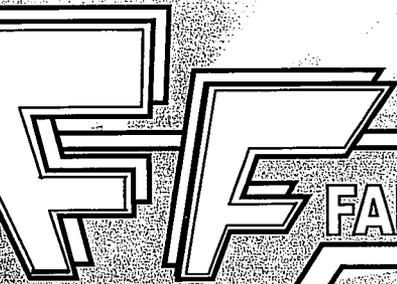
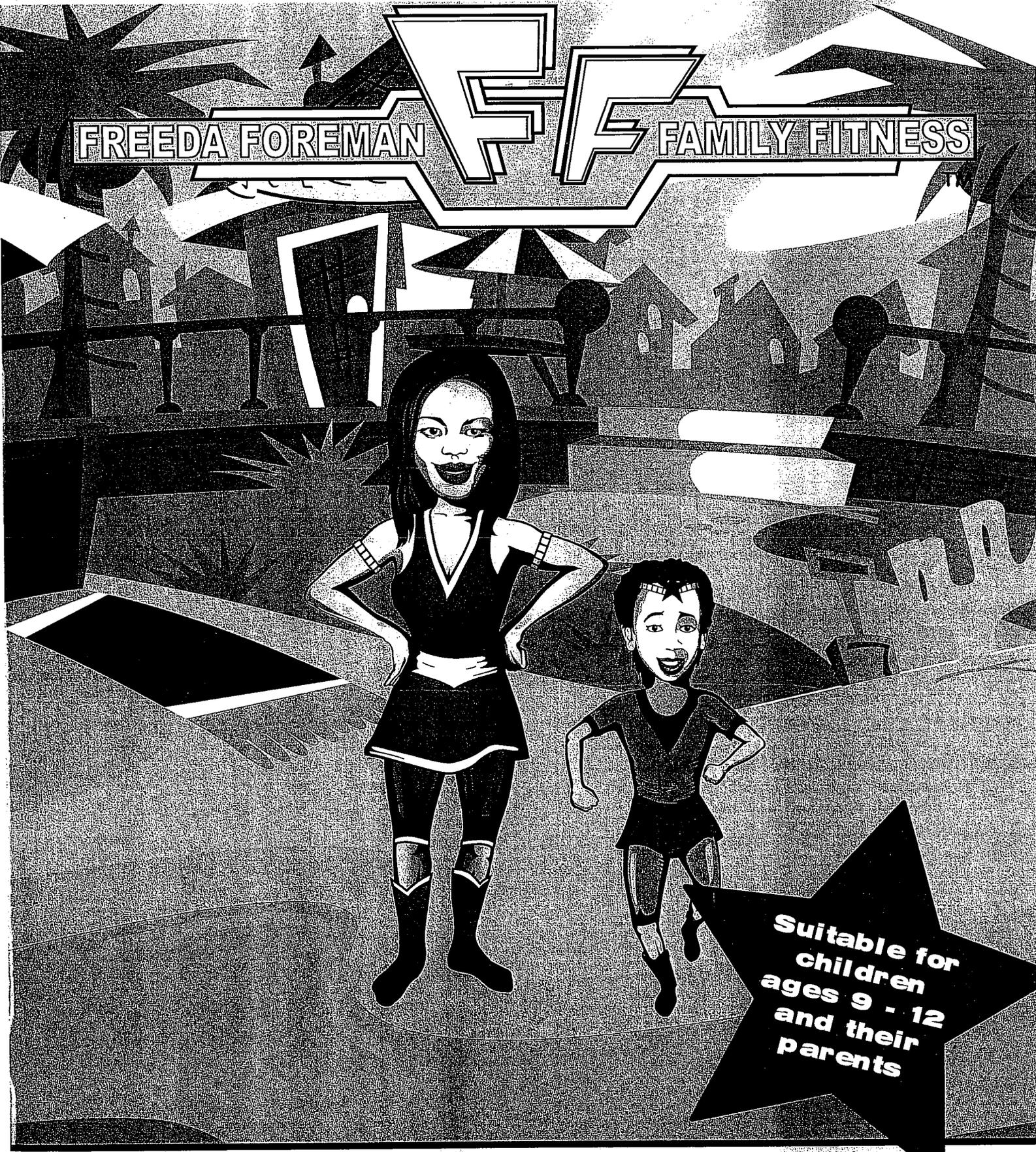


FREEDA FOREMAN



FAMILY FITNESS



Suitable for
children
ages 9 - 12
and their
parents

Find Out How Benny Behemoth
Lost a Year

This book belongs to

A Note to Parents from Freeda Foreman

Welcome to Freeda Foreman Family Fitness, a fun, healthy, easy-to-follow system for the whole family. This Activity Book is written specifically for your 9 - 12 year-old child, and answers to the exercises and puzzles are in your Parent's Workbook.

This Activity Book invites your child to get healthy, and stay healthy, in a fun, age-specific way. While much of the information is the same as our Children's Activity Book for 5 - 8 year-olds, it is presented in a way that is more appealing to the older child. It also has more information about Nutrition and Health.

A = Activity
B = Balance
C = Choices

Activity can be play, chores, sports or exercise.

Balance means eating a variety of foods as energy, and then using that energy to play, exercise and more.

Choices can be as simple as taking the stairs instead of the elevator, or choosing low-fat milk instead of a soda.

When your child follows the A, B, C's of good health, he or she is happier and healthier!

There are many advantages to helping your child on the road to health and fitness. Among them are:

- Physical activity helps build strong bones, improve strength, heart and lung health, and mental and emotional health.
- Children who develop healthy habits now can often help prevent long-term chronic diseases such as diabetes, obesity and heart disease.
- Behavior changes in the early years can serve as a lifelong model for better habits and can have long-term effects on health and well-being through a person's life span.
- Children who are fit and healthy are better students, are more productive throughout the day, have a brighter, more positive outlook on life, and are less likely to give into peer pressure or bullying.
- Families who eat healthy meals together, and who share 2 to 3 family activities a week - doing yard work, swimming, taking a walk, playing a board game - are more likely to maintain their fitness level, and to have happy, healthy children.

