

# Kids & Teens



## Family Habit Inventory for Healthy Eating and Physical Activity

### Fit and Fun Family ... Start the Path

Start the path to wellness by taking an inventory of your family's eating and physical activity habits! Wellness is referred to as "Fit and Fun" because healthy choices can be appealing and fun!

### Take Your Habit Inventory

Use the following pages as a tool to check current habits for:

- Fruit and Vegetable Intake
- Snacks
- Breakfast
- Active Play
- Serving Sizes
- Beverage Choices

At the end there is a score for your family to see how your habits add up for fit and fun.

## Family Habit Inventory for Healthy Eating and Physical Activity

This inventory will give a general idea of your family's typical eating and physical activity habits. Read each statement and think about your family's eating and physical activity habits. Place a checkmark by the words that best describe **your** family's habits. After completing the Inventory, check your Fit and Fun Inventory score.

Family General Habits				
We eat together for at least one meal each day	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We turn off the TV during meals	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We get the whole family involved in preparing meals (as different ages permit)	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We enjoy mealtimes without arguments about food	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We choose low-fat milk and fruits (when they are available) at fast food restaurants	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We take fruits, water and other healthy foods with us when we travel	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
Family Fruit and Vegetable Habits – Colorful Plates				
We plan meals that include different colors of fruits and vegetables (red, yellow, orange, white, green, blue and purple)	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We eat at least five servings of fruits and vegetables	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk
We buy 100% fruit juice instead of high sugar fruit drinks	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
Family Snack Habits – Snack Attack				
We keep a list of healthy snack choices as a quick reminder	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We keep everyone's favorite healthy snack choices on hand	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
We set times for snacks—just like meal times	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never



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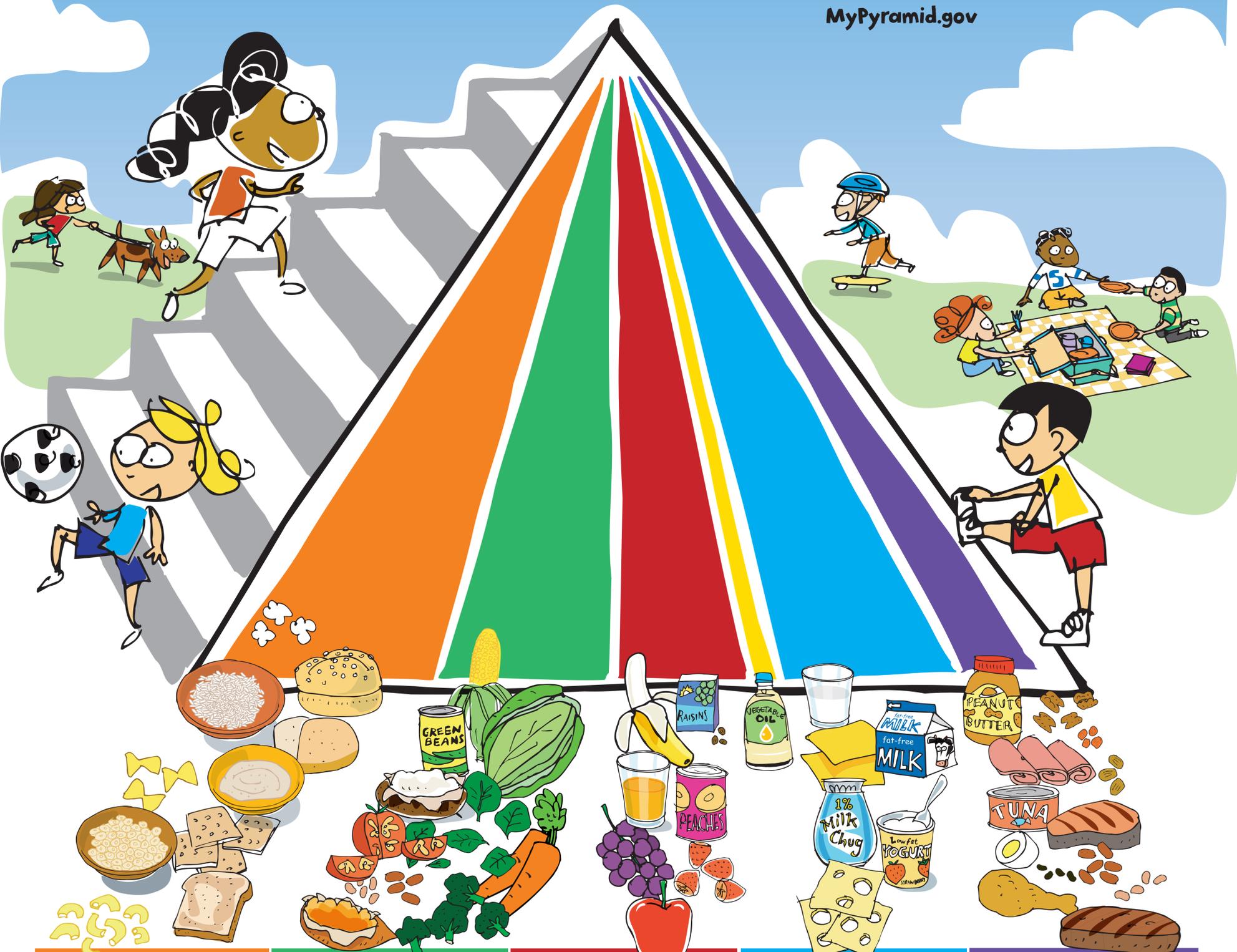


# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



## Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

## Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

## Fruits

Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

## Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

## Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day; at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day; for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day

**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

**Find your balance between food and fun**

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

**Fats and sugars – know your limits**

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



U.S. Department of Agriculture  
Food and Nutrition Service  
September 2005  
FNS-381



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# Get More Minutes in Motion

What are some simple ways to get my family more active?



## Fun and simple ways to keep kids active every day

More and more, children's free time is spent in front of televisions, computers or playing video games. And during school hours, less time is being devoted to physical education. It's time to help our kids become more active. Here are some simple ways to help your kids stay active every day.

### Be a Role Model

Showing kids how much you value and enjoy active play speaks much louder than words.

- Instead of food, use active play as a reward.
- Give active play as a gift. Need ideas? Consider miniature golf, snowshoe hiking, or swimming.

### Think Active Play

Find things your family LIKES to do! Have fun together.

#### Indoor Fun

- Get creative using everyday items. Make softballs with yarn. Use a paper plate as a throwing disk. Create an indoor bowling alley with empty water bottles and a soft foam ball.

#### Outdoor Fun

- Walking is always a good choice! Make it fun with counting games. Count things like the number of blue cars or red flowers. Use the time during the walk to "explore" things—like the "veins" in a leaf when you hold it up to the light.
- Explore your child's interest in sports that can be played throughout a lifetime. Learn by watching others play tennis, golf, racquetball, or disk golf. Discuss a lifetime sport that looks fun and try it out together.

## Aim for 60

Kids need 60 minutes of physical activity each day. Looks for creative ways to work in minutes throughout the day to reach the goal.

**Tips** - Take the stairs. Park and walk. Enjoy "stretch breaks" when working or doing homework. Shoot hoops for a "fast break."

**Family Talk:** Think about your family's day and write ideas for extra minutes of motion:

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## Turn Off the TV

Turn off the TV for MORE active play and reading and LESS time to see commercials for sugary or high-fat foods. Kids who have less screen time (TV, computer, video games) tend to read more and do better in school.

