

FIT TO
PLAY
& LEARN





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IMPLEMENTING HEALTHY LIVING IN OUR COMMUNITY



DID YOU KNOW?

190M

Americans are overweight or obese

1 in 3

Children are overweight



CONTACT INFORMATION

If you have any questions or would like to contact the *Fit to Play & Learn* Team, please email us at fittoplayandlearn@gmail.com or visit us on the web at <http://www.aapca2.org/fittoplayandlearn>

Fit to Play and Learn is an obesity prevention program for elementary and middle school students and their parents. The *Fit to Play and Learn* program was developed by two pediatricians, Drs. Cori Cross and Tracy Zaslow, with the goal of teaching kids to eat right and enjoy an active lifestyle. Drs. Zaslow and Cross have teamed up with the American Academy of Pediatrics California Chapter 2 (AAP-CA2) and the Los Angeles Unified School District (LAUSD) School Nurses Act to Prevent Obesity (SNAPO) to deliver this curriculum to students and their parents. The program's curriculum is centered on encouraging healthy lifestyle choices for children at an early age. By incorporating education for parents, *Fit to Play and Learn* allows for dual-learning experiences for families concerning obesity prevention techniques.

Fit to Play and Learn has four main objectives:

- 1) Train school nurses to provide obesity prevention guidance to students and faculty
- 2) Educate students on healthy drink and food choices
- 3) Educate parents on healthy drink and food choices for themselves and their children
- 4) Provide teachers, students and parents tools to increase physical activity

In separate education sessions, the program integrates a hands-on learning approach, with physical activity exercises, food demonstrations, and other forms of student/parent participation.

3 KEY *Fit to Play & Learn* LESSONS

How to eat healthier
"You Are What You Eat!"

Why water is the best drink choice
"Get Sugar Smart"

Fun physical activities
"Get Moving!"





Welcome to the *Fit to Play & Learn* Program!

Fit to Play and Learn is a program created by doctors. The program teaches students and their families how to live healthier and more active lives.

One in 3 children are overweight. When a child is overweight it can harm their health. Being overweight can lead to heart disease and diabetes. Unfortunately, Los Angeles has one of the highest rates of childhood obesity. Your child's school is working with doctors at the *Fit to Play and Learn Program* to try to stop this growing problem.

Your child's class will be participating in the *Fit to Play & Learn* program throughout the school year. The program will be taught by the school nurse. Your child's teacher may assign other activities to be done at home. Doctors and fitness experts from your community will also give talks.

The *Fit to Play & Learn* program will teach your child about healthy eating, smart drink choices and fun ways to be active. We hope the whole family will make healthy changes together. Your support to try these healthy lifestyle changes your child is learning about in class.

Fit to Play and Learn is for parents too! Parents are invited to a special parent session where a doctor will come and talk to you at your child's school. We will discuss what your child is learning. This talk will give parents tips on how to prepare healthier meals and how to get your children to eat them. The doctor will also answer your questions about the program and how obesity may be affecting your child.

Living a healthy life is easier with the help of your doctor. If you don't already have a doctor for your children, the *Fit to Play & Learn* Program will give you information about how to find a doctor and enroll in health insurance.

Together we can make a difference. Let's get ready to eat healthier and get moving!

All the best,

The *Fit to Play & Learn* Team

Drs. Cori Cross and Tracy Zaslow

Fittoplayandlearn@gmail.com

The *Fit to Play and Learn* program is sponsored by the American Academy of Pediatric - California Chapter 2



Bienvenido a la *Fit to Play & Learn* Program!

Fit to Play and Learn es un programa creado por los médicos. El programa enseña a los estudiantes y sus familias cómo vivir una vida más sana y más activa.

Uno de cada 3 niños tiene sobrepeso. Cuando un niño tiene sobrepeso, puede dañar su salud. El exceso de peso puede conducir a enfermedades cardíacas y la diabetes. Por desgracia, Los Ángeles tiene una de las mayores tasas de obesidad infantil. La escuela de su hijo está trabajando con los médicos del *Fit to Play and Learn Program* para tratar de detener este creciente problema.

La clase de su hijo va a participar en el *Fit to Play & Learn* programa a lo largo del año escolar. El programa será impartido por la enfermera escolar. El maestro de su niño podría asignarle otras actividades para hacer en casa. Los médicos y los expertos de el ejercicio de su comunidad también se dan charlas.

The *Fit to Play & Learn* programa le enseñará a su hijo acerca de la alimentación saludable, opciones inteligentes de bebidas y maneras divertidas de estar activo. Esperamos que toda la familia pueda hacer cambios saludables en conjunto. Su hijo necesita su apoyo para hacer los cambios saludables que él o ella van a aprender en clase.

Fit to Play and Learn Los padres también están invitados a una sesión especial para padres, donde entra un médico y habla con usted en la escuela de su hijo. Vamos a discutir lo que su hijo está aprendiendo. En esta charla se dará a los padres consejos sobre cómo preparar comidas más saludables y cómo conseguir que sus hijos los coman. El médico también respondera sus preguntas sobre el programa y cómo la obesidad puede estar afectando a su hijo.

Vivir una vida saludable es más fácil con la ayuda de su médico. Si usted aún no tiene un médico para sus hijos, el *Fit to Play & Learn Program* le dará información sobre cómo encontrar un médico y poder inscribirse en el seguro de salud.

Juntos podemos hacer la diferencia. Vamos a prepararnos para comer sano y a moverse!

Sinceramente,

The *Fit to Play & Learn* Equipo

Drs. Cori Cross and Tracy Zaslow, Los Pediatras

FittoPlayandLearn@gmail.com

El *Fit to Play and Learn* está patrocinado por la Academia Americana de Pediatría - California Capítulo 2



Instruction Manual for Session Presenters:

Prior to each session presentation, print out slides WITH NOTES. A note section accompanies the PowerPoint slides and will assist presenter with needed material to run session.

Student Session 1: Fit To Play and Learn

What you will need:

1. **Handouts:**
 - Pre-Test Handout- One for each student. Students will need pencils to fill out Pre-test.
 - Treasure Map
 - Guide to Health Insurance & Finding a Doctor
2. 2 Backpacks, one filled with books
3. Computer with PowerPoint presentation Student Session 1
4. Notes from Student Session 1 PowerPoint presentation

Instructions:

1. Have students fill out Pre-Test prior to beginning session. Collect Pre-Test prior to beginning session. Hold on to Pre-Tests until end of program series and return them to FTPL Program Coordinator.
2. There will be one **physical activity break** during this session
Have kids do one of the following:
 - Walk in place for a minute
 - Jumping Jacks for a minute
 - A combination of walking & jumping jacks
 - Any other physical activity of your choosing for one minute
3. There will be 1 interactive activity in this session the **Backpack Demonstration**
What you will need:
 - One backpack filled with books
 - Two volunteers from the audience
 - Have the two volunteers do jumping jacks for 20 seconds, one wearing the heavy backpack, one not wearing a backpack. (Alternative activities to jumping jacks: Walking/Running across the room)
 - Then have the students switch and do jumping jacks for another 20 seconds.
 - Emphasize how much harder it is to do these activities with the extra weight of the heavy backpack.

- Have the volunteers describe how it felt, if they thought it was harder than usual, and if they felt any pains and strains on their bodies.

Homework: Students will be instructed at end of Session 1 to bring in nutrition labels from food packages from home for use during Session 2.

Student Session 2: You Are What You Eat

What you will need:

1. Students will need Nutritional Labels from food packages that they were asked to bring in at the end of Session 1.
2. **Handouts:** One for each student
 - Food Labels Handout
 - Food Labels 2 Handout
 - Build a Healthy Meal Handout
 - Food Log – to be given out as Homework at end of session
3. Computer with PowerPoint presentation Student Session 2
4. Notes from Student Session 2 PowerPoint presentation

Instructions:

There will be 1 interactive activity in this session. The students can work alone or in groups.

1. **Food Label Analysis** – the slide show will prompt the speaker to distribute the two Food Label Handouts and the students will use the handouts to evaluate the labels they brought in from home to determine if the food is healthy or not.

Homework: Pass out Food Log. Instruct students to keep a food log for one week and bring to next session.

Session 2 In-Class Reinforcement Activities (optional):

The Fit to Play and Learn Guide and CD provide additional activities to be done in class by the students' teachers to reinforce the material learned in this session.

Student Session 3: Healthy Food for a Healthy Life

What you will need:

1. **Handouts:** One for each student
 - My Food Plate Handout
 - Build a Healthy Meal Handout – reviewed from last session
 - 100 Calorie Snack – Handout
 - Food Substitution - Handout
 - Eating The Colors of The Rainbow – to be given out as Homework
2. If doing the Food Presentation you will need those ingredients as well.
3. Computer with PowerPoint presentation Student Session 3
4. Notes from Student Session 3 PowerPoint presentation

Instructions:

There will be 1 interactive activity in this session. The students can work alone or in groups.

1. **Build a Healthy Meal/My Food Plate** – the slide show will prompt the speaker to distribute the Build a Healthy Meal & My Food Plate Handouts and the students will be asked to brainstorm foods that fit into each group. They should be encouraged to think of foods that also meet the healthy meal requirements.

Homework: Pass out the Eating Colors of the Rainbow Handouts.

Instruct students to record what fruits and vegetables they eat on the Eating Colors of the Rainbow chart. This chart can be used in class with the optional Session 3 reinforcement activities provided in the Fit to Play and Learn Guide and on the CD.

Session 3 In-Class Reinforcement Activities (optional):

The Fit to Play and Learn Guide and CD provide additional activities to be done in class by the students' teachers to reinforce the material learned in this session.

Food Presentation for Session 3 (optional):

The Session 3 slide show has a prompt for a Healthy Snack Food Presentation. If you are choosing to present this, a sample recipe follows:

Fruit & Veggie Kabobs**Ingredients:**

- Kabob sticks
- 1 box of wax paper
- strawberries cut up
- green bell peppers
- red bell peppers
- bananas cut up
- low fat string cheese sticks cut into pieces
- cantaloupe melon balls
- apple cut into chunks
- cucumber slices

Cost per student: \$.94

Student Session 4: Sugar Savvy: What's in your drink?**What you will need:**

1. Handouts: Water Tracker to be given out as Homework
2. Sugar Savvy Demonstration Materials:
 - Box of Sugar
 - Teaspoon
 - 3 Clear Cups

- 3 Index cards each labeled with one of the following:
 - a) Coke (10 tsp)
 - b) Gatorade (9 tsp)
 - c) Capri Sun (4 tsp)
- 3. Computer with PowerPoint presentation Student Session 4
- 4. Notes from Student Session 4 PowerPoint presentation

Instructions: The slideshow will prompt the speaker to preform The Sugar Savvy Demonstration with the help of 3 student volunteers. This demonstration will reinforce visually how much sugar is in each of the beverages. It is crucial to use **clear cups** or glasses for the demonstraion as students must see the amount of sugar in the glass.

The Sugar Savvy Demonstration

Ask for three student volunteers.

Have the three student volunteers choose one of the 3 index cards. Have each measure out the teaspoons of sugar in their beverage and fill a cup with the appropriate amount of sugar. Place the index card in front of the cup of sugar in order to illustrate the sugar content of each of the beverages.

Homework:

Pass out the Water Tracker Handout and instruct students to keep track of how much water they drink in a week. Reinforce that water is the beverage of choice.

Student Session 5: Let's Get Moving!

What you will need:

1. Instant Recess DVD
2. **Handouts** – Students and Parents will need a pen or pencil
 - Pledge Sheet – to be given out at end of session
 - Activity Log – to be given out at end of session
 - Post-Test: one for each student
 - Feedback Survey: one for each student
3. Computer with PowerPoint presentation Student Session 5
4. Notes from Student Session 5 PowerPoint presentation

Instructions:

1. There will be one **Physical Activity Break** during this session. Presenter will be prompted to take a 5-minute exercise break. This can be an Instant Recess DVD or any exercise routine of the presenters choosing.
2. At the end of the slideshow, the speaker will be prompted to pass out the Pledge sheets. These should be filled out during the session and signed by the students. Students should be instructed to bring the Pledge Sheet home and review and sign it with their parents.
3. Students should be given both a Post-Test and Feedback Survey at the end of the presentation. These should then be collected and returned along with the Pre-Tests taken

during Session 1 and the Presenter Feedback Survey. All of these materials should be returned to the FTPL Program Coordinator at the end of the year.

Session 5 In-Class Reinforcement Activities (optional):

The Fit to Play and Learn Guide and CD provide additional activities to be done in class by the students' teachers to reinforce the material learned in this session.

Parent Session:

This session will be presented by a representative of the AAP-Chapter 2. Please contact our Program Coordinator at fittoplayandlearn@gmail.com, once a date and time has been selected to ensure that one of our physicians is available.

The Host school will be responsible for publicizing the session to the parents so that the best possible turnout is achieved a flyer & letter explaining the program to the parents is included at the beginning of the manual and on the FTPL CD.

What the Host School will need to provide:

A Translator

A Computer for the PowerPoint presentation

Handouts: One for every parent (available in Spanish on the Fit To Play & Learn CD except where noted)

- Pre-Test
- The Parent Fit to Play and Learn Guide
 - Parent Guide Title Page
 - Food Labels Handout
 - Food Labels 2 Handout
 - My Food Plate Handout
 - Build a Healthy Meal Handout
 - 100 Calorie Snack Handout
 - Food Substitutions Handout
 - Pre-Test for Parents
 - Treasure Map
 - Guide to Health Insurance & Finding a Doctor
 - Picky Eater Handout (English only)
 - Budget Handout (English only)

Conclusion of the Fit to Play and Learn Curriculum:

At the completion of the series, please complete the Presenter Feedback Survey. Please bring the materials listed below to the end-of-year FTPL meeting. If you are unable to attend the meeting, please mail the materials back to the FTPL Program Coordinator at the address below so that we can continue to improve the curriculum and track our progress:

- Presenter Feedback Survey
- Student and Parent Pre-Tests
- Student Post-Test

- Student and Parent Feedback Surveys

Thank you for your participation in this program. If you need any assistance with the materials please contact The Fit to Play and Learn Team creators, Dr. Corinn Cross and Dr. Tracy Zaslow at fittoplayandlearn@gmail.com.

