

Project Healthy Schools Parent Packet

LESSON 1- HEALTHY HABITS

PHS includes a series of ten lessons which challenge students to think about how they can make balanced choices that will allow them to live a healthy, happy, productive life. In this lesson, your student discussed what being healthy means to them and how to set goals to incorporate healthy habits into their lives.

PHS has 5 goals:

- 1) Eat more fruits and vegetables
- 2) Choose less sugary food and beverages
- 3) Eat less fast and fatty food
- 4) Be active every day
- 5) Spend less time in front of a screen

The health habits children adopt during their school years will affect their adult health. Good habits are a lifetime in the making and children need our help at school and at home to learn how to make good decisions. Start a discussion with your child today about healthy habits!

Healthy Foods + Physical Activity = An energy-filled child!

Healthy eating and being active on a daily basis helps your child:

- ✓ Sleep better
- Develop strong muscles and bones
- √ Have more energy
- ✓ Feel good
- ✓ Do better in school

To help your child remember the goals, they created small steps to help them achieve the goals as a class.



LESSON 1- HEALTHY HABITS FAMILY ACTIVITY

Name	:
Family	Member:
	ions: Now that you learned about goals in Project Healthy Schools today, find a family er to come up with a family goal to work on over the next ten weeks!
1.	Circle the PHS Goal that the family is going to work on:
	 Eat more fruits and veggies Choose less sugary food and beverages Eat less fast and fatty food Be active every day Spend less time in front of a screen
2.	What is one small step you can do as a family to reach your goal? (Example: Keep fruit on the counter to eat more fruits and veggies)
3.	What is another step you can do as a family once you complete the step in question 2? (Example: Have a vegetable with dinner every night)
(Ex	What is an obstacle to your family goal? How can you overcome it? cample: It is hard to remember to eat fruits and vegetables. We will write a big note on the dge to remind us.)

LESSON 2- I AM FROM

In this lesson, we investigated food as culture. Food is a key element in family and community life. It is central to our survival but is also a way we share, celebrate, comfort and show appreciation. We learn how to eat, what we think tastes good, and how to prepare food from our routines and surrounding environment.

Around the world there are different food cultures that are influenced by both geography and society. Your student learned about a food culture that is different from their own, and then explored their own food culture by writing an "I am From" poem.



I am from the smell of smoky BBQ chicken over the campfire
I am from the taste of creamy mashed potatoes on Thanksgiving
I am from the sight of homemade bread rising in the oven at my Grandma's
I am from the sound of crackling bacon at Sunday morning family brunch
I am from the touch of a just picked fuzzy peach in the middle of summer

PARENT TIPS...

Investigate your own food culture. Share it with your child. Where do your favorite dishes come from? Are there any recipes or stories about food that you cherish from your parents or grandparents? Share these with your child.

ASK YOUR CHILD...

What did you write in your I am From poem?

LESSON 2- I AM FROM FAMILY ACTIVITY

Name:	
Family	Member:
	ons: Find someone in your family who often prepares meals, especially for holidays and occasions to learn more about your family food culture.
1.	What is food culture? (Students, help your family member with this definition.)
2.	What are some special foods the family eats on holidays, birthdays or celebrations as part of your food culture? (Example: Turkey for Thanksgiving)
3.	Is there a story or history behind any of those special foods? Are they connected to an ethnic or farming background?
4.	What are some traditions the family has around food? (Example: Everyone gets together to make cookies for the holidays)
5.	When and why did these traditions start?

LESSON 3- MY PLATE! MY CHOICE!

In the MyPlate! MyChoice! lesson, we learned about building a balanced plate and how we can get all the nutrients we need by eating from all five food groups. For healthy bodies we need to maintain an energy balance between the food and beverages we consume and the activity we do.

MyPlate is a useful tool to help you balance your food choices so you stay healthy and energized.

There are five food groups on MyPlate:

FRUITS – Focus on fruits. Fruits are packed with vitamins and minerals needed for good health. Try adding fruit to breakfast cereal or having frozen fruit as a healthy dessert.

VEGETABLES – Vary your veggies. By eating a rainbow of different colored vegetables, you can get a variety of nutrients. Add veggies to a favorite family pasta dish or make a veggie-packed salad.

