



THE Children's
Health FUND

Healthy K.I.D.S. Lesson Plan

OBJECTIVES:

- Students will list two (2) reasons for eating foods with protein and five (5) foods that are good sources of protein (or protein foods).
- Students will describe two (2) reasons for eating breakfast.
- Students will name one (1) reason they should drink water.
- Students will list two (2) reasons for exercising.

TIME FRAME:

- 30 minutes, longer with use of optional activities.
- Time frame will vary with number and age of students.

GRADE LEVEL:

- Middle school

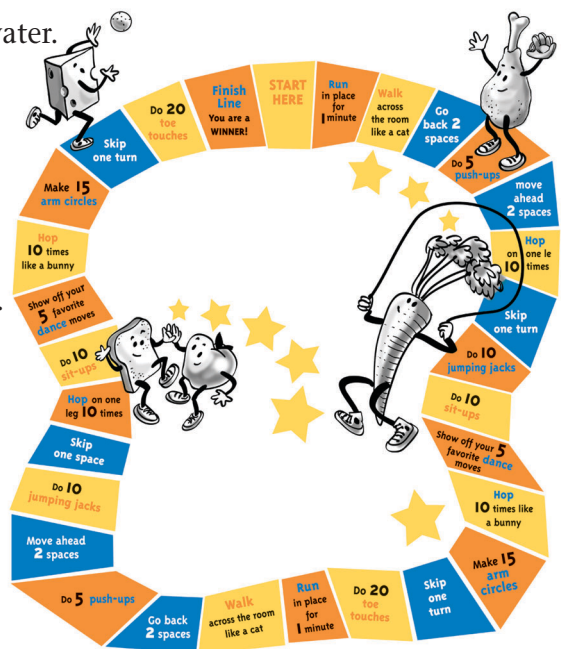
SUGGESTED MATERIALS:

- Healthy K.I.D.S. newsletter number 4 — Protein.
Note: This newsletter is also available in Spanish
- Paper and pencils or pens
- Coin and buttons or pebbles for exercise game

LEARNING ACTIVITIES:

- Review highlights of Healthy K.I.D.S. newsletter number 4 — Protein. Discuss what protein does in the body and name the foods that are high in protein.
- Tell students that more than half their body weight is water. Explain that they need at least eight cups of liquids per day and that one sip of water from a fountain is about one tablespoon. A cup is 16 tablespoons. Ask them how many sips they would have to take to get 8 cups ($8 \times 16 = 128$). Have students go to water fountain to see how many sips they usually take from the water fountain. Discuss tips for drinking more water from the newsletter.

(over)



MetLife Foundation is the Founding Supporter of Healthy K.I.D.S.

Additional generous support is being provided by **Bristol-Myers Squibb Foundation.**

- Have students take the Healthy Eating Quiz from the newsletter and discuss ways to improve eating habits.
- Divide the class into groups of 2–4 players and play the Run For It! exercise game from Healthy K.I.D.S. newsletter number 4 — Protein. Suggest that children play the game at home with parents, siblings or friends.

OPTIONAL ACTIVITIES:

- Prepare a snack that provides protein. Examples include: Celery with peanut butter (top with raisins for “ants on a log”), low fat bean dip with baked tortilla chips, turkey jerky or peanuts. Or use fun shaped cookie cutters to cut slices of meat, cheese and whole wheat bread and assemble into mini sandwiches.
- Have students make a poster with pictures of protein foods and display in the classroom.

FOLLOW-UP:

- Distribute Healthy K.I.D.S. newsletter number 4 — Protein to each student to take home and share with their family.