Be FIT - a Family In Training! Encourage your child as he or she enjoys reading and doing the activities in this book; build a healthy future for the whole family.

Freeda Foreman

BEFORE WE START...

Let's see how good your exercise and eating habits already are.

On a regular day do you...

(circle your answers in each column)

A

I mostly eat whole grains

I eat three or more vegetables

I eat two to three fruits

I eat different kinds of meat, chicken and fish

I drink three to four glasses of milk

I choose yogurt, fruit, pretzels or popcorn as a snack

I actively play for 30 minutes or more

B

I sometimes choose whole grains

I eat one to two vegetables

I eat one, maybe two fruits

I eat mostly the same types of meat and chicken

I drink one to two glasses of milk

I choose granola bars or vanilla wafers as a snack

I play only if I have a friend around

C

I prefer white bread

I occasionally eat a vegetable or salad

I sometimes have a banana or some grapes

I mostly eat chicken nuggets, hamburgers and hot dogs

I sometimes have milk with cereal

I choose ice cream, candy or donuts as a snack

I prefer to watch TV or play on the computer

List number of A answers _____ X3 = _____

List number of B answers _____ X3 = _____

List number of C answers _____ X3 = _____

Now add up your total points _____

If you scored a total of 19 to 21 points, you are doing great with your eating and exercise habits. Keep up the good work!

If you scored between 14 and 18 points, you are doing well but could be doing better. Try some new types of foods, read over the food pyramid to check recommended requirements and find new ways to keep yourself active.

If you scored 13 points or less, you need a little more help with your eating and exercise habits. Read some more about the Food Guide Pyramid, find some new foods to eat (try some more variety), and cut down on your computer and TV time. As you get older you will be glad that you did.

Now let's go!

Hi, I'm Darrel Dragon and this is my sister Daisy.

Dragons are magical creatures who breathe fire, do battle and even fly.

Today we're going to show you all about getting healthy and staying fit.



So let's GO!

Write your name here

How tall are you?

How much do you weigh?

How old are you?

A is for Activity

Daisy and I have strong bodies, because we have to fly and walk long distances.

To stay strong, we both stay very active. I like to go roller skating and Daisy likes to listen to music and dance. We both like to play on the jungle gym at school.

Our friend, Gary Gorilla, plays baseball, football, soccer, basketball and other team sports.



Percy Pelican is a competitive swimmer, and when she's not training, she loves to bowl!

Panda Paul loves to climb trees, jump rope and stretch before jogging and exercising.

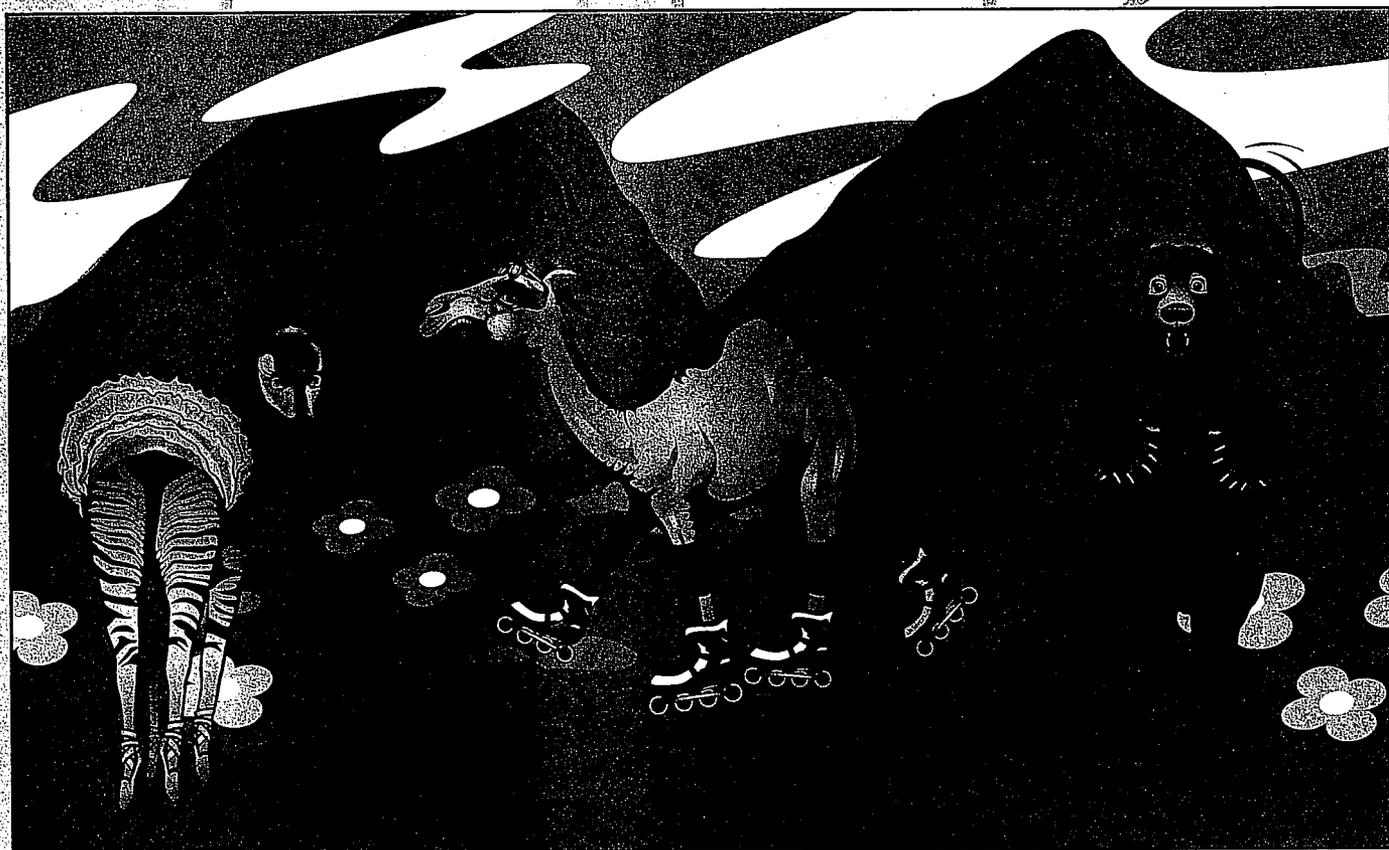




Paul even has a jogging buddy - Tiger Tim, who loves to skateboard, roller blade... anything that's fast is fine with him!

