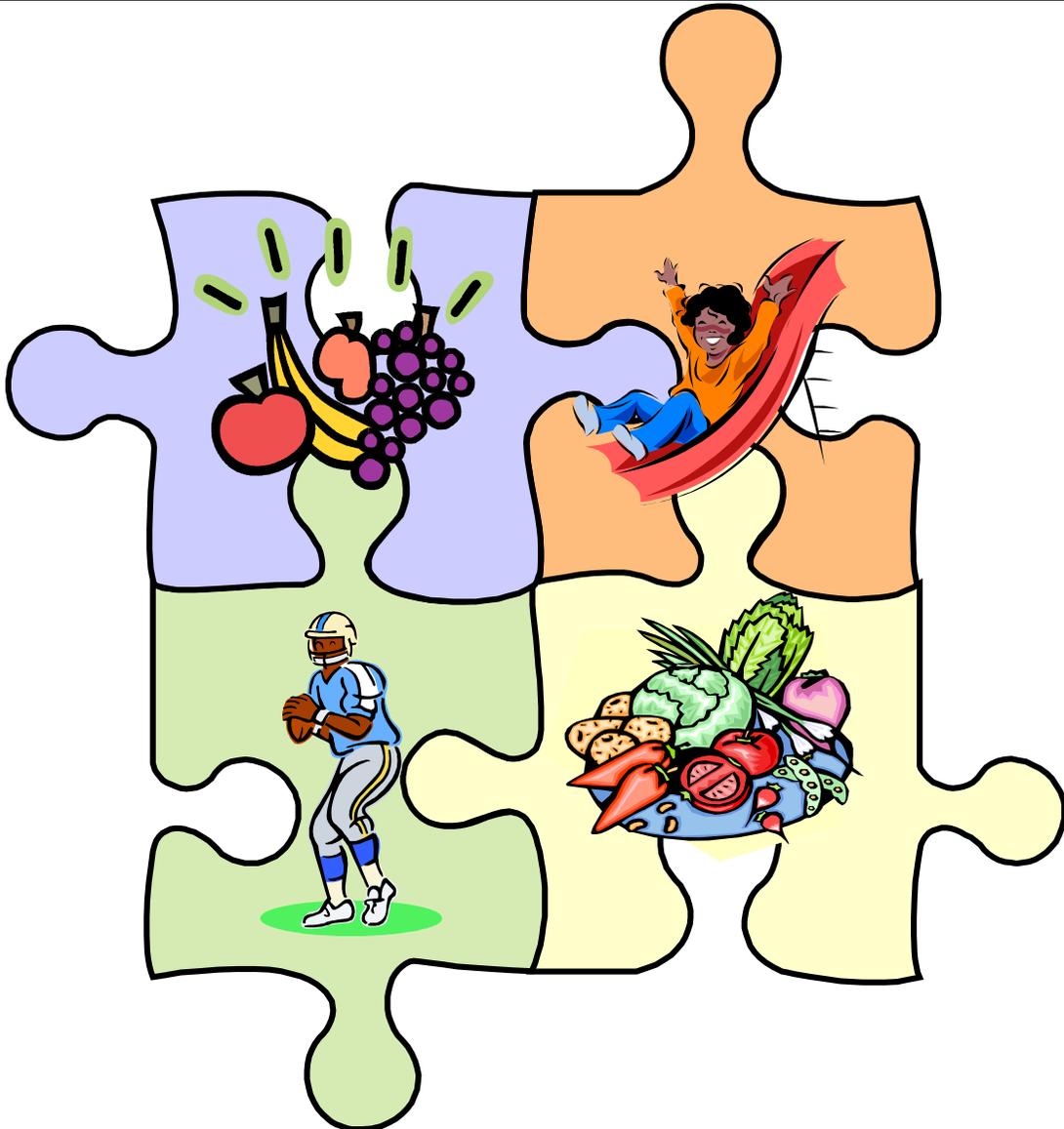