GRAINS – Make at least half your grains whole. Whole grains keep you full longer and provide your body with more nutrients than processed grains. Substitute brown rice for white rice next time you cook.

DAIRY – Get your calcium-rich foods. Dairy foods provide calcium needed for strong bones. Try low-fat dairy products or calcium-fortified soy milk (if you are lactose intolerant).

PROTEIN – Go lean with protein. Protein foods provide us with the building blocks for muscle formation. Eggs, beans, chicken/turkey, and lean cuts of beef/pork are great low-fat protein options.

Your child created their own MyPlate design on a paper plate and recorded what they ate for their last meal. They then learned about the best choices within MyPlate food groups and thought about how they could make their own plates more balanced.

REMEMBER...just as we LEARN to like foods that are healthy, we also LEARN to like foods that are unhealthy!

ASK YOUR CHILD...

What food groups are lacking in their diet? How could you include these groups as a family?

PARENT TIPS...

Protein

Choose My Plate.gov

Next time you shop, consider trying a new whole grain or bean to spice up the grain and protein portions of your plate!

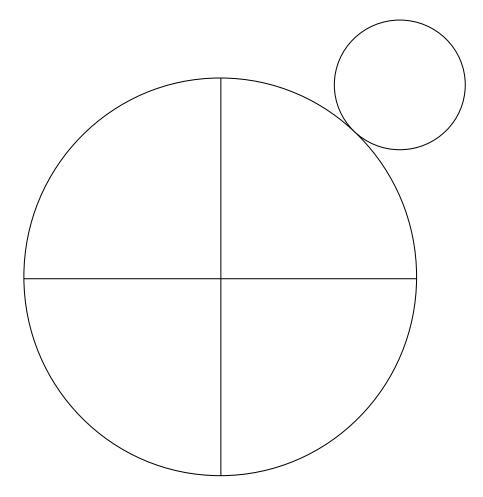
Please visit www.choosemyplate.gov for more information.

LESSON 3- MY PLATE! MY CHOICE! FAMILY ACTIVITY

Name:	
Family Member:	
Directions: After spending some time discussing member, brainstorm a breakfast, lunch, or dingroups. Could you make it at home together?	· · · · · · · · · · · · · · · · · · ·

Meal:

Label the sections of MyPlate and write each ingredient of your meal in the appropriate section below:



LESSON 4- SUGAR SHOCK

In lesson 4, we discussed the importance of choosing food and beverages that contain less **added** sugar. Your student learned that sugary food and beverages do not provide beneficial nutrients. They also learned how to identify the ingredients and **added** sugar on nutrition labels for popular desserts, yogurt, beverages and cereals. They then brainstormed ways to reduce the amount of sugar that they eat and drink.

Did you know... the not so sweet truth:

- The American Heart Association says that the average American consumes 22 teaspoons of added sugar a day, which amounts to an extra 350 calories!
- The growing use of alternative sweeteners can make it difficult to determine which
 ingredients count as sugar because there are multiple sources of sugar with different
 names. Here are several common names for sugar that you can look for:
 - ✓ Brown sugar
 - ✓ Cane sugar
 - ✓ Corn sweetener
 - ✓ Dextrin
 - ✓ Fructose sweetener

- ✓ High fructose corn syrup
- ✓ Honey
- ✓ Malt syrup
- ✓ Maple syrup
- ✓ Molasses

- ✓ Raw sugar
- ✓ Words with an 'ose' ending (fructose, sucrose, glucose, dextrose)

Less is best!

When looking at the nutrition facts on food and beverages, makes sure to check the ingredient list and look for added sugar.

INGREDIENTS: Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine



PARENT TIPS...

- ✓ Many processed food and beverages contain ingredients that we cannot even pronounce. If you can't read it, don't drink or eat it!
- ✓ Avoid food and beverages with sugar that is listed high up on the ingredient list.
- ✓ Always offer water as a first choice.
- ✓ Make sure your fruit juice is 100% juice with no added sugars and stick to small amounts (about a ½ cup).
- ✓ Try making your own healthy soda by using half carbonated water and half 100% juice.

