

# Healthy Habits

**ACTIVITY BOOK** 

**WRNMMC** Pediatrics







This activity book is meant to be used by patients and their parents to build healthy goals that promote positive lifestyle changes. Resources have been provided that may help you and your family in your journey towards a healthier life. The reference of resources, websites and mobile applications does not constitute endorsement by the Department of Defense (DoD) of non-U.S. Government sources or the information, products or services offered thereby. Such references are provided consistent with the stated purpose of this publication. This book does not replace the knowledge or medical care provided to you by your doctor or medical care team.

Revised 2019

The views expressed in this book are those of the authors and do not reflect the official policy of the Department of Army/Navy/Air Force, Department of Defense, or U.S. Government.



#### **Table of Contents**

6	What is the Healthy Habits Program?
16	Making Healthy Choices
26	Hunger vs Craving and Emotional Eating
32	Your Environment
40	Meal Planning
49	Shopping Together
57	Cooking and Eating Together
69	Media Influences
77	Bullying
82	Exercise and Energy Balance
85	Behavioral Change and Maintenance

#### Where Am I Right Now?

\_\_\_\_ days a week.

Answer the questions as honestly as you can. There are no wrong answers!

I usually eat \_\_\_\_\_ servings of vegetables and \_\_\_\_\_ servings of fruit a day.

I drink \_\_\_\_\_ glasses of soda and \_\_\_\_ glasses of juice a day.

I get \_\_\_\_ minutes of exercise

Why do you want to

7	What does healthy mean to you?	8	What have you tried in the past to improve your health?

What has stopped you from making healthy changes?

Who is your support team?

be healthier?

#### **My Current Numbers**

	Weight (lbs.)	
	BMI (percentile)	
	Total Cholesterol	
05 06 00	LDL	
10 11 12 13 14 15 1	++DL 6   17   18	
05 06	Triglycerides	
02 03	HbA1c	
	AST	
	ALT	

Numbers are not the focus of this workbook. They are simply a visual reminder to see how much you are achieving. With each positive choice you make, and every setback you may have, remember that the goal is to create a healthier future.



What is the Healthy Habits Program?



This is a **FAMILY** program! The sessions and activity book are resources for the entire family to develop healthy habits.

We want to set **GOALS FOR BEHAVIOR**, not weight loss. Don't set goals for how many pounds you want to lose. Instead, set specific goals for changing your habits.

**START SMALL**—change doesn't happen overnight. Small goals are easier to meet than bigger ones.

Dear Parents,

Be your child's cheerleader for health, and use these sessions and this book to help set a good example for your child.

Clearly communicate your rules and expectations. Set reasonable limits and provide structure for your child.

Acknowledge your child's increasing independence and foster their ability to make decisions. As your child strives to make positive choices, realize that they will make mistakes, and that those mistakes are a healthy part of learning.

YOU have the power to improve not only your child's health, but the health of your entire family!

Sincerely, Healthy Habits Team Walter Reed National Military Medical Center

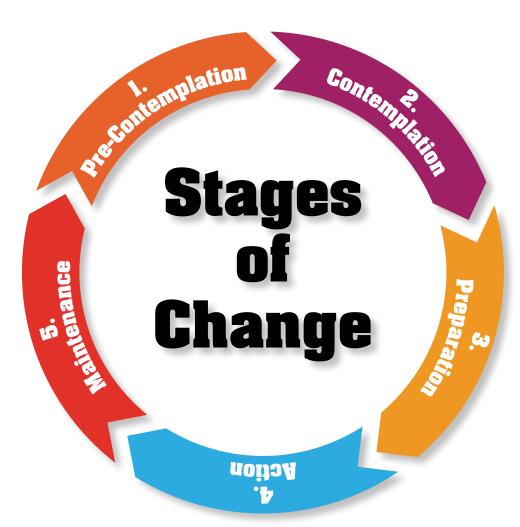
#### The Stages of Change

### ACtivity 1

### Which stage do each of these statements represent?

- \_\_\_ I think about healthy eating from time to time, but I'm too busy to make any real changes.
- \_\_\_ I printed some recipes, made a grocery list and bought ingredients.
- \_\_\_ My provider mentioned my weight at my last visit, but I think my weight is fine.
- \_\_\_ I've been consistently planning and preparing healthy meals for more than 6 months.
- \_\_\_ I've looked at healthy recipes, but I haven't made any yet.

Today I'm in the \_\_\_\_\_stage.



#### Obesity and Our Children... Why Do We Care?

Childhood obesity is a complex health issue. Obesity occurs when someone's weight and BMI (Body Mass Index) are higher than what is considered to be healthy for that person's age and height. The causes of obesity in children are similar to those in adults. Causes include behavior, diet choices, lack of exercise, and genetics.

#### **Consequences of Obesity**

#### Immediate Health Risks

Obesity during childhood can harm the body in lots of ways. Children who are obese are more likely to have:

- High blood pressure
- High cholesterol
- Increased risk of:
  - Impaired glucose tolerance
  - Insulin resistance
  - Type 2 diabetes
- Breathing problems like asthma and sleep apnea
- Joint problems and musculoskeletal discomfort
- Fatty liver disease, gallstones and heartburn
  - Gallstones are hard depostits of digestive fluid that can cause severe pain that requires surgical removal of your gallbladder.
  - Heartburn is a painful burning feeling in your chest or throat that happens when stomach acid backs up into your esophagus. Your esophagus is the tube that carries food from your mouth to your stomach.

#### Social and Psychological Risks

- Anxiety and depression
- Low self-esteem
- Lower self-reported quality of life social problems such as bullying and stigma

#### **Advanced Bonus Round!**

What is impaired glucose tolerance?

What is insulin resistance?

What is the difference between Type 1 and Type 2 diabetes?

Children who are obese are more likely to become adults who are obese, and their disease risk factors in adulthood are likely to be more severe.

#### A Prescription for Healthy Living

### ACtivity 2

### Enter the number to the correct statement.









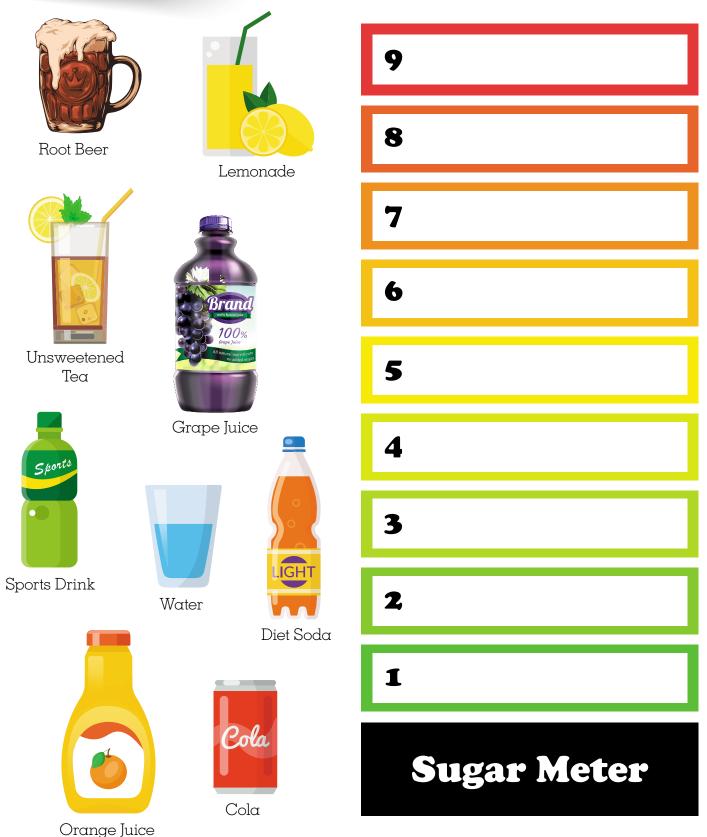


Your goal should be to get:

 Hours of physical activity every day!
 Servings of fruits and vegetables a day!
 Hours or less of screen time α day!
 Sugary drinks!
 Hours of sleep every day!

### **ACtivity** 3

Put the drinks in order from the one with the least amount of sugar (1) to the one with the most amount of sugar (9).



## We can ways to Enhance Children's Activity & Nutrition

# parent tips

How Much Sugar and Calories are in Your Favorite Drink?

Many people don't realize just how much sugar and calories we drink in a day. Use this tip sheet to help your family make smart choices.



Drink (12-ounce serving)	Teaspoons of Sugar	Calories
<b>Bottled Water</b>	0 teaspoons	0
Diet Cola	0 teaspoons	0
Sugar-Free Drink Mix	0 teaspoons	0
Sugar-Free Lemonade	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drink	2 teaspoons	75
Lemonade	6¼ teaspoons //////	105
Orange Juice	7½ teaspoons	160
Sweet Tea	8½ teaspoons	120
Powdered Drink Mix (with sugar)	9 teaspoons	145
Cola	10¼ teaspoons	150
Fruit Punch	11½ teaspoons	195
Root Beer	11½ teaspoons	170
Grape Juice	12 teaspoons	200
Orange Soda	13 teaspoons	210

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

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

#### **Setting SMART Goals!**

The SMART Goal system can help you achieve a healthier lifestyle by setting goals that are:



**Example Goal:** I will exercise more.

This is a vague goal that means something different to everyone.

Let's turn this into a SMART Goal

Specific—I will walk around the block that I live on.

**Measurable**—I will do this 4 days a week for one month.

**Achievable**—Yes, I can walk.

**Realistic/Relevant**—I should start with something low intensity that helps me live healthier.

**Timely**— I will do this for one month and then check to see how I've done.

Think about the areas of your life that you would like to improve for a healthier lifestyle. What are two ways you can get there by setting SMART Goals?