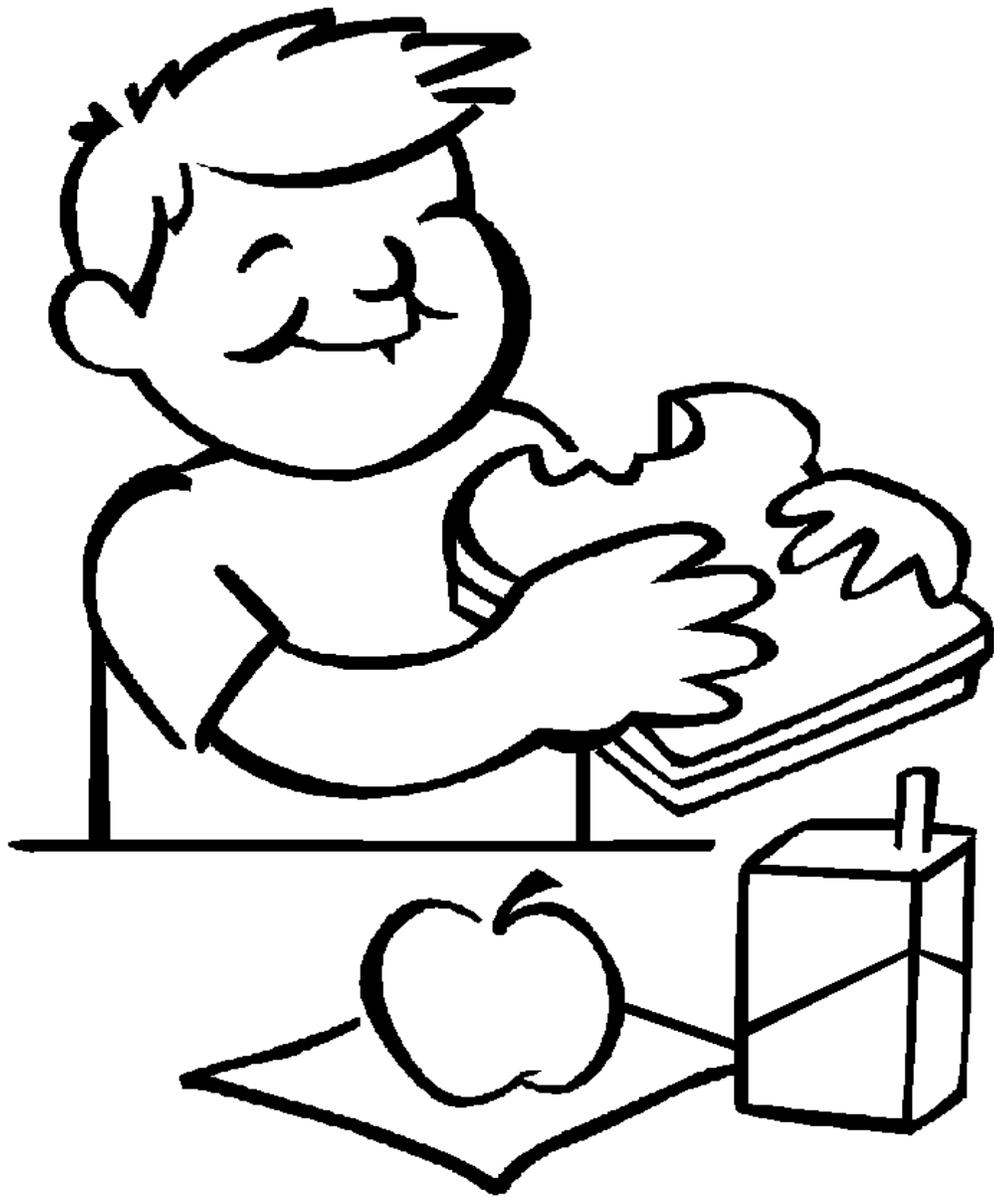