There's also Catie Camel who ice skates regularly (year-round!), Orlando Okapi who takes ballet and dance, and Bebe Bear who will pretty much join in on anything fun - as long as he's moving. He's a team member and fitness buddy you can count on!

Do you have a favorite play activity or sport? Riding your bike, climbing hills, and team sports, like soccer, can help keep you healthy and strong.



Just by doing your favorite activity every day for 20 - 30 minutes, you can stay healthy, build strong bones, and grow up to be a happy adult.

**Circle your favorite activities
or write some of your own at the end.**

Badminton

Baseball/Softball

Bicycling

Golf

Hide 'n Seek

Hopscotch

Jumping

Running/Jogging

Swimming

Volleyball

Passing/Catching a ball with friends

Ballet/Dance

Basketball

Football

Gymnastics

Hockey

Ice/Inline Skating

Sledding

Soccer

Tennis

Lacrosse



Other Favorite Activities: _____

Daisy and I use this Activity Chart to keep track of what we do every day to stay healthy.

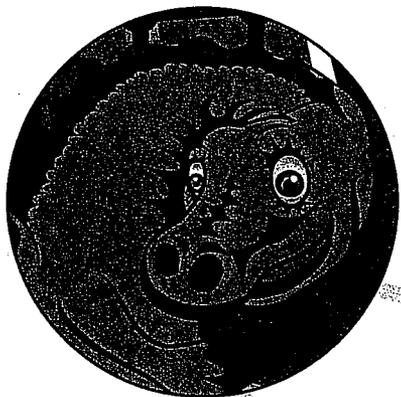
DAISY'S CHART

| TODAY | |
|-----------------------------|------------|
| Dancing | 10 minutes |
| Chasing Friends In The Park | 10 minutes |
| Helping Mom With Housework | 10 minutes |



DARREL'S CHART

| TODAY | |
|---------------------------|------------|
| Roller Skating | 15 minutes |
| Raking Leaves In The Yard | 15 minutes |



Here's your own Activity Chart to help you keep track, too! We've left room at the bottom for you to fill in any other favorite activities.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|--------|---------|-----------|----------|--------|----------|--------|
| Badminton | | | | | | | |
| Ballet/Dance | | | | | | | |
| Baseball/Softball | | | | | | | |
| Basketball | | | | | | | |
| Bicycling | | | | | | | |
| Football | | | | | | | |
| Golf | | | | | | | |
| Gymnastics | | | | | | | |
| Hide-n-Seek | | | | | | | |
| Hockey | | | | | | | |
| Hopscotch | | | | | | | |
| Ice/Inline Skating | | | | | | | |
| Jumping | | | | | | | |
| Playing Catch | | | | | | | |
| Running/Jogging | | | | | | | |
| Sledding | | | | | | | |
| Soccer | | | | | | | |
| Swimming | | | | | | | |
| Tennis | | | | | | | |
| Volleyball | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Total Minutes | | | | | | | |

How many minutes did you do today? Aim for a total of 20 to 30 minutes each day.

Did you notice that one of Daisy's activities is helping our mom with housework and one of my activities is raking the leaves?

Chores are considered activities, too, and they can help keep you healthy and strong.

Circle your Chores here or add your own at the end.

Making your bed

Picking up around the house

Cleaning your bedroom

Vacuuming the floor

Dusting the furniture

Emptying the trash

Feeding the dog or cat

Walking the dog

Setting/Clearing the Table

Making your own breakfast or lunch

Other Possible Chores: _____

Can you find all of the activities in the word search below?

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

HOCKEY

FOOTBALL

GOLF

PLAYING

SWIMMING

SOCCER

INLINESKATING

JUMPING

GYMNASTICS

SLEDDING

DANCE

BALLET

TENNIS

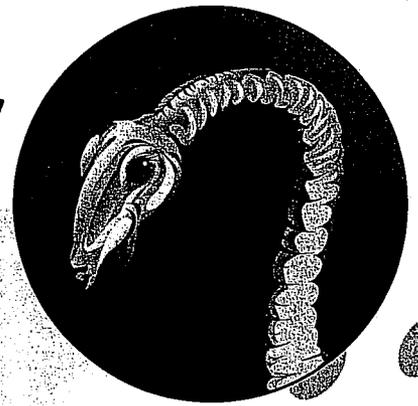
RUNNING

VOLLEYBALL

(SEE PARENT'S BOOK FOR ANSWERS)

Benny Behemoth and The Lost Year

Near to the school, in a cave hillside
Lived Benny Behemoth, known far and wide,
As a harmless, lazy, shifty lout,
Who never worked, but just hung out.



A good-natured giant, all would say,
Who fritters the days and the nights away.
He missed the games, he missed the sports,
He missed turning bedrooms into forts.

And many a time, when his friends would say,
"Come join us, we're playing and laughing today,"
Benny would wave, and sit with his dog,
Dreaming and sleeping, a bump on a log.
'Till one day his friends did scheme,
A plan to help Benny play on their team.

The Wise Wizard was first to hear their tale,
"I'll mix a potion of bug's eye and horn wale.
Benny will sleep away an entire year,
Or so he will think," Wizard said with a sneer.
"When he wakes up, he'll see what he's missed,
And lament the fun he always would resist."