ASK YOUR CHILD...

How can we cut back on added sugar at home?

LESSON 4- SUGAR SHOCK FAMILY ACTIVITY

Name:				
Family Membe	er:			
Directions: Co	mplete the a	ctivity/questions below with a family mer	nber.	
	list of sever art below.	al desserts/sweets, cereals, yogurts and/o	or beverages in your house in	
-	t three ingre	nember how to use a nutrition label to find edients, and all names for sugar in the con-	_	
# of Ingredien ts				

3. What are some ways you could decrease the amount of added sugar you eat and drink at home? Consider the items above as well as other items you could try.

LESSON 5- GET THE BEAT!

In this lesson students learn the importance of aerobic activity for heart health.

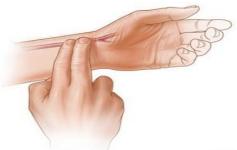
Aerobic activity...

- ✓ is any activity that raises yours heart rate such as running, biking, skating, or walking briskly
- ✓ makes your heart stronger and your body more fit
- helps to build more muscle in your body called lean body mass (when lean body mass increases, fat mass often decreases)
- controls weight and reduces the risk for type 2 diabetes, cardiovascular disease, and some types of cancer

Getting Active

- ✓ Aim to get at least 60 minutes of exercise each day.
- ✓ People who exercise regularly experience improved mental health and energy levels!

During the lesson, your child also learned how to find their pulse. They then performed different activities and recorded their heart rate after each one to see the effect on their heart. They found the harder you are working, the harder your heart is working.



The TALK TEST

The **talk test** is a simple way to measure how much effort it takes you to do a physical activity. As a rule of thumb, if you're doing moderate-intensity activity you can talk, but not sing, during the activity. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

PARENT TIPS...

To be more active as a family...

- ✓ Ride your bike or walk to school
- ✓ Go out for a walk after dinner
- ✓ Shoot hoops with your child
- ✓ Have a jump rope competition
- ✓ Throw a Frisbee around
- ✓ Wear pedometers and track everyone's steps

ASK YOUR CHILD...

How can they add more physical activity to their day?

Can you join them?

LESSON 5- GET THE BEAT! FAMILY ACTIVITY

Name:	·		
Family	Member:		-
Direct	ions: Complete the activities	questions below with a fam	ily member, friend or neighbor.
1.	Brainstorm a list of five of y	our favorite activities that ge	et you moving:
2.	Ask someone to be physical activity and time you did it	•	ch day this week. Write down the
	Activity Log:		
	Activity	With Who?	For how long?

LESSON 6- RAINBOW OF COLOR

In this lesson, your child learned about the importance of a including a 'rainbow of color' in their diet by eating a variety of fruits and vegetables. Each day they should make half of the foods they consume fruits and vegetables.



Benefits of fruits and vegetables:

- ✓ Provide lots of vitamins, minerals, fiber and phytochemicals
- ✓ May help to reduce the risk of heart disease and some cancers
- ✓ Usually low in calories and fat
- ✓ Fill you up and helps you perform better
- ✓ High fiber content that helps to lower cholesterol and prevent obesity



Did you know: Only approximately 30% of Michigan residents eat the recommended amount of fruits and vegetables daily.



Fresh and frozen fruits and vegetables are the best options. Frozen produce is usually picked at the peak of its ripeness and quickly frozen to preserve all the nutrients.



Michigan has many farmers' markets that sell local fruits and vegetables spring through summer (some are open year-round!). Locally grown produce is fresh, supports the local economy, and reduces the transport from seed to plate.

As a way of showing a variety of colorful fruits and vegetables, your child made a fruit and vegetable salad during their PHS lesson using the ingredients on the left.



PARENT TIPS...

Here are some fun ways to add more fruit and vegetables into your meals...

- ✓ Shred carrots or broccoli into your foods like spaghetti sauce or soup
- ✓ Make one of your snacks during the day a piece of fruit
- ✓ Make fruit smoothies



ASK YOUR CHILD...

What new fruits or vegetables did you try in class today?



Do the 3 Day Catch a Rainbow Challenge as a family!



