



Activity #8: Do You Treat Your Body Right?

Directions for Teachers

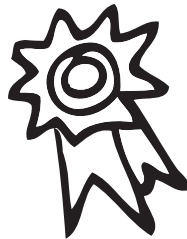
Health, Language Arts, Physical Activity

NOTE: Activities #7 + #8 are a unit and should be completed over consecutive days.

Objective: In **Activity #7 + #8**, students will learn how to track their daily food intake and activity levels. They will learn how to divide foods into the five food groups, and how to balance their diet using MyPlate. Then, they will learn how to be their own “Food Coach” and assess the quality of their diet by using a set of questions based on the US Dietary Guidelines and MyPlate. They will also learn how to develop a strategy for incorporating step-by-step eating and exercise improvements into their daily life.

Directions (Do You Treat Your Body Right?):

1. After students have completed their **MyPlate Diary** for **Activity #7**, have them read over the questionnaire on **Activity #8**. Ask one student to volunteer to write his/her Food Diary list on the chalkboard. Ask the rest of the class to review the list and comment on what is positive. Then, ask students to suggest improvements, using the information on the questionnaire as a starting point. Since food and activity choices are personal, make sure to create a safe and comfortable environment in which children can share.
2. Have each student complete the **Activity #8b** questionnaire based on his/her own Food Diary. This can be done in pairs or alone. If done in pairs, have one student become the “food coach” for their partner, and then switch. Again, try to create a safe and comfortable environment for sharing!
3. Next, have students come up with three specific and realistic steps they are willing to take to improve their eating and exercise habits. Have them write these down on the “**Treat My Body Right! Pledge**” at the bottom of **Activity #8**, and sign the pledge. Then, ask students to share their goals with the class and their families, support and encourage each other, and report back each week on their success in achieving their goals.



Additional Activities:

1. You may wish to end the unit with a Celebration Fruit & Veggie Party, during which students can prepare and enjoy cut-up fruits, veggies, and dip together! For “Tickets to Fresh Adventures!” — fun fruit and veggie snack recipe cards to download — go to:
www.foodplay.com/free_materials/teachers.html

Activity #8: Do You Treat Your Body Right?

Name: _____

Be your own Food Coach! Review your **MyPlate Diary (Activity #7)**, and answer the following:

1. Did you eat breakfast? _____

Remember, breakfast is the most important meal of the day. It provides the energy you need to work and play. Breakfast can be a peanut butter and jelly sandwich and milk; yogurt and fruit; or even leftovers. For a complete breakfast, try to have foods from at least three different food groups. If you skipped it today, try to make sure you eat breakfast tomorrow, and get it at school if you can! You'll feel better and do better in school when you eat a good breakfast!

2. Did you eat from all five food groups throughout your day? _____

MyPlate offers five food groups for your enjoyment — and it's important to eat them all! To get the nutrients you need, eat foods from all of the food groups: Vegetables, Fruits, Grains, Protein and Dairy.

3. Which group did you eat the most from, and which group the least?

Most: _____ **Least:** _____

If there is one food group you seem to avoid, talk to your parent or guardian about ways to round out your diet.

4. How many fruits and vegetables did you eat?

Fruits: _____ **Vegetables:** _____

To keep healthy, try to eat at least 3 servings of vegetables and 2 servings of fruit a day. If you need to get more servings into your diet, try eating an orange with breakfast; pack some carrot sticks and fruit with lunch; add lettuce and tomatoes to your sandwiches; eat the fruits and veggies served for school lunch. For a snack, eat fruit when you feel like eating something sweet, or a salad whenever it's served. Ask for veggies at dinnertime, and enjoy trying new ones whenever you can! Try to fill half your plate with veggies and fruit!

For fun fruit and veggie snack ideas, download our "Tickets to Fresh Adventures!" at: www.foodplay.com/free_materials/kids.html

5. What are two ways you could try to eat more fruit and vegetables?

1. _____

2. _____

Activity #8 Cont'd 

6. Were you able to make half of your grains whole grains? _____

If not, how could you get more whole grains in the future? Instead of white flour breads and pastas, try whole wheat. Instead of white rice, try brown rice. Ask your parents to try serving different grains like quinoa, bulgur, and millet. Try to eat less white flour breads, sweets, cookies, and cakes! Read the ingredient labels and look for "whole wheat flour" or "100% whole wheat."

7. How is your sweet tooth? Number of high-sugar WHOA foods you ate: _____

Count up all the sugary foods on your list. Remember to count sodas, cookies, cakes, sugary cereals, candy, and ice cream. For most kids, more than one or two servings a day can be too many. Try replacing soda with a fruit juice spritzer (100% fruit juice mixed with seltzer), low-fat milk, or water. Add fresh fruit to low-sugar cereal. Enjoy a wide variety of fruits and vegetables for snacks like fresh cut-up fruit dipped in yogurt instead of sweets. Read ingredient labels and try to avoid foods with sugar, high fructose corn syrup, or other hidden sugars listed at the top of the list or throughout the label.

8. List two ways you could try to cut down on sugar and replace sugary foods and drinks with healthier choices:

1. _____

2. _____

9. Did you eat too much fat? _____

Did you add a lot of butter, margarine, mayonnaise, or greasy sauces to your food? Did you eat chips, greasy foods, or fried foods? To cut down on fat, choose lower fat snacks and side dishes like lightly buttered popcorn, pretzels, fruits or cut-up veggies and a healthy dip. When you can, choose low-fat types of milk, yogurt, cheese, and frozen desserts. Go easy on fried foods and fatty red meat. Enjoy bean dishes and choose baked, broiled, stir fried or grilled chicken, fish, tofu, or veggies.

10. Did you get enough physical activity? _____

It's recommended that kids (and adults!) stay active and get at least one hour of physical activity every day. That can be broken up into shorter time periods. Take the stairs instead of elevators, and enjoy taking walks, jumping, biking, hiking, or playing sports. If you can't play outside, turn on the radio or put on some tunes and dance, do yoga, or stretch.

★ ★ ★ "Treat My Body Right!" Pledge ★ ★ ★

I will do my best to make these 3 changes in my eating and physical activity habits:

1. _____

2. _____

3. _____

Signed: _____