"Weigh to Go"

An Educational Coloring & Activity Book
for ages 5 to 8





Good nutrition is important
for good health.

Ways to Exercise

M O I P S U W

I N S X M V Q

W R E C C O S

S W A H P J B

N J A M S I R

Y L U L K V U

U J P E K D N

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.

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



Apple



Milk



Corn



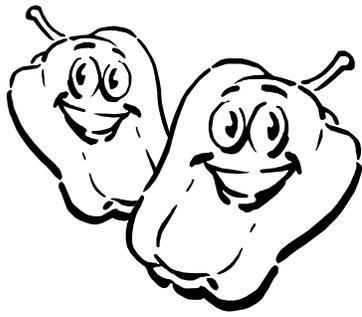
Nuts



Eggs



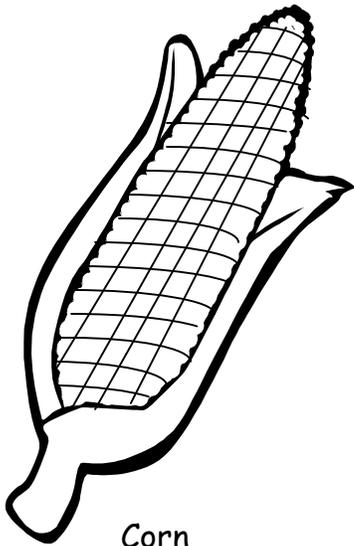
Peas



Red and green peppers



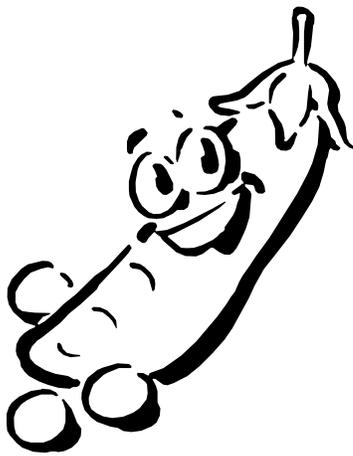
Carrots



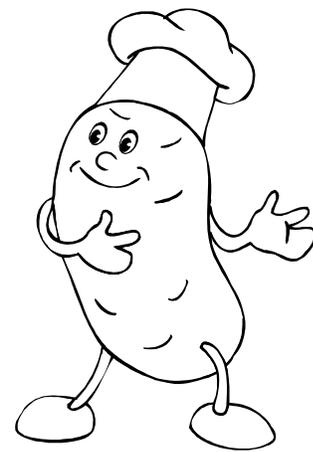
Corn



Broccoli



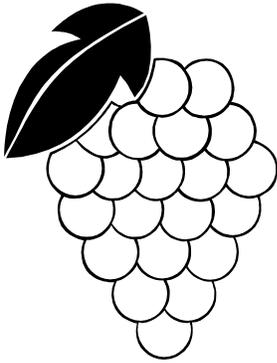
Peas



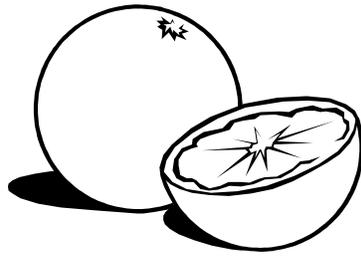
Potato

vegan + bases

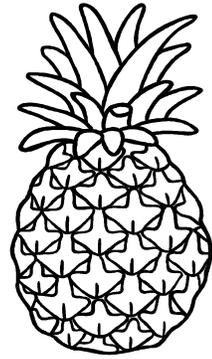
Fruits



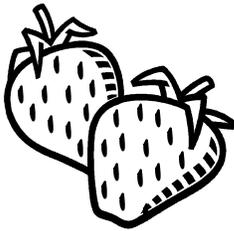
Grapes



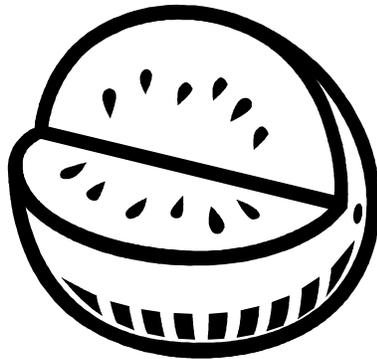
Oranges



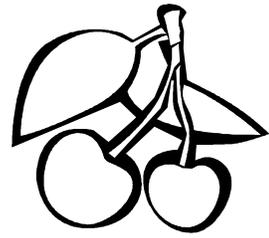
Pineapple



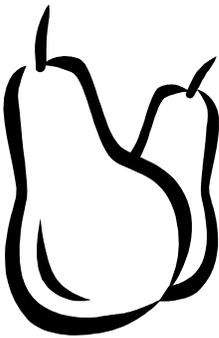
Strawberries



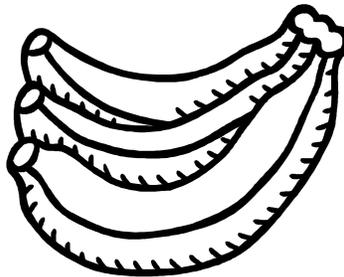
Watermelon



Cherries



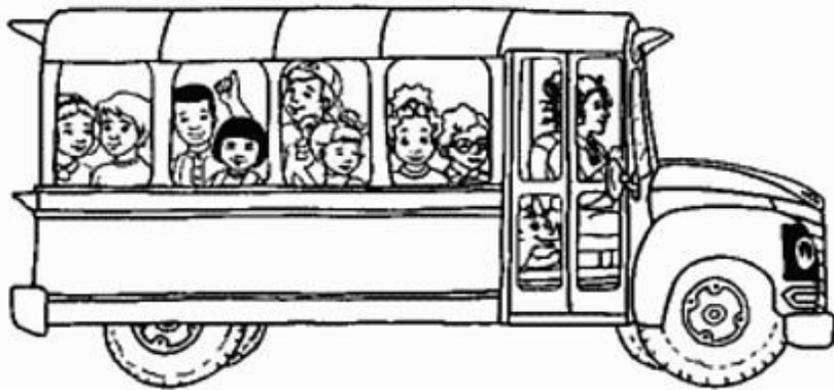
Pears



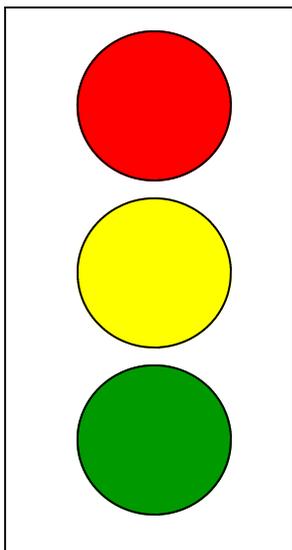
Bananas



Apple



Good food or Bad food?

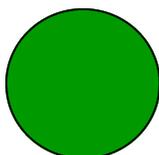
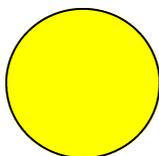
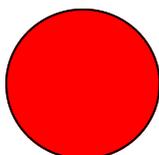


Red = limit the foods you eat like candy, pizza, candy bars, French fries, soft drinks, cookies, chips, foods with a lot of salt and/or sugar.

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!

- 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

Match the letters to the numbers and write a secret message!