LESSON 6- RAINBOW OF COLOR FAMILY ACTIVITY

Name	:		
Famil	y Member:		
Direc	tions: Complete the activities/quest	ions below with a family member.	
1.	Why is it important to eat fruits ar	nd vegetables that are different colors?	
2.	Circle the following things that vita	amins and minerals do for our bodies:	
	Keeps your heart healthy	Give us wings	
	Helps you see	Makes you strong	
3.	Write down six of your favorite br	ightly colored fruits and vegetables.	
4.	Plan a meal based around two of t make it at home?	the foods from your list. Describe it below. Could	you

LESSON 7- JUMPSTART YOUR DAY

Breakfast is an extremely important part of a healthy diet. In this lesson, your child learned the benefits of eating breakfast, ways to start eating breakfast, and the components of a healthy breakfast.



Did you know students who eat breakfast have:

- Higher achievement scores
- Fewer absences
- ✓ Better behavior and concentration in school

What counts as a healthy breakfast?

Your student learned that a healthy breakfast is one that contains at least three of the following components:

- ✓ Whole Grains (Ex: whole wheat bread, oatmeal, whole grain cereals)
- ✓ Protein or Dairy (Ex: yogurt, milk, ham, turkey bacon)
- ✓ Fruits or Vegetables (Ex: Berries, apple, banana, peppers, broccoli)
- ✓ No added sugar or fat

Many common breakfast foods (sugary cereals, pop tarts, breakfast bars, meats) are high in sugar and fat, and can lead to a mid-morning energy crash or sluggish behavior. Try lean breakfast meats (like ham and turkey bacon), and low-sugar grain options (like oatmeal and whole grain bread).

Erase the Excuses!

Not enough time?

- Pack breakfast to go the night before
- ✓ Make a smoothie to drink on the way to school

Don't like breakfast foods?

- Try non-traditional breakfast foods like sandwiches or leftovers
- Explore what breakfast looks like around the world to find inspiration (in Japan they eat fish and rice!)

Not hungry in the morning?

- ✓ Grab something small like a piece of fruit or a handful of cereal
- ✓ Pack a snack to eat mid-morning once you get a little hungry

ASK YOUR CHILD...

Why is it important to eat breakfast?

PARENT TIPS...

Try something new:

- ✓ Top low-fat Greek yogurt with whole grain granola or cereal, and berries for a healthy start to the day.
- ✓ Mix cooked peppers and broccoli into scrambled eggs for a vitaminpacked scramble.

LESSON 7- JUMPSTART YOUR DAY FAMILY ACTIVITY

Name	:
Family	y Member:
Direct	cions: Complete the activities/questions below with a family member.
1.	What are two reasons it is important to eat breakfast?
2.	Do you eat breakfast in the morning? If no, why not? What can you do to make it easier for you to eat breakfast?
3.	In class you built a healthy breakfast with the following components:

- A whole grain
- A protein or dairy product
- A fruit or vegetable
- No added fat or sugar

What is a healthy breakfast that you and your family would both like, following the same criteria above?

LESSON 8 – ASSESSING ADVERTISING

Have you ever been disappointed when you ordered something you have seen advertised?

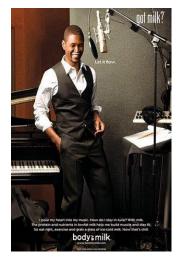
Today your student learned about the techniques advertising companies use to sell their product. Some common techniques are:

- ✓ Art: Bright colors and interesting designs
- ✓ Beauty: Attractive people in the ads
- ✓ Humor: Jokes and funny situations
- ✓ Music: Songs and catchy jingles
- ✓ Repetition: Repeating something again and again

Students created their own advertisement to promote one of the 5 PHS Goals. Each group had three options for their ad:

- 1) Create a food rap or song for radio advertisement
- 2) Draw an advertisement for a magazine or billboard
- 3) Write a skit for a commercial





Some Common Food Photography Tricks

Cake: add hairspray to keep the cake looking fresh

Cereal: glue or cream cheese is used instead of milk

Chicken: mashed potatoes are injected under the skin, to achieve that perfect

drumstick shape

Fruit: spray with spray deodorant to give it a frosty look

Pancakes: spray with fabric protector to prevent the syrup from soaking in

and pin the fruit topping in place

Pie: stuff with instant potatoes and pin the filling in place

ASK YOUR CHILD...