**Family Talk:** Think of things your family can do if you turn off the TV.

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## Family Time Idea

### Create a Fitness Game

Write your own “active play movement cards.”  
Come up with a FUN idea for each card, like the following:

1. Dance the “twist” for 1 minute.
2. Toss a soft foam ball up in the air and turn around 1 time before catching it. Repeat this 5 times.
3. Hop forward - backward - right - left. Repeat 3 times.

Have each person draw a card and lead everyone with the active play directions!

## Tips on the Web

### American Academy of Pediatrics\*

[www.aap.org/publiced/BR\\_TV.htm](http://www.aap.org/publiced/BR_TV.htm)  
Recommendations for TV viewing

### The President’s Council on Fitness and Sports [www.presidentschallenge.org](http://www.presidentschallenge.org)

Fitness counters and activity logs for kids, teens, adults, and others

\*The American Academy of Pediatrics recommends no TV for kids under two years and for those over two, no more than 1 to 2 hours a day of quality programming.

## Minutes In Motion: Family Goals

**Feel good and look great. CHALLENGE yourself and others to have fun with minutes in motion.**

Track points each day for a week to see how you are meeting YOUR CHALLENGE. The goal is to get at least 3 points each day and a total of 21 points for the week!

### Fun Ways to Earn MOTION CHALLENGE Points

Earn 1 point for each 20 minutes of MOTION when:

- Walking, running, biking, roller-blading, dancing, and other similar activities
- Playing active games like hopscotch, Hula Hoop, jump rope, or hide-and-go-seek
- Participating in sports like basketball, soccer, volleyball, baseball, tennis, and track

	Challenger 1	Challenger 2	Challenger 3	Challenger 4
<b>Sunday</b> <i>List Activities and Record Points</i>				
<b>Monday</b> <i>List Activities and Record Points</i>				
<b>Tuesday</b> <i>List Activities and Record Points</i>				
<b>Wednesday</b> <i>List Activities and Record Points</i>				
<b>Thursday</b> <i>List Activities and Record Points</i>				
<b>Friday</b> <i>List Activities and Record Points</i>				
<b>Saturday</b> <i>List Activities and Record Points</i>				

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# Snack Attack

Healthy snacks give us fuel to learn, go and grow.

## STEP 1

### SPY Snack Habits!

At your house, do you spy these snacking habits: Nibbling while watching TV or talking on the phone, or eating when bored?

BEGIN A NEW WAY OF THINKING!

## STEP 2

### Role Model Healthy Choices!

Set your own healthy snack habits. Think “what, when, where and why” when it comes to a Snack Attack! Kids learn by your example!

## STEP 3

### THINK About More or Less!

All foods fit when you choose:

**MORE** fruits and vegetables. **LESS** sugary and high-fat foods like sugary drinks, candy and chips

### More or Less –

### What’s YOUR Serving Size?

How much is just right? A good size snack ...

- Gives kids a “pick-me-up” without spoiling their appetite for the next meal.
- Varies with age and the amount of activity. What works for a 4-year-old, won’t be the same for a 16-year-old!

### Tips to a HEALTHY Size:

- Turn off the TV. Without the distraction, it’s easier to recognize if you’re eating too much.
- Check labels for the number of servings and size. Measure a serving to check it out!

How can we get on track for healthy snacks?

## STEP 4

### Let Kids Help Choose

Together, plan healthy snacks, write a grocery list and shop.

### Create a Family *Snack Attack* Plan!

- Plan and shop for healthy snacks together.
- Set regular snack times.
- Turn off the TV at snack time.
- Keep a list of healthy ideas handy.

### More or Less Often Family Talk:

*Discuss snack choices.*

List current fruit and vegetable snack choices that could be eaten more often.

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List current sugary and high-fat food choices that could be eaten less often.

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Sources:

Fruits and Veggies More Matters

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Tasty fruit and vegetable snack ideas:

[http://www.fruitsandveggiesmorematters.org/?page\\_id=34](http://www.fruitsandveggiesmorematters.org/?page_id=34)

Healthy Snacks for Kids, by Penny Warner

Bristol Publishing Enterprises, 2007

Unique and fun healthy snack ideas



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### Whiz Kids' Healthy Ideas!