Goal 1:			
Goal 2:	 	 	 

#### **Session 1 Goal Tracker**

Record the days you successfully complete your goal this month!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				01

Notes:		 	
Notes:			



Making Healthy Choices

#### **Session 2 Making Healthy Choices**

ACtivity 4

Match the food group to what it does.



**VEGETABLES** 

**FRUITS** 

**DAIRY** 

**GRAINS** 

**FATS** 

**PROTEIN** 

Gives healthy carbohydrates/energy

**Builds muscles** 

Gives vitamins and minerals

Gives vitamins and minerals

Builds strong bones and muscles

Make up every cell in our bodies!

**HEALTHY HABITS** 



10 tips Nutrition Education Series



Based on the Dietary Guidelines for Americans

### Build a healthy meal

**Each meal is a building block in your healthy eating style.** Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the <a href="MyPlate Daily Checklist">MyPlate Daily Checklist</a> and the tips below to meet your needs throughout the day.

Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

Include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.
Whole grains provide more nutrients, like fiber, than refined grains.

Take control of your food
Eat at home more often so you know exactly
what you are eating. If you eat out, check and
compare the nutrition information. Choose options that are
lower in calories, saturated fat, and sodium.

3 Don't forget the dairy
Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

Satisfy your sweet tooth in a healthy way Indulge in a naturally sweet dessert dish—fruit!

Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

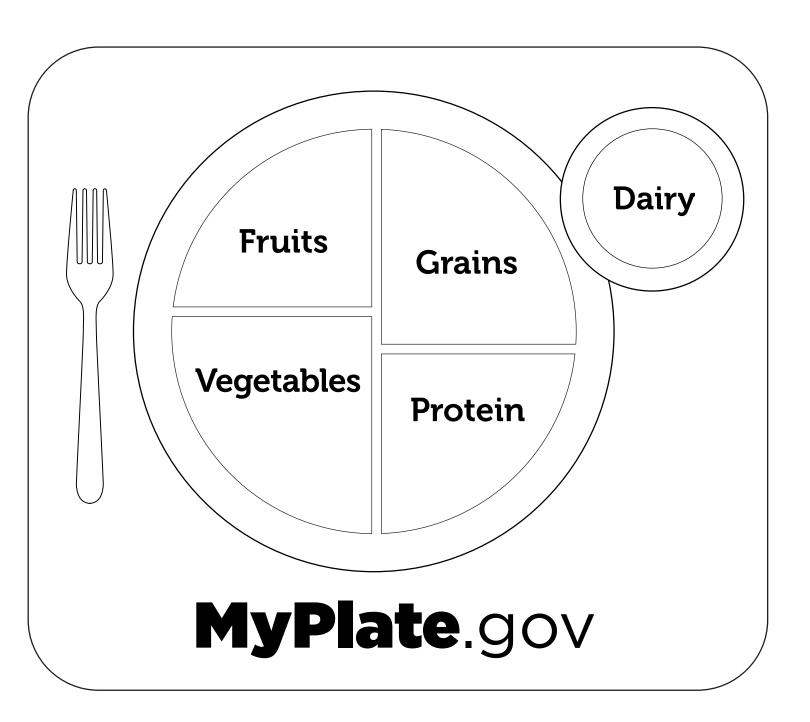


10 Everything you eat and drink matters
The right mix of foods in your meals and snacks
can help you be healthier now and into the
future. Turn small changes in how you eat into your
MyPlate, MyWins.

5 Avoid extra fat
Using heavy gravies or sauces will add fat and
calories to otherwise healthy choices. Try steamed
broccoli with a sprinkling of low-fat parmesan cheese or a
squeeze of lemon.

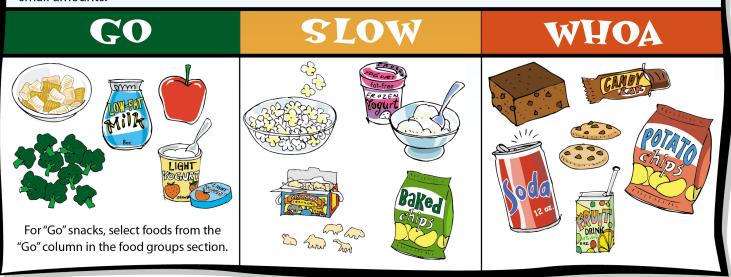
#### **Session 2** Making Healthy Choices

Coloring time! How can you fill the plate to make a healthy meal?



### Sweets and Snacks

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.



### Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Combined Foods	CO	SLOW	WHOA
Pizza	(C) (C)		
	English muffin pizza with low-fat cheese (using ½ English muffin)	Regular or classic veggie pizza: 1 slice from a medium pizza	Deep dish pepperoni pizza: 1 slice from a medium pizza
Pasta	Pasta with tomato sauce and vegetables – 1 cup	Macaroni and cheese – 1 cup	Pasta with sausage – 1 cup

#### Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the *We Can!*™ Web site at **http://wecan.nhlbi.nih.gov**. *We Can!* is a national education program promoting healthy weight for children from the National Institutes of Health.

The GO, SLOW, WHOA concept adapted from CATCH®: Coordinated Approach to Child Health, 4th Grade Curriculum, copyright © 2002 by The Regents of the University of California and FlagHouse, Inc. CATCH is a registered trademark of The Regents of the University of California, and licensed by FlagHouse, Inc.



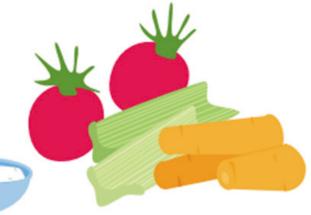


# parent tips



### Healthy Snacks—100 Calories or Less

Snacking is good when you feel hungry between meals. Choosing healthy snacks will help you and your family stay at a healthy weight.



Here are some healthy snacks—all 100 calories or less.

#### Fruits

1 small banana

1 medium apple

1/4 cup raisins

1 cup whole strawberries

½ cup canned fruit cocktail in juice (not syrup)

1/2 cup orange juice

#### **Vegetables**

1 cup cherry or grape tomatoes

2 cups raw mixed veggies with

2 tablespoons fat-free dressing

12 baby carrots

18 small celery sticks

1 cup raw cauliflower

1 cup low-sodium vegetable juice



#### Breads, Cereals, Rice, and Pasta

1/2 cup oat circles cereal

2 graham cracker squares

3 cups air-popped popcorn

1/2 whole-wheat English muffin with jelly

4 whole-wheat crackers, unsalted

2 brown rice and multigrain rice cakes

#### Fat-free or Low-fat Milk, Cheese, and Yogurt

6 ounces cup fat-free plain yogurt

½ cup low-fat

cottage cheese

1 cup fat-free milk

1/2 cup fat-free pudding

1/2 cup fat-free frozen yogurt

1 ounce low-fat cheddar cheese

#### Other Snacks

1 large hardboiled egg

8 baked tortilla chips with salsa

10 almonds

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

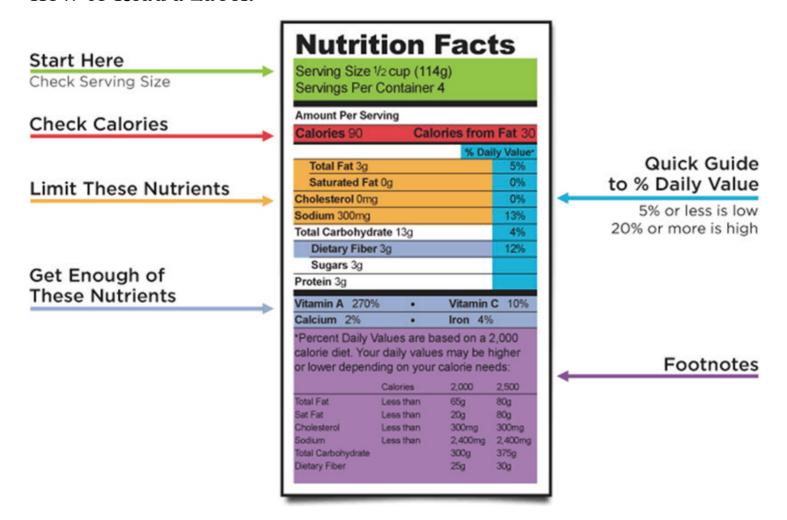
We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

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

#### **Session 2 Making Healthy Choices**

#### How to Read a Label!



#### You want to get more:

- Dietary Fiber (at least 3 grams of fiber per serving)
- Potassium
- Vitamins A & C

- Iron
- Calcium
- Choose foods with a higher percent daily value (%DV) of these nutrients.

#### You want to get less:

Saturated Fat • Cholesterol • Sodium

#### You want NO Trans Fat

Pro Tip! The label doesn't show a %DV for trans fat or sugars, however is does show the amount per serving in grams. When comparing two foods, choose the one with fewer grams of trans fat and sugars. Preferably one with 0 trans fat!