What healthy advertisement did they create?

PARENT TIPS...

Next time you see an advertisement, discuss with your children which of these advertising tricks were used:

Bright colors, Lots of action, Strange sounds, Celebrities, Athletes

LESSON 8 – ASSESSING ADVERTISING FAMILY ACTIVITY

Name:	
Family 1	nber:
Directio	Complete the activities/questions below with a family member.
	your way home one day: Count how many advertisements you see for unhealthy as. Can you remember what some of them were? Why did you remember them? Writen three here:
	ng the next TV show you watch, look for commercials about foods and answer the wing questions: • What show did you watch?
	• For how long?
	How many commercials did you see for food?
	How many were for healthy food?
	How many were for unhealthy food?
	 What were some of advertising techniques used in the ad? (Ex: bright colors, slogan, celebrity)

LESSON 9- FACTS ON FAT

In this lesson, your student learned about fat-the good, the bad and the ugly! Whether it's a road trip or a quick meal on the go, most of us occasionally eat fast food that is packed with fat. Students learned that high fat foods are high calorie foods and that heart disease is often connected with high fat foods. Fat is a nutrient that is necessary for proper body functioning, but we should choose good fats (like those found in avocados, olive oil and nuts) over bad fats (like those found in fast foods and snack foods).

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Fat Facts:

✓ Fat contains more than double the calories per gram than carbohydrate and protein.

Not all fat should be avoided. The healthier, unsaturated fats include olive oil, canola oil, nuts, and fish oils. They contain essential fatty acids we need for our bodies.

 Consuming too much saturated fat (mainly from animal sources like meat and dairy) can lead to having clogged arteries and heart disease.



Ways to decrease fat in your diet:

- Eat less fried foods
- Share desserts
- Eat at home
- Snack on fruit, not candy
- Get a salad –limit the dressing and fried meat on top

Did you know that about 40% of

the food that most teens eat is

restaurants, prepackaged items,

from either fast food

or other restaurants?

- Choose low-fat yogurt or ice cream
- Skip the bacon or pepperoni on your pizza

There are various ways to eat healthier at fast food restaurants...

- Order single burgers or smaller beverages
- 2) Choose grilled options over breaded or fried options
- 3) Choose a fruit cup for dessert
- 4) Go easy with the dipping sauces
- 5) Instead of a side of fries, get a side salad or plain baked potato
- 6) Instead of pop or high-calorie ice cream drink, order water, juice, or milk.

PARENT TIPS...

KNOW BEFORE YOU GO - review the nutrition information online for fast food items you regularly eat, and then take small steps to make bigger changes. Mix and match different options to create healthier alternatives.

ASK YOUR CHILD...

To name three ways to make healthier fast food choices.

LESSON 9- FACTS ON FAT FAMILY ACTIVITY

Name:		
Family	Леmber:	
Directi	ns: Complete the activitie	es/questions below with a family member.
1.	On your way home from so ee and answer the follow	school, count the number of restaurants (fast food and not) your ing questions:
	a. How many fast foo	od restaurants did you see?
	b. Were there more f	food establishments selling unhealthy food or healthy food?
2.	What is one example of a \wp	good fat?
3.	What are the dangers of e	eating fast food too often?
4.	What two ways you can m	nake better choices at your favorite fast food restaurant?

LESSON 10- PHS Finale!

The last PHS lesson was a recap of the information the students have learned over the last ten weeks in the form of a trivia game. Students created a personal health-related goal to work on.

Do you know the answers to some of the questions?

What are the three best beverages to drink?

What mineral is in spinach?

What percentage of MyPlate is fruits and vegetables?

Health and wellness is a life long pursuit. By finding support in our communities we can make our friends, neighbors and ourselves healthier and happier.