ADDITIONAL RESOURCES:

For additional nutrition information:

- Nutrition.gov provides easy access to the best food and nutrition information from across the federal government.
www.nutrition.gov



To encourage physical activity:

- VERB — a promotion campaign coordinated by the Centers for Disease Control to increase physical activity among young people ages 9 through 13.
www.verbnow.com

For additional teaching materials and programs:

- Check the “educators” and “resources” links of USDA’s team nutrition website.
www.fns.usda.gov/tn
- Shaping America’s Youth has the latest information on programs and community efforts to increase physical activity and improve nutrition across the United States.
www.shapingamericasyouth.com

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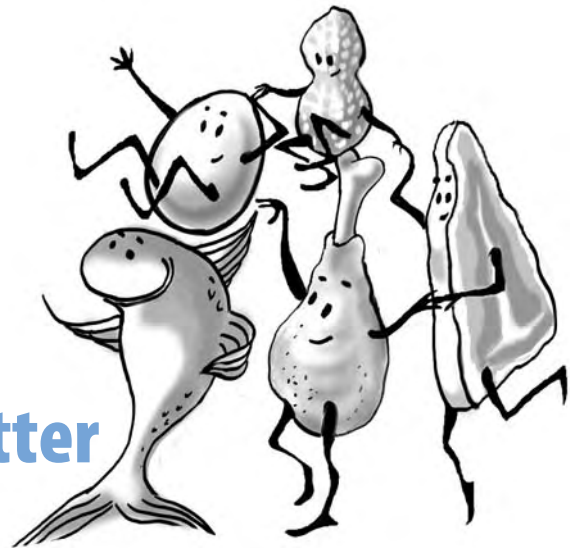
Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to kids and the adults in their lives.
English and Spanish materials were created by clinicians of The Children’s Health Fund’s National Network.

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You need over 25 vitamins and minerals and no one food has them all! Be sure to eat lots of different kinds of food every day.



THE Children's Health FUND



Healthy K.I.D.S. Newsletter

Knowledge Improving Diet and Strength

★ Food Group Fun ★

There are thousands of different foods, so it can be hard to figure out what you need to eat to stay healthy! Lucky for us, most foods can be divided into 4 kinds: **Carbohydrates, Fruits and Vegetables, Milk and Dairy, and Protein.** Each issue of Healthy K.I.D.S. talks about a different food group, so look out for the other issues!

★ Protein Power ★



Protein is found in foods that come from animals, like beef, chicken, fish, pork, turkey and eggs. Some plant foods, like beans, nuts and seeds also have lots of protein.

Try to eat 2-3 servings each day from the protein group.

One serving of **meat** or **fish** is about the size of a deck of cards (3 ounces).

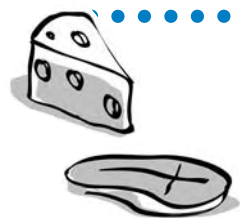
You can also eat **beans, eggs, peanut butter, lowfat milk** or **cheese** to help you get the protein your body needs.



Protein makes up the building blocks of your body!

It has a big job to do — building and fixing skin, muscles and organs.

You need to eat food with lots of protein to help your body get the job done.



Protein foods have another great thing going for them! Most protein foods have lots of iron. Iron helps your blood to carry oxygen to your whole body. If you don't get enough iron, you may feel tired and weak, get headaches or have a harder time learning in school.

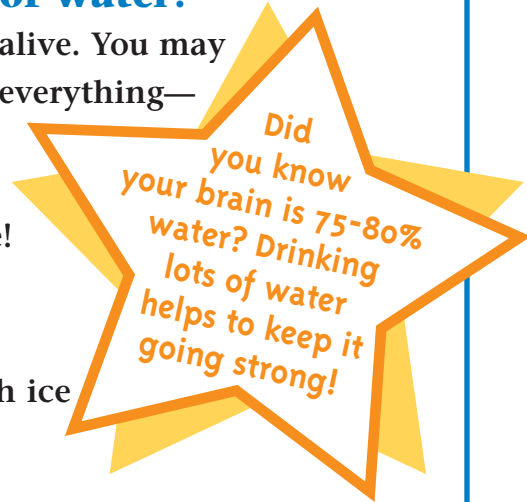


★ Liquid Lookout ★

Water Works

Over half of your body is made up of water!

