“Weigh to Go”
An Educational Coloring & Activity Book
for ages 5 to 8
Good nutrition is important for good health.
Ways to Exercise

Find and circle the words below.

Bike  Soccer
Jump  Swim
Run  Walk
Playing basketball exercises your arms, legs and heart.
Healthy Foods

Find and circle the words below.

Apple
Corn
Eggs

M E P E A S E
V I L F Z M K
F F L P G U B
U L C K P U W
M M O N K A V
Q T R S G G E
T W N N U T S

Milk
Nuts
Peas
Red and green peppers
Carrots
Corn
Broccoli
Peas
Potato
Good food or Bad food?

Red = limit the foods you eat like candy, pizza, candy bars, French fries, soft drinks, cookies, chips, foods with a lot of salt and/or sugar.

Yellow = eat small amounts of foods like hamburgers, spaghetti, macaroni and cheese, fruit juices.

Green = follow the food pyramid when eating foods like apples, bananas, fish, chicken, 1% nonfat milk, salad, nuts, carrots, potatoes, water.

Match the pictures to the red, yellow or green circle by using what you learned above.
Joining group physical activities is a good way to exercise and have fun.
Activity Guidelines

Everyday
(at least 60 minutes)
- Play outside
- Walk to the store
- Chores around the house

3 to 5 times a week
(at least 20 minutes)
- Biking
- Kickball
- Basketball
- Swimming
- Running
- Relay races

2 to 3 times a week
(at least 20 minutes)
- Dancing
- Climbing
- Swinging

Cut down on
Watching television
Video/computer games
Sitting more than 30 minutes at a time
Raking leaves and doing other chores around the house are ways to exercise too!
Match the letters to the numbers and write a secret message!

1 = a
2 = b
3 = c
4 = d
5 = e
6 = f
7 = g
8 = h
9 = i
10 = j
11 = k
12 = l
13 = m
14 = n
15 = o
16 = p
17 = q
18 = r
19 = s
20 = t
21 = u
22 = v
23 = w
24 = x
25 = y
26 = z
Did you know sledding, making snowmen and playing in the snow are ways to exercise?
Complete the sentence by using the words below.

exercise   muscles   healthy
family     playground  bones

1. Children should get 1 hour of __________ every day.
2. Go to a __________ for fun exercise.
3. Exercise is the start of a _______ lifestyle.
4. Exercise with your ___________.
5. Exercise builds strong ___________ and ___________.

ANSWERS: 1. exercise 2. playground 3. healthy 4. family 5. bones, muscles
When going back to school remember to take a healthy snack.
Connect the dots to find a healthy snack!
For good health, brush your teeth 3 times every day.
Children between the ages of 5 to 8 should get at least 11 hours of sleep every night.

The right amount of nutrition, exercise and sleep is important for healthy growth.
MESSAGE TO THE PARENT

The “Weigh to Go” coloring and activity book was created to educate you and your child. We encourage you to talk to your child about each topic while helping with activities in this book. Below are some suggestions on how to encourage good eating habits and increase physical activity for your family.

Eat together and play together

✓ Take frequent walks or bike rides with your child.
✓ Do not force your child to eat everything on their plate.
✓ Take a trip to the local park to play with your child.
✓ Eat meals together as a family at the kitchen table with the television turned off.
✓ When eating at fast food restaurants encourage your child to order small portions and healthier choices.
✓ Encourage your child to drink cold water, 100% fruit juice (limited to up to 6 ounces a day) or 1% nonfat milk instead of soft drinks.
✓ Help your child become more physically active and cut down on watching television, playing computer games and video games.

Physical Activity

Always remember as a parent YOU are a role model and being a good role model for your child is the easiest way to help them become more active. Keep several different games available so your child will have a choice of things to do. It doesn’t cost a lot to provide your child with balls, hula-hoops and jump ropes. Make family exercise outings part of your family routine.
Nutrition
Good nutrition is important for good health. The best thing you can do to help your child eat healthy is to eat healthy yourself. If you are asking your child to eat vegetables and fish, make sure your child doesn’t see you eating potato chips or candy. Your actions speak louder than words, so make sure you practice what you want to teach your child.

What makes a serving?
- 1 or 2 small cooked broccoli spears
- 5 to 7 cooked baby carrots
- 1/3 to 1/2 cup of melon
- 5 to 7 strawberries
- 1/3 to 1/2 cup of brown rice or mashed potatoes
- 1/4 cup meats such as turkey
- 1 or 2 chicken drumsticks

MyPyramid
On the next page is a food pyramid for children. Use this as a guide to teach your child the foods they should be eating and the amount they should eat. For more information go to www.mypyramid.gov.

Daily Food and Activity Journal
On the back of the food pyramid is a daily food and activity journal. Make copies or make your own chart to help your child track what they are eating, how they are exercising and how they are feeling. This journal will help them eat healthy and be physically active.

Remember...families that play together, stay fit together!
# Daily Food and Activity Journal

<table>
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<th>Date and Time</th>
<th>Food &amp; Drink (type &amp; amount)</th>
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<th>Am I Hungry?</th>
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<th>Food for Thought (Note challenges, reminders, questions)</th>
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This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.
Please consult your healthcare provider for advice about a specific medical condition.

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