originate)? Did I come from:

- a) a grocery store
- b) a cow
- c) a garden

Answer: A cow

Be a leader and have everyone name their favorite vegetable. Tell them your favorite vegetable, too!

Answer: Everyone names their favorite vegetable.

Name one thing you can do to **BE ACTIVE** and make your heart beat faster when you're **INSIDE**.

Answer: Will vary. It might include jumping jacks, dancing, helping clean or do chores, or playing hide and seek.

Name one food from the **GRAINS** group

Answer: Will vary. It could be pasta, rice, bread (whole grain), hot and cold cereals, or crackers.



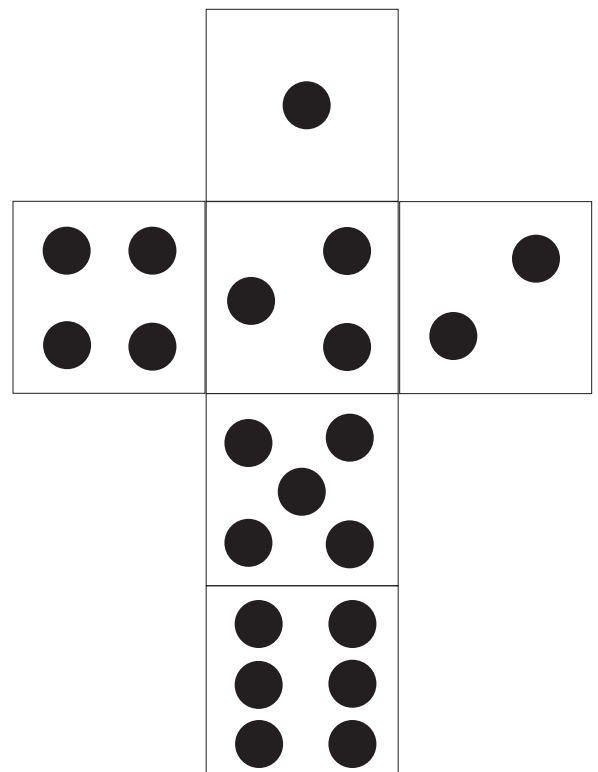
## Came Instructions

The object of the game is to help **Sunny Smart**, **Andy Active**, and **Latoya Leader** get to the WannaBee Healthy Hive. Using small items (e.g. pennies) found around the house, place your pieces at the starting position on the board. Cut out the Question/Answer cards located above. Then arrange them into four stacks: **Be Smart**, **Be Active**, **Be a Leader**, and WannaBee Healthy Hive Questions.

The player who will have the next birthday goes first.  
**ON YOUR TURN:** Roll the die and move the number of spaces indicated. Have another player draw the color card for that space and read the question to you. If you answer correctly, advance 1 space. If you **DO NOT** answer correctly, stay on that space until your next turn. Place the card on the bottom of the stack, and play moves to the next player to your left.

When players reach the WannaBee Healthy Hive, they must answer one final Hive Question to win the game. The game continues until a Hive Question has been answered correctly.

If you don't have a die at home, you can cut this one out and tape it together to use for this game.



Name the 5 food groups that are a part of MyPlate.

Answer: Grains, Protein, Dairy, Fruits and Vegetables

Find a FRUIT in your house, bring it into the room, and tell everyone what it is.

Answer: Any fruit (fresh, frozen, or canned) will do.

Find a VEGETABLE in your house, bring it into the room, and tell everyone what it is.

Answer: Any vegetable (fresh, frozen, or canned) will do.

Find a GRAIN in your house, bring it into the room, and tell everyone what it is.

Answer: Any grain will do (rice, crackers, bread, cereal, etc.)

With help from an adult, find a plate in your house and show everyone how much of the plate should be filled with fruits and vegetables.

Answer:  $\frac{1}{2}$  of the plate

Show everyone which body part carrots make healthy and strong.

Answer: Should point to their eyes

## Notes

<sup>1</sup>The following beverages serve as representatives for fruit punch, soda and chocolate milk in the How Much Sugar Is in My Drink? Activity:  
Fruit Punch-Snapple® Fruit Punch  
Soda-Pepsi®  
Chocolate Milk-TruMoo® Chocolate Milk.

The inclusion of the specific brand-name beverages above does not constitute an endorsement. Teaspoons of sugar were calculated or obtained from the beverage manufacturers' Web sites. All calculations are approximate, due to rounding.

1 teaspoon of sugar = Approx. 4 grams of sugar

## You Have Completed the Family Activity Booklet!

Ask your child to take this completed booklet back to school to receive his/her WannaBee Healthy Certificate. But, before you do, let your child check off the topics he or she learned about in this booklet:

\_\_\_\_\_ I learned about the 5 food groups.

\_\_\_\_\_ I learned where my food comes from (originates).

\_\_\_\_\_ I learned that food is fuel for my body.

\_\_\_\_\_ I learned to **Be Smart** about the foods I eat by choosing healthy foods.

\_\_\_\_\_ I learned to watch out for drinks that have a lot of sugar.

\_\_\_\_\_ I learned that water is good for me.

\_\_\_\_\_ I learned that to **Be Active** is fun and good for me.

\_\_\_\_\_ I learned that there are some physical activities that make my heart beat faster.

\_\_\_\_\_ I learned that I need sleep and rest to be the best I can be!

\_\_\_\_\_ I learned to **Be a Leader** by telling my family what I learned about eating healthy foods, being active, and getting enough sleep!





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