5 1 20

20 15 7 5 20 8 5 18

1 14 4

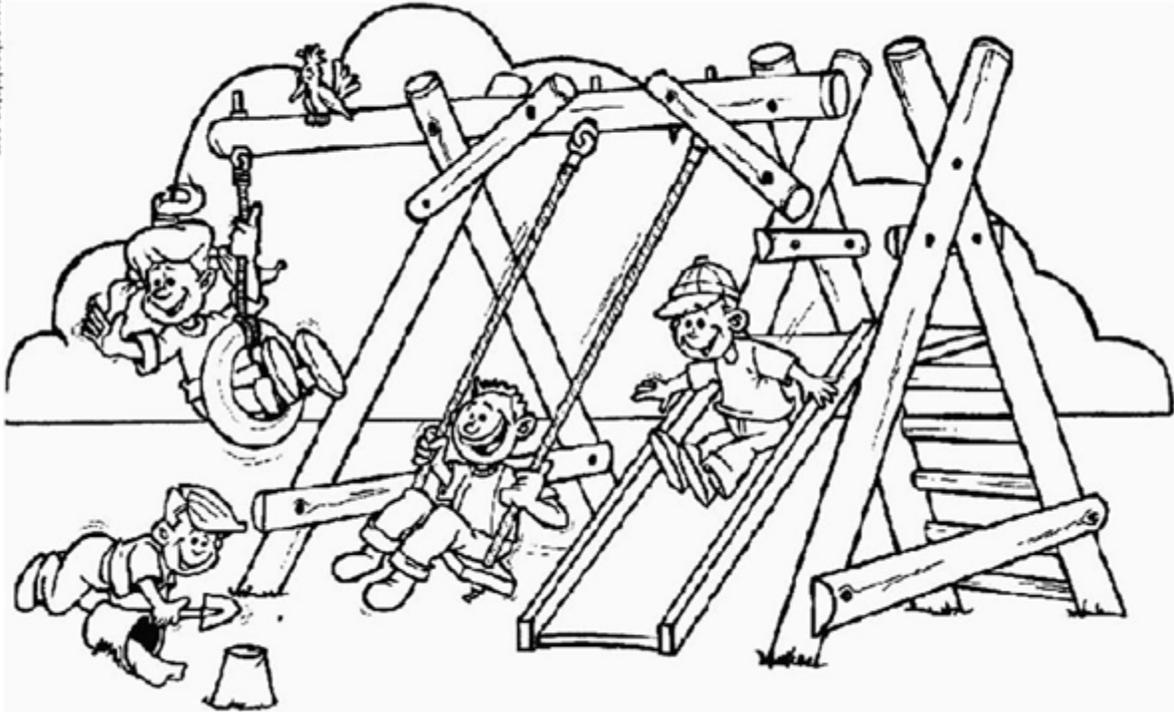
16 12 1 25

20 15 7 5 20 8 5 18





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