#### Frozen mini-waffles with peanut butter spread

Flour tortilla with low-fat cheese and vegetable salsa  
Cheese sticks, apple slices, pretzels \$\$ Savings: Cut your own low-fat sticks from a block of mozzarella cheese.

#### Cereal and low-fat milk in the afternoon!

Add sliced bananas or other fruit

#### Chopped peaches or other fruit

Sprinkle with crushed graham cracker and top with a spoonful of low-fat pudding

#### Applesauce slush, cheese slice, crackers

For Applesauce slush: Mix 1/2 cup applesauce and 1/4 cup orange juice. Freeze until icy. Makes 1 serving.

### Snack in a Glass

#### Ingredients:

- Prepared vanilla pudding
- Sliced fruits of your choice

#### Suggestions:

- Banana or kiwi slices
- Frozen strawberries, blueberries or raspberries
- Crushed pineapple
- Chopped peaches or fruit cocktail

Place ingredients in a small 8-12 oz. clear glass, so you can see the layers! Alternate fruit and pudding layers: Place sliced or chopped fruit at the bottom of the glass and top the fruit with one spoonful of pudding. Continue alternating fruit and pudding until the glass is full. Enjoy your colorful, healthy creation!

### Fit & Fun Family Goals

Write family thoughts and goals for a "Snack Attack Plan." It's okay to start simple. Choose one or two goals now!

#### Set regular snack times.

Besides regular snack times, if nibbling is a problem, are there other ways to break the habit?

Goal: \_\_\_\_\_

#### Turn off the TV at snack time.

When you turn off the TV, it is much easier to sit at the table to eat, which is another healthy habit!

\_\_\_\_\_

Goal: \_\_\_\_\_

#### Keep a list of healthy ideas.

Where can you keep the list handy – either on the refrigerator or cupboard door?

\_\_\_\_\_

Goal: \_\_\_\_\_

#### Make it easy to get healthy snacks.

What kinds of fruits and vegetables can you store cut-up in the refrigerator? Kids will eat them more often that way. The grocery list will help to keep other healthy snack foods more easily available.

\_\_\_\_\_

Goal: \_\_\_\_\_

#### Write Family Snack Attack Food Ideas Here:

(Pretzels, fruit, vegetables, graham crackers, low-fat milk and cheese, crackers, yogurt, 1/2 sandwich, cereal, low-fat mini waffles, flour tortilla, peanut butter and more!)

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# Make Healthy Enjoyable



What are ideas to make healthy eating and physical activity choices fun and appealing?

## A Family Guide to Promoting Healthy Habits for Children

Kids come in all sizes, shapes and weights. But one thing makes them all the same: Every kid needs help and support to create healthy eating and physical activity habits to last a lifetime!

As adults, it's up to us to provide that help and support. Here are some simple ideas to help you get started:

### Relax and Think Fun

#### Know your roles for a more relaxing mealtime

Yes, it is possible to end mealtime battles over food. Experts will tell you it is simple, but requires that you consistently remember adult and kid mealtime and snacking responsibilities:

- Adults are responsible for offering a variety and balance of foods for meals and snacks.
- Kids decide how much, and even whether or not they eat.

**Tip #1:** When introducing new foods, first reactions aren't always good. Keep trying! It may take kids 8-10 tries to truly know if they like or dislike a food.

**Tip #2:** Be a positive role model. Try a variety of foods yourself and avoid "wrinkling your nose" at things you don't care for. Turn off the TV at mealtime so the kids will notice your healthy choices!