#### **Session 2 Making Healthy Choices**

### ACtivity 5

#### Match the cereal to the nutrition label!

Honey Nut Cheerios	Cinnamon Toast Crunch
Lucky Charms	Fruit Loops

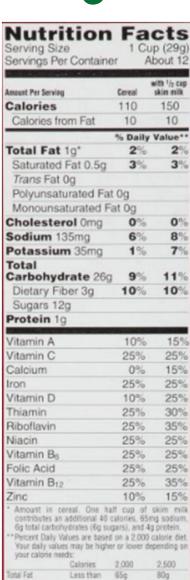


Serving Siz	ritio œ∜cup(3	(a)		ts
Servings P	er Containe	er about 1	1	
Amount Pur Serving			mon west mich	with 1 cup skin mill
Calories		1	30	170
Calories	from Fat		30	30
				Value"
Total Fat	t 3g*		96	5%
Saturate	d Fat 0.50	2	%	2%
Trans Fa	- 4			
	aturated F	-		
	saturated	-		
Choleste			96	196
Sodium	180mg	7	%	10%
Potassiu	<b>im</b> 55mg	2	%	796
Total				
_	drate 25	-	%	10%
Dietary F		- 7	%	7%
Sugars 9				
	arbohydra	te 14g		
Protein	1g			
Vitamin A		10	196	15%
Vitamin C			196	109
Calcium			196	25%
Iron		25	96	259
Vitamin D		10	196	25%
Thiamin		25	96	309
Riboflavin	)	25	96	35%
Niacin		25	96	25%
Vitamin B		25	%	25%
Folic Acid	1	25	96	25%
Vitamin B	-2	25	96	35%
Phosphor	us	6	96	15%
Magnesiu		4	96	6%
Zinc		25	96	30%
Copper		2	96	290
240mg sod carbohydra "" Percent Da clet, Your d	perent. A service total fat, less lum, 260mg pote (15g sugars lily Values are I laify values ma	otassium, 31 (), and 5g ps based on a 2 by be higher	g tota dein,	eroi, il calorie
	on your calori Calories	2,000	2,5	00
Total Fat Set Fet Cholesterol	Less than Less than Less than	65g 20g 300mg	80) 25) 30)	omg
Sodium Potassium	Less than	2,400mg 3,500mg		00mg 00mg

Total Carbohydrate Dietary Fiber B

	ritio		acts
Servings P	er Container	about 17	
			-20 %
Amount Per Serving		Honey No Cheerio	of cup skim
Calories		11	
Calories fr	rom Fat	1	5 15
		5	Daily Value**
<b>Total Fat</b>	1.5g*	21	6 2%
Saturated	Fat 0g	01	6 0%
Trans Fat	0g		
Polyunsat	urated Fat 0	.5g	
Monounsa	sturated Fat	0.5g	
Cholester	rol Omg	01	6 196
Sodium 1	60mg	79	6 9%
Potassiun	n 115mg	31	6 916
Total			
Carbohyd		71	-
Dietary Fit		81	6 8%
Soluble F	liber less the	an 1g	
Sugars 9g			
Other Carl	bohydrate 1	1g	
Protein 29	)		
Vitamin A		109	6 15%
Vitamin C		101	Name and Address of the Owner, which the
Calcium		101	
Iron		251	
Vitamin D		101	The second second
Thiamin		251	
Riboflavin		251	
Niacin		259	
Vitamin B <sub>4</sub>		251	
Folic Acid		501	
Vitamin B <sub>12</sub>		251	
Phosphoru		81	
Magnesium		61	
Zinc		251	
* Amount in co provides 1.5c sodium, 320 sugars, 12g c ** Percent Call	ereal. A serving of total fat, less time politicalism. I other carbohydr y Values are bas may be higher o	of cereal plus six han firing choles thig total carbon atel, and 7g pro ed on a 2,000 c	im milk sterot, 220mg sydrate (15g fem. silorie diet, Your
calorie need	K.		
Total Fat	Calories Less than	2,000 65g	2,500 80g
Sat Fat	Less than	200	250
Cholesterol Sodium	Less than	300mg 2,400mg	300mg 2,400mg
Potassium Total Carbohyo		3,500mg 300g	3,500mg 375g
Dietary Fiber		25g	379g 30g

C





Serving Siz	ritio e % cup (27 er Container	g)	acts
Amount Per Serving		Luck	with 1/2 y cup skim
Calories		Charm 11	
Calories fr	om Fat	10	
0000110011	ut		Daily Value**
Total Fat	1a*	29	
Saturated		09	6 0%
Trans Fat			
Polyunsat	urated Fat 0	g	
Monounsa	aturated Fat	Og	
Cholester	rol 0mg	09	6 196
Sodium 1	70mg	79	6 10%
Potassiun	n 50mg	19	6 7%
Total Carbohyd	rate 22g	79	6 9%
Dietary Fit		69	6 696
Sugars 10	lg .		
Other Car	bohydrate 1	0g	
Protein 2	3		
Vitamin A Vitamin C		109	
		109	
Calcium Iron		259	
Vitamin D		109	
Thiamin		259	
Riboflavin		259	
Niacin		259	
Vitamin B		259	
Folic Acid		509	
Vitamin B <sub>12</sub>		259	
Phosphoru		49	
Magnesium		49	
Zinc		259	
provides 1g to sodium, 250 sugars), and "Percent Daily	y Values are base may be higher or	n 5mg cholest 18g total carbol ed on a 2,000 o	erol, 240mg hydrate (16g calorie diet, Your
	Calories	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Potassium Total Carbohyo	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500mg 300g 25g	80g 25g 300mg 2,400mg 3,500mg 375g 30g

Sat. Fat Cholesterol

Dietary Fiber

Lass than

Less than

2,400mg 3,500mg 300g

3,500mg 375g

#### **SMART** Goals Update!!



#### **Session 2 Goal Tracker**

Record the days you successfully complete your goal this month! If you don't meet your goal every day, write down anything you think may be the reason why you didn't meet your goal. This may help you to overcome these challenges in the future!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				)2

Notes:	 	 	 



Hunger vs Craving and Emotional Eating

#### **Session 3 Hunger vs Craving and Emotional Eating**

#### Hunger

Hunger is a physical cue from your body to eat for nourishment and hydration. Hunger cues are your body's way of telling you to eat. Common hunger cues are a stomach growling, dry mouth, headache, lightheadedness, weakness, and fatigue. Hunger cues usually occur when it's been more than three hours since you last had a meal or snack.

#### Cravings

A craving is a psychological (mental or emotional) cue from your mind that you want to eat or drink something even though you are not hungry.

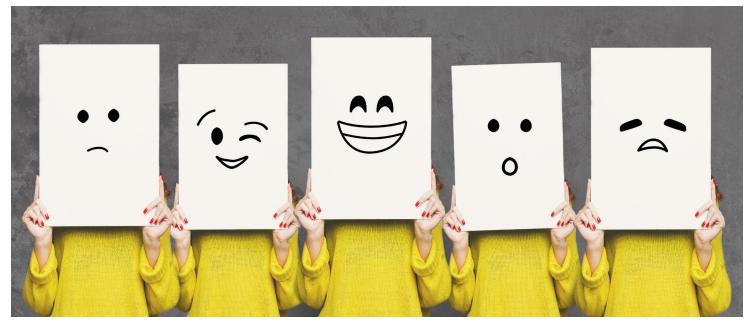
#### **Types of Cravings**

**Emotional Eating –** eating in response to positive or negative emotions.

Positive emotions could be related to celebrations, expressions of love, rewards, or comfort foods. Negative emotions could be anxiety, anger, frustration, loneliness, sadness, or regret.

**Mindless Eating** – eating while unaware of the amount of food being eaten. Mindless eating often takes place while another activity is going on. Some causes of mindless eating are:

Habit • Boredom • Impulse • Social Settings • Peer Pressure • Jealousy • Advertising



#### **Session 3 Hunger vs Craving and Emotional Eating**

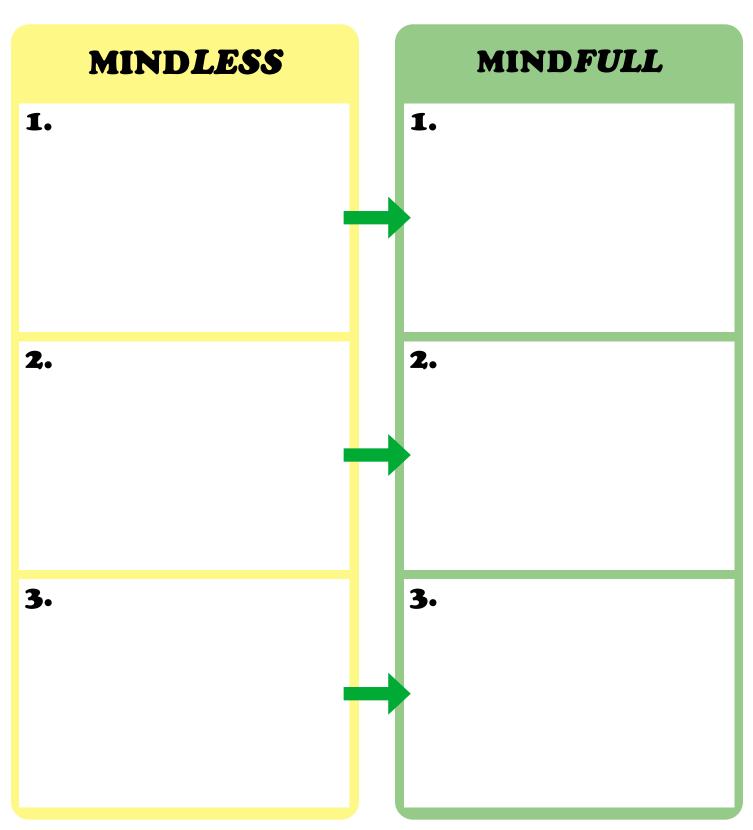
#### Learning to Control your Cravings... Strategies for Success