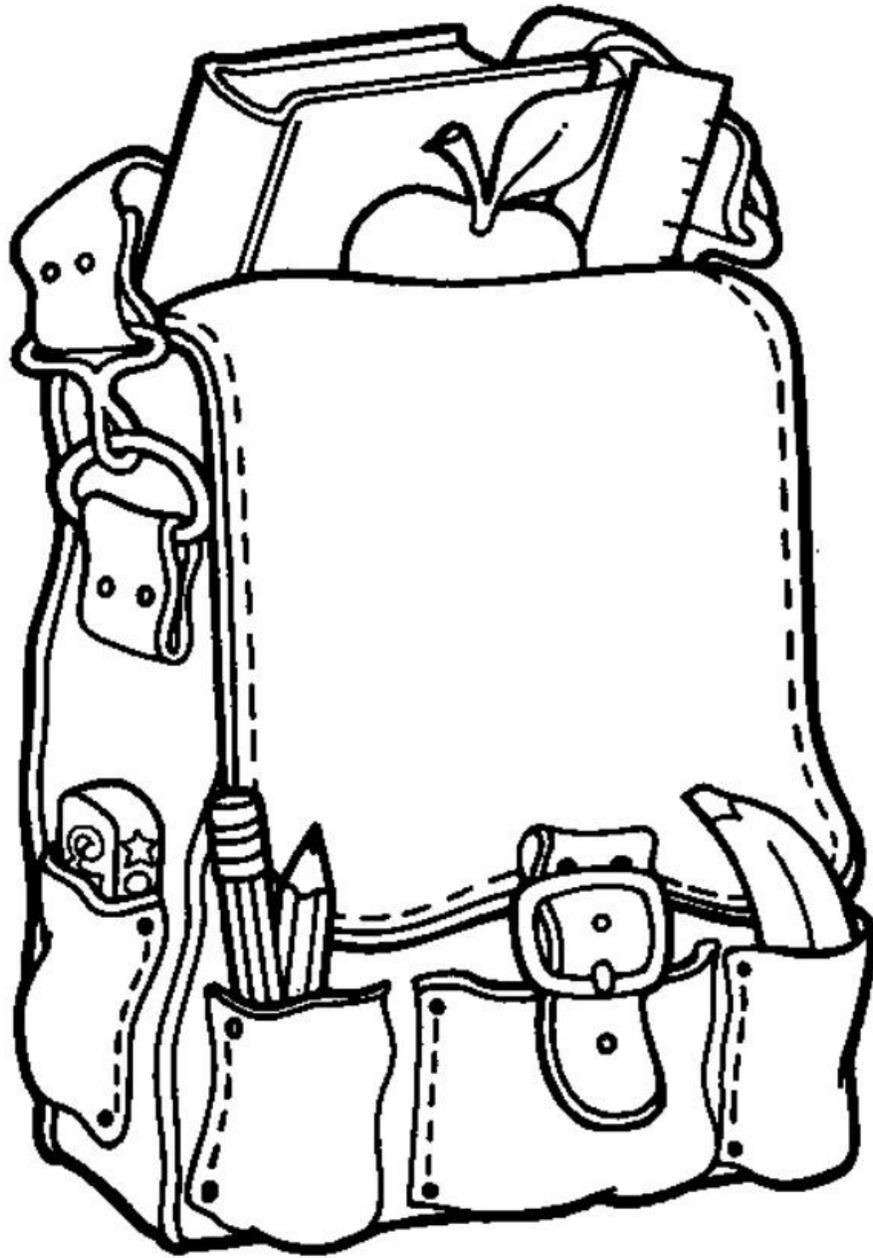
healthy

family

playground

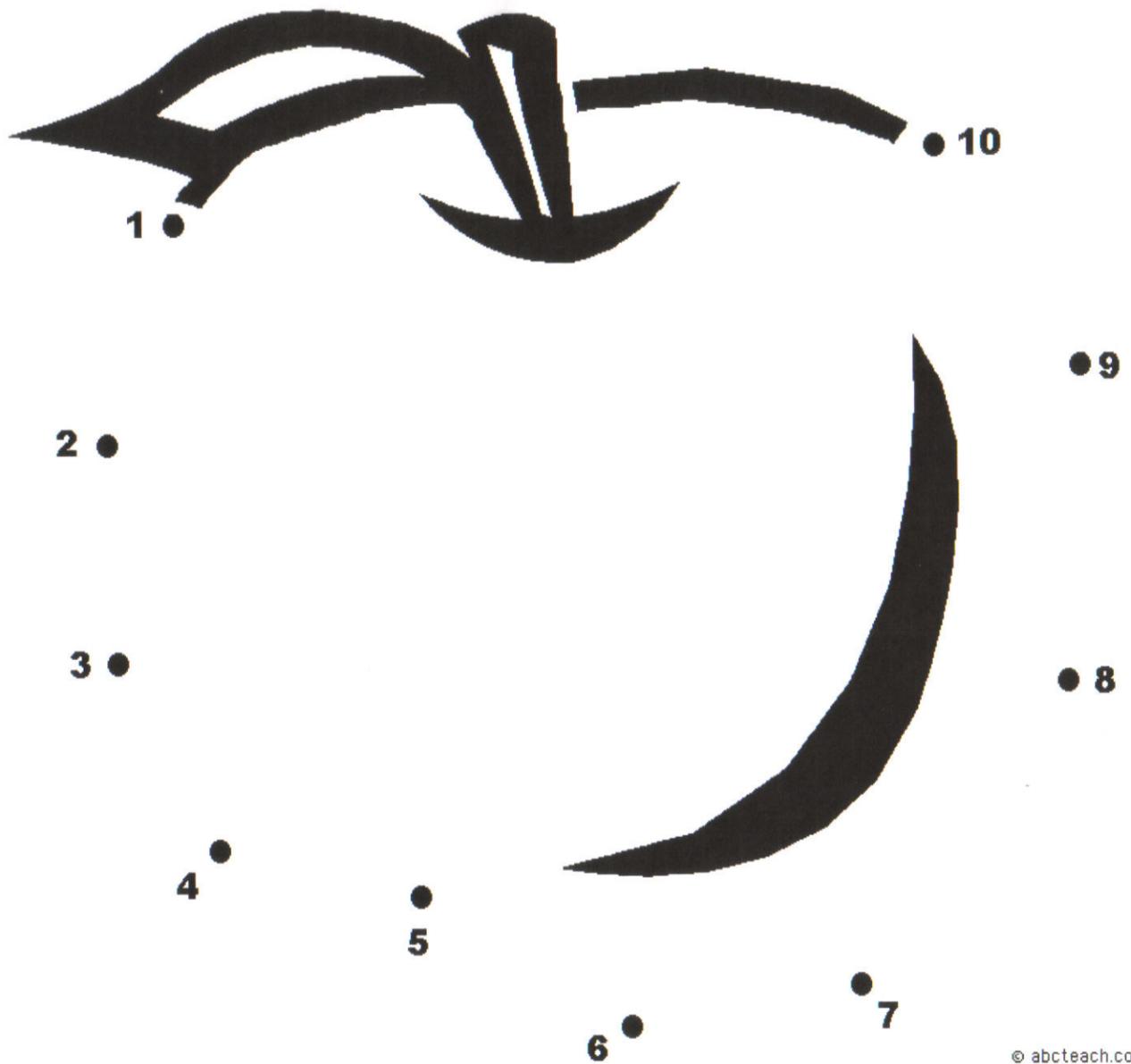
bones