Correspondence can be sent to:

AAP Chapter 2

Box 527

4067 Hardwick Street

Lakewood, CA 90712



**FIT TO
PLAY
& LEARN**

Fit to Play and Learn!

AN OBESITY PREVENTION PROGRAM SPONSORED
AND DEVELOPED BY CHAPTER 2 OF THE AAP

American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN
California Chapter 2

**What will we learn during
"Fit to Play and Learn?"**

- How to eat healthier
- What it means to "Rethink Your Drink"
- Fun ways to get active!

**Obesity:
A Serious Health Condition**



- 190 Million Americans are overweight or obese
- 1 out of every 3 children are overweight or obese
- Los Angeles – among the highest rates in California
- Obesity cuts approximately 3-4 years off a person's life (National Research Council)






**Why do you think it's
important to be healthy &
active?**





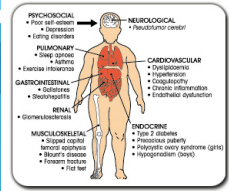
Liver & Kidneys  **Bones** 

HEART 

Lungs  **Muscles** 

Poor diet and low activity levels
hurt our bodies

**Obesity can create A LOT of health
problems ☹**



PSYCHOLOGICAL

- Low self-esteem
- Depression
- Eating disorders

NEUROLOGICAL

- Neurotumor control

PULMONARY

- Sleep apnea
- Asthma
- Chronic obstructive pulmonary disease

CARDIOVASCULAR

- Hypertension
- Hyperlipidemia
- Coronary artery disease
- Stroke
- Atherosclerosis

GASTROINTESTINAL

- Gallstones
- Pancreatitis
- Fatty liver

ENDOCRINE

- Type 2 diabetes
- Polycystic ovary syndrome (PCOS)
- Hypogonadism (depression)


MUSCULOSKELETAL

- Osteoarthritis
- Osteoporosis
- Bone fractures
- Joint pain

**If you're healthy & active,
you can...**


- Become a better athlete
- Build strong muscles and bones
- Live a longer life
- Do better in school
- Become a healthier person ... and grow to be a healthy adult

Become a better athlete!



Become better in school!

- Kids who eat healthy breakfast, lunches, and snacks score significantly higher on standardized tests (like STAR and CST), especially in math.
- Be more awake, alert, and attentive in class.



Become a Healthier Person and grow to be a healthy adult!

Eating healthy & becoming more active reduces the risk of:

- Diabetes
- Joint muscle pain
- Heart disease
- Asthma
- Sleep apnea
- Infertility
- Fatty liver disease
- Gall stones
- Kidney stones

What are some ways we can become healthier and more active?

The Good News: Being healthy is very possible!

- Get moving everyday
- Try new fruits & vegetables
- Drink lots of water
- Help make dinner
- Do jumping jacks to break up TV time

LET'S MOVE!
http://www.letsmove.gov/kids

Let's get moving!

How does extra weight affect your body?

How do we stop obesity?

Healthy Eating

- Make good choices
- Watch what you eat
- Drink water
- Eat like Kobe

Getting more active

- Physical activity everyday
- Less screen time

It's all about BALANCE!

What we learned today

- Why it's important to be healthy and active
- Being healthy and active can help you be
 - A better athlete
 - A better student
 - A healthy adult

What's next....

- Homework:**
 - Bring in food labels for next session
- Next Session: *You Are What You Eat!***
 - Why is eating healthy important for your body?
 - What are some healthy foods that still taste delicious?



STUDENT PRE-TEST

Circle the BEST answer.

1. What is the healthiest drink for you?

Water

Juice

Gatorade

2. How much physical activity should a child get a day?

10 minutes

30 minutes

1 hour

3. The right size of a protein is the size of?

My palm

My foot

My two hands together

4. The healthiest way to cook a vegetable is to

Fry it in oil

Boil it in water

Steam it

5. Being overweight or obese can lead to

Diabetes

Heart Disease

Asthma

High Blood Pressure

Muscle and Joint pain

All of the Above

6. I am physically active for 30 minutes or more

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

7. I drink a sugar-sweetened beverage (juice, soda, flavored milk)

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

8. I have fast food

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

9. I have health insurance.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

10. I have a doctor.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

11. Every year, I see the doctor for a physical exam.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

12. My doctor has talked to me about my weight.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

13. My doctor has talked to me about my Body Mass Index (BMI).

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

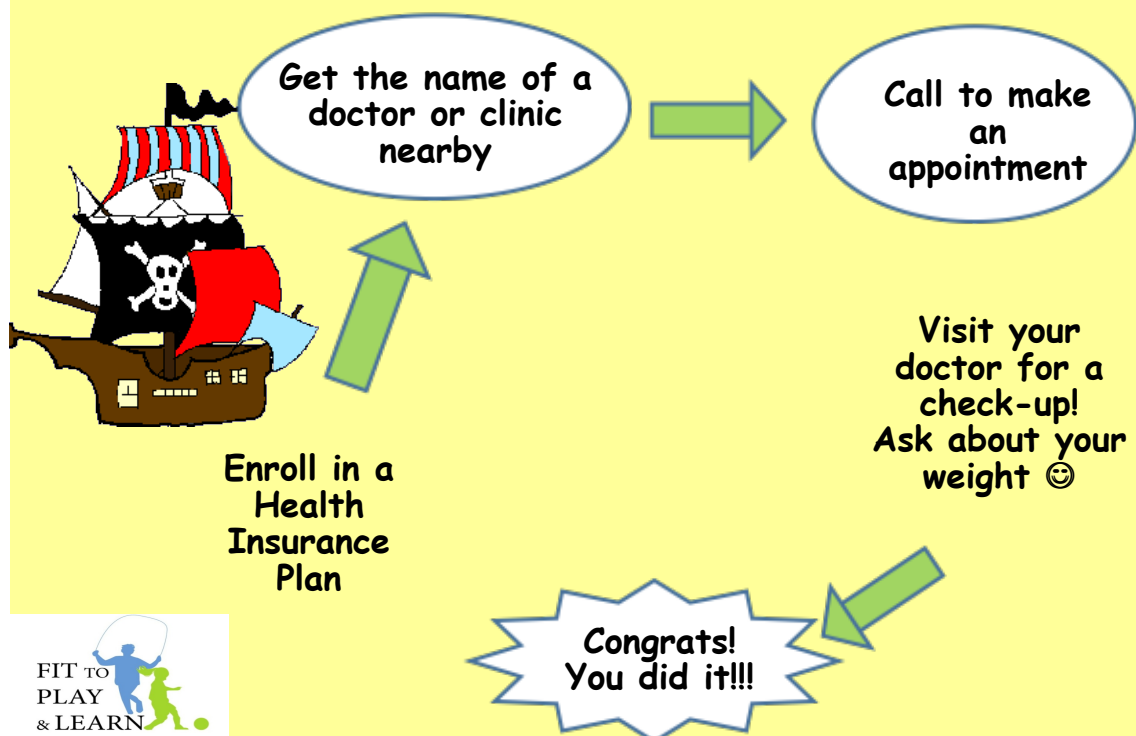
14. I have concerns about my weight.

| | |
|-----|----|
| Yes | No |
|-----|----|

15. I feel comfortable talking about my weight with my doctor.

| | |
|-----|----|
| Yes | No |
|-----|----|

Treasure Map to Health!



1. Enroll Your Child in an insurance plan.

Your child may be eligible for free or low cost health insurance.

Call 1-888-4LA-KIDS (1-888-452-5437) for assistance in determining if your child qualifies.

Or go to the Children's Health Initiative of Greater LA, <http://www.lacare.org> for more information.

Below is a list of the Free or Low cost health plans available in LA.

| Program | Eligibility | Cost | With satisfactory immigration status | Without satisfactory immigration status | For more information |
|--|---|------------------|---|---|--|
| Medi-Cal | ·0-19 years-old ·Low-income | Free | Comprehensive services provided | Emergency Services only | www.dhcs.ca.gov/services/medi-cal/pages/applyfor-medi-cal.aspx |
| Healthy Families | ·0-19 years-old ·Income too high got medical | Free or low cost | Comprehensive services provided | No services | http://www.mrmib.ca.gov/mrmib/HFP.shtm |
| Healthy Kids | ·0-18 years ·0-5 year olds for new enrollment ·Not qualified for Medi-Cal or Healthy Families | Free or low cost | | | http://www.californiakids.org/ (818) 755-9700 |
| Child Health and Disability Prevention Program (CHDP) | ·0-19 years | Free | All preventative services at CHDP providers | All preventative services at CHDP providers | 800-993-2437 |
| California Children's Services (CCS) | ·0-21 years-old ·Children with certain health problems | Free | Comprehensive services provided | Comprehensive services provided | 800-288-4584 |

- **For families who don't qualify for any of the above plans they will be referred to either:**
Healthy Way LA: 1-877-333-4952, <http://healthywayla.org>
Public Private Partnership (PPP): 1-800-427-8700
- **Covered California – through the Affordable Care Act your family may qualify for low cost insurance, <https://www.coveredca.com>**

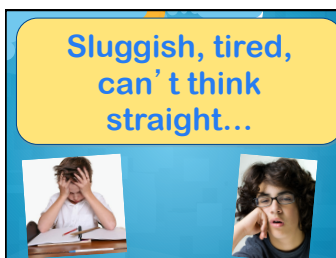
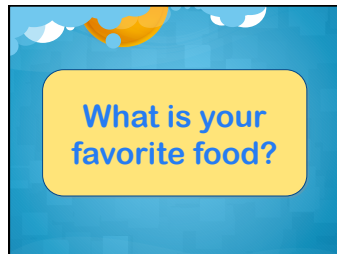
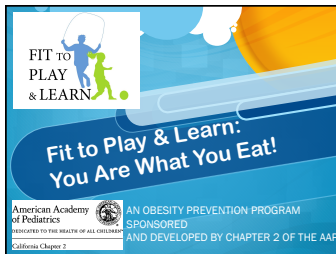
2. Find a Doctor in Your Neighborhood

Once you have a health insurance plan, you will be able to find a doctor in your neighborhood on that plan. If you already have insurance, 1-888-4LA-CARE (1-888-452-2273) or www.lacare.org, can help you find a doctor in your area.


3. Schedule an Appointment for your child's yearly physical. Don't forget to talk to your doctor about your child's weight.

4. Health insurance usually needs to be renewed every 12 months. Some plans need to be renewed every few months.

Put a reminder in your calendar for a month before your child's coverage expires to make sure that you have time to get all the paperwork together and you don't lose coverage.



Keep Your Life in Balance




Calories IN = **Exercise OUT**

How many calories should you eat per day?

| Age | 1 Year | 2-3 Years | 4-8 Years | 9-13 Years | 14-18 Years |
|------------------|-----------------|------------------|-----------|------------|-------------|
| Calories* | 900 kcal | 1000 kcal | | | |
| Female | | | 1200 kcal | 1600 kcal | 1800 kcal |
| Male | | | 1400 kcal | 1800 kcal | 2200 kcal |

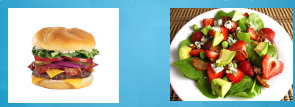
How to read the labels!



What's in your food?



Now that you know how to read the labels, you can know what you are putting in your body.



By keeping a food log, you can keep track of the foods and the calories that you eat a day.

Being Healthy is NOT about Starving Yourself

- If you think you need to lose weight, talk to your doctor.
- Your doctor can suggest a healthy weight loss goal.
- Most people should not lose >1 pound a week.
- If you are still growing, you may not need to lose weight at all. You may need to just not gain weight.
- Your doctor can help figure out what is the best plan for you.

Why shouldn't I starve myself? Won't I just lose weight faster?

- To be healthy, you need to eat healthy foods and exercise.
- When your body doesn't get the nutrients it needs, it slows itself down.
- Your body's metabolism is how fast it burns calories.
- Your body will burn fewer calories because it is trying to save them.
- If you eat a healthy meal and exercise, your body's metabolism speeds up.

Being Healthy is NOT about not eating.


It is about eating the RIGHT foods.



What we learned today!

- You are what you eat.
- Eating well gives you energy.
- Eating well helps you think and study.
- Reading labels lets you know what you are eating.
- Starving yourself is NOT the right answer.

5/9/14



What's next....

- Homework:
 - Food Log
- Next Session: *Healthy Foods for a Healthy Life*
 - How to build a healthy plate
 - Snacks that taste good and are good for you
 - Portion size

Food Label Reference Guide

Watch out for the red areas. Don't get fooled by forgetting to look at how many servings are in the package. The nutrition information is based on only 1 serving!



| Pretzels | |
|---|----------------------|
| Nutrition Facts | |
| Serving Size 28g (about 42 pretzels) | |
| Servings Per Container 15 | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat | 1 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | |
| Cholesterol 0mg | 0 % |
| Sodium 440mg | 18 % |
| Total Carbohydrate 21g | 7 % |
| Dietary Fiber 1g | 4 % |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 0% • Iron 10% | |
| *Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Use the 5% and 20% rule. | |

Look for foods that are high in these green areas. That's the good stuff your body need!



5% is low and 20% is high for any of these nutrients.

Go higher in the Green areas

Stay lower in the red areas



3 Steps in Using Food Label

STEP 1:

Size Up Your **Servings** and **Calories**.

How much is a serving?

Is it too little and you will probably eat more than one serving?

How much energy will you need to burn to use up those calories.



STEP 2:

See What Is In the Food.

Try to pick foods

lower in fat, cholesterol, sodium and sugar. Your body will thank you!

Look for foods **higher** in fiber, protein and vitamins!



