



5 - FIVE SERVINGS OF FRUITS AND VEGETABLES

Growing up big and strong starts with eating the right kinds of food. That means getting 5 servings of fruits and vegetables a day. You do not have to eat 5 servings of fruits and vegetables at one time, but try to eat some with every meal and snack that you have.

What makes up a single serving of fruits or vegetables?

- ½ cup of raw vegetables or 1 cup of leafy greens
- Whole fruit the size of a tennis ball
- ¼ cup of dried fruits
- You can also measure a serving size by looking at the palm of your hand! That's a serving size!

SO, WHAT ARE SOME EXAMPLES OF FRUITS AND VEGETABLES?

FRUITS

- Apples
- Bananas
- Oranges
- Grapes
- Strawberries

VEGETABLES

- Carrots
- Broccoli
- Spinach
- Sweet Potatoes
- Green Beans

QUESTIONS TO ASK:

- What is your favorite fruit?
- What is your favorite vegetable?
- For dinner, how much of your plate should be filled with vegetables?



5 - ACTIVITY HANDOUT

Match the words on the left with the pictures on the right!

1. Apple



2. Blackberries



3. Peaches



4. Figs



5. Persimmons



6. Asparagus



7. Lettuce



8. Cucumber



9. Radish



10. Okra





2 - TWO HOURS OR LESS OF SCREEN TIME

Screen time means any time you spend watching TV, or playing video games on your tablets, cell phones or computers. We know that excessive screen time can impair brain structure and function. Through our mid-twenties, our brains are developing and growing stronger. Screen time over-stimulates the left side of the brain, and the right side does not get to develop as much.

LET'S PLAY A TRUE/ FALSE GAME:

- Screen time includes playing on your playstation, xbox, and wii?
- American children spend 10 hours a week watching tv? False. It is actually 22-28 hours.
- By the time you reach 70 years old, 7-10 years of your life will have been spent watching tv.
- Too much TV has been linked to lower reading scores and attention problems.

WHAT ARE SOME ALTERNATIVES TO SCREEN TIME?

- Throw a Frisbee with your friends
- Turn on some music and dance
- Go on a walk outside
- Play a board game with your family

QUESTIONS TO ASK:

- What are some fun things you can do besides watching tv or playing on a phone or tablet?
- What are some fun things that you can do with your family?
- What is your favorite board or card game to play with your friends or family?



2 - ACTIVITY HANDOUT

Circle the activities that DO NOT involve screen time

Playing with dog

Playing video games

Going on a run

Watching TV

Dancing

Drawing

Biking

Playing board game

Playing on phone

Playing in a sand box

Playing on a computer

Playing soccer



1 - one HOUR OR MORE OF PHYSICAL ACTIVITY

There are many ways to be physically active! Playing sports, taking the stairs and walking around the block are all great ways to start adding more activity to your day. Physical activity does not have to necessarily be a sport or exercise, but simply doing something that allows you to move.

There are three forms of physical activity: light, moderate, and vigorous

- Light: you breathe normally, meaning you are able to talk or sing without being out of breath
- Moderate: you may be moving, and you may be breathing a little heavy, but you can still hold a conversation
- Vigorous: you are working and moving so hard that you are breathing and sweating so much that you cannot hold a conversation

What benefits does physical activity have?

- Makes you stronger
- Makes you more flexible
- Makes your heart happy
- Makes you healthy
- You feel better
- Do better at school!

QUESTIONS TO ASK:

- What is your favorite physical activity?
- What is a way you can be physically active with your friends?
- What is a way you can be physically active with your family?
- How many hours a day should you be physically active?



1 - 5210 LEAGUE WORD SEARCH

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

playground
physical
soccer
jump

outside
walk
activity
run

dance
swim
yoga



Atrium Health
Levine Children's



O - ZERO SUGARY DRINKS

We know that water is the best thirst quencher and replenishes nutrients lost during exercise better than any other beverage! It is important to replace the water you lose from sweating during physical activity, so put down that soda or sports drink and pick up a glass of water or low-fat milk!

DID YOU KNOW?

- Sugary beverages are not that good for you because it increases calories you take in, hurts your teeth and gums, makes you gain weight, and can make you sick!
- Diet soda may not have as many calories or sugar, but still can be acidic and hurt your teeth!

WHAT IF I DON'T LIKE WATER?

- Have you tried putting fruit in water? You can put lemons and cucumbers. Oranges and limes! Even pineapple, and it will taste just as good as juice and not be bad for you!
- You may not like water, but what about milk? Milk is also good for you!
- If you like milk, try skim milk. Skim milk is better for you than whole milk, and helps your bones grow big and strong! Who doesn't want to be big and strong?

QUESTIONS TO ASK:

- Can you name a non-sugary drink?
- Which drink contains more sugar? Whole milk or skim milk?
- Which drink contains more sugar? Soda or water?



0 - COMPLETE THE MAZE AND FIND THE WATER