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 _____.



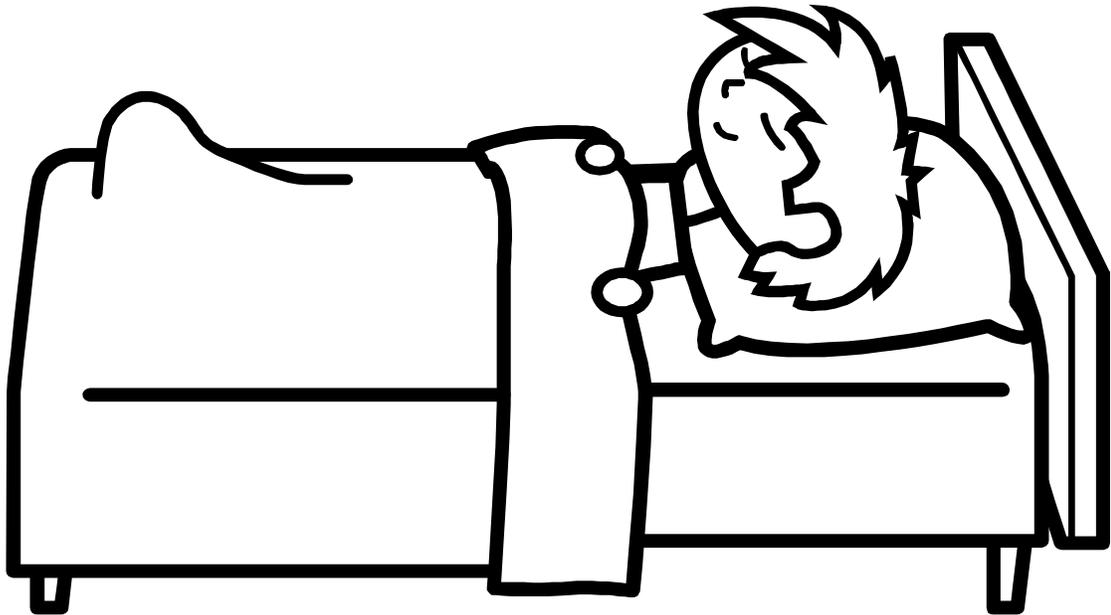
When going back to school
remember to take a
healthy snack.