Don't forget to incorporate the 5 PHS goals every day:

- 1) Eat more fruits and vegetables
- 2) Choose less sugary food and beverages
- 3) Eat less fast and fatty food
- 4) Be active every day
- 5) Spend less time in front of a screen



And remember...healthy choices you make today will make you feel better today, tomorrow and in the future.



PARENT TIPS...

As a role model, continue to encourage your family to adopt healthy habits and live an active lifestyle!



CATCH A RAINBOW 3 DAY CHALLENGE!

Fruits and vegetables are full of vitamins, minerals, fiber and protective substances called phytochemicals which help you grow and develop properly. No one fruit or vegetable contains every nutrient but by eating a rainbow of colors, your body will get what it needs. Remember to **choose a rainbow of colors of fruits and veggies** every day to power your body!

Let's take the 3 day challenge! Your mission is to eat at least 1 fruit or vegetable from **each color** of the rainbow over the **next 3 days**. Record the fruits and vegetables that you eat in the chart below. Get your family involved by having them track on the chart, too.

	Example	DAY 1	DAY 2	DAY 3
RED	Strawberries, tomatoes			
ORANGE	Carrots, cantaloupe, sweet potato			
YELLOW	Banana, yellow pepper			
GREEN	Spinach, broccoli			
BLUE	Blueberries			
PURPLE	Eggplant, purple cabbage			

SCREEN TIME 3 DAY CHALLENGE!

Can you spend less than 2 hours a day on entertainment screen time? Try this 3 day challenge over 1 week to see if you and your family can meet this goal! Each family member can track their time on their own chart. Entertainment screen time includes time spent in front of the TV, computer, smartphone, tablet and other screens just for fun. You do not have to count time spent in front of a screen at school or at work. The less time you spend in front of a screen, the more time you can spend being active. So get ready, set, go!

EXAMPLE

Name: Joe					Week of:	5/14
	TV	Video Games	DVD	Computer/ Internet	Total Time	What I did instead of Spending Time in Front of the Screen
Day 1	1 hour	0 min	0 min	1 hour	2 hours	Read a book, went on a bike ride
Day 2	1 hour	15 min	0 min	30 min	1 hr 45 min	Played basketball with my neighbor
Day 3	45 min	0 min	0 min	45 min	1 hr 30 min	Played Frisbee with my family
Did You Meet the 3 Day Challenge Goal? ☑ Yes! ☐ No, but I will keep working on it!						

Name:					Week of:	
	TV	Video Games	DVD	Computer/ Internet	Total Time	What I did instead of Spending Time in Front of the Screen
Day 1						
Day 2						
Day 3						
Did You Meet the 3 Day Challenge Goal? ☐ Yes!					☐ No, b	out I will keep working on it!

Name:					Week of:		
	TV	Video Games	DVD	Computer/ Internet	Total Time	What I did instead of Spending Time in Front of the Screen	
Day 1							
Day 2							
Day 3							

Did You Meet the 3 Day Challenge Goal? ☐ Yes!					☐ No, but I will keep working on it!		
Name:					Week of:		
	TV	Video Games	DVD	Computer/ Internet	Total Time	What I did instead of Spending Time in Front of the Screen	
Day 1							
Day 2							
Day 3							
Did You Meet the 3 Day Challenge Goal? ☐ Yes!					☐ No, b	out I will keep working on it!	

Name:					Week of:		
	TV	Video Games	DVD	Computer/ Internet	Total Time	What I did instead of Spending Time in Front of the Screen	
Day 1							
Day 2							
Day 3							
Did You	Did You Meet the 3 Day Challenge Goal? ☐ Yes! ☐ No, but I will keep working on it!						

Name:					Week of:		
	TV	Video Games	DVD	Computer/ Internet	Total Time	What I did instead of Spending Time in Front of the Screen	
Day 1							
Day 2							
Day 3							
Did You Meet the 3 Day Challenge Goal?					☐ No, b	out I will keep working on it!	

We hope you enjoy this challenge! After you do it for 3 days, you can do it again whenever you want or you could even go screen FREE for a week if you are up to it. Visit www.comercialfreechildhood.org for more information on the national Screen Free Week that happens every April.

Also, visit www.projecthealthyschools.org for our list of physical activity resources. You will find lots of ideas for how you can get active!