**Tip #3:** Offer at least one favorite food at meals when new foods are offered.

## Get more minutes in motion with active play – every day

Play sounds more fun and it's just as healthy as exercise workouts! Get silly along with kids by making up active games. Try these goofy ideas—they are sure to make little ones giggle—or come up with your own:

- Create an "animal walk game"... walk like a duck, hop like a rabbit, crawl like crab and more.
- Practice dance steps together, and create a few of your own.

## Help Kids Have a "Healthy Me" Feeling

### Praise – don't lecture

Most of us respond better to positive feedback, and kids are no exception. Look for opportunities to praise their efforts to eat healthier. For example, praise your child for choosing an orange for a snack instead of lecturing him/her about taking extra cookies.

### Focus on healthy choices – not weight

Helping your child (regardless of weight) feel good about his/her looks and abilities is the best way to develop healthy habits.

### There are no "good" or "bad" foods

When foods are denied, kids usually want them that much more and that creates guilt. Learn together how to create healthy balance by choosing high-fat and sugary foods less often, recognizing serving sizes, and increasing minutes in motion through active play.



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## Make Healthy Enjoyable: Checklist & Goals

Use the following habit checklist as a guideline:

- Think about what happens in your family and write your thoughts.
- As a start, choose 1 or 2 habits to set healthy goals.
- Once a month, look at the list to check your progress and set new goals.

To start you thinking, some examples of goals are written in the table below

Healthy Habit Checklist	What is Happening Now	Goals for Healthy Change
<ul style="list-style-type: none"> <li>● Relax and Think Fun               <ul style="list-style-type: none"> <li>– Think Active Play</li> <li>– Role Model positive choices</li> </ul> </li> <li>● Follow mealtime and snacking responsibility guidelines:               <ul style="list-style-type: none"> <li>– Adults: Offer a variety and balance of foods</li> <li>– Kids: Decide how much and whether or not to eat</li> </ul> </li> <li>● Praise good choices instead of lecturing about bad choices</li> <li>● Talk about healthy choices instead of weight</li> <li>● Help kids recognize there are no good foods or bad foods as long as they balance a variety of food choices</li> </ul>	<p>Example: We don't include active play in family time.</p> <p>Example: I'm always lecturing my kids about taking too many cookies for snacks.</p>	<p>Example: Play catch with my kids at least once this week and show them how much fun I'm having!</p> <p>Example: Let kids help make a healthy snack grocery list of things to replace the cookies.</p>

For more ideas on ways to build healthy eating and physical activity habits, check out these free online resources:

Secrets of Feeding a Healthy Family by Elyn Satter, R.D., A.C.S.W., (Kelcy Press, 2008)

<https://ellynsatter.com> (Choose the Shopping Tab)

Empowers and inspires families to love - and cook - their favorite foods and teach their children to do the same.

FEEDING KIDS, 24 CARROT PRESS by Connie Evers, MS, RD

[nutritionforkids.com/Feeding\\_Kids.htm](http://nutritionforkids.com/Feeding_Kids.htm)

Electronic newsletters with news and views on child nutrition

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## Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to [eshcomments@cigna.com](mailto:eshcomments@cigna.com)

Your company: \_\_\_\_\_

Seminar date: \_\_\_\_\_ Company city, state: \_\_\_\_\_

Presenter: \_\_\_\_\_ Title of seminar: \_\_\_\_\_

**Please state your agreement/disagreement with the following statement using this scale.**

4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
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1. SEMINAR CONTENT:

- |  |   |   |   |   |
|--|---|---|---|---|
| a. The information I received was helpful. | 4 | 3 | 2 | 1 |
| b. The seminar met the stated objectives.  | 4 | 3 | 2 | 1 |

2. SPEAKER EVALUATION:

- |   |   |   |   |   |
|---|---|---|---|---|
| a. The speaker presented the information clearly. | 4 | 3 | 2 | 1 |
| b. The speaker responded well to participants.    | 4 | 3 | 2 | 1 |
| c. The speaker was knowledgeable on the subject.  | 4 | 3 | 2 | 1 |

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?