STEP 3:

Decide If This Is The Right Food For You!



| Pretzels | |
|---|----------------------|
| Nutrition Facts | |
| Serving Size 28g (about 42 pretzels) | |
| Servings Per Container 15 | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 10 |
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| Sugars 1g | |
| Protein 3g | |
| Vitamin A 0 % | Vitamin C 0 % |
| Calcium 0 % | Iron 10 % |
| *Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |



Build a Healthy Meal

1. Make Half Your Plate **Fruits and Vegetables**.
2. Make at least Half your Grains **Whole Grains**.
Look for 100% whole grain or 100% whole wheat on labels.
3. Choose a **Lean Protein**.
Try to have seafood twice a week.
4. Choose **Low-fat** or **Fat-free Dairy**
5. Avoid extra fat.
Don't cover veggies with butter or cheese.
6. Choose the right size portion for you. Your hand is the BEST measuring tool.
 - Two handfuls of veggies,
 - A fist of rice
 - A palm of protein
 - A fist of fruits
 - A thumb of fat

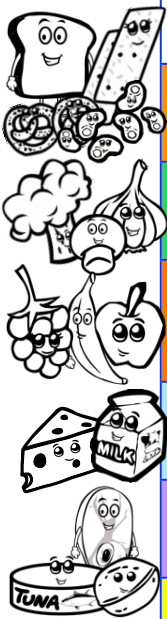


Weekly Meal Sheet



I'm
an Eat-Smart Kid!

I eat
foods from all the food
groups



| Write in the foods you eat each day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--------|---------|-----------|----------|--------|----------|
| Grains look for whole grains | | | | | | | |
| Veggies choose different colors to eat | | | | | | | |
| Fruits Eat more fruit, make sure juice is 100% fruit | | | | | | | |
| Milk - Dairy Go low fat or fat free | | | | | | | |
| Meat/ Beans try some fish and nuts | | | | | | | |
| Don't forget to Move It | | | | | | | |





Healthy Eating Lesson Plan: To Augment and Reinforce Session 2

This lesson plan will focus on teaching the new food pyramid or plate and the concepts covered.

Half your plate should be fruits and vegetables.

Make half your grains whole.

Switch to fat-free or low fat milk.

Eat at least 5 fruits and vegetables a day.

Limit fats and oils. Choose healthy oils.

Homework – Students Recipes: Have students write down the recipe for one meal that their family makes that meet the “eating healthy guidelines” above. Children should take the My Plate and Healthy Eating Handout home as a reference for the eating healthy guidelines. This assignment will help to reinforce these guidelines with parents and to have them assess which meals meet these criteria.

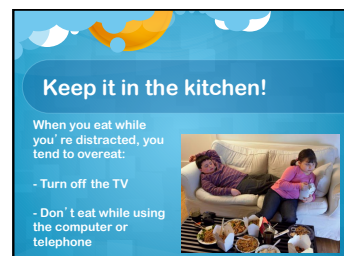
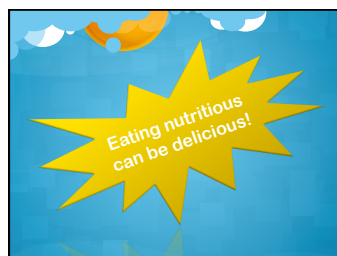
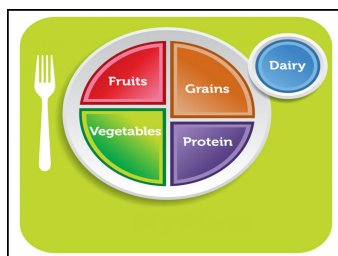
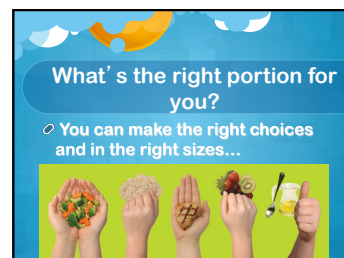
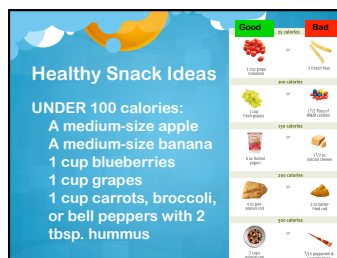
For example

Chicken with onion, tomatoes and carrots baked in oven with olive oil.

This is a healthy meal because:

- 1/2 of the dinner plate is carrots, tomatoes and onions
- healthy fat - olive oil instead of butter
- healthy protein - chicken
- healthy preparation of meal baked not fried


In Class Cookbook - The Teacher can assemble all recipes into a “Healthy Recipes Class Cookbook” which could be photocopied double-sided and given to students to give to parents as a Holiday gift, or Mother’s Day gift. Students could each make their own personalized cover, which could be stapled on to each child’s copy.





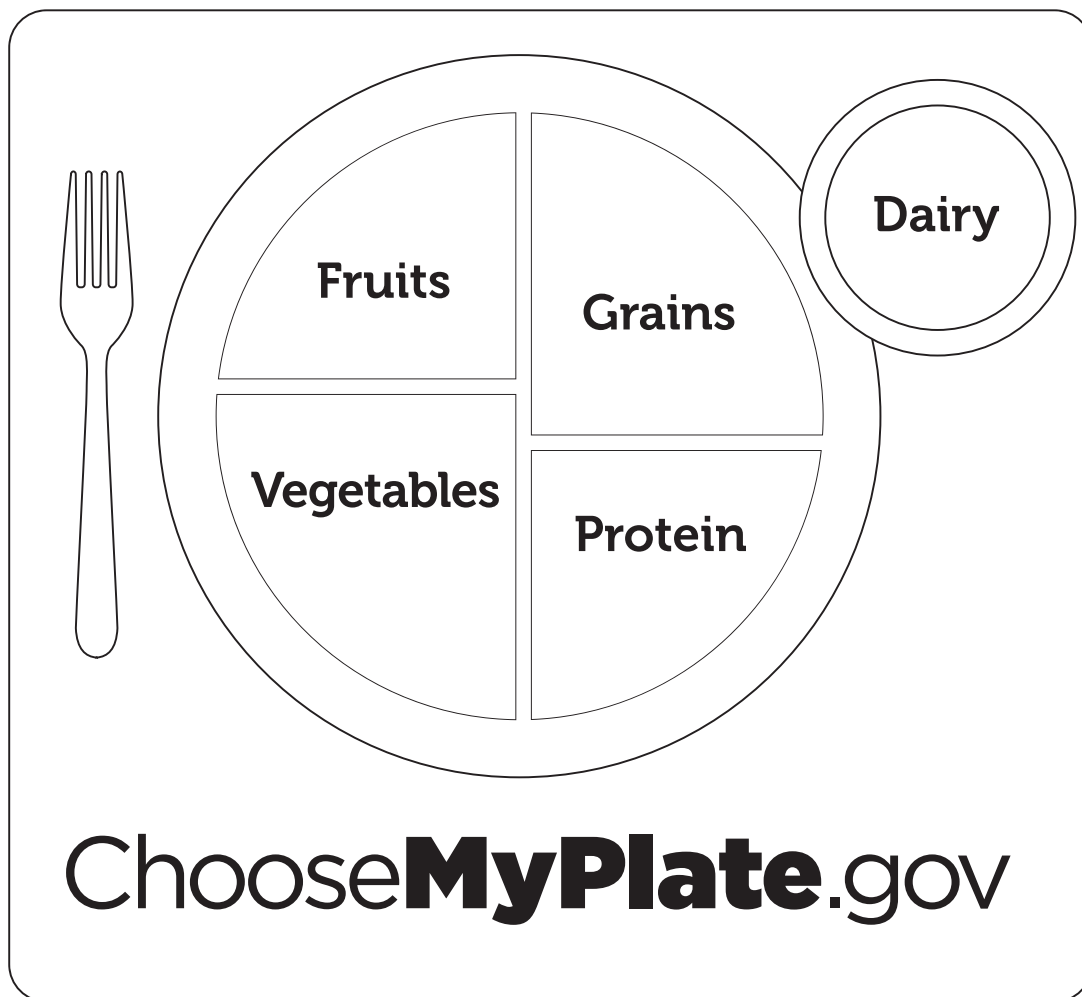
What we learned today!

- Make healthy food choices.
- Portions matter!
- Keep your food in the kitchen



What's next....

- Homework:
 - "Eating the Colors of the Rainbow" Sheet
- Next Session: *Sugar Savvy*
 - Why are sugary drinks bad for you?
 - How can we make healthier drink choices?





Build a Healthy Meal

1. Make Half Your Plate **Fruits and Vegetables**.
2. Make at least Half your Grains **Whole Grains**.
Look for 100% whole grain or 100% whole wheat on labels.
3. Choose a **Lean Protein**.
Try to have seafood twice a week.
4. Choose **Low-fat** or **Fat-free Dairy**
5. Avoid extra fat.
Don't cover veggies with butter or cheese.
6. Choose the right size portion for you. Your hand is the BEST measuring tool.
 - Two handfuls of veggies,
 - A fist of rice
 - A palm of protein
 - A fist of fruits
 - A thumb of fat





Snacks—100 Calories or Less

A healthy eating plan:

- emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- includes lean meats, poultry, fish, beans, eggs, and nuts; and
- is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan and each has 100 or fewer calories. The key thing is to **pay attention to portion sizes**. Larger portions mean more calories.

| Amount | Fruits | Calories |
|----------|-------------------------------------|----------|
| 1 large | orange | 100 |
| ½ large | grapefruit | 53 |
| 1 medium | apple | 72 |
| 1 small | banana | 90 |
| 1 | frozen fruit bar | 67 |
| ¼ cup | raisins | 84 |
| ½ cup | canned fruit cocktail, in own juice | 62 |
| ½ cup | orange juice | 54 |
| ½ cup | red seedless grapes | 52 |
| 1 cup | whole strawberries | 46 |

| Amount | Vegetables | Calories |
|----------|---|----------|
| 1 cup | low-sodium vegetable juice | 53 |
| 1 cup | cherry or grape tomatoes | 27 |
| 1 cup | raw cauliflower | 25 |
| 2 cups | assorted vegetables (1 cup broccoli florets/1 cup sliced red pepper with 2 tbsp. fat-free ranch dressing) | 89 |
| 2¼ cups | salad (2 cups green/red leafy lettuce, ¼ cup cucumber slices, 2 wedges tomato, 2 tbsp. fat-free Italian dressing) | 39 |
| 5 | baby carrots | 18 |
| 5 rings | green pepper | 10 |
| 10 small | celery sticks | 6 |

| Other Ideas | Calories |
|--|----------|
| 1 6-inch corn tortilla with 1 ounce low-fat cheddar cheese, melted | 100 |
| 5 celery sticks with 1 tbsp. peanut butter | 100 |
| 2 tbsp. light cream cheese on ½ English muffin | 100 |
| 8 baked tortilla chips, with 3 tbsp. salsa | 86 |
| 10 almonds, unsalted | 80 |
| ½ ounce sunflower seeds, unsalted | 78 |

| Amount | Bread, Cereals, Grains, Rice, and Pasta | Calories |
|--------|---|----------|
| ½ cup | oat circles breakfast cereal | 54 |
| ½ | whole-wheat bagel (3½ inches in diameter) | 90 |
| ½ | cinnamon raisin English muffin with 1 tsp. of jam | 68 |
| 3 cups | air-popped popcorn | 90 |
| 4 | whole-wheat crackers, unsalted | 71 |
| 2 | graham cracker squares | 60 |
| 2 | brown rice and multigrain rice cakes | 70 |
| 2 | gingersnaps | 60 |
| 1 | fig bar | 56 |

| Amount | Milk, Cheese, Yogurt | Calories |
|----------|------------------------------------|----------|
| ½ cup | fat-free vanilla yogurt | 96 |
| ½ cup | fat-free frozen yogurt | 99 |
| ½ cup | 1% low-fat cottage cheese | 81 |
| 1 cup | fat-free milk | 91 |
| 4 ounces | fat-free chocolate pudding | 100 |
| 1 ounce | part-skim mozzarella string cheese | 72 |
| 1 ounce | low-fat cheddar cheese | 49 |

| Amount | Meat, Chicken, Fish, Beans, Eggs | Calories |
|----------|----------------------------------|----------|
| 3 ounces | water-packed tuna | 99 |
| 2 ounces | turkey breast | 84 |
| 8 large | fresh or frozen steamed shrimp | 44 |
| 1 large | hardboiled egg | 78 |
| 3 tbsp. | hummus | 69 |

Source: USDA National Nutrient Database for Standard Reference, Release 19



| EAT MORE OF THIS | INSTEAD OF THIS |
|---------------------------------------|------------------------------|
| Steamed Vegetables | Boiled or Fried vegetables |
| Vinaigrette Dressing | Ranch Dressing |
| Mustard or Ketchup | Mayonnaise |
| Turkey or Chicken Sandwich meat | Ham or Baloney Sandwich meat |
| Skim or Fat-Free Milk | Whole Milk or Chocolate Milk |
| Water | Soda, Sports Drinks, Juice |
| Whole Grain Bread | White Bread |
| Brown Rice | White Rice |
| Whole Grain Cereal or Oatmeal | Sugary Cereal |
| Olive Oil, Canola Oil | Corn Oil, Lard, Butter |
| Fruits, Vegetables, Yogurt as a snack | Chips, Cookies, Candy |

Eating the Colors of the Rainbow

Directions: Fill-in the fruits & vegetables and other foods that you eat in the appropriate color box for each day.

| Day | Red | Orange | Yellow | Green | Purple | White | Black/Brown |
|-----------|-----|--------|--------|-------|--------|-------|-------------|
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Saturday | | | | | | | |
| Sunday | | | | | | | |

FOOD PRESENTATION RECIPE

FRUIT & VEGGIE KABOBS:

Ingredients

- Kabob sticks
- 1 box of wax paper, or paper plates
- strawberries cut up
- green bell peppers
- red bell peppers
- bananas cut up
- low fat string cheese sticks cut into pieces
- cantaloupe melon balls
- apple cut into chunks
- cucumber slices

Cost per student: \$.94

Precut all fruit vegetables and cheese. Give each child a paper plate or sheet of wax paper and allow him to make one fruit and one veggie kabob with 4-5 food items on each kabob.