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.

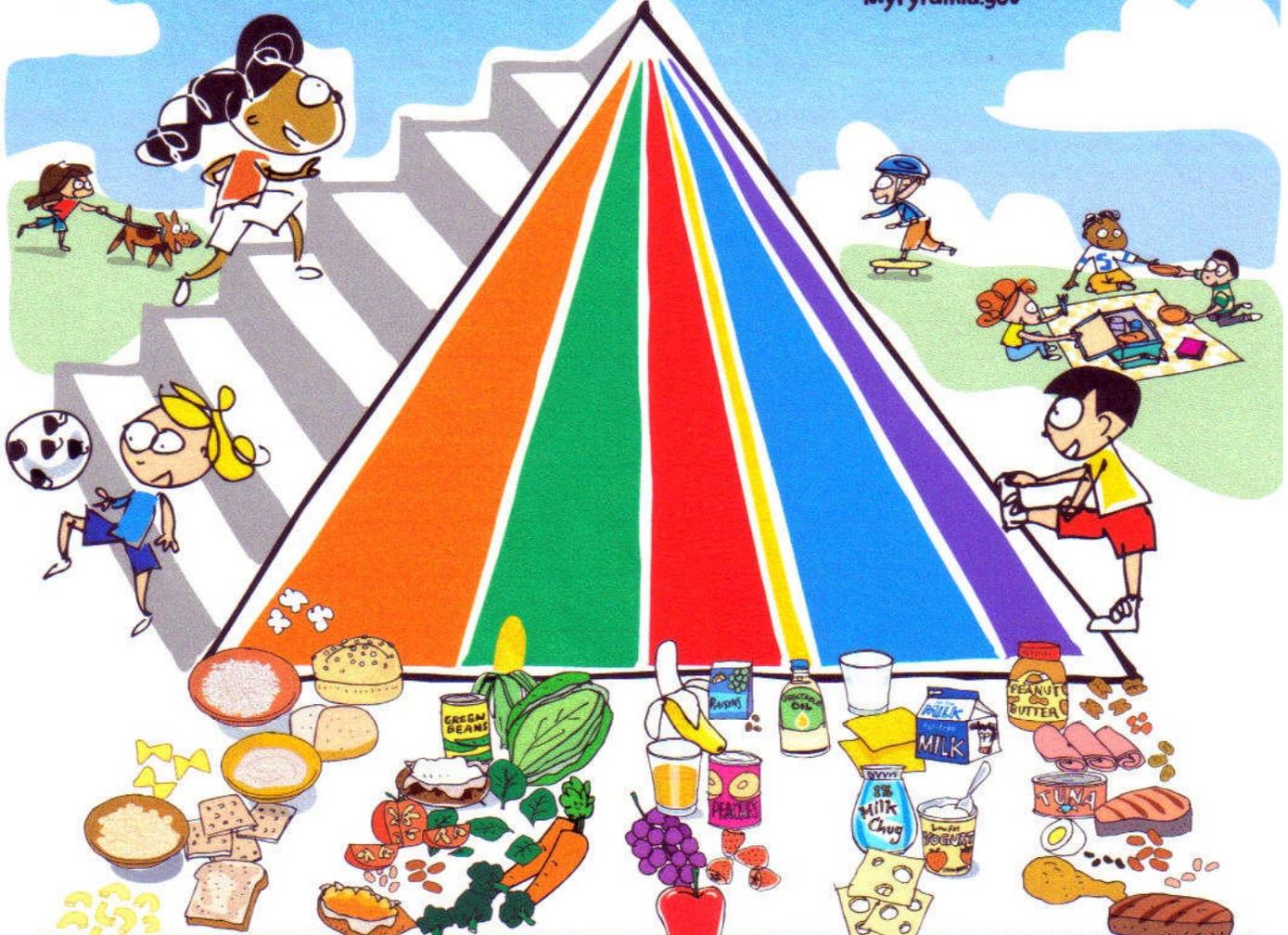
**Remember...families that play together,
stay fit together!**

