

Here are some fun activities for kids. Your kids will enjoy coming up with their own playtime ideas.

Tip for Parents

Limit the time you let your child watch TV or play video games. Try for no more than one hour a day. This will help kids get more active play time.

- Walk the dog
- Ride bikes
- Walk to school
- Join a team: soccer, volleyball, softball, basketball
- Dance to music
- Play frisbee
- Jumprope or hopscotch
- Go rollerblading
- Go sledding and make snowmen
- Play tag

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Stay healthy . . .
Play for an hour a day!

Food for the School Years



A Guide To Feeding
Your Child Age 6 to 12



Good eating habits are important!

- Breakfast helps kids to be ready to learn when they get to school.
- Meat, fish, chicken, beans and eggs have protein and iron to help kids grow and learn. Kids need iron for healthy blood.
- Milk has protein plus calcium and vitamin D for strong bones and teeth.
- Fruits and vegetables give kids vitamins A and C for healthy eyes and skin. Vitamin C also helps the body heal.
- Grain foods like whole wheat bread, cereal, and brown rice give fiber and energy.

Feeding your school age child.

- Help your children form good eating habits for life.
- Offer a variety of foods at breakfast, lunch, dinner and snacks using the “Food Guidelines for Children” as a guide.
- Let kids help plan meals and prepare foods.
- Pay attention to your child’s school lunch choices.
- Discuss the monthly school menu with your children and help them choose healthy foods.
- Physical activity is important too. Children should have at least one hour of active play time every day.



“Let kids help plan meals and prepare foods.”

Fun, healthy snacks your kids will enjoy.

- Fresh cut fruit with yogurt dip
- Apple slices with fat-free caramel dip
- A “sandwich” of cheese and fruit slices, like apple or pear
- Celery with peanut butter
 - Veggies with low fat ranch dip (try cut carrots, peppers, cucumber, broccoli)
 - Cheese cubes or sticks
 - Whole grain crackers with cheese or peanut butter
 - Yogurt pops, made by freezing yogurt in ice pop molds
 - Pretzels
 - Air-popped popcorn
 - Low-fat granola bars
 - Cereal with low fat milk



“WATER - the best choice for thirsty children”

Give kids the best: Choose Healthy Drinks.

- Water - the best choice for thirsty children.
- 100% fruit juice. Make sure the label says 100% juice. Limit juice to 8 to 12 ounces a day.
- Milk – fat-free or low-fat milk is a healthy way to get nutrients needed for strong bones.
- Limit high sugar drinks like soda pop, juice drinks, and energy drinks.

One Day Sample Menu

Breakfast

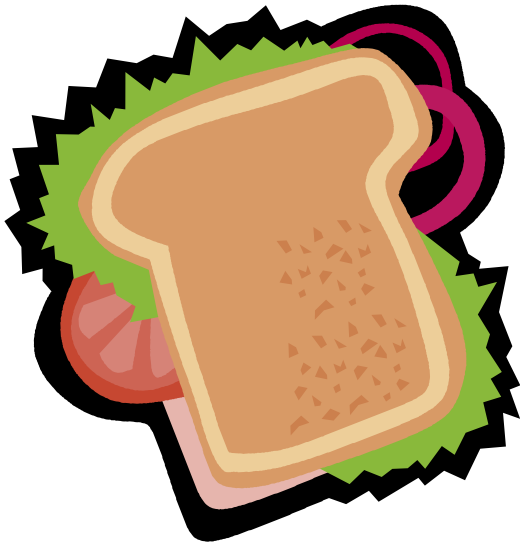
- 1/2 cup orange juice
- 3/4 cup dry cereal
- 1 slice whole wheat toast
- 1 teaspoon margarine or peanut butter
- 1 cup-low fat (1/2% or 1%) or non-fat milk

Lunch

- Turkey sandwich on whole wheat bread
- Lettuce, tomato, and thinly spread mayonnaise
- 1 cup raw vegetables with low-fat ranch dip
- 1 banana
- 1 cup low-fat or non-fat milk

After-School Snack

- 4-6 crackers
- 1 apple



Dinner

- 2-3 ounces cooked lean meat, fish or poultry
- 1/2 cup broccoli or other dark green vegetable
- 1/2 cup other cooked vegetable
- 1 piece whole wheat bread with 1 teaspoon margarine
- 1 cup low-fat or non-fat milk

Evening Snack

- 1/2 cup pudding
- 2-3 graham crackers

"I Can Fix It Myself"

School-age kids can fix healthful meals themselves. It can be fun and easy!



For breakfast try:

- Spread peanut butter on toast or tortilla. Top with raisins or banana. Eat with a glass of low-fat milk.
- Bagel and a fruit smoothie: Mix in blender 3/4 cup milk, 1 banana or peach or 1/2 cup berries and 1 ice cube.
- Grab and go breakfast: Small container of yogurt, piece of fruit and granola bar.
- Or take a baggie of trail mix made from dry cereal, raisins, other dried fruit and nuts.

For lunch or dinner try:

- Stuff a pita with low-fat cheese or cottage cheese, and your choice of lettuce, cucumber slices, green pepper slices, tomato, shredded carrots, raisins . . . you can come up with your own tasty combinations!
- Mini pizza: Spread 1/2 English muffin with pizza or tomato sauce, top with mozzarella or grated parmesan cheese and warm in microwave or 350° regular oven. (Be careful with hot oven.)
- Vegetable soup, whole wheat crackers, celery stalks filled with peanut butter and low-fat milk.

Food Guidelines for Children

Food Groups		Serving Size	Servings of Food		
			Ages 6-8	Ages 9-12	
Bread/Cereal <ul style="list-style-type: none"> •Ready-to-eat or cooked cereals •Bread, bagels •Noodles, rice •Rolls, biscuits •Enriched crackers 		1 slice bread ¾ cup cereal ½ cup rice ½ cup pasta ½ bagel	4-7	6-9	
Vegetable	<i>Children need at least:</i> <i>-One vitamin C food every day</i>	Vitamin A Foods: <ul style="list-style-type: none"> •Carrots •Spinach •Winter Squash •Sweet Potatoes Vitamin C Foods: <ul style="list-style-type: none"> •Tomatoes •Potatoes •Cabbage •Broccoli 	½ cup cooked 1 cup raw	2-3	3-4
Fruit	<i>-One vitamin A food every other day</i>	Vitamin A Foods: <ul style="list-style-type: none"> •Peaches •Apricots •Cantaloupe •Nectarines Vitamin C Foods: <ul style="list-style-type: none"> •Oranges •Strawberries •Orange Juice •Kiwi 	1 piece raw ½ cup canned ½ c. 100% juice	2	2-3
Milk, Cheese, Yogurt		<i>-Choose low-fat or nonfat dairy products for this age group. These products still contain all of the nutrients, just less fat.</i>	8 oz. fluid milk 1 cup yogurt 1 ½ oz. cheese	2-3	3-4
Meat, Meat Substitutes		<ul style="list-style-type: none"> -Beef, Pork -Chicken -Fish -Turkey -Eggs -Tofu -Cooked dried beans -Peanut butter 	1 oz. meat, poultry or fish 1 egg ½ cup cooked dry beans or tofu 2 Tbsp peanut butter	3-5	5-6