And so it came, that Benny would drink,
And into a deep slumber his body would sink.
And when he awoke, he saw with a fright

He rubbed his eyes, his joints were sore,
As he grabbed his hat and flung open the door.
Then with trembling step, he wandered down,
And nervously entered his hometown.

The people looked with a wondering stare,
For Benny Behemoth was a stranger there!
The town square was different, bigger somehow,
The animals had grown, the horse and the sow.

Gone were the shopkeepers, with their sample wares,
A familiar sight Benny saw nowhere!
The group of girls with their laughing eyes,
Could not be found, to Benny's surprise.
And while he sought in vain for some little clue,
His friends were all gone, there was nothing he could do.

So off to the Wizard, he high-tailed it fast,
To solve the mystery of where went his past.
"Why Benny," said Wizard, "Where have you been?"
"Asleep," said Benny, "much to my chagrin.
What's happened to my town, my friends and my dog,
Everything's changed, like our swampy, old bog."

The wizard smiled and gave Benny a grin,
"Don't worry, Benny, it's because of your friends.
They saw you fritting and sleeping away,
No time for fun, no time for play.
So, they taught you a lesson, for all of your days,
To show what you'd miss, if all you do is laze-away."

**Benny thought and he pondered,
For a day he just wandered,
Then he sought out the Wizard, who was so wise,
"Can I get it all back?" Benny asked with sad eyes.
"Of course," said Wizard, "At the dawning of day,
You'll not have missed a thing, not a night, not a day."**

**And sure enough, when next day dawned,
The fish had returned to his favorite pond.
There were flowers and animals, and all of his friends,
Who he never took for granted, not ever again.**

**He became a team player, and loved to have fun,
In fact, he became a star player, the only one!
'Cause he learned a lesson, that one lost day,
Play hard, laugh often, and value your friends,
For life is about living, and will be to the end.**



Don't Hang Around - Move Around!

What did you learn from Benny Behemoth's story?

Hopefully, you learned that there's much more to do than sitting around watching television, or hanging around.

Seek out your friends and play together - go biking or swimming, or play a game of softball or tag.

If you can't play with your friends, then play alone! Jump rope, build a fort or walk your dog, discover a new walking path. Fitness is fun, and many of the things you do already - like biking and running around - are good for you.

All of these activities can help you build stronger legs, stronger arms, and the most important muscle of all, a stronger heart!

You can even do one or all of your chores in a new and different way to make them more fun. For instance, you can:

Run or jog while walking the dog

Stretch your muscles while making your bed

Touch your toes while bending over to feed the dog or cat

Climb the stairs while sweeping or vacuuming

Use headphones to listen to music while working in the yard

Dance while putting away your games

Make Fitness Fun

- o Have a ball-toss one, throw one, catch one, kick one**
- o Get outside and play Frisbee, jump rope, swing on a jungle gym, race a friend in the pool**
- o Join a team - baseball, soccer, basketball, volleyball or hockey**
- o Take a class - dance, ice skating, aerobics, swimming or gymnastics**

The idea is to do less sitting around, watching TV and playing video and computer games - and do more moving around!

Moving around will keep you fit and healthy - and that's what we all want!

Give Yourself an A for Activity!

This Activity Workbook is part of a complete fitness program called "Freeda Foreman Family Fitness."

As a girl, Freeda was always active and now she is the mother of a young girl and is teaching her daughter many of the activities she learned as a child.

Being fit and healthy is as easy as A, B, C!

A is for Activity, just what we've been talking about.

On the next pages, you'll learn that B is for Balance, as in Balanced Nutrition.

Finally there's C, which is all about Choices.

Are you ready to be healthy and fit? Then keep moving!

B is for Balance

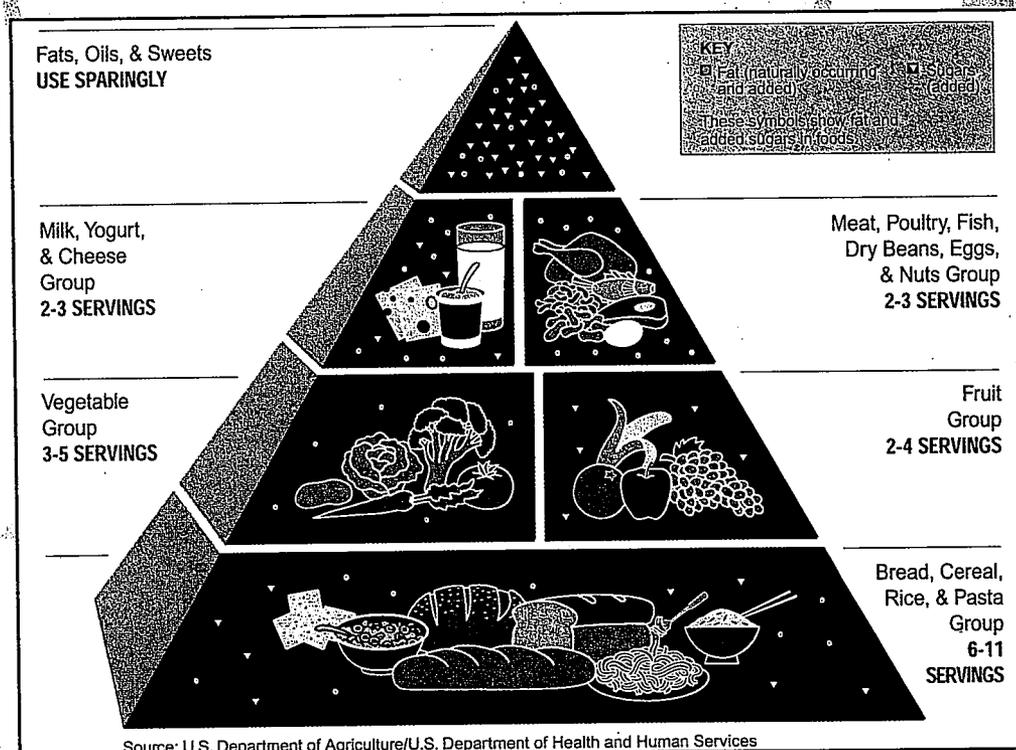
Fuel from food is what helps us live. It keeps us alive. It's like putting gas in a car. Without gas, the car won't run. Without food, the body can't run, or walk, or play, or anything!