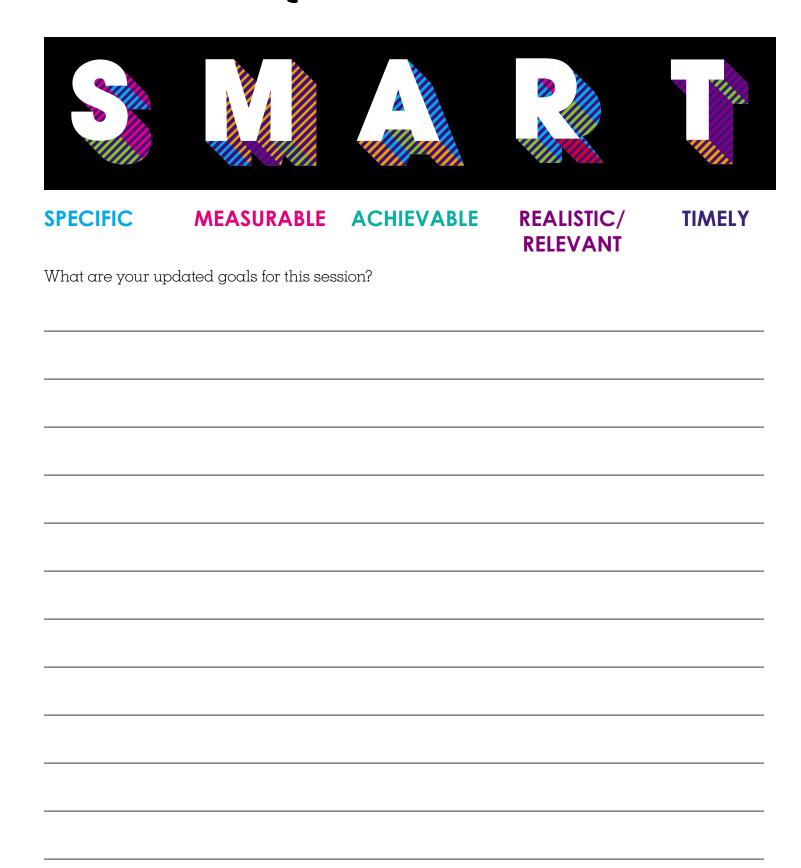
#### **Session 3 Hunger vs Craving and Emotional Eating**

#### **Mindless Eating**

What are 3 examples from your own life of mindless eating? How can you change these into examples of mindful eating?



#### **SMART** Goals Update!!



#### **Session 3 Goal Tracker**

Record the days you successfully complete your goal this month! If you don't meet your goal every day, write down anything you think may be the reason why you didn't meet your goal. This may help you to overcome these challenges in the future!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				3

Notes:	 	 	



## Your Environment

#### **Session 4 Your Environment**

Our eating and exercise habits can be influenced by many different factors such as the food available to us, the weather and advertisements. These factors exist in different environments.

### Find these environments:

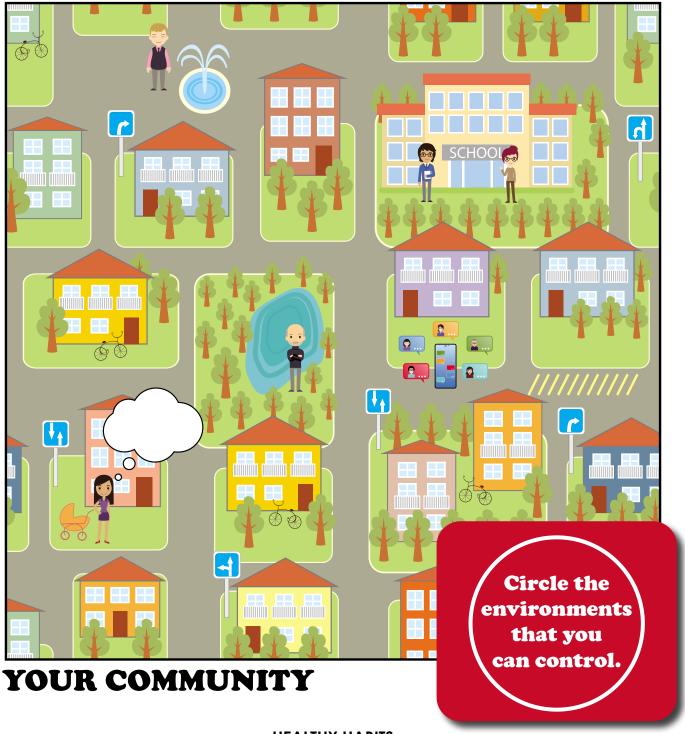








nool Cyber-world



**HEALTHY HABITS** 

#### **Barriers to a Healthy Lifestyle**

### ACtivity 6

#### Connect the environment to the barriers that may be present there.

Food options in the kitchen and pantry

Access to breakfast

"I only have 10 minutes, that's not enough time for a workout"

Commercials in media and product placement in TV shows and movies

Cafeteria menu choices

Fast food restaurants and eating out

Picnics, barbeques and community events

Snacks at sports activities and practices

Phone or TV in bedroom











Community

Holiday celebrations

Time constraints with busy lives

Access to vending machines

Access to recreational sites and facilities like parks and gyms

"I missed a day of exercise or had an unhealthy meal, my goal is ruined"

> Boredom (mindless eating)

Food rewards

"I don't feel like it"

#### **Environmental Checklist**

### **ACtiVity**

### Make it easier to choose healthy behaviors.

**Instructions:** Use this list as a guide to talk with your family about the ways your environment impact your health. Some questions apply more to parents than children and vice versa. Don't be afraid to skip questions that aren't relevant to your family. Instead, focus on the questions that generate the most valuable discussion for your family. The goal of this exercise is to help you identify ways that can set you up for success!

#### Home

- 1. Do you have a family meal plan focused on healthy eating? Is there a meal plan written and posted somewhere in the kitchen?
- 2. Do you tend to eat 3 meals daily that fill you up, or do you tend to want snacks between meals?
- 3. Do children help plan meals, make grocery lists, shop and cook?
- 4. Are the pantry and refrigerator stocked with healthy foods, such as fresh vegetables and fruit, low fat dairy products, and heart healthy nuts?
- 5. Are vegetables and fruits visible in the kitchen or dining room for when you do need a snack? When you open the panty/fridge, what foods are at eye level?
- 6. Do you buy a lot of snack foods that contain highly processed carbohydrates and added sugars? Do these snacks tempt you even if you aren't hungry?
- 7. Do you regularly read food labels together as a family and note the amount of added sugars contained per serving?
- 8. When you buy bread, pasta or rice do you choose whole grain options?
- 9. Are sugar sweetened beverages readily available in your home, or do you mainly stick to low fat milk or water for routine drink options?
- 10. Do all family members eat a healthy breakfast every day?
- 11. Does your family sit down together for dinner most nights?
- 12. Do you have a few easy "go to" dinner option that include fresh vegetables, lean protein, low fat dairy, and heart healthy fats like olive oil, nuts or avocados?
- 13. Do you have some canned or frozen veggies on hand in case you run out of fresh ones?
- 14. Do you have bread as a side item with dinner most nights? Do you need it to get the right amount of healthy fuel for your bodies?
- 15. Does your family often eat from fast food restaurants?
- 16. When you do eat out, do you carefully read a restaurant's menu to find healthier options?
- 17. Does your family engage in physical activates together? These could include a walk after dinner, hiking, biking, swimming, or kicking a ball at the park.
- 18. Do you have sports equipment at home?
- 19. Do the adults in your home exercise routinely?
- 20. Do the children in the family walk or bike to school?



#### **School**

- 1. Does your school have a comfortable place for students to eat?
- 2. What time is your lunch period? Are you hungry at this time?
- 3. Do students have enough time to eat?
- 4. Do you support your children in packing a healthy lunch for themselves the night before school?
- 5. Does the cafeteria have healthy meal options?
- 6. Are sugary drinks, carb heavy snacks, or desserts available to buy in your child's school?
- 7. If your child purchases lunch at school, do you regularly review their purchase history and talk about the foods they are choosing in a non-judgmental or critical way?
- 8. Do school fundraisers involve selling candy, soda or other less healthy food options?
- 9. Does your school display any advertisements for less healthy foods or beverages?
- 10. Does your school have contracts with fast food outlets that provide lunch?
- 11. Do the water fountains you school work?
- 12. Are children allowed to have water bottles in the classroom?
- 13. Does your child have gym or outdoor recess every day?
- 14. Has your child discovered any physical activities that they truly enjoy?
- 15. Does your child participate in any organized sports or physical activities?
- 16. Does the school provide transportation for your child to participate in after school activities/ athletics? If not, do you know any families that could help in organizing a carpool?
- 17. Does your child get teased/bullied about their weight or body? If so, what does the school do about it? What do you do to help them deal with this problem?

18. Does your school have assemblies or curriculum devoted to nutrition, healthy eating, and the importance of regular physical activity?

19. Do teachers and other school staff model healthy eating and physical activity for students?

#### Community

- 1. Is there a safe place near your home for children to play outdoors without adult supervision?
- 2. Are there sidewalks in your neighborhood so kids can walk or bike to school, a friends' house or other places?
- 3. Are hiking or bike paths, parks or swimming pools near home?
- 4. Is there a religious or community center in your neighborhood that offers affordable, familyfriendly classes in dance, yoga, self-defense, etc.?
- 5. Does your neighborhood have a place that organizes events? Have they ever had a local park cleanup day to help build a sense of community and teach children to care for shared spaces?
- 6. Are there fast food restaurants or convenience stores within walking distance of your home?
- 7. Do you have a farmers market near your home? Have you gone to one as a fun family outing?
- 8. Are there places within walking or convenient driving distance to buy healthy foods?
- 9. Do you have a way to voice concerns about services or resources in your community?



#### **Your Mind**

- 1. Before you eat, do you take a moment to ask yourself if you are truly hungry?
- 2. When you snack, is it because your body needs fuel, or for other reasons?
- 3. When you set goals at Healthy Habits, do you check in to mark your progress every day?
- 4. When you eat more than you wanted to, do you feel badly and find yourself overeating for the rest of the day?
- 5. When you eat more than you wanted to, do you remind yourself that all people slip up now and then? Do you then decide to take a walk or eat something extra healthy at your next meal?
- 6. Do people in your family feel comfortable talking about their thoughts and feelings?
- 7. Parents: Did YOUR parents teach you to feel comfortable discussing your thoughts and feelings?
- 8. Do you ever reach for food to feel better when you are experiencing a negative emotion?
- 9. When you're happy or celebrating, do you automatically feel like you should have a sweet treat?
- 10. Can you think of some fun, non-food related, activities that your family likes to do together to celebrate special occasions or accomplishments?
- 11. When you realize you have made a less healthy choice, which thought would be more likely to pop into your mind: "Boy, I really made a bad choice. I'll never reach my fitness goals." or "I'm so glad I recognized that was a poor choice. I can do it differently next time!"