Eating the Colors of the Rainbow Lesson Plan: To Augment and Reinforce Session 3

Objective: To teach children about the importance of eating Colors of the Rainbow, an array of fruits and vegetables, every day. They will be able to identify a large variety of fruits and vegetables and practice incorporating them into their daily diet.

Motivation: Provide a chart of the human body. (If no diagram is available have children point to their own body parts, eyes etc.)

Nature provides so much of what strong minds and bodies require. Point to different parts (eyes, skin, brain, heart) and indicate which fruits and vegetables feed these parts. We want to grow powerful minds and bodies. Let's see how much Rainbow Eating we can enjoy every day (at least 5 servings).

Procedure:

1. How many different fruits and vegetables can we name of each color?
Have color boards or write the name of each color at the top of blackboard (Red, Orange, Yellow, Green, Blue, Purple, Brown, White). Have the students identify as many colored fruits and vegetables as they can and have a scribe list them under the appropriate color.
2. On another board, or across the blackboard, have a large sample of their follow-up homework assignment from Session 2 "Rainbow Eating-Eating the Colors of the Rainbow." The homework handout is a chart with the days of the week along the left side and the rainbow colors across the top (red, orange, yellow, green, purple, brown/black, white). For homework, students are asked to record the colors of the fruits and vegetables they eat for 1 week
3. In class, ask students to share what colored fruits and vegetables they have already eaten earlier in the day. Record the class totals, on the in-class chart or blackboard as a demonstration so the students can understand what to do at home. Discuss the results.

Follow-Up Activities: These activities will reinforce the lesson's objectives and support memory binding and daily practice of Rainbow Eating choices.

Rainbow Eating Chart Follow-Up

In class the next week, the students will return their Rainbow Eating Charts and share their results.

- a. Discussion: Was this easy or hard? Were there stumbling blocks to their goal of eating a variety of colors -- fruits and vegetables? Strategize together on possible remedies.
- b. To reinforce Math skills, have students create a bar graph with the colors and plot how many fruits and vegetables they ate of each color.
- c. With colors again written across the blackboard ask students to share their results. On the blackboard, tally up and determine which colors were the most to least popular. Discuss the results. Were there any colors that weren't eaten at all? Can they think of fruits or vegetables in these groups that could be tried?

Further Math Enrichment – For those doing averages in school, have them calculate the average number of fruits and vegetables eaten per day. Students could also calculate the class's average for the week.


Art Enrichment – Students can bring in clippings of fruits and vegetables from magazines, newspapers and grocery flyers.

- a. In groups or alone, students can make Eating the Rainbow posters or collages of their clippings, each can focus on one color, or they can each be a rainbow of choices. Posters can be placed around the room as a reminder of healthy foods.

Science Enrichment – Lessons on climate and seasons can be utilized to expand upon their understanding of the importance of Rainbow Eating. Discuss the different conditions provided by different seasons, allowing fruits and vegetables to grow at various times of the year; ie, rain, sun, temperatures. For example, the temperate climate of Southern California affords the plentiful produce of grapes, tomatoes, oranges, lemons, etc.

- a. Follow-up – Students can then apply these principles to one of their favorite fruits or vegetables and research where, when, and what conditions are needed for their growth.

FIT TO PLAY & LEARN



Sugar Savvy: What's in your drink?

AN OBESITY PREVENTION PROGRAM SPONSORED AND DEVELOPED BY CHAPTER 2 OF THE AAP

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

Sugar Savvy

Be Sugar Savvy

- Today, we're going to learn about:
 - Why too much sugar is bad for your health
 - How to make smarter drink choices



What beverages do you drink throughout the day?

What is a Sugary Drink?

Definition: Sugar-sweetened beverages include all beverages that contain added caloric sweeteners.


Examples:

- soda
- fruit drink
- juice
- energy drink
- flavored milk
- sweetened tea
- Rice drink/florchata
- sweetened soy milk




Sweetened drinks with just one can can add 150 calories to your diet.

Trivia Question: How much sugar do you think the average American eats in one year?



ANSWER: 100 POUNDS of sugar per year!

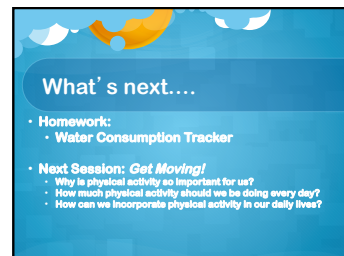
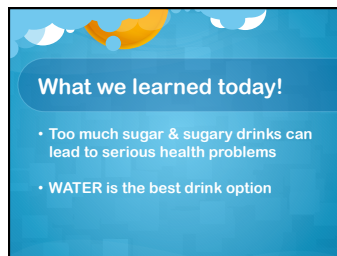
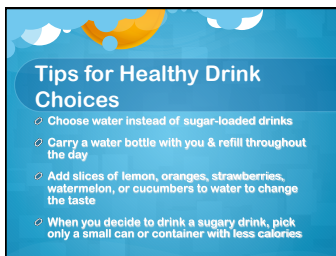
- 1/4 pound (28 tsp of sugar) PER DAY.
- Extra calories from sugar can lead to:
 - Weight gain
 - Obesity
 - Serious health problems
 - Heart disease
 - Diabetes
 - Certain cancers




Sugar Shockers!!

| | |
|------------------------------|--------|
| 12 oz Coke | 10 tsp |
| 16 oz Rockstar Energy Drink | 16 tsp |
| 20 oz Gatorade | 9 tsp |
| 16 oz Starbuck's Frappuccino | 11 tsp |
| 20 oz Vitamin Water | 8 tsp |
| 6 oz Capri Sun | 4 tsp |

Sugary Drinks Demonstration



Water Tracker

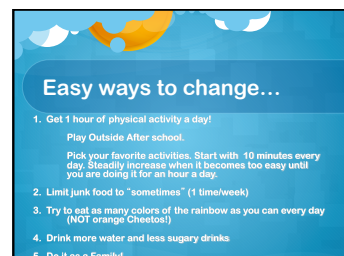
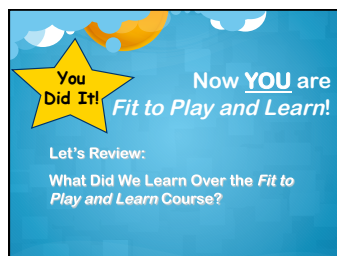
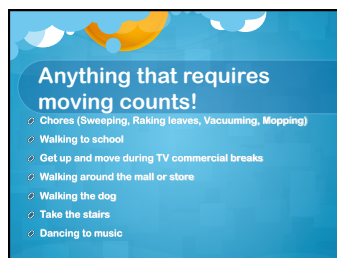
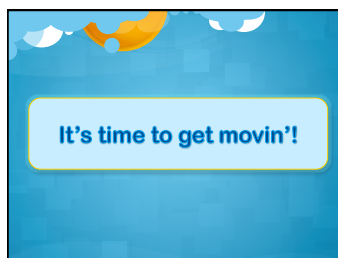
Check off a box for each cup of water you drink every day.

| 8 oz. Cups of Water | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--------|---------|-----------|----------|--------|----------|--------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

Tips:

- Carry a water bottle to refill throughout the day
- Flavor your water with fresh fruit or cucumbers
- Drink 1-2 cups of water during each meal







Eat healthy, be healthy

- Look for foods that are low in calories
- Eat more foods with whole grains and low fat
- High fiber foods are your friend
- Watch your portions
- Keep your food in the kitchen & not in front of the TV or computer



Healthy DRINK choices are important for your health too!

- Too much sugar and calories can lead to weight gain, obesity, and serious health problems.
- Water is the BEST** drink option for your health!



Let's put what we learned into action!

Take the Pledge!

Name
 Date
 Signature

FIT TO PLAY & LEARN



Pledge Form

I _____ (name) pledge to live a healthy lifestyle!

I pledge to make the following changes towards eating healthier:

Studentname/signature: _____

Today's date: _____

I pledge to make the following changes to be more active:

Parent name/signature: _____



STUDENT POST-TEST

Circle the BEST answer.

1. What is the healthiest drink for you?

Water

Juice

Gatorade

2. How much physical activity should a child get a day?

10 minutes

30 minutes

1 hour

3. The right size of a protein is the size of?

My palm

My foot

My two hands together

4. The healthiest way to cook a vegetable is to

Fry it in oil

Boil it in water

Steam it

5. Being overweight or obese can lead to

Diabetes

Heart Disease

Asthma

High Blood Pressure

Muscle and Joint pain

All of the Above

6. I am physically active for 30 minutes or more

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

7. I drink a sugar-sweetened beverage (juice, soda, flavored milk)

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

8. I have fast food

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

9. I have health insurance.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

10. I have a doctor.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

11. Every year, I see the doctor for a physical exam.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

12. My doctor has talked to me about my weight.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

13. My doctor has talked to me about my Body Mass Index (BMI).

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

14. I have concerns about my weight.

| | |
|-----|----|
| Yes | No |
|-----|----|

15. I feel comfortable talking about my weight with my doctor.

| | |
|-----|----|
| Yes | No |
|-----|----|



Feedback Survey

In an effort to continue to improve upon our program experiences, as well as to better support you, please provide us with your honest feedback. These surveys will remain strictly confidential.

| QUESTION | ALWAYS / STRONGLY AGREE | OFTEN / AGREE | SOMETIMES / DISAGREE | NEVER / STRONGLY DISAGREE |
|--|----------------------------|------------------|-------------------------|---------------------------------|
| 1. I learned from the presentations. | 1 | 2 | 3 | 4 |
| 2. I will make changes based on the information I learned. | 1 | 2 | 3 | 4 |
| 3. I understand obesity better. | 1 | 2 | 3 | 4 |
| 4. The program was well organized. | 1 | 2 | 3 | 4 |

Based on what I learned today, I will make the following three changes at home:

- 1.
- 2.
- 3.

Are there any topics or issues that you think should be addressed in future talks?

What did you like most about the program?

What would you change about the program?



Let's Get Moving Lesson Plan: To Augment and Reinforce Session 5

This should be an active lesson plan. It should also incorporate the Let's Move Prescription for Healthy Lifestyle information including limiting screen time to 2 hours a day and getting at least 1 hour of physical activity a day.

1. Have students measure how long one of their strides is.

How many feet is one of your strides?

How many strides does it take to walk a mile? (There are 5280 feet in a mile.)

2. Have children run in place for a minute.

Running burns 500 calories an hour. How many calories did you burn running for a one minute?

How many minutes would you have to run for to burn off the calories in a 140 calorie 12 oz can of soda?

A 360 calorie donut ?

A 380 calories medium french fries from McDonald's?

Additional Math Word Problems:

If a 32 oz Gatorade has 200 calories and an average person burns 500 calories running for an hour. How long would you have to run to burn off the calories in a one 32-ounce Gatorade?

If a 12 oz can of soda has 140 calories per serving and your bottle of soda has 2.5 servings. How many calories would you be drinking if you drink the whole bottle?

A small bag of potato chips has 200 calories and you eat the entire bag. If riding a bike burns 400 calories an hour, how long would you have to ride your bike to burn off the bag of chips?

MORE THAN, LESS THAN:

Using the food pictures from Session 2, provide students with two pictures of food with their calories underneath them and ask students put the "more than" or "less than" sign in between the pictures correctly based on the foods calories

The same could be done with pictures of two activities and asking students to identify the activities that burn more calories such as running versus watching TV.

ENGLISH ASSIGNMENT FOR SESSION 3: Ask students to write a short essay on their favorite physical activity.



Fit to Play & Learn

- Developed by Dr. Cori Cross and Dr. Tracy Zaslow

FPL Partners:

- American Academy of Pediatrics-California Chapter 2 (AAP-CA2)
- Los Angeles Unified School District (LAUSD)
- School Nurses Act to Prevent Obesity (SNAPO)

Four main objectives:

1. Train school nurses to provide obesity prevention guidance to students and faculty
2. Educate students on healthy drink and food choices
3. Educate parents on healthy drink and food choices for themselves and their children
4. Provide teachers, students and families tools to increase physical activity

American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN
 California Chapter 2

WHAT WILL WE LEARN DURING "FIT TO PLAY AND LEARN?"

- How to eat healthier
- What it means to "Rethink Your Drink"
- Fun ways to get active
- How to implement these lessons in your home

OBESITY IS A HARMFUL HEALTH EPIDEMIC IN OUR COMMUNITY

- 190 Million Americans are overweight or obese
- 1 out of every 3 children are overweight or obese
- Los Angeles – among the highest rates in California
- Major Health Concerns:
 - Heart problems
 - High blood pressure, stroke, heart attack
 - Diabetes
 - Depression and Migraines
 - Social effects: bullying and self-consciousness




OBESITY – IT'S ALL IN THE NUMBERS

Body Mass Index (BMI) =
 $\text{weight (in pounds)} \times 703 / \text{Ht (in inches)}^2$

The BMI takes into account both your child's weight and height.

A BMI over the 85% is considered **overweight**
 over the 95% is considered **obese**
 above the 99% is considered **extreme or morbid obesity**




BEING HEALTHY & ACTIVE MEANS YOUR CHILD CAN...

- Become a better athlete
- Build strong muscles and bones
- Live a longer life
- Do better in school
- Become a healthier person ... and grow to be a healthy adult



BECOME BETTER IN SCHOOL!

- Kids who eat healthy breakfast, lunches, and snacks score significantly higher on standardized tests (like STAR and CST), especially in math.
- Be more awake, alert, and attentive in class.