What happens if you put the wrong kind of gas in a car? The car may run for a little while, but soon it will sputter and jerk, and then not run at all.

The same is true with food. You have to eat the right kind of food to run smoothly. If you don't, you won't feel as good as you could and you won't be able to run or play with your friends or enjoy your favorite sports!

So, let's start putting the Balance back in your foods right now!

To begin learning about balance, we need to learn about the Food Pyramid first.



How much is a serving?

As with the number of servings, the size of the servings themselves will depend on the same factors (age, sex, activity level.) The following chart shows serving sizes for older children and adults.

| Food Group | Older Child and Adult |
|----------------------------|-----------------------|
| Breads and Starches | |
| Bread | 1 slice |
| Rice/Pasta | 1/2 cup |
| Cooked Cereal | 1/2 cup |
| Dry Cereal | 1 oz. |
| Fruits | |
| Fresh Fruit | 1 piece |
| Juice | 3/4 cup |
| Canned Fruit | 1/2 cup |
| Vegetables | |
| Cooked | 1/2 cup |
| Raw | 1/2 - 1 cup |
| Milk & Dairy | |
| Milk or Yogurt | 1 cup |
| Cheese | 1 1/2 - 2 oz. |
| Meat & Protein | |
| Lean Meat | 1 1/2 - 3 oz. |
| Cooked Beans | 1/2 cup* |
| Egg | 1 egg* |
| Peanut Butter | 2 tbsp* |

*Count as 1 oz. meat or 1/3 serving from the meat/protein group

Have you studied the pyramids of Egypt in school? If you haven't, you will.

A pyramid is a shape that's all about Balance. See how it's heavier on the bottom than on the top? What would happen if it were heavier on top than on the bottom? It would fall over, right?



Why? Because it would be out of balance.

Food experts came up with the Food Guide Pyramid to help everyone - moms, dads, kids, grandparents, everyone - eat a Balanced Diet every day.

Here's how the Food Guide Pyramid works:

The Food Guide Pyramid includes groups of foods that make up a good diet. It also tells you to eat a variety of foods from all five food groups and how much of the foods from the different groups you should eat to stay healthy.

Its pyramid shape (rather than a circle or square) helps explain which foods you should eat more or less of. The foods that make up the pyramid's base (the widest part) should provide most of the food you eat every day. As you go up the pyramid, the amounts of different foods you need get smaller.

To help you build a healthy diet, the Food Guide Pyramid gives the number of servings you should eat from each part of the pyramid every day. It is a range of numbers, like 6 to 11 servings or 2 to 4 servings.

You need to eat at least the minimum (smallest) number of servings to get the nutrients you need. Nutrients in foods are what your body needs to stay healthy and grow - like the gas in a car!

Let's learn about the Food Guide Pyramid from the bottom up...

Bread, Cereal, Rice, and Pasta Group

This group forms the bottom of the pyramid, so the foods in this group should make up the biggest part of what you eat all day. Bread, cereal, rice, and pasta are all great sources of carbohydrates, the nutrients that the body uses as its major energy source. If you want lots of power, be sure to hit the bottom of the pyramid!

Carbohydrates aren't the only bonus you'll get from this food group: you'll also get lots of B vitamins - to help use up all that energy you're eating and some iron, to keep your blood strong and healthy. Try to eat whole grains too, like in whole wheat bread, cereals and crackers. They'll give you a boost of fiber.

You should eat 6 to 11 servings from this group each day. Here are some examples of what counts as one serving:

- o 1 slice of bread**
- o 1/2 cup of cooked rice or pasta**
- o 1/2 cup of cooked cereal, like oatmeal or cream of wheat**
- o 1 ounce of dry cereal**
- o 1/2 English muffin**
- o 1/2 bagel**

As you move up the pyramid, the vegetable/fruit groups come next.

Vegetable Group

The vegetable group is loaded with nutrients called vitamins and minerals. You'll find a lot of colorful, flavorful and nutritious foods here, too. Carrots, broccoli, string beans, tomatoes and cauliflower all can be found here and will help keep you healthy.

Vegetables also provide carbohydrates for the energy your body needs, as well as plenty of fiber, too. Fiber helps your digestive system (your stomach) move things along the way it should, and it can help protect you from getting sick later in life.



The Food Guide Pyramid indicates that you should eat 3 to 5 servings from this group each day. Here are some examples of what counts as one serving:

- o 1 cup of raw, leafy vegetables, like dark green, leafy lettuce or spinach**
- o 1/2 cup of other raw vegetables or cooked vegetables**
- o 3/4 cup of vegetable juice**

Fruit Group

The fruit group is next to the vegetable group and equally as important. This group contributes many of the same vitamins and minerals, too, so you know daily servings of fruit play a big role in a good diet.

Fruits are also very flavorful, colorful and fabulous because they provide important vitamins that keep you feeling fine and looking good. Good fruit choices are oranges, strawberries, watermelon, bananas, grapes, plums, mangos, kiwi and apricots. You'll find some vitamin A and C in many of these fruits.

Fruits also give you carbohydrates, the body's favorite kind of fuel. Don't forget fiber: fruit is full of it.