Just like a plant, you need plenty of water to stay alive. You may not know it, but your body uses water to do almost everything—like eating, breathing and moving your arms and legs—even your blood is based on water! It's important to drink lots of water every day to refill all the water you use!



DON'T DRY UP - DRINK MORE WATER!!

- ★ Keep water cold in the fridge or drink water with ice
- ★ Try sugar free flavored or sparkling waters
- ★ Add a slice of lemon or even mix in a little bit of your favorite juice
- ★ Carry a water bottle around with you, for when you're on the go

Don't worry about finding bottled water—water from the sink is fine!



Breakfast start your engines!

Why is breakfast such a big deal?

When you wake up in the morning, your body hasn't had any food for a long time! It's important to eat a healthy breakfast to give your body the fuel to get going. Trying to run your body on an empty stomach is like trying to start a car without gas—it just doesn't work! Skipping breakfast can give you a headache or make you sleepy.

No time for breakfast? Try these quick and easy ideas:

AT HOME

- Bowl of cereal with cut up fruit
- Frozen pancake or waffle
- Tortilla & beans
- Scrambled egg & toast
- Bran muffin & yogurt

ON THE RUN

- Whole wheat toast with peanut butter
- Breakfast bar
- Whole wheat bread or tortilla with cheese
- Hard-boiled egg
- English muffin with turkey
- String cheese, dried fruit and crackers or nuts



Wash it down with a glass of milk or orange juice!

Healthy Eating Quiz



Do you

Always Sometimes Never

Eat breakfast?	2	1	0
Have milk, yogurt or cheese at least 3 times a day?	2	1	0
Eat fruits and vegetables at least 5 times a day?	2	1	0
Eat protein foods at least 2 times a day?	2	1	0
Drink no more than one soda or juice drink each day?	2	1	0
Eat junk foods (sweets, chips & fries) no more than once a day?	2	1	0
Eat fast food no more than 2 times a week?	2	1	0

11–14 points: Excellent

Great job! You are a healthy eater. Keep up the good work.

7–10 points: Good

Good job! You are on the right track.

Look at your answers and see where you could do even better.

4–6 points: Nice Try

Sometimes you eat well, but you can do better.

Ask a grown-up to help you make some healthy changes.

0–3 points: Needs Work

You need some help to eat healthier foods.

Ask your parent, school nurse, teacher, or doctor for help.

Tired of hamburgers?
Try a veggie burger!
They have just as much protein,
but less fat!

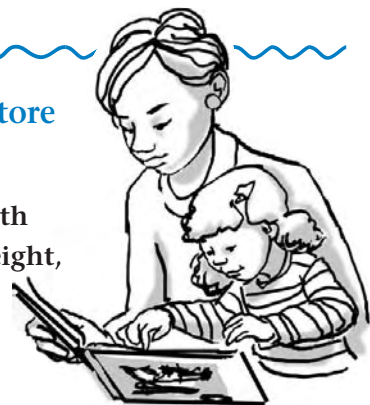
Peanuts make a great snack on the go! They're full of protein and vitamin E!



BOOKSHELF

Here are some books you and your family can find at the library or bookstore to learn more about nutrition and fitness!

- ★ *Healthy Snacks and Fast Food Choices*, by Mary Turck.
- ★ *Food and Love: Dealing with Family Attitudes About Weight*, by Elizabeth Frankenger.
- ★ *101 Dance Games for children*, by Paul Rooyackers.
- ★ *Janice VanCleave's Food and Nutrition for Every Kid: Easy Activities that Make Learning Science Fun*, by Janice VanCleave.