#### **Cyber Environment**

- 1. Does your child have their own phone, tablet, or other mobile device?
- 2. Does your child have limits on the use of TV, video gaming systems, and mobile devices?
- 3. Do you have a written family media plan that the entire family has agreed to?
- 4. Do you allow your child to access the internet from isolated locations in your home?
- 5. How do you check in with your child to review their online activity?
- 6. Child: Would you feel comfortable going to your parent if you stumbled upon something upsetting or inappropriate online?
- 7. Do you have regular, open discussions about what your child experiences online?
- 8. Have you ever lost track of how long you were on a screen?
- 9. Have you ever eaten more than you wanted to while you were in front of a screen?
- 10. Do you "check in" your device outside the bedroom at a certain time each night?
- ll. Are there any tech free zones in your home?
- 12. Do you ever think about what kind of behavior you want to model for your child regarding the use of media?
- 13. Have you ever discussed online privacy with your child?
- 14. Have you ever discussed cyber bullying, pornography, or inappropriate texting with your child?



# **SMART** Goals Update!!



# **Session 4 Goal Tracker**

Record the days you successfully complete your goal this month! If you don't meet your goal every day, write down anything you think may be the reason why you didn't meet your goal. This may help you to overcome these challenges in the future!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				4

Notes:	



# Meal Planning

# Session 5 Meal Planning

Waste fewer groceries. (Have you ever bought Twit or vegetables with the intention of eating them **Benefits of Meal Planning** Eat fewer Prepackaged meals. out ended up growing a science experiment in the Eat out less often. You will: Avoid the annoying "what's for dinner?" back of your fridge instead? make fewer trips to the grocery store (which also means less chances for impulse buys!). Yot stress over what to eat each day: Always have the groceries you need. confidently work around allergies (wheat, soy, gluten, etc.). Be able to Plan for busy days. work together as a family. Eat a variety of meals. Eat nealthier. Save money. HEALTHY HABITS

# **Produce Buy the Season**



#### Winter

Apples Arugula Asian Pears Brussels Sprouts Cabbage Carrots

Celery Clementines Collards Escarole Fennel

Guava

Iicama Kale Lettuce Meyer Lemon

Olives

Parsnips Persimmon Pomelos Potatoes Mustard Greens Pumpkins Oranges

Radicchio Radishes Sage Swiss Chard Tangerines Turnips

Winter Squash



Apples Apricots Artichokes Beets Bell Peppers Blueberries Cabbage Cactus Carrots

Celery Cherries Chile Peppers Corn Cucumbers Egaplant Endive Fias Garlic

Pea Shoots Peaches Pineapple Plums Radish Sprouts Radishes Raspberries Rhubarb Salad

Scallions Shell Beans: Lima Fava, Lima, Soy Winter squash Acorn, Butternut, Spaghetti Sprouts Strawberries

Summer Squash Swiss Chard Thyme Tomatoes Turnips Watercress

Watermelon

Wild Berries: Huckleberries. Blackberries, Juneberries, Boysenberries

Zucchini

# **Produce Buy the Season**

Endive

Garlic

Carrots

Celery



Shell Beans:

Lima.

Soy

(early autumn)

Pecans

Butternut,

Spaghetti

Zucchini

Tomatoes

Turnips



#### **Spring** Garlic Scapes New Potatoes Radishes Strawberries Artichokes Chives Parslev Swiss Chard Arugula Cilantro Green Beans Rhubarb Kale Asparagus Dill Pea Shoots Salad Watercress Fava Beans Turnips Cactus Lettuce Peas Celery Field Greens Pineapple Morel Scallions Garlic Mushrooms Radish Sprouts Sprouts Cherimoya

		Year I	Round		
Almonds	Bananas	Broccoli	Coconut	Limes	Onions
Avocado	Bok Choy	Cauliflower	Lemons	Mushrooms	

#### **HEALTHY HABITS**

# **Portions and Servings**

A **portion** is the amount of food that you choose to eat for a meal or snack. You get to decide if it's big or small.

A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a single portion actually contain multiple servings. The Nutrition Facts label on packaged foods, on the backs of cans, sides of boxes, etc. tells you the number of servings in the container. For example, a 20-ounce soda (usually consumed as one portion) has 2.5 servings in it. A 3-ounce bag of chips, which some would consider a single portion, contains 3 servings. To help you figure out how many servings are on your plate, try the following size guidelines.



3 oz meat = deck of cards



l slice of bread = cassette tape



1 1/2 oz cheese = 4 dice or 2 slices



3 oz baked/grilled fish = checkbook



l cup = baseball



l oz deli meat = compact disc



l oz or 2 tbsp = golf ball



l peice of cornbread = bar of soap

#### Grains

3 cups popcorn = 3 baseballs

l cup cereal = baseball

l pancake = compact disc

l slice of sandwich bread = cassette tape

l piece of cornbread = l bar of soap

1/2 cup cooked rice, pasta or potato = 1/2 baseball

### **Fruits and Vegetables**

l medium fruit = baseball

l cup of stawberries = about 12 berries

l cup of salad greens = baseball

l cup carrots = about 12 baby carrots

l cup cooked vegetables = baseball

l baked potato = bar of soap

1/2 cup grapes = about 16 grapes

#### **Proteins**

3 oz. meat, fish, or poultry = deck of cards

3 oz. grilled/baked fish = checkbook

3 oz. tofu = deck of cards

2 tbsp peanut butter = golf ball

2 tbsp hummus = golf ball

1/4 cup almonds = about 23 almonds

1/4 cup pistachios = about 24 pistachios

#### Dairy

1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices

l cup yogurt = baseball

1/2 cup frozen yogurt = 1/2 baseball

1/2 cup ice cream = 1/2 baseball

To avoid portion distortion, it's important for you to understand what foods you need on a daily basis.

The USDA offers many resources to help you determine your body's essential needs. The plate to the right illustrates how your daily intake of food should look like.

For more information, visit choosemyplate.gov.



**Fruits:** Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

**Vegetables:** Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

**Protein:** All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat.

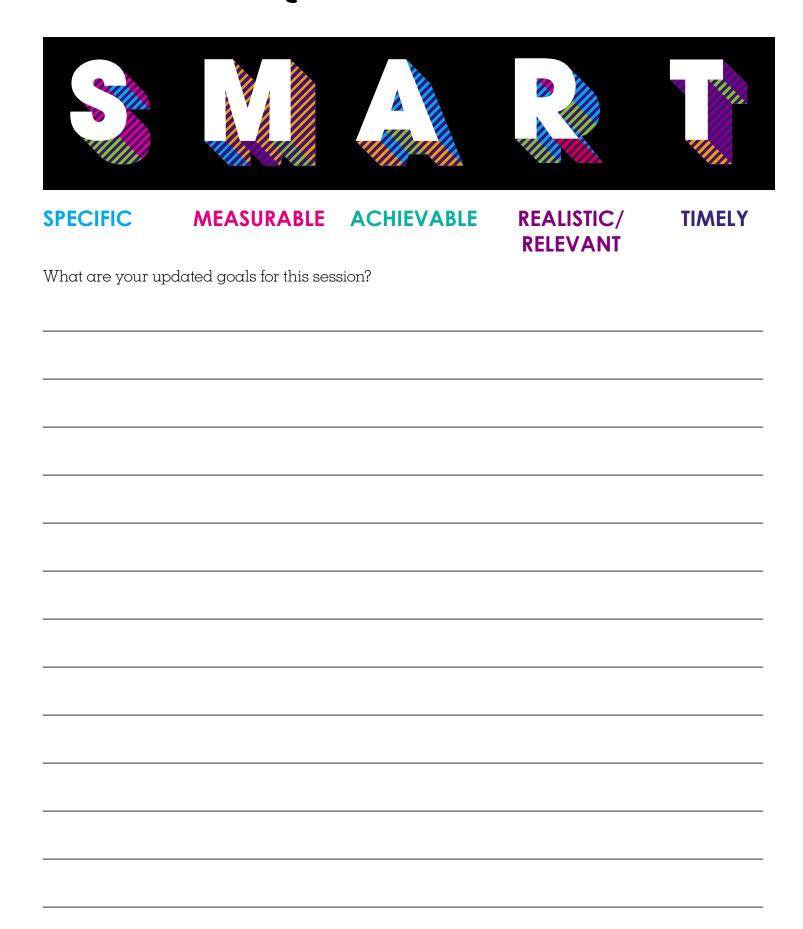
#### THINK PREVENTION!



Prevention is always better than treatment!
Understanding portion distortion is a
proactive strategy to live longer and stay well.



# **SMART** Goals Update!!



# **Session 5 Goal Tracker**

Record the days you successfully complete your goal this month! If you don't meet your goal every day, write down anything you think may be the reason why you didn't meet your goal. This may help you to overcome these challenges in the future!

Γ								
	SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	7	
	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	
	22	23	24	25	26	27	28	
	29	30	31				)5	

Notes:		 	

# Midpoint Check In: My Current Numbers

	Weight (lbs.)	
	BMI (percentile)	
	Total Cholesterol	
05 06 10 10 10 10 10 10 10 10 10 10 10 10 10	LDL	
10 11 12 13 14 15 15 15 15 15 15 15 15 15 15 15 15 15	HDL 19	
05 06 05	Triglycerides	
02 03	HbA1c	
	AST	
	ALT	

Numbers are not the focus of this workbook. They are simply a visual reminder to see how much you are achieving. With each positive choice you make, and every setback you may have, remember that the goal is to create a healthier future.