MANY OF OUR CHILDREN HAVE UNHEALTHY HABITS THAT JEOPARDIZE THEIR HEALTH

- Poor diet (too much junk food) 
- Too much soda, juice, and other sugary drinks
- Not enough physical activity 



How can you develop healthy eating habits?

- Think before you eat
- Watch HOW MUCH you eat: Proper Portions
- Keep it in the kitchen

THE WRONG THINGS

Small Bag = About 340 calories
 2 cups of pasta with sauce and 3 large meatballs = 1,025 calories
 McDonald's Double Cheeseburger = 440 calories
 Muffin = About 400 calories
 1 package (2 cupcakes) = 362 calories
 6.9 ounces = 610 Calories

THE RIGHT COLORS – RAINBOW FOODS

1 cup = 20 calories
 1 cup = 83 calories
 1 orange = 62 calories
 1/2 cup steamed = 27 calories
 1 cup = 49 calories
 1 cup = 82 calories

Healthy Snack Ideas

UNDER 100 calories:

- A medium-size apple
- A medium-size banana
- 1 cup blueberries
- 1 cup grapes
- 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus

Nutrition Facts

What's in your food?

Healthy Foods are Fresh Foods

- Whole grain
- Low Fat/Fat Free
- High Fiber
- Fresh Fruits and Vegetables
 - Steamed is best!
 - Not fried or in syrups

WHAT'S THE RIGHT PORTION FOR YOU?

You can make the right choices and in the right sizes...

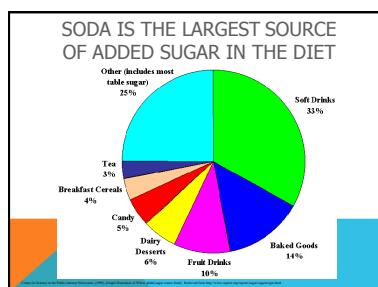
Trivia Question: How much sugar do you think the average American eats in one year?

ANSWER: 100 POUNDS OF SUGAR PER YEAR!

1/4 pound (28 tsp of sugar) PER DAY.
Extra calories from sugar can lead to:

- Weight gain
- Obesity
- Serious health problems
- Heart disease
- Diabetes
- Certain cancers

28 teaspoons per day X 365 days per year = 10,220 teaspoons per year



WHAT IS A SUGARY DRINK?

Definition: Sugar-sweetened beverages include all beverages that contain added caloric sweeteners.

Examples:

- soda
- fruit drink
- sports drink
- julca
- flavored milk
- sweetened tea and coffee
- rice drink/horchata
- sweetened soy milk

Sometimes drinks make you feel full and less hungry really?

People who drink sugary drinks every day have an 18% higher risk to become overweight or obese than those who don't drink them.

TIPS FOR HEALTHY DRINK CHOICES

- Water is best!
- Carry a water bottle with you & refill throughout the day
- Add slices of lemon, oranges, strawberries, watermelon, or cucumbers to water to enhance the taste
- When you decide to drink a sugary drink, pick only a small can or container with less calories

Be Sugar Savvy

Get Moving

Get moving at least 30 minutes every day

GET MOVING!

- At least 1 hour of physical activity EVERY day
- Maximum 2 hours of screen time per day
 - Smart Phones, Computers, iPads, TV, Video Games
- Children should get 1 hour physical activity BEFORE screen time

EXERCISE IS FUN AND AGE APPROPRIATE

- Younger kids**
 - Play outside: monkey bars, hop scotch, jumping rope
- Older Kids**
 - Pick up games of basket ball, stick ball, bike riding

Join an after school activity, club or sport that gets you active:

- Dance
- Martial Arts
- Club and School Sports

Get the whole family moving:

- Take walks after dinner instead of watching TV
- Walk to school together
- Walk to the store, park further away, take the stairs
- Make family time → Active time!
 - Go on hikes, bike rides and walks
 - Have a little healthy family competition.

Let's Review – Eat healthy, be healthy

Know what's in your food:

- Look for foods that are lower in Calories and Fat
- Look for whole grain and high fiber foods

Fruits and Veggies at every meal: Eat the colors of the rainbow every day

Watch your portions

Limit junk food to "sometimes" (1 time/week)

Drink more water and less sugary drinks

FIT TO PLAY & LEARN

Easy Changes to be Healthier ALL Day . . .

- Get Moving:
 - Get involved in afterschool activities that make you move
 - Play outside after school
 - Walk places
- Limit screen time to 2 hours and ONLY after you have done 1 hour of physical activity
- Separate meal time and screen time:
 - Don't eat while watching TV or using screens
- Make a family pledge** - Being healthy isn't just for kids

FIT TO PLAY & LEARN

Parent Guide





Snacks—100 Calories or Less

A healthy eating plan:

- emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- includes lean meats, poultry, fish, beans, eggs, and nuts; and
- is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan and each has 100 or fewer calories. The key thing is to **pay attention to portion sizes**. Larger portions mean more calories.

| Amount | Fruits | Calories |
|----------|-------------------------------------|----------|
| 1 large | orange | 100 |
| ½ large | grapefruit | 53 |
| 1 medium | apple | 72 |
| 1 small | banana | 90 |
| 1 | frozen fruit bar | 67 |
| ¼ cup | raisins | 84 |
| ½ cup | canned fruit cocktail, in own juice | 62 |
| ½ cup | orange juice | 54 |
| ½ cup | red seedless grapes | 52 |
| 1 cup | whole strawberries | 46 |

| Amount | Vegetables | Calories |
|----------|---|----------|
| 1 cup | low-sodium vegetable juice | 53 |
| 1 cup | cherry or grape tomatoes | 27 |
| 1 cup | raw cauliflower | 25 |
| 2 cups | assorted vegetables (1 cup broccoli florets/1 cup sliced red pepper with 2 tbsp. fat-free ranch dressing) | 89 |
| 2¼ cups | salad (2 cups green/red leafy lettuce, ¼ cup cucumber slices, 2 wedges tomato, 2 tbsp. fat-free Italian dressing) | 39 |
| 5 | baby carrots | 18 |
| 5 rings | green pepper | 10 |
| 10 small | celery sticks | 6 |

| Other Ideas | Calories |
|--|----------|
| 1 6-inch corn tortilla with 1 ounce low-fat cheddar cheese, melted | 100 |
| 5 celery sticks with 1 tbsp. peanut butter | 100 |
| 2 tbsp. light cream cheese on ½ English muffin | 100 |
| 8 baked tortilla chips, with 3 tbsp. salsa | 86 |
| 10 almonds, unsalted | 80 |
| ½ ounce sunflower seeds, unsalted | 78 |

| Amount | Bread, Cereals, Grains, Rice, and Pasta | Calories |
|--------|---|----------|
| ½ cup | oat circles breakfast cereal | 54 |
| ½ | whole-wheat bagel (3½ inches in diameter) | 90 |
| ½ | cinnamon raisin English muffin with 1 tsp. of jam | 68 |
| 3 cups | air-popped popcorn | 90 |
| 4 | whole-wheat crackers, unsalted | 71 |
| 2 | graham cracker squares | 60 |
| 2 | brown rice and multigrain rice cakes | 70 |
| 2 | gingersnaps | 60 |
| 1 | fig bar | 56 |

| Amount | Milk, Cheese, Yogurt | Calories |
|----------|------------------------------------|----------|
| ½ cup | fat-free vanilla yogurt | 96 |
| ½ cup | fat-free frozen yogurt | 99 |
| ½ cup | 1% low-fat cottage cheese | 81 |
| 1 cup | fat-free milk | 91 |
| 4 ounces | fat-free chocolate pudding | 100 |
| 1 ounce | part-skim mozzarella string cheese | 72 |
| 1 ounce | low-fat cheddar cheese | 49 |

| Amount | Meat, Chicken, Fish, Beans, Eggs | Calories |
|----------|----------------------------------|----------|
| 3 ounces | water-packed tuna | 99 |
| 2 ounces | turkey breast | 84 |
| 8 large | fresh or frozen steamed shrimp | 44 |
| 1 large | hardboiled egg | 78 |
| 3 tbsp. | hummus | 69 |

Source: USDA National Nutrient Database for Standard Reference, Release 19



| EAT MORE OF THIS | INSTEAD OF THIS |
|---------------------------------------|------------------------------|
| Steamed Vegetables | Boiled or Fried vegetables |
| Vinaigrette Dressing | Ranch Dressing |
| Mustard or Ketchup | Mayonnaise |
| Turkey or Chicken Sandwich meat | Ham or Baloney Sandwich meat |
| Skim or Fat-Free Milk | Whole Milk or Chocolate Milk |
| Water | Soda, Sports Drinks, Juice |
| Whole Grain Bread | White Bread |
| Brown Rice | White Rice |
| Whole Grain Cereal or Oatmeal | Sugary Cereal |
| Olive Oil, Canola Oil | Corn Oil, Lard, Butter |
| Fruits, Vegetables, Yogurt as a snack | Chips, Cookies, Candy |

Food Label Reference Guide

Watch out for the red areas. Don't get fooled by forgetting to look at how many servings are in the package. The nutrition information is based on only 1 serving!



| Pretzels | |
|---|----------------------|
| Nutrition Facts | |
| Serving Size 28g (about 42 pretzels) | |
| Servings Per Container 15 | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat | 1 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | |
| Cholesterol 0mg | 0 % |
| Sodium 440mg | 18 % |
| Total Carbohydrate 21g | 7 % |
| Dietary Fiber 1g | 4 % |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 0% • Iron 10% | |
| *Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Use the 5% and 20% rule. | |

Look for foods that are high in these green areas. That's the good stuff your body need!



5% is low and 20% is high for any of these nutrients.

Go higher in the Green areas

Stay lower in the red areas



3 Steps in Using Food Label

STEP 1:

Size Up Your **Servings** and **Calories**.

How much is a serving?

Is it too little and you will probably eat more than one serving?

How much energy will you need to burn to use up those calories.



STEP 2:

See What Is In the Food.

Try to pick foods

lower in fat, cholesterol, sodium and sugar. Your body will thank you!

Look for foods **higher** in fiber, protein and vitamins!

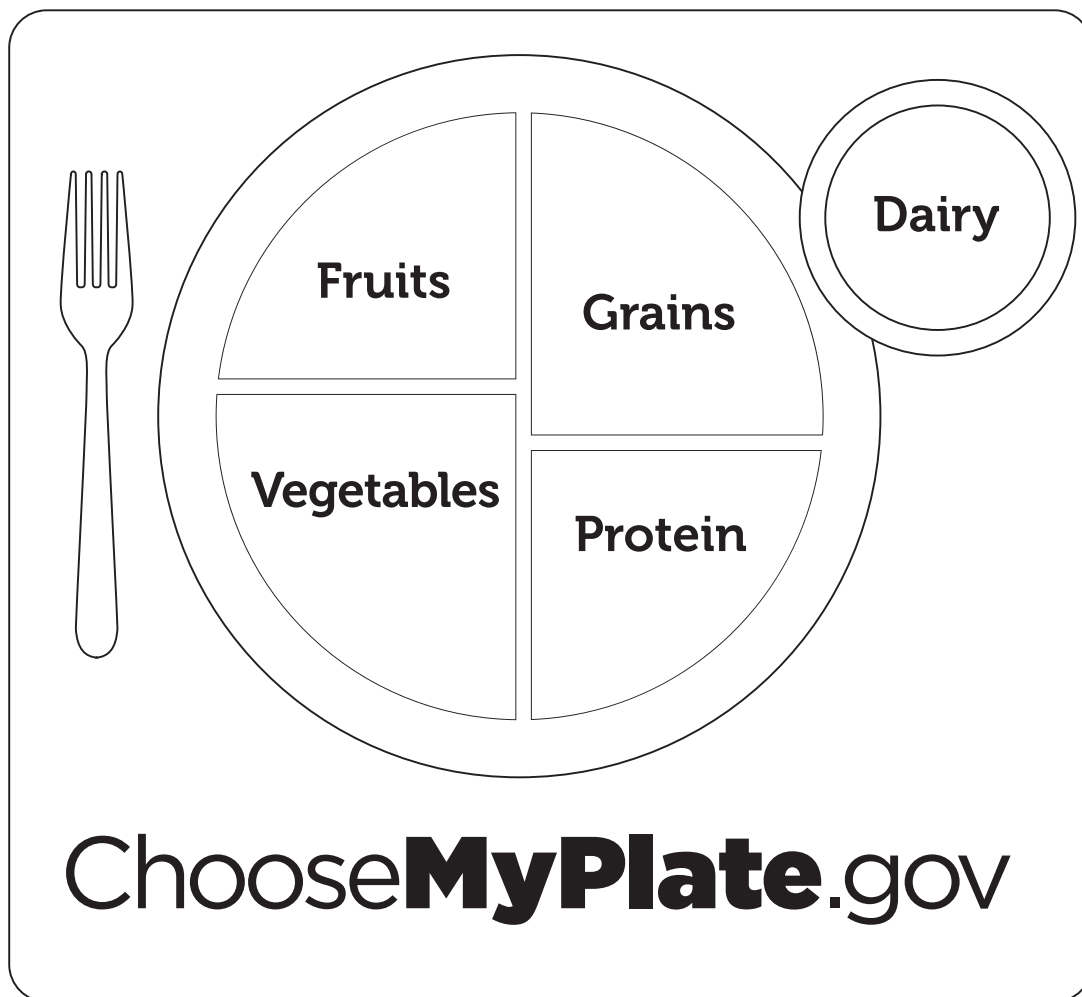


STEP 3:

Decide If This Is The Right Food For You!



| Pretzels | |
|---|----------------------|
| Nutrition Facts | |
| Serving Size 28g (about 42 pretzels) | |
| Servings Per Container 15 | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 1 % |
| Saturated Fat 0g | 0 % |
| Trans Fat 0g | |
| Cholesterol 0mg | 0 % |
| Sodium 440mg | 18 % |
| Total Carbohydrate 21g | 7 % |
| Dietary Fiber 1g | 4 % |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A 0 % | Vitamin C 0 % |
| Calcium 0 % | Iron 10 % |
| *Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |



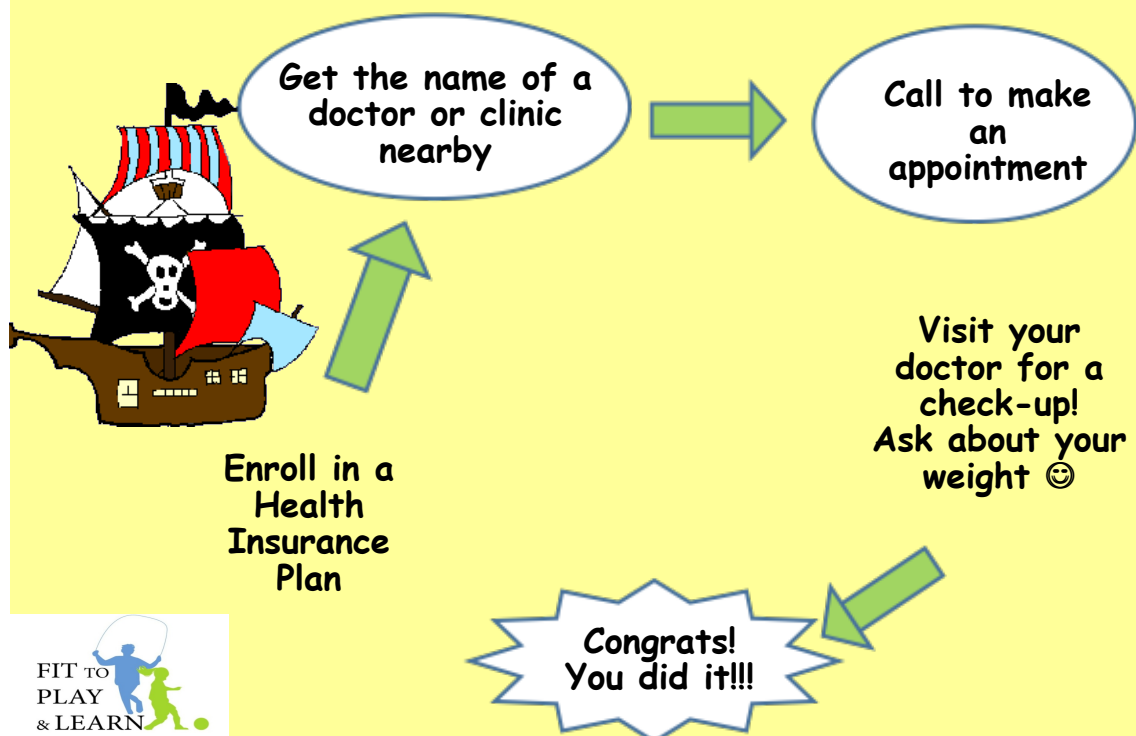


Build a Healthy Meal

1. Make Half Your Plate **Fruits and Vegetables**.
2. Make at least Half your Grains **Whole Grains**.
Look for 100% whole grain or 100% whole wheat on labels.
3. Choose a **Lean Protein**.
Try to have seafood twice a week.
4. Choose **Low-fat** or **Fat-free Dairy**
5. Avoid extra fat.
Don't cover veggies with butter or cheese.
6. Choose the right size portion for you. Your hand is the BEST measuring tool.
 - Two handfuls of veggies,
 - A fist of rice
 - A palm of protein
 - A fist of fruits
 - A thumb of fat



Treasure Map to Health!



1. Enroll Your Child in an insurance plan.

Your child may be eligible for free or low cost health insurance.

Call 1-888-4LA-KIDS (1-888-452-5437) for assistance in determining if your child qualifies.

Or go to the Children's Health Initiative of Greater LA, <http://www.lacare.org> for more information.

Below is a list of the Free or Low cost health plans available in LA.

| Program | Eligibility | Cost | With satisfactory immigration status | Without satisfactory immigration status | For more information |
|--|---|------------------|---|---|--|
| Medi-Cal | ·0-19 years-old ·Low-income | Free | Comprehensive services provided | Emergency Services only | www.dhcs.ca.gov/services/medi-cal/pages/applyfor-medi-cal.aspx |
| Healthy Families | ·0-19 years-old ·Income too high got medical | Free or low cost | Comprehensive services provided | No services | http://www.mrmib.ca.gov/mrmib/HFP.shtm |
| Healthy Kids | ·0-18 years ·0-5 year olds for new enrollment ·Not qualified for Medi-Cal or Healthy Families | Free or low cost | | | http://www.california-kids.org/ (818) 755-9700 |
| Child Health and Disability Prevention Program (CHDP) | ·0-19 years | Free | All preventative services at CHDP providers | All preventative services at CHDP providers | 800-993-2437 |
| California Children's Services (CCS) | ·0-21 years-old ·Children with certain health problems | Free | Comprehensive services provided | Comprehensive services provided | 800-288-4584 |

- **For families who don't qualify for any of the above plans they will be referred to either:**
Healthy Way LA: 1-877-333-4952, <http://healthywayla.org>
Public Private Partnership (PPP): 1-800-427-8700
- **Covered California – through the Affordable Care Act your family may qualify for low cost insurance, <https://www.coveredca.com>**

2. Find a Doctor in Your Neighborhood

Once you have a health insurance plan, you will be able to find a doctor in your neighborhood on that plan. If you already have insurance, 1-888-4LA-CARE (1-888-452-2273) or www.lacare.org, can help you find a doctor in your area.

3. Schedule an Appointment for your child's yearly physical. Don't forget to talk to your doctor about your child's weight.

4. Health insurance usually needs to be renewed every 12 months. Some plans need to be renewed every few months.

Put a reminder in your calendar for a month before your child's coverage expires to make sure that you have time to get all the paperwork together and you don't lose coverage.



We Can!® Parent Tips: Picky Eaters



With a picky eater, mealtime can seem more like a battle than a relaxing way to spend time with your family. If waging war over vegetables has pushed you too far, don't give up by dialing for a pizza or cruising to the nearest drive-thru. With these tips, your picky eater can also be a *healthy* eater.

Lead by Example

- As a parent, you are your child's most important role model—especially when it comes to making healthy choices. If you eat healthy and try new foods, your child will, too.

Stock Up on Healthy Choices

- Buy plenty of fruits, veggies, whole grains, and low-fat dairy products.
- Keep healthy foods where they're easy for your kids to see.

Limit Junk Food in Your Home

- Limit the number of foods high in fat and added sugar that you bring into your home.
- Your child won't choose junk food if it's not around.

Don't Force It

- Forcing your child to eat certain foods will only cause stress for you and your child.
- Serve a few fruits and veggies at mealtimes. Let your kids find the foods they like.
- Encourage your kids to try everything you serve.
- Set a "one-bite rule"—Kids must try at least one bite of each food on their plate.

Try New Foods

- Try different textures and flavors to help your kids find foods they like.
- Instead of sliced apple, try sliced avocado or sliced kiwi.
- Instead of carrot sticks, try snap peas, sliced bell peppers, or cucumbers.



We Can! Ways to Enhance Children's Activity & Nutrition, We Can!, and the We Can! logos are trademarks of the U.S. Department of Health & Human Services (DHHS).

Get Creative

- Add fruits and veggies to foods your kids already like.
- Mix blueberries and oats into pancakes.
- Add sliced fruit to your child's favorite cereal.
- Serve shredded veggies over rice or whole wheat pasta.
- Make smoothies with fresh or frozen strawberries, a banana, and low-fat yogurt.

Make Healthy Food Fun to Eat

- Cut baked chicken, low-fat cheese, and veggies into bite-size pieces. Let kids "dip" these pieces into dunking sauces. Try hummus, low-fat ranch dressing, ketchup, and mustard.
- Cut sandwiches into fun shapes.
- Give your kids the ingredients to "build" their own healthy taco or pizza.

Let Kids Help With Meals and Snacks

- Children are more likely to eat food that they help make.
- Have your kids prepare meals and snacks with you. Let them help—
 - Make the shopping list;
 - Pick out food at the grocery store; and
 - Slice, mix, bake, or cook the food.
- Your kids will have fun and learn about healthy eating.

For more information, visit:
<http://wecan.nhlbi.nih.gov>
or call 1-866-35-WECAN.





We Can! Parent Tips: Healthier Eating While Saving Money

Deciding which foods to serve your family each week can be hard, especially if you are on a tight budget. There are so many choices at the store that decisions are often based on what we see in front of us, rather than on a plan for making healthier choices. The **We Can!** program can help you plan your family meals before you go to the store.

Creating a healthier food plan depends on what foods are in season, what foods your family likes, and what foods you have at home already. You can also plan around sale items. Not only will you make more informed choices, but you may also be able to save money and time. Also, eating healthier foods in moderate portions and saving leftovers will help trim your budget and waistline by eating fewer calories at one time.

Ahead

- \$ *Make a plan and stick to it.* With a little planning, you can get most of your groceries for the week in one trip, which will save a lot of time. And, the fewer trips to the store, the less likely you will be to buy unnecessary items. To help you plan, use the **We Can! Weekly Meal Planner** that can be found in the **We Can!** Resources on the Web site.
- \$ *Review store ads and clip coupons for healthier items* such as skinless chicken breasts, lean cuts of meat or ground beef, fruit (fresh, frozen, or canned in its own juice), vegetables (fresh, frozen without added fat, or canned without added sodium), whole grain breads and cereals, and low fat or fat free milk and milk products.
- \$ *Check your cupboards and refrigerator* for items that you can use and then plan to use them.
- \$ *Check out heart healthy recipes* from the National Institutes of Health (NIH) to help you plan your meals and shopping list at <http://www.nhlbi.nih.gov/health/index.htm#recipes>
- \$ *To help you prepare your grocery list*, you can download the **We Can! Grocery List Template** and *My Shopping List* to help organize your weekly grocery shopping. Both can be found in **We Can!** Resources on the Web site.
- \$ *Don't shop hungry.* If you shop when you are hungry, you are more likely to buy more than you need and possibly buy less healthy items that appeal to you at that moment.
- \$ *Try to go grocery shopping without children.* Stores put foods that many children like such as candy and sugary cereal where they can see and reach them. These foods are often advertised with characters that appeal to children. If you must bring children, grocery shopping can be a great way to teach them about food and nutrition (and colors, math, reading!)

Grocery Shopping Tips

- \$ *Sign up for your grocer's bonus/discount card* for additional savings.
- \$ *Try store brands.* The most costly brands are typically placed at eye level. Store brands that may be cheaper and are just as good are often placed higher or lower on the shelf.
- \$ *Comparison shop for healthier brands.* Read the Nutrition Facts Label. Learn how to find serving sizes and the per serving amounts of calories, fat, saturated fat, *trans* fat, sodium, sugars, protein, fiber, and vitamins and minerals. For more information on the Nutrition Facts Label, check out the Live It section of the **We Can!** Web site.





Parent Tips: Healthier Eating While Saving Money

- \$ *Use the unit price and the Nutrition Facts Label to compare similar foods.* The unit price tells you the cost per ounce, pound, or pint, so you'll know which brand and size are best to buy. Look for it on the shelf sticker below the product. Then, read the Nutrition Facts Label to be sure that you are getting the healthiest option at the lowest cost. Click on these Food Label resources from the Food and Drug Administration (FDA): <http://www.csfan.fda.gov/~ear/hwm/labelman.html> and <http://www.csfan.fda.gov/~acrobat/nutractds.pdf>.
- \$ *No matter what the form – fresh, frozen, canned, dried, juice – all varieties of fruits and vegetables count toward your daily recommendation.* Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts towards your daily recommendation, the majority of the total daily amount of fruit and vegetables should come from whole fruits and vegetables to help you get enough fiber. Click on <http://www.fruitsandveggiesmorematters.org/> for more information.
- \$ *Buy in-season fruits and vegetables.* Use local farmer's markets when possible – the foods are fresher and usually cost the same, if not less, because you are buying direct from the farmer.
- \$ *Buy milk (low fat or fat free) in the largest containers you can handle before it spoils* (gallon or ½ gallon). Milk sold at convenience stores usually costs more than at supermarkets. (Fat-free dry milk is an inexpensive back-up choice for using milk in recipes.)
- \$ *Buy a whole chicken and cut it up into parts* instead of buying pre-cut chicken (breast, wings, thighs, legs). Remove the skin before cooking or serving.
- \$ *Stock up on sale items* of healthier foods that you may be able to use in a timely manner. Buy canned, frozen, or packaged foods in bulk for quality and value, but serve appropriate portions within estimated calorie needs. Buy produce, lean meats, and low fat or fat free milk and milk products in bulk amounts that you can eat before they spoil (refer to **We Can!** Portion Distortion for more information on appropriate portion sizes <http://hp2010.nhlbi.nih.net/portion/index.htm>).
- \$ *Use your food budget wisely.* If you spend \$7 on lunch 5 days a week for a year, you will spend a total of \$1,820. You can save money and calories by bringing a healthier brown bag lunch from home. (see **We Can!** Food Comparison Chart in the **We Can!** Resources section of the Web site.)

Saving Money (and Calories) on Healthy Meals and Snacks

- \$ *Assemble snacks at home* in small baggies using foods such as nuts and seeds, dried whole grain cereal, low fat cheese, dried fruit, fresh vegetables and fruits, rather than buying less healthy, more expensive prepackaged and processed snacks. Serve water, or low fat or fat free milk instead of calorically sweetened beverages. For more ideas on healthier snacks, you can download the *Go, Slow, and Whoa Foods Chart* in the **We Can!** Resources section of the Web site.
- \$ *Cook once, eat twice.* Serve moderate portions of meals, avoid seconds, and freeze leftovers to enjoy later. This will help you save money and calories!
- \$ *Do “batch cooking”* when the food budget and time allow. Cook large amounts of spaghetti sauce, divide it into family-size portions and freeze promptly for later in the month.