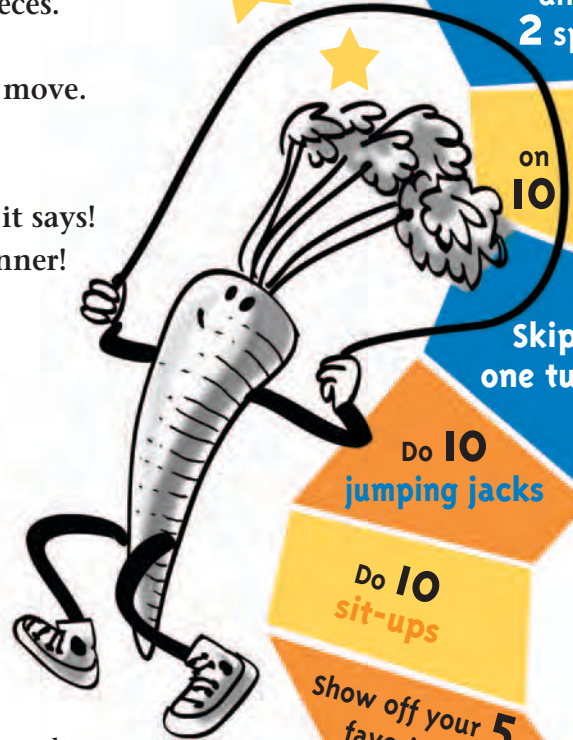
MOVE YOUR BODY

Run For It! Exercise Game



To Play

- You will need 2–4 players.
- Buttons or pebbles make great game pieces.
- All players begin at Start Here.
- Taking turns, each player tosses a coin to move.
 - Heads = move ahead 1 space
 - Tails = move ahead 2 spaces
- When your piece lands on a square, do what it says!
- When you get to the Finish Line, you are a winner!



What is exercise?

Exercise is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

- ★ Always have an adult nearby when you are warming up or exercising. Safety comes first!
- ★ It's important to stretch 5 – 10 minutes before exercise.
- ★ Make sure you stop, rest and drink water if you start to feel dizzy or queasy or have any pain.
- ★ Keep your body cool by drinking lots of water while you exercise.

Michael, 12

I'm on the basketball team at school. I was getting tired all the time and having a hard time keeping up. At my sports physical, the nurse asked me what I was eating. I told her what I ate and she said that I might not be getting enough iron and protein. I used to have a doughnut for breakfast and chips, a coke and candy bar for lunch. I usually grab stuff around the kitchen for dinner because my mom has to work. The nurse said I should try a cereal that has iron for breakfast, and to try to

get protein at lunch and dinner. I started eating sandwiches for lunch and I asked my mom to fix a plate for me or buy some healthy frozen dinners that I can heat up when she's not around. After a few weeks, I could tell that I wasn't as tired. The nurse said I would start getting more muscle, too! Eating right helps me to be a better basketball player.

Michael



Grown Up Corner

Be A Healthy Example

Kids copy the choices that are made around them. It's important to be a good example and help your kids make healthy choices. Here are some great ideas to make healthy living easier for your whole family!

Most kids don't need special nutrition drinks that cost a lot. Healthy kids can get everything they need from food.

- ★ You can help your kids to make better drink choices. Keep lots of healthy drinks like low-fat milk, water and sugar free flavored water on hand.
- ★ Plan active time together. Show your kids how fun it is to get exercise! Go for a walk or play a game outside!
- ★ Try to sit down together for meals as often as possible.
- ★ Limit TV and computer games (for the whole family) to no more than 2 hours a day.
- ★ Help your kids to make better snack choices. Keep cleaned fruits and vegetables, yogurt and low-fat popcorn on hand.
- ★ Teach your kids to eat healthy amounts by letting them serve themselves. Help them to start with small servings and to decide when they've had enough (even if there is still food on the plate).



Healthy K.I.D.S.

VOLUME 1, NO. 4 * ENGLISH

Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to kids and the adults in their lives.



English and Spanish newsletters were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.