# Shopping Together

# **Session 6 Shopping Together**

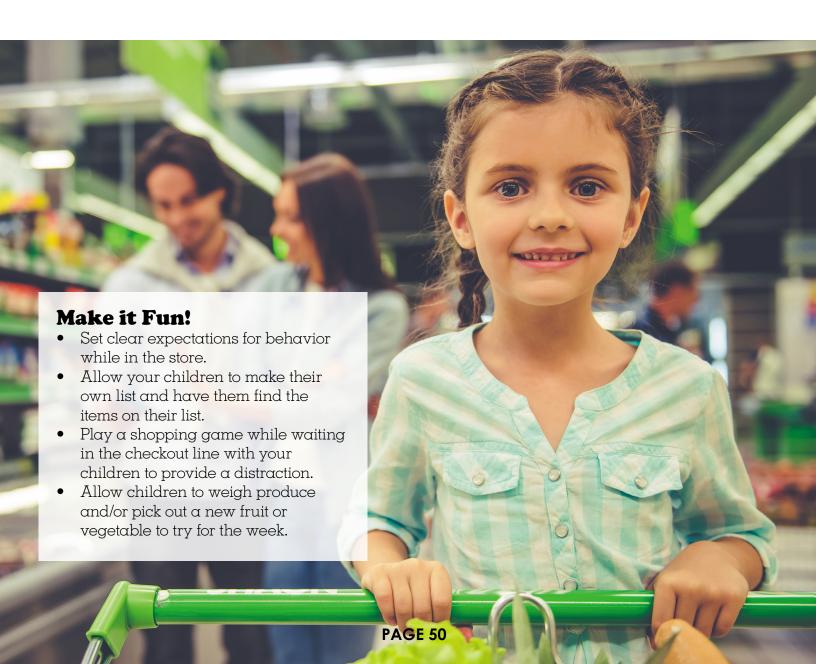


#### **Be Organized**

- Make a grocery list ahead of time and stick to it.
- Check your pantry and see what items you already have at home.
- Keep in mind your weekly budget.
- Check for sales before heading to the store.

#### **Time Your Visit**

- Do NOT go to the grocery store hungry or tired.
- If children are coming along, make sure they are well rested and have a snack before you go.
- Be aware of the busy times for most grocery stores (weekends and evenings).



# parent tips



# How to Use the Nutrition Facts Label

Most packaged foods have a Nutrition Facts label. This tip sheet shows you how to use the label to make healthy food choices.



#### Check serving sizes.

- Many times, a single portion can have more than one serving.
- Make sure your portions match the serving size listed on the label so you're not eating too many calories, fat, and sugars.

#### Look at the % Daily Value.

The Daily Value is how much of a specific nutrient you need to eat in a day. Percent (%) Daily Value tells you how much of a nutrient is in one serving of food—compared to the amount you need each day.

If a food has a Daily Value of 20% for calcium, it has 20% of the calcium you need in one day.

Compare the % Daily Value for similar foods, and choose foods that are

Lower in:	Higher in:
<ul><li>Saturated fats</li><li>Trans fats</li><li>Cholesterol</li><li>Sodium (salt)</li></ul>	<ul><li>Potassium</li><li>Fiber</li><li>Vitamins A and C</li><li>Calcium</li><li>Iron</li></ul>
For these nutrients, try to choose foods with <b>5% Daily Value or less.</b>	For these nutrients, try to choose foods with <b>20% Daily Value or more</b> .

## **How to Read Nutrition Labels when Grocery Shopping**

#### Make your calories count.

Choose the most healthful foods you can—those packed with vitamins, minerals, fiber, and other nutrients (in blue) but lower in calories.

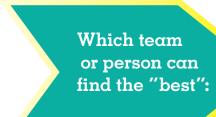
Start with Serving Size	Nutrition Facts Serving Size: 1 cup (228g) Serving Per Container: 2
	Amount Per Serving
	Calories: 250 Caloriesfrom Fat: 110
	% Daily Value*
Limit These Nutrients	<b>Total Fat</b> 12g <b>18</b> %
	Saturated Fat 3g 15 %
	Trans Fat 3g
	Cholesterol 30mg 10 %
	<b>Sodium</b> 470mg <b>20</b> %
Get Enough of These Nutrients	Potassium 700mg 20 %
det bilougii of filese Nutifelits	Total Carbohydrate 31g 10 %
	Sugars 5g
	Dietary Fiber 0g 0%
	Protein 5g
	Vitamin A 4% • Vitamin C 2% Calcium 20% • Iron 4%
	*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:
	Calories 2,000 2,500
	Total Fat Less Than 65g 80g Sat Fat Less Than 20g 25g
	Cholesterol Less Than 300mg 300mg
	Sodium Less Than 2,400mg 2,400mg Total Carb 300g 375g
	Dietary Fiber 25g 30g

**We Can!** is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.



### **Grocery Games!**

Go to the grocery store with your whole family, if possible. Divide into teams if you have younger children, or do these challenges individually.









Once you find the "best" option for each of these foods, meet as a family and discuss why you chose each item. Compare your favorite yogurt, cereal, macaroni & cheese to the items you just selected. You may be surprised what you discover!

Which team or person can find the cheapest and most expensive fruit? What is the cheapest fruit? How much does it cost? What is the most expensive fruit? How much does it cost? Which team or person can find the most "non-food" items? List the items below:

# **Shopping Resources for Parents**

Below are some resources that may help you create more effective and efficient shopping experiences. These are only a handful of applications that are available. You may benefit from using other applications that are better suited to your family's needs.



#### **Flipp**

Useful for creating weekly grocery lists. Has links to coupons and store sales.



#### **Intuit Mint**

Personal finance budget tracker. Useful to create a monthly budget and track spending. Breaks down spending into specific categories.



#### **Paprika**

All in one meal planner, recipe organizer and grocery list manager. The app can link multiple family members, keeping your lists organized.



#### **Fooducate**

Great to use at the grocery store. You can explore common food items, scan the bar code to see the nutritional information and a "grade" for each food. Provides healthy alternatives if the food has low rating.

# **SMART** Goals Update!!



**SPECIFIC** 

MEASURABLE ACHIEVABLE

REALISTIC/ **RELEVANT** 

**TIMELY** 

What are your updated goals for this session?

## **Session 6 Goal Tracker**

Record the days you successfully complete your goal this month! If you don't meet your goal every day, write down anything you think may be the reason why you didn't meet your goal. This may help you to overcome these challenges in the future!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				)6

Notes:	 	 	 



# Cooking and Eating Together

# **Session 7 Cooking and Eating Together**

#### **Benefits of Cooking and Eating Together**

Cooking brings
families together!
Cooking as a family is
great bonding time. It
allows everyone to feel
a part of something
bigger than themselves.
Each person shares
in being responsible
when they are
trusted with helping
to feed the family!

You can save money! Eating out just a few times per week can cost more than a whole week's worth of groceries.



When you
cook at home,
you have control
over ingredients and
portion sizes. This is
difficult to do
when eating
out.

You can plan your meals in advance. This can help you to make positive decisions about the foods you are eating, and save you time.

Cooking is a time to relax and share.
Cooking is a time for parents and children to relieve stress and unwind. When children are cooking, they're having too much fun to be missing that screen time.

Preparing and cooking meals can help you to appreciate and value the foods that you are providing for your family.



#### **Tips for Meal Preparation**

Cook with nutritious food. Think about ways to make the healthiest version possible of your recipe. Don't assume that healthy foods are expensive.

Plan in advance. It helps to have all of your supplies and ingredients available, ready, and out on the counter. Place your recipe somewhere everyone can read and follow the steps. You may even consider using home delivery meal kits (like Blue Apron, Home Chef, Hello Fresh, Green Chef, etc.) to provide everything you need to get started with cooking together.

Turn off distracting background noise. Turn off the TV! Instead opt for some music to energize your cooking experience.

Involve the entire family. Provide age and developmentally appropriate tasks for everyone who is helping. Kitchen tools designed for children may make things easier and safer for younger members of your family.

Admire your hard work! Be proud of your beautiful meal! Say a word of thanks to your helpers, and perhaps snap a picture to share with friends and family or add to a journal.



#### **Tips for Eating Together**

3456

Don't make food a reward. Promising a dessert for eating a vegetable, can make your child view veggies as "bad" and dessert as a reward. Emphasize the excellent nutrition that each food provides, and explore different preparations of foods to find one that everyone can enjoy!

Don't forbid foods. Instead, encourage moderation of less than healthy food. Help family members choose more nutritious options more often.

Turn off distractions. Turn off the TV, set electronics away from the table, and let your calls and texts go unanswered. This is important time with your family, so treat it as such.

Eat together at the table. Eating together gives you time to reconnect with your family without distractions. Eating at the table makes it easier to talk and interact, monitor portion sizes, and help with food choices.

Don't make eating an emotional issue. If your picky eater refuses a specific food, let it go and encourage them to try it again next time. Having multiple healthy options every meal allows them to get adequate nutrition, even if a certain food is refused.

Offer fruits and vegetables. Keep them visible and accessible. Add 1-2 servings with every meal!

Everyone helps to clean up. Play a game to see who is the best dish washer—now that is worthy of a reward!



# parent tips



Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



#### Get them interested

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods.

Children like to eat food they make. This is a good way to get them to try new healthy foods.

#### Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

#### 2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

#### 3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

#### 4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

#### 5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Be sure to have kids wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your kids learn about healthy eating.

#### Let them be creative

Set out three or four healthy foods, and let your kids make a new snack or sandwich from them. Use foods your children can eat without choking.