The Food Guide Pyramid suggests that you eat 2 to 4 servings from this group each day. Here are some examples of what counts as one serving:

- o 1 medium-sized apple, banana, or orange**
- o 1/2 cup of cooked or canned fruit, packed in water, not sugary syrup**
- o 1/2 cup of fruit juice (like orange juice, grapefruit juice, or cranberry juice) - but you're better off with real fruit than you are with bottled juices!**

Choosing a variety of different vegetables and fruits (trying to eat lots of colors) gives your body many different nutrients. You might have heard the expression "5-a-day". This is a reminder that everyone should choose a combination of 5 vegetables and fruits each and every day. This will help to get all these important nutrients.

Milk, Yogurt, and Cheese Group

This food group is higher up on the pyramid. This means that even though these foods are important for good health, you don't need to eat as much of them in one day as you do of foods lower down on the pyramid. Eating and drinking milk, yogurt, and cheese is the best way to get your daily calcium, an important mineral for building strong bones and teeth. You'll also have the power of protein here to help you grow and build your body and muscles when you pick foods from this part of the pyramid.

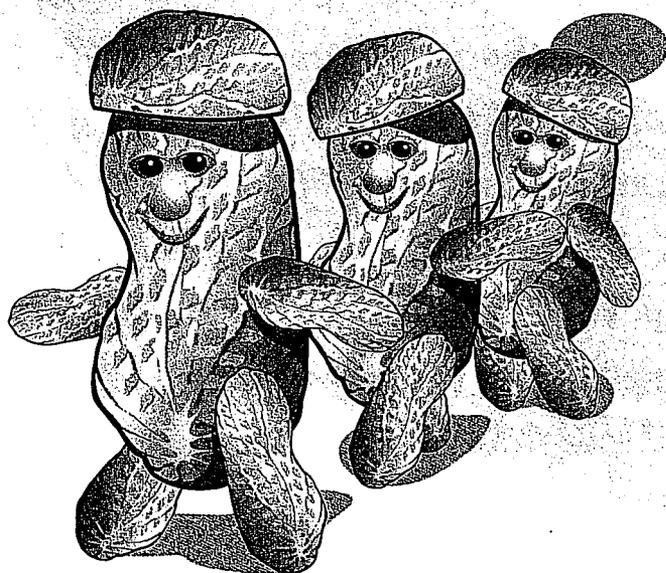
The Food Guide Pyramid says that people should eat 2 to 3 servings from this group each day. Here are some examples of what counts as one serving:

- o 1 cup of milk**
- o 1 cup of yogurt**
- o 1 ounce of cheese**

Try to select lower fat options here. You will get the same nutrition out of the lower fat varieties and they will be a lot healthier for you, too.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

This food group is also high up on the pyramid and next to the dairy group because it also is high in protein, so even though these foods are an important part of a good diet, you don't need to eat as many of them as you do of foods that are in the lower part of the pyramid. Meat, poultry (this means chicken and turkey,) fish, beans, eggs, and nuts (even peanut



butter) have one thing in common: they all supply you with the super-important nutrient, protein. They also load you up with the minerals iron and zinc, good for building strong blood and helping many other functions in the body, including fighting infections.

The Food Guide Pyramid suggests 2 to 3 servings from this group each day. Here are some examples of what counts as one serving:

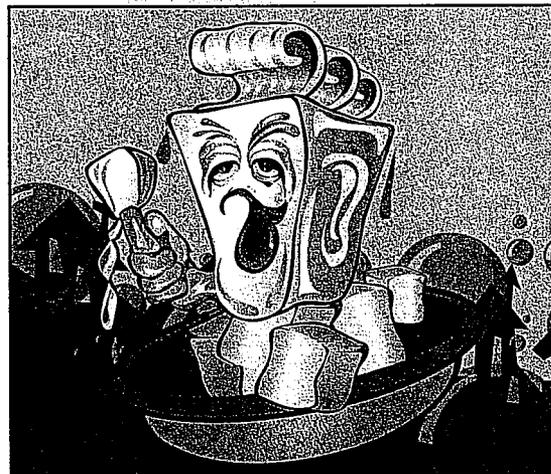
- o 2 to 3 ounces of cooked lean meat, poultry, or fish - that's a little smaller than the size of a deck of cards**

An ounce of meat is also equal to:

- o 1 egg**
- o 1/2 cup of cooked dry beans (like pinto, black, or navy beans)**
- o 1 tablespoon of peanut butter**

Fats, Oils, and Sweets

Fats, oils, and sweets are a little different from the other parts of the pyramid because they don't make up a group in the same way the other foods do. They sit at the very top of the pyramid, which means that your body should have smaller amounts of them. Your body needs fat for some things, but it's smart to limit the amount you eat. Although sugary foods like candy and cookies can give you quick energy, they are usually loaded with calories and don't offer much in the way of other nutrients. In limited amounts (maybe once or twice a day), though, fats and sweets can spike up the flavor and appeal of meals and snacks.



These high-sugar and high-fat foods are often called "empty calorie foods" because they mainly supply calories and not a whole lot of other healthier nutrients. It is important to eat healthier food options first before choosing these. Try snacking on an orange, sunflower seeds, or maybe even a cheese stick as a better choice rather than grabbing a cookie, candy bar, or a can of soda pop. Did you know a 12-ounce can of regular soda pop contains about 10 teaspoons of sugar? Wow! Now maybe you will think twice next time you grab a can.

WHICH WOULD YOU RATHER CHOOSE?



What about all these things called nutrients that we need every day? Did you know that our bodies need more than 50 different nutrients everyday to keep it working properly? These nutrients come from the different foods we eat. You might hear about the nutrients called calories, protein, carbohydrates, fat, vitamins and minerals but did you know that even water is a nutrient?

Well, let's take a brief look at some of these:

What is a Calorie?

A calorie is not a nutrient. Calories are the terms used to measure the amount of energy in a food. The more calories it has, the more energy the food contains. People often count calories, because they don't want to give their body more than it needs. In a car, if you fill it up too much, the gas spills out, but with a person, if you fill it up with too many calories all the extra is stored as fat.