Source: Adapted from “My Money-Saving Tips: A Healthier You” Based on the Dietary Guidelines for Americans, December 2006.

We Can!, or “Ways to Enhance Children’s Activity & Nutrition,” is a national education program designed for families and communities to help children achieve a healthy weight. The program focuses on *three* important behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.

For more information about **We Can!** visit <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN

We Can! is an effort of the the [National Heart, Lung, and Blood Institute](#) (NHLBI) in collaboration with the [National Institute of Diabetes and Digestive and Kidney Diseases](#) (NIDDK), the [National Institute of Child Health and Human Development](#) (NICHD) and the [National Cancer Institute](#) (NCI).



PARENT PRE-TEST

Circle the BEST answer.

1. What is the healthiest drink for you?

Water

Juice

Gatorade

2. How much physical activity should a child get a day?

10 minutes

30 minutes

1 hour

3. The right size of a protein is the size of?

My palm

My foot

My two hands together

4. The healthiest way to cook a vegetable is to

Fry it in oil

Boil it in water

Steam it

5. Being overweight or obese can lead to

Diabetes

Heart Disease

Asthma

High Blood Pressure

Muscle and Joint pain

All of the Above

6. I am physically active for 30 minutes or more

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

7. I drink a sugar-sweetened beverage (juice, soda, flavored milk)

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

8. I have fast food

| | |
|--------------|--------------------|
| Never | 2-3 times per week |
| Once a month | 4-5 times per week |
| Once a week | Almost every day |

9. My child has health insurance.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

10. My child has a doctor.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

11. Every year, my child sees the doctor for a physical exam.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

12. My child's doctor has talked to me about my child's weight.

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

13. My child's doctor has talked to me about my child's Body Mass Index (BMI).

| | | |
|-----|----|--------------|
| Yes | No | I don't know |
|-----|----|--------------|

14. I have concerns about my child's weight.

| | |
|-----|----|
| Yes | No |
|-----|----|

15. I feel comfortable talking about my child's weight with my child's doctor.

| | |
|-----|----|
| Yes | No |
|-----|----|



Feedback Survey

In an effort to continue to improve upon our program experiences, as well as to better support you, please provide us with your honest feedback. These surveys will remain strictly confidential.

| QUESTION | ALWAYS / STRONGLY AGREE | OFTEN / AGREE | SOMETIMES / DISAGREE | NEVER / STRONGLY DISAGREE |
|--|----------------------------|------------------|-------------------------|---------------------------------|
| 1. I learned from the presentations. | 1 | 2 | 3 | 4 |
| 2. I will make changes based on the information I learned. | 1 | 2 | 3 | 4 |
| 3. I understand obesity better. | 1 | 2 | 3 | 4 |
| 4. The program was well organized. | 1 | 2 | 3 | 4 |

Based on what I learned today, I will make the following three changes at home:

- 1.
- 2.
- 3.

Are there any topics or issues that you think should be addressed in future talks?

What did you like most about the program?

What would you change about the program?



Feedback Survey for Presenters

In an effort to continue to improve upon our program experiences, please provide us with your honest feedback. These surveys will remain strictly confidential.

| QUESTION | ALWAYS / STRONGLY AGREE | OFTEN / AGREE | SOMETIMES / DISAGREE | NEVER / STRONGLY DISAGREE |
|---|----------------------------|------------------|-------------------------|---------------------------------|
| 1. The lesson plans enhanced the students' learning. | 1 | 2 | 3 | 4 |
| 2. The demonstrations were helpful to support to program themes. | 1 | 2 | 3 | 4 |
| 3. I felt well-trained. | 1 | 2 | 3 | 4 |
| 4. I felt the program was well organized. | 1 | 2 | 3 | 4 |
| 5. I felt the program was effective for this age group (4-5 th grade). | 1 | 2 | 3 | 4 |

Please you back of form if needed.

Are there any topics or issues that you think should have been addressed in the program?

Were there any obstacles in presenting this curriculum? Are there any changes that you would recommend?

Did your school use the in-class reinforcement material provided?

Approximately how many students took part in the program and what were their ages?

Name of School and Contact info:

Would you want to do this program again in the future? Yes or No

Please mail this feedback survey along with the Pre-tests, Post-tests and Student/Parent feedback surveys to the Fit to Play and Learn Team.

AAP Chapter 2 - Box 527 – 4067 Hardwick Street - Lakewood, CA 90712
fittonlavandlearn@gmail.com

Guía para Padres



Bocadillos (Snacks) – 100 Calorías o Menos

Un plan para comer saludable:

- pone énfasis en las frutas, verduras, granos enteros, y leche sin grasa o baja en grasa y productos lácteos bajos en grasa;
- incluye carnes con bajo contenido de grasa, pollo, pavo, pescado, huevos y nueces; y
- tiene bajo contenido de grasas saturadas, grasas *trans*, colesterol, sal (sodio), y azúcar.

Pruebe estos deliciosos y sencillos bocadillos para satisfacer su hambre entre comidas. Estos son adecuados para un plan de alimentación saludable y cada uno tiene 100 calorías o menos. La clave es **poner atención al tamaño de las porciones**. Porciones más grandes significa más calorías.

| Porción | Frutas | Calorías |
|-----------|-----------------------------|----------|
| 1 grande | naranja | 100 |
| ½ grande | toronja | 53 |
| 1 mediana | manzana | 72 |
| 1 pequeño | banano (plátano) | 90 |
| 1 | paleta de fruta | 67 |
| ¼ taza | pasas | 84 |
| ½ taza | frutas enlatadas en su jugo | 62 |
| ½ taza | jugo de naranja | 54 |
| ½ taza | uvas rojas sin semillas | 52 |
| 1 taza | fresas enteras | 46 |

| Porción | Verduras | Calorías |
|-------------|---|----------|
| 1 taza | jugo de verdura bajo en sodio | 53 |
| 1 taza | jugo de cereza o de tomate | 27 |
| 1 taza | coliflor cruda | 25 |
| 2 tazas | variedad de verduras (1 taza de brócoli/1 taza de pimiento en rebanadas con 2 cucharaditas de aderezo "ranch" sin grasa) | 89 |
| 2¼ tazas | ensalada (2 tazas de lechuga verde/roja, ¼ de taza de rebanadas de pepino, 2 rebanadas de tomate, 2 cucharaditas de aderezo italiano sin grasa) | 39 |
| 5 | zanahorias pequeñas (baby carrots) | 18 |
| 5 rebanadas | pimiento verde | 10 |
| 10 pequeños | trocitos de apio | 6 |

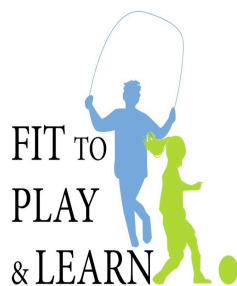
| Porción | Otras ideas | Calorías |
|--------------|--|----------|
| 1 | Tortilla de maíz de 6 pulgadas con una onza de queso bajo en grasa derretido | 100 |
| 5 | Trocitos de apio con una cucharada de mantequilla de maní | 100 |
| 2 cucharadas | de queso crema bajo en grasa con la mitad de un "English muffin" | 100 |
| 10 | almendras sin sal | 80 |
| ½ onza | semillas de girasol sin sal | 78 |

| Porción | Pan, cereales, granos, arroz y pasta | Calorías |
|---------|---|----------|
| ½ taza | cereal de avena | 54 |
| ½ | "bagel" de trigo entero (3½ pulgadas de diámetro) | 90 |
| ½ | "English muffin" de canela con 1 cucharadita de jalea | 68 |
| 3 tazas | palomitas de maíz reventadas por aire caliente | 90 |
| 4 | galletas de trigo entero, sin sal | 71 |
| 2 | cuadros de galletas "Graham" | 60 |
| 2 | galletas de arroz moreno o entero (rice cakes) | 70 |
| 2 | galletas de jengibre | 60 |
| 1 | barrita de higo (galleta de higo) | 56 |

| Porción | Leche, queso, yogurt | Calorías |
|---------|--|----------|
| ½ taza | yogurt de vainilla sin grasa | 96 |
| ½ taza | helado de yogurt sin grasa | 99 |
| ½ taza | queso requesón 1% bajo en grasa (cottage cheese) | 81 |
| 1 taza | leche sin grasa | 91 |
| 4 onzas | pudding de chocolate sin grasa | 100 |
| 1 onza | palitos de queso mozzarella descremado | 72 |
| 1 onza | queso cheddar bajo en grasa | 49 |

| Porción | Carne, pollo, pescado, frijoles, huevos | Calorías |
|--------------|---|----------|
| 3 onzas | atún enlatado en agua | 99 |
| 2 onzas | pechuga de pavo | 84 |
| 8 grandes | camarones frescos o congelados | 44 |
| 1 grande | huevo duro | 78 |
| 3 cucharadas | hummus | 69 |

Fuente: USDA National Nutrient Database for Standard Reference, Release 19



| COMER MÁS DE ESTO | EN LUGAR DE ESTO |
|--|--------------------------------------|
| Verduras al vapor | Verduras hervidas o fritas |
| Vinagreta | Aderezo Ranch |
| Mostaza o Ketchup | Mayonesa |
| Pavo o Carne de Pollo | Jamón de Puerco o Carne de Balogna |
| Leche Descremada o Sin Grasa | Leche Entera o Leche con chocolate |
| Agua | Soda, Bebidas Deportivas, Jugo |
| El pan de grano entero | Pan Blanco |
| Arroz Moreno | Arroz Blanco |
| Cereales de grano entero o Harina de avena | Cereales azucarados |
| Aceite de Oliva, Aceite de Canola | Aceite de maíz, Manteca, Mantequilla |
| Frutas, Verduras, Yogur como tentempié | Chips, Galletas, Dulces |

Guía de Referencia Para La Etiqueta Alimenticia



Cuidado con las áreas rojas. No te dejes engañar por olvidarte de fijarte en cuántas porciones hay en el envase. ¡La información nutricional es para una sola porción!



| Galletitas tostadas saladas | |
|---|-------------------------|
| Datos de Nutrición | |
| Tamaño de Porción 28g. (como 42 galletitas tostadas saladas) | |
| Porciones por Recipiente 15 quince | |
| Cantidad Por Porción | |
| Calorías 110 | Calorías de Grasa 10 |
| % De Valor Diario* | |
| Grasa total 1g | 1 % |
| Grasa saturada 0g | 0 % |
| Trans grasa 0g | |
| Colesterol 0mg | 0 % |
| Sodio 440mg | 18 % |
| total de carbohidratos 21g | 7 % |
| Fibra dietética 1g | 4 % |
| azúcares 1g | |
| Proteína 3g | |
| vitamina A 0 % | • vitamina C 0 % |
| Calcio 0 % | • hierro 10 % |
| *El Porcentaje del Valor Diario se basa en una dieta de 2,000 calorías al día. Sus valores diarios pueden ser más altos o más bajos dependiendo de sus necesidades calóricas. | |

Busca alimentos con alto contenido en estas áreas verdes
¡Esas son las cosas buenas que tu cuerpo necesita!



Usa la regla de 5% y 20%.

5% es bajo y 20% es alto para cualquiera de estos nutrientes.

Puedes ir más alto en las áreas verdes.

Quédate bajo en las áreas rojas.

3 Pasos Para Usar La Etiqueta Alimenticia

PASO 1:

Evalúe sus Raciones y Calorías.

¿Cuánto es una ración?

¿Es muy poco y se comerá más de una ración?

¿Cuánta energía va a necesitar para quemar esas calorías?



PASO 2:

SVerifique lo que contiene el alimento. Trate de escoger alimentos que son más bajos en grasa, colesterol, sodio y azúcar.

¡Su cuerpo se lo agradecerá! ¡Busque alimentos más altos en fibra, proteína y vitaminas!



PASO 3:

¡Decida si este es el alimento apropiado para usted!



Galletitas tostadas saladas

Datos de Nutrición

Tamaño de Porción 28g. (como 42 galletitas tostadas saladas)
Porciones por Recipiente 15 quince

Cantidad Por Porción

Calorías 110 Calorías de Grasa 10

% De Valor Diario*

Grasa total 1g **1 %**

Grasa saturada 0g **0 %**

Trans grasa 0g

Colesterol 0mg **0 %**

Sodio 440mg **18 %**

total de carbohidratos 21g 7 %

Fibra dietética 1g **4 %**

azúcares 1g

Proteína 3g

vitamina A **0 %** • vitamina C **0 %**

Calcio **0 %** • hierro **10 %**

*El Porcentaje del Valor Diario se basa en una dieta de 2,000 calorías al día. Sus valores diarios pueden ser más altos o más bajos dependiendo de sus necesidades calóricas.