#### Start with:

- A new kind of bread (whole grain or rye)
- Whole grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Small pieces of whole-wheat pita bread

#### Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

#### Toppings could include:

- Slices of apple or banana
- · Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes cut in small pieces

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

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

#### **Healthy Versions of Our Favorite Restaurant Meals!**

#### Loaded Mac and Cheese

#### Ingredients

#### Mac and cheese:

l box of whole grain elbow macaroni

2 tbsp. butter

2 tbsp. flour

2 cups low fat milk

1 1/2 cups shredded sharp cheddar cheese

3/4 cup Green nonfat yogurt

1/8 tsp. paprika

Salt and pepper to taste

#### Toppings:

l lb boneless, skinless chicken breasts, sliced into strips

4 small zucchinis, chopped

l orange bell pepper and l red bell pepper, sliced into strips

l onion, quartered then layers separated

#### Instructions

Preheat oven to 450F.

Fill large pot with water and bring to a boil.

Spread sliced chicken onto a baking sheet sprayed with non-stick cooking spray, and sprinkle with salt and pepper

Arrange veggies in a single layer on a baking sheet sprayed with non-stick cooking spray, and sprinkle with salt and pepper

Place chicken and veggies in oven, cook for 15 - 20 minutes

Add macaroni noodles to boiling water, and cook according to instructions on the box.

#### Make the sauce:

In a medium sauce pan: melt butter over medium heat, and whisk in flour. Slowly whisk in milk, and heat for 3-4 minutes until the mixture thickens, but do not boil. Whisk in cheese, and stir until melted – then remove from heat. Add the Greek yogurt, and stir until smooth. Add salt, pepper, and paprika.

Combine sauce with macaroni noodles (once cooked and drained)

Add chicken and veggies to macaroni, stir, and serve!

### Pete's Pizza Arugula Pizza

#### Ingredients

Cauliflower crust (purchase from grocery store)
Tomato sauce
Fresh grape tomatoes, cut in half
Shredded cheese (you control the amount)
Fresh basil
Arugula
Balsamic Vinaigrette

#### Instructions

Preheat oven to 350F
Top cauliflower crust with tomato sauce, cheese, tomatoes, and basil Bake for 30 minutes
After baking, top pizza with arugula and drizzle with balsamic vinaigrette Serve and enjoy!

#### Tomato Spinach Shrimp Pasta

An alternative to Shrimp Scampi!

#### Ingredients

2 tbsp. olive oil

8 oz shrimp, peeled and deveined

1/4 tsp. red pepper flakes

l tsp. smoked paprika or more, to taste

Kosher salt and freshly ground black pepper, to taste

l tsp. Italian seasoning

4 roma tomatoes, chopped

1/4 cup fresh basil leaves, chopped

6 oz fresh spinach

3 cloves garlic, minced

8 oz penne or spaghetti

2 tbsp. high quality olive oil (optional)

#### Instructions

Add 2 tablespoons of olive oil to a large skillet, on medium-low heat.

Add shrimp, red pepper flakes, paprika, Italian seasoning and salt, and cook on medium heat until shrimp is cooked, about 5 minutes. Remove shrimp from the skillet and set aside.

In the same skillet, add chopped tomatoes, chopped fresh basil leaves, fresh spinach, and chopped garlic. Cook on medium heat about 3-5 minutes until spinach wilts just a little and tomatoes release some of their juice. Remove from heat and adjust seasoning, if needed. Cover with a lid and keep off heat.

Cook pasta according to package instructions, until al dente. Drain pasta and add to the skillet with the tomatoes and spinach. Reheat on low heat, mix everything well, adjust seasoning with salt and pepper. Remove from heat.

Add cooked shrimp back to the skillet, and drizzle with good quality olive oil just before serving for an extra taste. Serve immediately and enjoy!

#### Notes

Keep pasta al dente because they will soak up a bit of the sauce. Also don't overcook the shrimp at the beginning, otherwise they will dry up.

#### Butternut Squash and Green Chile Enchiladas

#### Ingredients

l large butternut squash
2 tsp. extra virgin olive oil or coconut oil
l tsp. chili powder 1/2 tsp. smoked paprika
1/2 tsp. sea salt
l 1/2 cups or a 15 oz. can cooked black
beans, drained
l/2 cup or a 4oz. can mild, fire roasted
green chilies
5-6 oz. soft goat cheese, divided

Milk or broth as needed to thin 8 corn tortillas 12 oz. green salsa or enchilada sauce Cilantro Topping:
1 small bunch cilantro
2 green onions, thinly sliced juice of one lime pinch of salt
1 avocado, diced

#### Instructions

Preheat oven to 400F.

Peel, seed and cube squash.

Line a baking tray with parchment. On the baking tray, toss squash with the oil, chili powder, smoked paprika and salt to coat. Spread in a single layer and roast on the middle rack for 30-40 minutes or until soft. Turn the oven down to 350F.

Put 4 oz. of goat cheese in a mixing bowl, reserving the rest for garnish. Add squash and a generous splash of milk or broth to the mixing bowl, and mash until roughly smooth.

Mix black beans and green chilies together.

Char the tortillas over the stove, if possible.

Create an assembly line with the tortillas, beans, and squash mash.

In a 13x9 baking dish, spread 1/3 cup of the enchilada sauce to cover the bottom. Into the tortillas, spread a heaping 1/4 cup of the squash mash and a few spoonful's of

the beans on top. Roll the tortilla and put it in your dish, seam side down. Continue with remaining tortillas for as many will fit in your dish.

Spread remaining enchilada sauce over the top and sprinkle on remaining goat cheese. Lightly cover with foil and bake at 350F for 20 minutes. Take off foil and broil 5 minutes.

While enchiladas bake, make the cilantro topping:

Roughly chop cilantro. Add cilantro, green onions, lime juice and a pinch of salt in a mixing bowl and stir to mix. When ready to serve, gently stir in the diced avocado. Top enchiladas with a scoop of the cilantro topping, and serve immediately.

#### Notes

You can prep this meal over the weekend and store it in the fridge or freezer in an air tight, oven safe container. When it's time to cook, just put it in a preheated oven at 400F!

#### **Meal Preparation Resources**

#### **Home Meal Delivery Services**

Look at the websites of home meal delivery services to see if they might be a good fit for your family. They can take away the stress of grocery shopping, and remind you of appropriate portion sizes. Here's a list of some popular sources to get you started on your search:

- Hello Fresh
- Home Chef
- Blue Apron
- Green Chef



#### **Websites**

- www.cookingwithkids.org—Videos, recipes, and tips on cooking with kids!
- www.coursera.org— Free online courses on health and nutrition, including one on child nutrition and cooking.



#### **Arts and Crafts Project!**

Consider making a cookbook that you can add your favorite recipes to as you go!
Everyone can help decorate the family cookbook!

# **SMART** Goals Update!!



**SPECIFIC** 

MEASURABLE ACHIEVABLE

REALISTIC/ **RELEVANT** 

**TIMELY** 

What are your updated goals for this session?

# **Session 7 Goal Tracker**

Record the days you successfully complete your goal this month! If you don't meet your goal every day, write down anything you think may be the reason why you didn't meet your goal. This may help you to overcome these challenges in the future!



Notes:	 	 	 



# Media Influences

### A Note to Parents

Be sure to read through this section carefully. You are your child's first gateway to media and technology!

# What is media literacy and why is it important?

The word "literacy" usually means the ability to read and write. Reading literacy and media literacy have a lot in common. Reading starts with knowing letters. Pretty soon, readers can identify words and most importantly, understand what those words mean. Readers then become writers. With more experience, readers and writers develop strong literacy skills.

Media literacy is the ability to identify different types of media and understand the messages they're sending. We take in a huge amount of information from many types of sources, far beyond the traditional media of TV, radio, newspapers, and magazines. We have text messages, memes, online videos, social media, video games, advertising and more! But all media shares one thing: someone created it. And it was created for a reason. Understanding the reason is the basis of media literacy. Today it's easy for anyone to create media. Media literacy is tricky to learn because we don't always know the author, why it was made, or whether we can trust it. Nonetheless, media literacy is an essential skill. It helps us:

#### Become responsible media authors.

Understanding your own point of view, saying what you want to say how you want to say it, and knowing that your messages influence others helps us be effective communicators.



#### Become a smart consumer of products and information.

Media literacy helps us learn how to decide whether something is trustworthy. It also helps us to identify what the author is trying to get us to do. This can help us resist the techniques being used to try to change our behavior.

#### Learn to think critically.

We decide whether messages make sense, why certain information was included or not included, and the key ideas. We learn to use examples to support our decisions and opinions. Then we can make up our minds about the messages based on knowledge we already have.



#### Understand others' points of view.

Identifying an author's point of view helps us understand different perspectives. It also helps us put information in the proper context, based on what we know about the author.

# Identify the role of media in our culture.

From celebrity gossip to magazine covers to memes, media is telling us something, shaping our understanding of the world, and influencing us to act and think in certain ways.

Understand the author's goal.

What does the author want you to take away from the media? Is it purely informative? Is it trying to change your mind? Is it introducing you to new ideas? When we understand what type of influence something has, we can make informed choices.





# ACtiVity 7

# Match the advertising technique with the correct description.

#### **Advertising Techniques**

- STATUS
- PEER APPROVAL
- CELBRITY ENDORSEMENT
- PHYSICAL ATTRACTION
- TESTIMONIAL

1.	 Using the product will make you more attractive
2.	 Using the product will make you more popular
3.	 Ordinary people like the product; so you should too
4.	 Using the product will make you like the celebrity in the advertisement
5.	 Using the product will make you successful

Advertising campaigns communicate through subliminal messages. Companies pay a lot of money to advertising agencies to create clever commercials with hidden messages. Sometimes they're so entertaining that you don't even realize you're watching a commercial!

## **ACtiVity**

#### Create an Advertisement!

You work for an advertising agency and have been hired to develop an ad campaign for a healthy food product or healthy activity! This is a multi-million dollar deal and your team is counting on you!