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day: at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day: for kids ages 2 to 6, it's 2 cups	Eat 5 oz. every day
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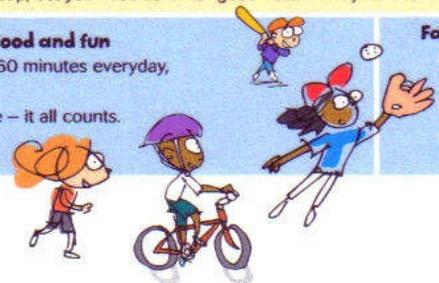
Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



U.S. Department of Agriculture
 Food and Nutrition Services
 September 2009
 190-381



Daily Food and Activity Journal

Date and Time	Food & Drink (type & amount)	Physical Symptoms, Thoughts, & Feelings	Am I Hungry?
Breakfast			
Lunch			
Healthy Snack			
Dinner			
Healthy Snack			

What Did I Do to be Active Today? (Include time)	Food for Thought (Note challenges, reminders, questions)
What Did I Do for Myself Today?	What Do I See as My Goal Tomorrow?

Daily Food and Activity Journal

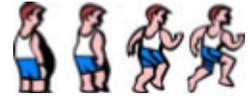
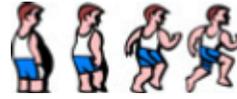
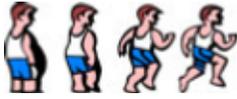
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Breakfast			
Lunch			
Healthy Snack			
Dinner			
Healthy Snack			

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Daily Food and Activity Journal

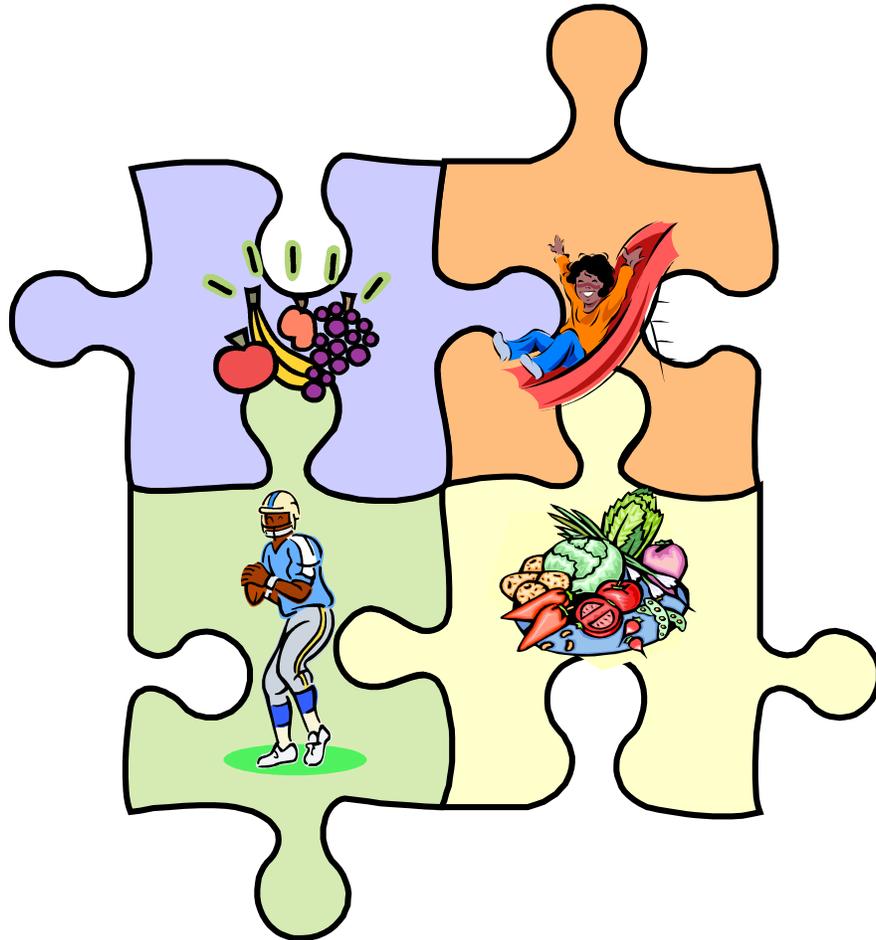
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for ages 5 to 8



*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.*