For additional information, contact:
The Children's Health Fund
317 East 64th Street
New York, NY 10021
www.childrenshealthfund.org

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Healthy K.I.D.S. Newsletter

Knowledge Improving Diet and Strength

In this issue of Healthy K.I.D.S.:

★ Food Group Fun – Protein Power

★ Liquid Lookout – Water Works!

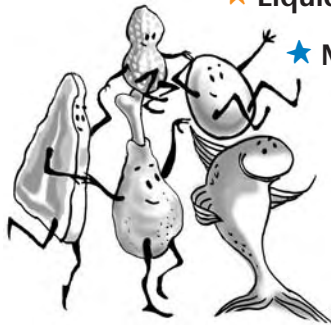
★ Move Your Body – Run For It! Exercise Game

★ Activity Page – Healthy Eating Quiz

★ Grown Up Corner – Healthy Example

★ Breakfast – Start Your Engines!!

★ Spotlight ★ Fun Facts



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To:

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The Children's Health Fund

Healthy K.I.D.S. Newsletter
Knowledge Improving Diet and Strength

Place Stamp Here



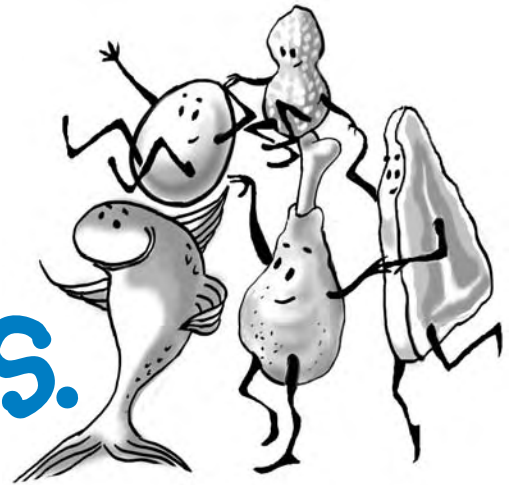
Necesitas
más de 25 vitaminas y
minerales y ningún alimento
único los contiene a todos.
Consume una amplia
variedad de alimentos
diariamente.



THE Children's
Health FUND

Boletín de Niños S.A.NO.S.

Saber y Aprender sobre Nutrición y Salud



★ Grupos de Alimentos ★

Hay miles de alimentos diferentes, por ello es difícil saber qué necesitas comer para estar sano. Afortunadamente la mayoría de los alimentos pueden clasificarse en 4 grupos:

Carbohidratos, Frutas y Vegetales, Leche y derivados y Proteínas. Cada Boletín de Niños S.A.NO.S. trata sobre un grupo de alimentos. ¡Busca la siguiente edición!

★ Las Poderosas Proteínas ★



Las proteínas se encuentran en los alimentos de origen animal como carnes de res, pollo, pescado, puerco, pavo y huevos. Algunos alimentos de origen vegetal como las habichuelas, las nueces y las semillas también contienen muchas proteínas.

Trate de consumir de 2 a 3 porciones del grupo de las proteínas por día. Una porción de carne o pescado es como del tamaño de una baraja de naipes (3 onzas /100 gramos). Puedes consumir habichuelas, huevos, mantequilla de cacahuate, leche descremada o queso para que tu cuerpo reciba las proteínas que necesita.



Las proteínas son como los ladrillos que construyen tu cuerpo.

Realizan un arduo trabajo como construir y reparar la piel, los músculos y los órganos. Necesitas consumir alimentos ricos en proteínas para ayudar a tu cuerpo a hacer su trabajo.



Los alimentos ricos en proteínas tienen otra gran ventaja. La mayoría de estos alimentos tienen gran contenido de hierro. El hierro ayuda a que la sangre transporte oxígeno a todo el cuerpo. Si no consumes suficiente hierro te puedes sentir cansado y débil, tener dolor de cabeza o tener problemas de aprendizaje.

★ ¡Cuidado con los Líquidos! ★

La Magia del Agua

Más de la mitad de tu cuerpo está formado por agua.