- What is the healthy food or activity that you want to advertise?
- What are the POSITIVE features about this food/activity?
- What are the NEGATIVE features about this food/activity?
- Who do you want to listen to your message? (i.e., younger children, teens, adults, etc.)
- What advertising techniques will you use? (Remember you want to promote the positive and downplay the negative!)

On a piece of paper, poster board or through a skit, create your own message! Your advertisement can be a sample TV or radio commercial. Be creative and bring your finished product to your next visit to show your amazing skills!



#### **Television Advertising and Childhood Obesity**

Obesity in children increases the more hours they watch television. Children's exposure to TV ads for unhealthy food products (i.e., high-calorie, low-nutrient snacks, fast foods and sweetened drinks) are a significant risk factor for obesity.

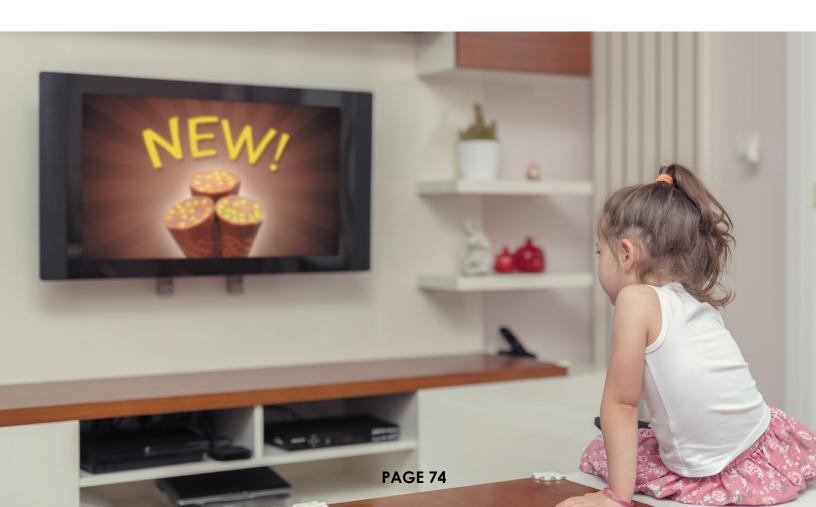
In very young children, research has found that for every one-hour increase in TV viewing per day, there are higher intakes of sugar-sweetened beverages, fast food, red and processed meat, and overall calories (48.7 kcal/day). Excess weight can be gained by the addition of only 150 calories a day!

Other research has found that children who watch more than three hours of television a day are 50% more likely to be obese than children who watch fewer than two hours.

Food and beverage advertising targeted at children influences their product preferences, food requests, and diet.

Food ads on TV make up 50% of all the ad time on children's shows. These ads are dominated by unhealthy food products (34% for candy and snacks, 28% for cereal, 10% for fast food, 4% for dairy products, 1% for fruit juices, and 0% for fruits or vegetables). Children are rarely exposed to public service announcements or advertising for healthy foods.

How can media literacy help you when viewing television?





**SPECIFIC** 

MEASURABLE ACHIEVABLE

REALISTIC/ **RELEVANT** 

**TIMELY** 

What are your updated goals for this session?				

## **Session 8 Goal Tracker**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				18

Notes:	 		



# Bullying

## **ACtivity** 8

# Is this Bullying? Read the situations below, and circle your answer.

1. Every day the same kids push and shove as they get off the school bus. Is this bullying?

YES NO

2. There's a kid in school who seems to be a little different from the other kids. Your classmates have been posting means things about this person online, but they don't say anything in person. Is this bullying?

YES NO

3. A kid in your class has a bathroom accident and everyone knows about it. Other kids in your class are laughing and calling this person mean names. You laugh too. Is this bullying?

YES NO

4. Someone you think is your friend suddenly won't talk to you and starts spending time with someone else. This has happened before. Is this bullying?

YES NO

5. You sit down to eat lunch at school and a kid walks over to you and says, "No offense, but you have to move. Only my friends can sit here." Is this bullying?

YES NO

6. A kid asks you and your group of friends, "Can I play with you?" One of your friends says, "No, not today." Is this bullying?

YES NO

7. Sometimes you have trouble reading out loud. The same kid always corrects you when you make mistakes, and says things like, "You should know that by now." This makes you feel embarrassed. Is this bullying?

YES NO

8. You said something mean to a classmate. After you said it, you apologized and tried to be extra nice to that person for the rest of the day. Is this bullying?

YES NO

#### **Activity 8 Answers**

- 1. Every day the same kids push and shove as they get off the school bus. Is this bullying?
  - Maybe. Are they being playful about it or are they trying to hurt or scare people? Unwanted touching is bullying. In this situation, try talking to the bus driver or another trusted adult for help.
- 2. There's a kid in school who seems to be a little different from the other kids. Your classmates have been posting means things about this person online, but they don't say anything in person. Is this bullying?
  - **Yes.** Gossiping, or talking badly about someone behind their back, or without their knowledge, is one of the most hurtful kinds of bullying. Using the Internet to bully is called cyberbullying.
- 3. A kid in your class has a bathroom accident and everyone knows about it. Other kids in your class are laughing and calling this person mean names. You laugh too. Is this bullying?
  - Yes. Joining in the laughter means you are a part of the bullying.
- 4. Someone you think is your friend suddenly won't talk to you and starts spending time with someone else. This has happened before. Is this bullying?
  - **Yes.** Being an on-again, off-again friend is bullying. If you've tried to talk to your friend about this and the bullying keeps happening, you may need to take a break form that person. Politely let your friend know that you need some space.
- 5. You sit down to eat lunch at school and a kid walks over to you and says, "No offense, but you have to move. Only my friends can sit here." Is this bullying?
  - Yes. Saying, "No offense," doesn't excuse rude behavior. Bossing people around is bullying.
- 6. A kid asks you and your group of friends, "Can I play with you?" One of your friends says, "No, not today." Is this bullying?
  - **Maybe.** If this person has been treating you and your friends badly, you don't have to play together. But if your friend is leaving this person out just to be mean, then yes, it's bullying.
- 7. Sometimes you have trouble reading out loud. The same kid always corrects you when you make mistakes, and says things like, "You should know that by now." This makes you feel embarrassed. Is this bullying?
  - Maybe. This person may not know that you are embarrassed when this happens. Ask the person nicely to please stop. If the behavior continues, then yes, it is bullying.
- 8. You said something mean to a classmate. After you said it, you apologized and tried to be extra nice to that person for the rest of the day. Is this bullying?
  - **No.** We all make mistakes from time to time. You made a mistake, but you also said you were sorry and don't plan to do it again. You did your best to make it right. This is not bullying.



## **Session 9 Goal Tracker**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				9

Notes: _			 



Exercise and Energy Balance



**SPECIFIC** 

MEASURABLE ACHIEVABLE

REALISTIC/ **RELEVANT** 

**TIMELY** 

What are your updated goals for this session?				

## **Session 10 Goal Tracker**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				10

Notes:			



# Behavioral Change and Maintenance



**RELEVANT** What are your updated goals for this session?

## **Session 11 Goal Tracker**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				11

Notes:	 	 	 
	 		—

## **Healthy Holiday Habits**

What are four healthy foods that you like during the holidays?	What is one nutrition goal that you can set for the holidays?
1.       2.	
3	
4 What are four healthy activities that	
	7777
you enjoy during the holidays?	What is one activity goal that you can set for the holidays?
1.       2.	
1	



What reward can you give yourself if you meet your goals this holiday season?

## **Online Resources and Smartphone Apps**





















WWW.SUPERHEALTHYKIDS.ORG
HEALTHY HABITS

## **Answer Key**

#### **ACtiVity 1**

**Contemplation** - I think about healthy eating from time to time, but I'm too busy to make any real changes.

**Action** - I printed some recipes, made a grocery list and bought ingredients.

**Pre-contemplation** - My provider mentioned my weight at my last visit, but I think my weight is fine. **Maintenance** - I've been consistently planning and preparing healthy meals for more than 6 months. **Preparation** - I've looked at healthy recipes, but I haven't made any yet.

### **ACtivity 2**

9 hours of sleep; 5 servings of fruits and veggies; 2 hours of screen time or less; 1 hour of activity; 0 sugary drinks

#### **ACtivity** 3

1-Water; 2-Diet Coke; 3-Unsweetened Tea; 4-Sports Drink; 5-Lemonade; 6-Orange Juice; 7-Cola; 8-Root Beer; 9-Grape Juice

## **ACtivity 4**

**Vegetables**—Gives vitamins and minerals; **Fruits**—Gives vitamins and minerals; **Dairy**—Builds strong bones and muscles; **Grains**—Gives healthy carbohydrates/energy; **Fats**—Make up every cell in our bodies; **Protein**—Builds muscles

#### **ACtivity** 5

A-Cinnamon Toast Crunch; B-Honey Nut Cheerios; C-Fruit Loops; D-Lucky Charms

#### ACtivity 6

**Home Barriers** - Holiday celebrations, Time constraints with busy lives, Boredom, Food rewards, Commercials in media and product placement in TV shows and movies, Access to breakfast, Food options in kitchen and pantry, Phone or TV in bedroom

School Barriers: Cafeteria menu choices, Access to vending machines, Snacks at sport activities and practices

**Thoughts/Mind Barriers** - I don't feel like it, I missed a day of exercise or had an unhealthy meal, my goal is ruined, I only have 10 minutes, that's not enough time for a workout

**Community Barriers** - Fast food restaurants and eating out, Picnic, barbeques and community events, Access to recreational sites and facilities like parks and gyms

#### ACtivity 7

Answers: 1) Physical Attraction 2) Peer Approval 3) Testimonial 4) Celebrity Endorsement 5) Status

### **ACtivity** 8

See page 79.



8901 Rockville Pike Bethesda, Maryland 20889