

Challenge!

A Healthy You

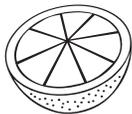
Our bodies come in many different shapes and sizes, and each and every one of them is beautiful. To keep our bodies strong and working properly, there are a few important ingredients we all need. Here is the recipe: a healthy diet that includes lots of fruits and vegetables, brushing your teeth at least twice a day, plenty of sleep and about an hour of daily exercise. Add a large dollop of fresh air topped off with a smile and you're well on your way to "A Healthy You!" In this Challenge, learn some things about food and nutrition that will help you on your journey.

For each section:

- K and 1st graders complete at least one question
- 2nd and 3rd graders complete at least half of the questions
- 4th and 5th graders complete all questions

ABCDEFGH—vitamins and minerals are good for me!

Match the following vitamins and minerals with the foods in which they can be found: VITAMIN A for good vision, VITAMIN C for help in fighting off germs, VITAMIN D for healthy teeth and bones, POTASSIUM which allows eyes to blink and legs to bend, and IRON which moves oxygen from your lungs to every other part of your body.



Oranges



Bananas



Carrots



Lean red meats and beans



Fortified milk & egg yolks

Name _____ Grade _____ Teacher _____

Good Sources of Calcium

M T V C N K N C M N C S
 I O R K V L A D O I A J
 T F L Q L B S M I E L B
 J U R A B I L A P L M K
 J L Q A S A M K D T O F
 T T G M S S C Y S Q N E
 I E D Q J I E T O A D S
 U Y G G H E O S F S S E
 M P H C S L I T N E L E
 B R O C C O L I G N C H
 E S J F A Y O G U R T C
 Y P Y A L Q J K T U F F

ALMONDS	CHICK PEAS	SALMON
BROCCOLI	LENTILS	SOY MILK
CABBAGE	MILK	TOFU
CHEESE	MOLASSES	YOGURT

****Phytochemicals (fight-o-chemicals)** Phyto is the Latin word for plant and a phytochemical is a chemical naturally found in a plant. Fruits and vegetables have thousands of different phytochemicals that help keep us healthy. By eating a variety of fruits and vegetables, you will get all the phytochemicals you need.

One potato, two potato....

1. To keep bones and teeth healthy, kids need at least three servings* of calcium a day. If you've had one serving today, how many more do you need?
2. On the attached food pyramid, which color stripe is the narrowest? Why?
3. Eating five or more servings of fruits and vegetables each day will give your body the nutrients it needs to work properly. If you eat five servings every day, how many will you have eaten after one week?
4. When choosing which foods to eat, the National Institute of Health recommends that you limit the number of calories that you get from fat to between 20% and 35% of the total calories. One cup of low fat vanilla yogurt has 120 calories. 20 of these calories are from fat. What percentage of calories come from fat? Does that percentage fall within a healthy range?

Write as many words as you can from the letters in
PHYTOCHEMICALS**

5-2-1-0 Let's GO!



Fruits and Vegetables
Eat at least five a day!



Cut screen time to two hours or less
(includes both computers and TV)



One hour of exercise!
Move it! Move it!



Zero sugar-sweetened drinks!
Drink water and low fat milk instead.

"5-2-1-0 Healthy NH" is an everyday health plan that the Foundation for Healthy Communities developed to help kids just like you learn easy ways to stay healthy. Can you 5-2-1-0 for five days? Just follow the simple steps below, 5-2-1-0...let's GO!!

Day 1	Day 2	Day 3	Day 4	Day 5

Show what you know!

- Eating a good breakfast is one of the most important things you can do to start your day. It can help you pay attention in class or give you energy for sports. What do you think is a good breakfast?
- When you eat foods that come from plants, you get something extra: fiber. Fiber provides the structure for plants. It holds them up like our skeletons hold us up. Fiber is very important in helping our bodies get rid of waste. Most of the fiber in grains (wheat, rice, etc.) is located in the outer layers. When those layers are removed, the grain is called refined. Which kind of bread do you think contains more fiber, whole grain bread or white bread made from refined flour?
- A calorie is a way to measure energy, particularly energy that food provides for your body. Most calories from food also provide nutrients, the good things that your body needs. Candy, other sweets and sugar-sweetened drinks provide little or no nutrients. The National Institute of Health recommends that you have these only once in awhile or on special occasions. Circle the sugar-sweetened drinks below:

Milk Gatorade Water Soda Lemonade Capri Sun
 Kool-Aid Chocolate Milk 100% Orange Juice
- Look for the Nutrition Facts table on a box of cereal. The % Daily Value column tells you whether a food is high or low in nutrients (vitamins & minerals). Foods that have more than 20% daily value of a nutrient are high. What is the highest % daily value of a vitamin or mineral on your cereal box?

The Great Pyramid

Attached to your Challenge Board, you will find a copy of the new MyPyramid food pyramid developed by the United States Department of Agriculture (USDA). This pyramid includes tips and information for healthy eating and exercise. Share it with your family and hang it up where it will remind you to make healthy choices. Check out www.MyPyramid.gov where you'll find activities for the whole family: games, coloring pages, personal eating plans and more!

YOU'RE a chef!

On a separate piece of paper,
draw a picture of or write
the menu for your favorite meal.