Al igual que las plantas, tú necesitas suficiente agua para estar vivo. Quizás no lo sepas, pero tu cuerpo necesita agua para realizar la mayoría de sus funciones, como comer, respirar y mover brazos y piernas. Un componente vital de tu sangre es agua. Es importante beber mucha agua diariamente para reponer la agua que utilizas.

NO TE SEQUES, BEBE MÁS AGUA

- ★ Mantén agua fresca en el refrigerador o bebe agua con hielo.
- ★ Prueba aguas gasificadas o saborizadas sin azúcar.
- ★ Agrega una tajada de limón al agua o mézclala con un poco de tu jugo favorito.
- ★ Lleva una botella de agua a donde vayas

No te preocupes por encontrar agua embotellada, el agua del grifo es buena.

¿No te gustan los alimentos típicos para el desayuno? Cualquier alimento sano puede transformarse en un buen desayuno. Prueba un emparedado de mantequilla de cacahuete con mermelada.

¿Sabías que el 75-80% de tu cerebro es agua? Beber agua ayuda a mantenerlo funcionando a la perfección.

Desayuno Motores en marcha

¿Por qué es tan importante el desayuno?

Cuando te despiertas por la mañana, tu cuerpo no ha tomado ninguna comida por buen rato. Es importante comer un desayuno nutritivo para darle a tu cuerpo la energía que necesita para empezar el día. Tratar de ponerte en movimiento con el estómago vacío es como tratar de poner en marcha un automóvil sin gasolina: simplemente no funciona. Si no tomas el desayuno puedes padecer de dolores de cabeza o sentirte adormecido.

¿No tienes tiempo para desayunar? Prueba estas ideas:

EN CASA

- Tazón con cereales y frutas cortadas
- Panqueque o waffles congelados
- Tortilla y habichuelas
- Huevos revueltos y tostada
- Panecillo y yogurt

EN CAMINO

- Tostada de pan integral con mantequilla de cacahuete
- Barra de cereal
- Pan integral o tortilla con queso
- Huevo cocido
- Panecito con pavo
- Barrita de queso, fruta desecada y galletas saladas o nueces

Acompáñalos con un vaso de leche o jugo de naranjas.

★ Hoja de Actividades ★

Encuesta sobre Hábitos Alimentarios Saludables



Indica si tú

Siempre

A veces

Nunca

¿Tomas el desayuno diariamente?

2

1

0

¿Consumes leche, yogurt o queso al menos 3 veces al día?

2

1

0

¿Consumes frutas y vegetales al menos 5 veces al día?

2

1

0

¿Consumes alimentos ricos en proteínas al menos 2 veces al día?

2

1

0

¿Bebes no más de una soda o jugo al día?

2

1

0

¿Consumes comida chatarra (dulces, papitas fritas o chips) no más de una vez al día?

2

1

0

¿Consumes comidas rápidas no más de 2 veces por semana?

2

1

0

11-14 puntos: Excelente

¡ Súper buen trabajo! Comes muy sanamente.
Continúa los buenos hábitos alimentarios.

7-10 puntos: Muy Bien

¡ Buen trabajo! Vas por buen camino.
Chequea tus respuestas y descubre qué podrías mejorar.

4-6 puntos: Buen intento

A veces comes sano, pero podrías mejorar.
Pídele a un adulto que te ayude a realizar algunos cambios saludables.

0-3 puntos: Necesita ayuda

Necesitas ayuda para elegir alimentos saludables.
Pídele ayuda a tus padres, enfermera escolar, maestra o a tu doctor.

Los cacahuates (maníes) son un buen bocadillo para el camino. Contienen buena cantidad de proteínas y vitamina E.

¿ Cansado de las clásicas hamburguesas? Prueba las hamburguesas vegetales. Contienen la misma cantidad de proteínas pero menos grasas.