Mi Plato



Productos
Lácteos



Frutas



Granos



Vegetales



Proteína



Visita es.ChefSolus.com para hojas de trabajo imprimibles para niños,
juegos de educación de nutrición, rompecabezas, actividades y más
Derechos de Autor © Nourish Interactive, Derechos Reservados

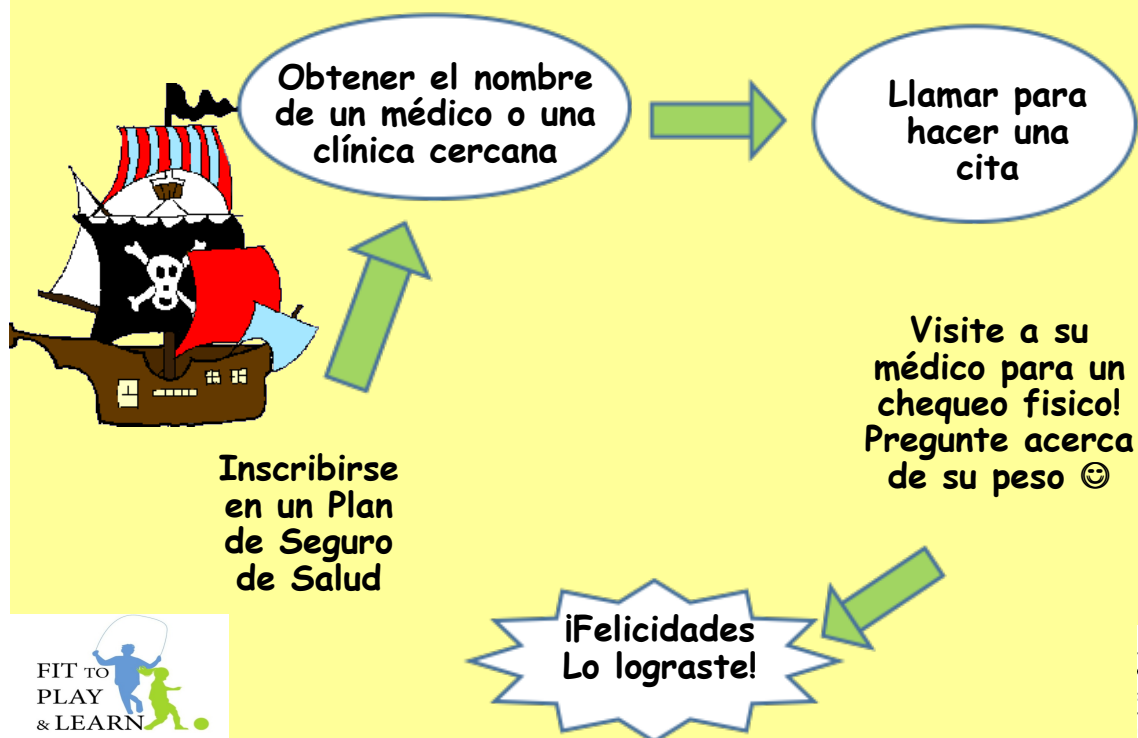


Hacer Una Comida Sana

1. La mitad de su plato debe consistir en frutas y verduras
2. Al menos la mitad de sus granos deberían ser granos enteros.
Busca el 100% de grano entero o trigo en las etiquetas.
3. Elija una proteína con menos grasa.
Trate de comer mariscos dos veces por semana.
4. Elija productos lácteos bajos en grasa o sin grasa
5. Evite el exceso de grasa.
No cubra las verduras con mantequilla o queso.
6. Elija el tamaño de la porción adecuada para usted. Tu mano es la mejor herramienta de medición.
 - Dos puñados de verduras,
 - Un puño de arroz
 - Una palma de la proteína
 - Un puño de frutas
 - Un pulgar de la grasa



Mapa Para La Salud!



1. Inscribir a su hijo en un plan de seguro.

Su hijo puede ser elegible para el seguro de salud gratuito o bajo costo.

Llame al 1-888-4LA-KIDS (1-888-452-5437) para obtener ayuda para determinar si su niño califica.

O ir a The Children's Health Initiative of Greater LA, <http://www.lacare.org> para más información.

A bajo es una lista de los planes de salud gratis o de bajo costo disponibles en Los Ángeles.

| Programa | Elegibilidad | Costo | Con el estado migratorio satisfactorio | Sin el estatus migratorio satisfactorio | Para obtener más información |
|--|---|------------------------|---|---|--|
| Medi-Cal | ·0-19 años de edad ·De bajos ingresos | Gratis | Servicios integrales proporcionados | Servicios de emergencia sólo | www.dhcs.ca.gov/services/medi-cal/pages/applyfor-medi-cal.aspx |
| Healthy Families | ·0-19 años de edad ·Los ingresos demasiado altos para obtener Medi-Cal | Gratis o de bajo costo | Servicios integrales proporcionados | Ningun servicios | http://www.mrmib.ca.gov/mrmib/HFP.shtml |
| Healthy Kids | ·0-18 años de edad ·0-5 años de edad para la nueva inscripción ·No calificado para Medi-Cal o Healthy | Gratis o de bajo costo | | | http://www.california-kids.org/ (818) 755-9700 |
| Child Health and Disability Prevention Program (CHDP) | ·0-19 años de edad | Gratis | Todos los servicios preventivos a los proveedores de CHDP | Todos los servicios preventivos a los proveedores de CHDP | 800-993-2437 |
| California Children's Services (CCS) | ·0-21 años de edad ·Los niños con ciertos problemas de salud | Gratis | Servicios integrales proporcionados | Servicios integrales proporcionados | 800-288-4584 |

- **Para las familias que no califican para ninguno de los planes anteriores que se refiere a cualquiera:**
Healthy Way LA: 1-877-333-4952, <http://healthywayla.org>
Public Private Partnership (PPP): 1-800-427-8700
- **Covered California – Affordable Care Act:** Es posible que su familia puede calificar para el seguro de salud a bajo costo, <https://www.coveredca.com/espanol/>

2. Encuentre un médico en su zona:

Una vez que tenga un plan de seguro de salud, usted será capaz de encontrar un médico en su barrio en ese plan. Si usted ya tiene seguro, 1-888-4LA-CARE (1-888-452-2273) o www.lacare.org, puede ayudarle a encontrar un médico en su área.

3. Programe una cita para examen físico anual de su hijo.

No se olvide de hablar con su médico sobre el peso de sus hijos.

4. El seguro de salud por lo general tiene que ser renovado cada 12 meses. Algunos planes tienen que ser renovados cada pocos meses.

Ponga un recordatorio en su calendario un mes antes de que la cobertura de su hijo expire para asegurarse de que usted tiene tiempo para tener todos los papeles juntos y no perder la cobertura.



Pre-Examen Para Los Padres

Circule la MEJOR respuesta.

1. ¿Cuál es la bebida más sana para usted?

Agua

Jugo

Gatorade

2. ¿Cuánta actividad física debe tener un niño en un día?

10 minutos

30 minutos

1 hora

3. ¿La porción apropiada de una proteína es el tamaño de?

Mi palma

Mi pie

Mis dos manos juntas

4. La manera más sana de cocinar un vegetal es?

Freírlo

Hévirlo en agua

Cocinarlo al vapor

5. Cuándo una persona tiene sobrepeso u obesidad que puede causar?

Diabetes

Enfermedad cardíaca

Asma (Asthma)

Presión alta

Dolor de músculos y articulaciones

Todo lo anterior

6. Estoy físicamente activo por 30 minutos o más

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

7. Puedo beber una bebida endulzada con azúcar (jugos, refrescos, leche con sabor)

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

8. Tengo una comida rápida

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

9. Mi hijo tiene seguro de salud.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

10. Mi hijo tiene un médico.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

11. Mi hijo tiene un examen físico anual.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

12. El médico de mi hijo me ha hablado sobre el peso de mi hijo.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

13. El médico de mi hijo me ha hablado sobre el índice de mi hijo de masa corporal (IMC).

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

14. Tengo preocupaciones sobre el peso de mi hijo.

| | |
|----|----|
| Sí | No |
|----|----|

15. Siento que puedo hablar con el médico de mi hijo sobre mis preocupaciones acerca de su peso.

| | |
|----|----|
| Sí | No |
|----|----|



Feedback Survey

In an effort to continue to improve upon our program experiences, as well as to better support you, please provide us with your honest feedback. These surveys will remain strictly confidential.

| QUESTION | ALWAYS / STRONGLY AGREE | OFTEN / AGREE | SOMETIMES / DISAGREE | NEVER / STRONGLY DISAGREE |
|--|----------------------------|------------------|-------------------------|---------------------------------|
| 1. I learned from the presentations. | 1 | 2 | 3 | 4 |
| 2. I will make changes based on the information I learned. | 1 | 2 | 3 | 4 |
| 3. I understand obesity better. | 1 | 2 | 3 | 4 |
| 4. The program was well organized. | 1 | 2 | 3 | 4 |

Based on what I learned today, I will make the following three changes at home:

- 1.
- 2.
- 3.

Are there any topics or issues that you think should be addressed in future talks?

What did you like most about the program?

What would you change about the program?



Bienvenido a la *Fit to Play & Learn* Program!

Fit to Play and Learn es un programa creado por los médicos. El programa enseña a los estudiantes y sus familias cómo vivir una vida más sana y más activa.

Uno de cada 3 niños tiene sobrepeso. Cuando un niño tiene sobrepeso, puede dañar su salud. El exceso de peso puede conducir a enfermedades cardíacas y la diabetes. Por desgracia, Los Ángeles tiene una de las mayores tasas de obesidad infantil. La escuela de su hijo está trabajando con los médicos del *Fit to Play and Learn Program* para tratar de detener este creciente problema.

La clase de su hijo va a participar en el *Fit to Play & Learn* programa a lo largo del año escolar. El programa será impartido por la enfermera escolar. El maestro de su niño podría asignarle otras actividades para hacer en casa. Los médicos y los expertos de el ejercicio de su comunidad también se dan charlas.

The *Fit to Play & Learn* programa le enseñará a su hijo acerca de la alimentación saludable, opciones inteligentes de bebidas y maneras divertidas de estar activo. Esperamos que toda la familia pueda hacer cambios saludables en conjunto. Su hijo necesita su apoyo para hacer los cambios saludables que él o ella van a aprender en clase.

Fit to Play and Learn Los padres también están invitados a una sesión especial para padres, donde entra un médico y habla con usted en la escuela de su hijo. Vamos a discutir lo que su hijo está aprendiendo. En esta charla se dará a los padres consejos sobre cómo preparar comidas más saludables y cómo conseguir que sus hijos los coman. El médico también respondera sus preguntas sobre el programa y cómo la obesidad puede estar afectando a su hijo.

Vivir una vida saludable es más fácil con la ayuda de su médico. Si usted aún no tiene un médico para sus hijos, el *Fit to Play & Learn Program* le dará información sobre cómo encontrar un médico y poder inscribirse en el seguro de salud.

Juntos podemos hacer la diferencia. Vamos a prepararnos para comer sano y a moverse!

Sinceramente,

The *Fit to Play & Learn* Equipo

Drs. Cori Cross and Tracy Zaslow, Los Pediatras

Fittoplayandlearn@gmail.com

El *Fit to Play and Learn* está patrocinado por la Academia Americana de Pediatría - California Capítulo 2

Hojas semanales de comidas



Yo
soy una Niña
Inteligente para
comer

Como
comidas de to-
dos los grupos de
alimenticios



| Escribe los alimentos que comes cada día | Domingo | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado |
|---|---------|-------|--------|-----------|--------|---------|--------|
| Granos buscar granos integrales | | | | | | | |
| Vegetales comer diferentes colores | | | | | | | |
| Frutas asegurarse que el jugo sea 100% fruta | | | | | | | |
| Leche bajo en grasa o libre de grasa | | | | | | | |
| Carne/Frijoles probar algo de pescado y nueces | | | | | | | |
| Movimiento 60 minutos | | | | | | | |





Pre-Examen Para Los Estudiantes

Circule la MEJOR respuesta.

1. ¿Cuál es la bebida más sana para usted?

Agua

Jugo

Gatorade

2. ¿Cuánta actividad física debe tener un niño en un día?

10 minutos

30 minutos

1 hora

3. ¿La porción apropiada de una proteína es el tamaño de?

Mi palma

Mi pie

Mis dos manos juntas

4. La manera más sana de cocinar un vegetal es?

Freírlo

Hévirlo en agua

Cocinarlo al vapor

5. Cuándo una persona tiene sobrepeso u obesidad que puede causar?

Diabetes

Enfermedad cardíaca

Asma (Asthma)

Presión alta

Dolor de músculos y articulaciones

Todo lo anterior

6. Estoy físicamente activo por 30 minutos o más

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

7. Puedo beber una bebida endulzada con azúcar (jugos, refrescos, leche con sabor)

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

8. Tengo una comida rápida

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

9. Mi hijo tiene seguro de salud.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

10. Mi hijo tiene un médico.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

11. Mi hijo tiene un examen físico anual.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

12. El médico de mi hijo me ha hablado sobre el peso de mi hijo.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

13. El médico de mi hijo me ha hablado sobre el índice de mi hijo de masa corporal (IMC).

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

14. Tengo preocupaciones sobre el peso de mi hijo.

| | |
|----|----|
| Sí | No |
|----|----|

15. Siento que puedo hablar con el médico de mi hijo sobre mis preocupaciones acerca de su peso.

| | |
|----|----|
| Sí | No |
|----|----|



Examen Posterior Para Los Estudiantes

Circule la MEJOR respuesta.

1. ¿Cuál es la bebida más sana para usted?

Agua

Jugo

Gatorade

2. ¿Cuánta actividad física debe tener un niño en un día?

10 minutos

30 minutos

1 hora

3. ¿La porción apropiada de una proteína es el tamaño de?

Mi palma

Mi pie

Mis dos manos juntas

4. La manera más sana de cocinar un vegetal es?

Freírlo

Hévirlo en agua

Cocinarlo al vapor

5. Cuándo una persona tiene sobrepeso u obesidad que puede causar?

Diabetes

Enfermedad cardíaca

Asma (Asthma)

Presión alta

Dolor de músculos y articulaciones

Todo lo anterior

6. Estoy físicamente activo por 30 minutos o más

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

7. Puedo beber una bebida endulzada con azúcar (jugos, refrescos, leche con sabor)

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

8. Tengo una comida rápida

| | |
|--------------------|----------------------|
| Nunca | 2-3 veces por semana |
| Una vez al mes | 4-5 veces por semana |
| Una vez por semana | Casi todos los días |

9. Mi hijo tiene seguro de salud.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

10. Mi hijo tiene un médico.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

11. Mi hijo tiene un examen físico anual.

| | | |
|----|----|----------|
| Sí | No | No lo sé |
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| | | |
|----|----|----------|
| Sí | No | No lo sé |
|----|----|----------|

14. Tengo preocupaciones sobre el peso de mi hijo.

| | |
|----|----|
| Sí | No |
|----|----|

15. Siento que puedo hablar con el médico de mi hijo sobre mis preocupaciones acerca de su peso.

| | |
|----|----|
| Sí | No |
|----|----|