Protein: Your Body's Building Blocks

This is one nutrient that's VIP - Very Important Protein! Protein is so important that your body needed it and used it even before you were born. Your body uses protein in lots of ways. Protein's biggest job is to build up, keep up, and replace the tissues in your body. Your muscles, your organs, and even some of your hormones are made up mostly of protein.

Making a big muscle? Taking a deep breath? Running down the street on your strong feet? You've got the power of protein!

Protein helps your body in other ways, too. It likes to make sure things get around by making hemoglobin, the part of red blood cells that carries oxygen to every part of your body. It even makes antibodies, the cells that fight off infection and disease. The next time you fall off your bike and scrape your knee, call for protein to the rescue. It's what helps make your cuts and scrapes heal!

It's easy to get the protein your body needs. Protein is in tasty foods like meat, chicken, fish, eggs, and nuts. Dairy products like cheese, milk, and yogurt are good sources of protein. But look for lower fat varieties. They're just as nutritious and so much better for you, too.

The Great Carbohydrate

Carbohydrates have an important job: giving all the cells in your body the energy they need! When you eat foods with carbohydrates in them, your body breaks them down into fuel to use as energy.

Your body takes those carbs and turns them into glucose. Glucose is carried in your blood to all the cells in your body and gives you energy. It powers every part of your body. Glucose lets you run, jump, think, blink, breathe and more.

Whatever you do, as long as you're using your body, you need the great power of glucose. Have you ever felt hungry and found it kind of hard to think? That's because you were running out of glucose, and your brain needed more fuel.

All That Fat

Fat gets a bad rap from people, but it really isn't all that bad, if we eat it in the amount we need and not more. Eating too much fat over many years can lead to health problems like heart disease, diabetes, stroke, obesity, and even some types of cancer. Eating the right amount of fat is necessary to help keep our skin and hair healthy, to transport some vitamins around our bodies, to keep us insulated when it's cold outside, and keep to our bodies padded in case we fall down (a little extra fat protects our bones). Any extra fat that is stored is also available to be used for energy in case we don't eat enough one day, like when we are sick and not very hungry.

Even though our bodies need some fat to work properly, they don't need as much as most people eat. Foods with lots of fat in them taste good and that's why we like to eat them. Foods like cookies, chocolate, doughnuts, and fast-foods are filled with fat, so we should be careful not too eat them too often. It's OK to eat some fat occasionally, like cake and ice cream, but keep it within reason.

The real trick is not to eat these foods all the time, or even most of the time. Instead, you should eat them in moderation - which means eating only a little bit at a time and not very often. Staying healthy and keeping your body in shape is easier when you go for foods and snacks that are lower in fat - and, you'll feel better, too!

Key words to remember...balance, variety and moderation. Eat foods from all the different food groups, try a variety of different foods, and eat them all in moderation. These three key words will keep you on track.

The key to keeping your body healthy is to remember that your body uses food for energy. When you are active, your body burns lots of calories to let you kick that ball far or run fast. However when you are watching TV or a movie, your body doesn't burn nearly as many calories. You just don't need that much energy to laugh at your favorite show!

How much did you learn about nutrition? Try filling in these blanks!

- 1 You should eat a b----- diet every day.**
- 2 Eating food in suggested serving sizes is to eat in m-----.**
- 3 You should choose a v----- of foods every day.**
- 4 C----- are used to measure the energy found in foods.**
- 5 Aim to eat a total of F--- fruits and vegetables each day.**
- 6 C----- is the mineral that builds strong bones and teeth.**
- 7 Playing, exercising, and doing sports are all ways to keep a-----.**
- 8 P----- is the nutrient found in meat, fish, eggs and nuts.**

(SEE PARENT'S BOOK FOR ANSWERS)

B also stands for Breakfast - it's called the most important meal of the day because breakfast gives you the energy to start your day.

Did you know that the word breakfast comes from the phrase "break the fast"? This means you are breaking your fast from not eating since the night before.

Here are some new and different breakfast ideas that are Darrel's and Daisy's favorites. They're good for you - and taste good, too!

Can you help figure out which food group each of these foods fits into?

- o Cereal with low-fat milk. Try to stay away from cereals with lots of sugar in them - instead, sweeten your cereal with raisins or your favorite fruit!**

Cereals are full of fiber and important nutrients like the B vitamin called folic acid. The milk is high in calcium, the mineral that helps you grow! Add a glass of orange juice or vegetable juice and you have power to spare for the rest of the day!

- o Frozen waffles and pancakes are quick and easy to make. Ask mom or dad to buy the whole grain varieties. They are actually more nutritious than regular waffles, and then top them off with berries or sliced bananas instead of syrup.**

You'll find some foods here from the grain group and the fruit group. Drink some milk and you can get a dairy source in too.

- o Orange-banana smoothie. Ask mom or dad to help you use the blender - or make this treat the night before and have it in the morning!**

Orange-banana Smoothie

1/2 cup orange juice

1 frozen banana, peel before freezing (if you forget to freeze it, use a ripe banana and several ice cubes)

1 8-oz. container vanilla yogurt

Put all ingredients into the blender. Mix until well-blended.

Breakfast-on-the-Go!

For those mornings when you sleep a little later, or are just moving a little slower, here are some quick and healthy breakfasts to eat.

- o Whole wheat toast with peanut butter. You will get foods from the grain and protein groups here, but be sure to skip putting butter or margarine on your toast as well.**
- o Fruit. Apples, bananas, a handful of grapes, kiwi slices, or even a snack-size box of raisins can be a good choice and you'll begin your day with a fruit group.**

Munch a Healthy Lunch to Keep You Going

Your body needs fuel throughout the day - that's why lunch is so important. A good, healthy lunch should include a protein food, fresh fruit and/or vegetable, bread or starch, a treat and something to drink like juice, milk, or water.