BIBLIOTECA

Estos son algunos libros que tú y tu familia pueden buscar en la biblioteca o librería para aprender más sobre Nutrición y Ejercicios.

★ Comidas Sanas Niños Sanos, por Bridget Swinney.

★ Juegos de Interior, por Josep M. Allue.



EXPERIENCIAS PERSONALES

Miguel, 12

Estoy en el equipo de basquetbol de mi escuela. Siempre me cansaba y me costaba mucho esfuerzo mantener el ritmo. Cuando fui a mi chequeo, la enfermera me preguntó qué estaba comiendo. Le dije lo que comía y ella me dijo que no estaba consumiendo suficiente hierro y proteínas. Yo comía una dona en el desayuno, y una bolsa de papitas fritas, una coca-cola y un dulce en el almuerzo. Generalmente a la hora de la cena tomaba algo de la cocina porque mi mamá tenía que trabajar. La enfermera me dijo que debía consumir cereales fortificados con hierro en el desayuno y alimentos con proteínas en el almuerzo y cena.

Empecé a comer emparedados en el almuerzo y le pedí a mi mamá que me preparara algún platillo que me comprara comidas sanas congeladas que yo pudiera calentar cuando ella no esté en casa. Luego de varias semanas pude notar que ya no estaba tan cansado. La enfermera me dijo que empezaría a formar masa muscular. Comer sano es vital para ser un mejor basquetbolista.

Miguel



La mayoría de los niños no necesitan suplementos nutricionales que cuestan una fortuna. Los niños sanos reciben todo lo que necesitan de los alimentos.

Rincón del Crecimiento Ejemplos Saludables

Los niños copian las selecciones de los que los rodean. Es importante darles un buen ejemplo y ayudarlos a realizar selecciones saludables. Estas son algunas ideas para facilitar los hábitos saludables de toda la familia:

- ★ Usted puede ayudar a su hijo a elegir bien las bebidas. Tenga a mano bebidas saludables como leche baja en grasa, agua y aguas saborizadas sin azúcar.
- ★ Planee actividades físicas en familia. Muéstrela a sus hijos que el ejercicio puede ser divertido. Den un paseo caminando o jueguen al aire libre.
- ★ Traten de sentarse juntos a la mesa para compartir las comidas tanto como sea posible.
- ★ Limite el tiempo frente a la TV o la computadora a no más de 2 horas por día para toda la familia.
- ★ Ayude a que sus hijos elijan mejores tentempiés o bocadillos. Tenga a mano frutas y vegetales limpios, yogurt y palomitas de maíz de bajo contenido graso.
- ★ Enseñe a su hijo a comer porciones saludables, dejando que sea él mismo quien se sirva. Ayúdalo a empezar con pequeñas porciones y a decidir cuando ya comió suficiente (aún cuando quede comida en el plato).



Niños S.A.NO.S.

VOLUMEN 1, NO. 4 ★ ESPAÑOL

Niños S.A.No.S. es un proyecto que brinda información sobre nutrición y aptitud física en términos simples y amenos para los niños y los adultos que los cuidan.



Los boletines en inglés y español fueron creados por trabajadores de la salud del National Children's Health Project Network de The Children's Health Fund.



Para más información, dirigirse a:
The Children's Health Fund
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Niños S.A.NO.S.

Saber y Aprender sobre NutriciOn y Salud

En este fascículo de Niños S.A.NO.S.:

★ Grupos de Alimentos – Las Poderosas Proteínas

★ ¡Cuidado con los Líquidos! – La Magia del Agua

★ ¡Muévete! – Juego del Movimiento: Corre y Gana

★ Hoja de Actividades – Encuesta sobre Hábitos Alimentarios Saludables

★ Rincón del Crecimiento – Ejemplos Saludables

★ Desayuno—Motores en marcha

★ Spotlight ★ Fun Facts

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Para:

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Niños S.A.NO.S.

Saber y Aprender sobre NutriciOn y Salud

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