You may bring your lunch to school or eat in the cafeteria - or both! Either way, you can feed your body with the right kinds of fuel and keep going the rest of the day, or you can feed it the wrong kinds of fuel and take the chance that you might fall asleep in your classroom.

Here are some of our favorite Take-to-School Lunches. You can make them yourself, or ask someone to help you. Either way, make sure you get all your food groups in!

- o Try different cheeses for a change. There are so many out there besides American. Ask for Havarti, Swiss, Gouda (it's really good-a!), or Muenster to go along with your ham or turkey sandwich.**
- o New ideas for Peanut Butter. Daisy loves peanut butter but it can be boring, so she adds banana, applesauce, or shredded carrots to add some excitement to her sandwich!**
- o Make your own Lunch Pack. Put together some of your favorite good-for-you snack items: like whole wheat crackers and a cup of tuna or slices of turkey and cheese. Add some applesauce, yogurt, or fruit and you have a quick, healthy lunch!**

- o **Eggs for lunch! Have you ever tried hard-boiled eggs? Mmmmm, they're Darrel's favorite. Ask to help your mom or dad in the kitchen one Sunday and make a whole batch ahead of time. You can even add hard-boiled eggs to your favorite sandwich.**

Don't forget to add a treat to your lunch. Snacks like vanilla wafers, fig bars, animal crackers, gingersnaps, or oatmeal raisin cookies are good choices, as well as pretzels or crackers.

Cafeteria-Style Lunches

Tacos, pizza and hamburgers - they're all right there in your school cafeteria! You can eat them if you think about the Food Guide Pyramid first!

Many of these foods can be found in more than one food group in the Food Guide Pyramid. They are great choices, but be sure to add some other side dishes to go along with them. Try some fresh veggie sticks, or a piece of fruit to balance your meal needs.

- o **Choose a cheese pizza instead of pepperoni, or how about a veggie one? Cheese has calcium and lots of protein and that's good for you.**
- o **Hamburgers or hot dogs. They taste great, and almost everyone loves them. Make yours just a little bit healthier by adding some tomatoes, lettuce, or adding a slice of cheese, and easing up on the ketchup or extra sauce.**

- o Tacos.** Lots of cafeterias have make-your-own taco bars, so you can make your own healthy taco. Add just a small amount of meat to the bottom of the shell, and top off with cheese, tomatoes, and other vegetables. And try to stick with just one taco!
- o Hot dishes.** Sometimes you can eat dinner at lunchtime, by helping yourself to a healthy serving of turkey stew, baked chicken, pot pie, chicken chili, soup, or another great hot meal. These taste even better on those chilly days at school.
- o Salad starter.** Start off your lunch with a healthy salad, and add all your favorite toppings: beans, cheese, mushrooms, celery, carrots, peppers, egg, and more. Be careful with the dressing. Use it sparingly, not heavily.
- o Side Dishes.** Macaroni and cheese is great and so is grilled cheese or ravioli, but don't make a whole meal out of these. Add some green beans, carrot sticks, broccoli, fresh pepper slices, tossed salad, or even a fruit cup.

What would you like on your lunch menu? Whether you pack your lunch or buy one at school, planning ahead is always a good idea. In the space below write a few foods you like to bring to school.

Ding-Dong - it's Dinner!

Here are some Basic Rules Darrel and Daisy learned that are important when you're working in the kitchen:

- o Start by washing your hands.**
- o Cook foods until they are done.**
- o When the foods are supposed to be hot, keep them hot.**
- o When the foods are supposed to be cold, keep them cold.**
- o Store leftovers quickly and properly.**
- o When in doubt, throw it out.**
- o Clean up all messes along the way.**

Darrel has some of his own rules.

- o Always get mom and dad's permission before cooking, or they may not let you cook for awhile.**
- o Be very careful with eggs so they don't drop on the floor because they are really messy to clean up.**
- o Be careful around hot stoves. You could burn yourself.**
- o Make sure an adult is around when using the microwave, blender, or mixer. Let adults handle knives, sharp utensils, and anything hot.**

- o **Keep fingers and hands, loose hair, and clothes away from the electric mixer bowl. This can be very dangerous.**
- o **If you want to take a taste of your food preparation, use a clean spoon every time. This keeps foods clean and safe for others to eat.**
- o **Always help clean up so you can cook again soon.**

So, put on your apron and ask if you can help cook dinner tonight - it will be fun and healthy!

Who makes the meals in your house? Don't you think it would be fun if you helped out regularly at least one to two nights a week? You could also make one day your own night where you pick the foods (balanced choices, of course) and help set the table too. Mom and dad would love that!



C is for Choices.

Okay, so you've learned that being fit and healthy is as easy as A, B, C.

A stands for Activity, including play, sports, and even some chores.

B stands for Balance, following the Food Guide Pyramid for all the fuel you need.

C stands for Choices. It's your choice that will make the difference between healthy and not healthy.

Which would you choose?

A cheesestick that can help your teeth and bones stay strong from the calcium and protein it contains

Or

A cookie that provides calories and few other useful nutrients

Or

A glass of orange juice loaded with vitamin C to help keep skin and hair healthy and fight infections from your body

Or

A can of soda pop with upwards of 10 spoonfuls of sugar that can cause cavities in your teeth.

You decide, what's best for you...

So what choices would you make?

- o Climb the stairs or take the elevator**
- o Watch just one hour of TV a day, or play one hour of basketball**
- o Play one computer or video game or ride your bike**
- o Help vacuum and sweep the house or play video games**
- o Play soccer in the yard with your friends or watch TV**
- o Ride your bike to school (ask mom or dad first!) or take the bus**
- o Watch your dog play in the backyard or run with your dog**
- o Mow the grass or watch it grow**
- o Rake leaves or sit around watching them fall from trees**

Learn your A, B, C's of good health, and you'll be happy and healthy, every day!

Thanks for joining us on the road to health and fitness.

Remember A, B, C's are for you and me!

