
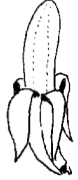


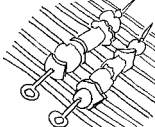


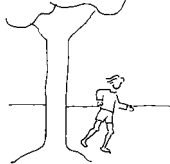
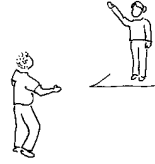




September

Teacher's Name: _____

Child's Name: _____

							 BERRIES ON CEREAL
 Eat a Yellow Fruit							 NATURE WALK
 PRETZELS AND DIP							 BBQ SHISH KEBABS
 Count Stairs as you Climb							 EAT YOUR FAVORITE VEGGIE
 HOP AROUND THE YARD							 WALK TO NEIGHBOR'S HOUSE

 
 Small Steps
 to a 
 Healthy Body 

Jump start the school year with good health habits. Eating well and staying active is a winning combination. Your child will be more alert, stay healthy and be ready for learning!

Any way you do it, walking is a great way to be active—to school, to the store, on a trail, with a friend or with family.

Endless opportunities lay just outside your front door—check around the calendar for more ideas.

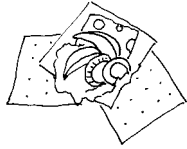




October

Teacher's Name: _____

Child's Name: _____



CRACKER SANDWICH



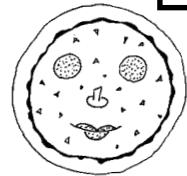
PASTA SALAD



HELP SOMEONE TODAY



PEANUT BUTTER ON CELERY



MAKE A PIZZA FACE



STUFF A PITA POCKET



DO A ACTION SONG



Have a Meatless Lunch



MAKE A LEAF COLLAGE



VEGETABLES BEFORE CANDY

Small Steps to a Healthy Body

You can get great taste and fun in lunch without giving up good nutrition. Stock your child's lunch bag with foods from at least 3 out of the 4 food groups.

Combine new foods with old favorites:

- ☉ decorate a sandwich with a bright green pickle, a vivid red tomato, raisins, fruit or veggie curls or rings.
- ☉ try a variety of whole grain breads, pitas and crackers or rice cakes
- ☉ send a slice of cold pizza, a hard-cooked egg or baked beans for a change.

For the best creative ideas, ask your child.





November

Teacher's Name: _____

Child's Name: _____

 PLAY SIMON SAYS						 Get up and Dance
 SQUISH SOME SQUASH						 Walk like a Zoo Animal!
 PLAY RING AROUND THE ROSY						 NACHOS AND CHEESE
 GALLOP LIKE A HORSE						 PUMPKIN MUFFINS
 JUMP OVER PUDDLES						 CHICKEN TONIGHT

 
 Small Steps
 to a 
 Healthy Body


Don't let the cold and wet weather dampen your spirits— invent some indoor fun.

When was the last time you played Simon Says? Or turned on the tunes and made some crazy dances? What about a game of charades with everyone acting out different sports? Activity breaks can refresh, relax and energize the whole family.





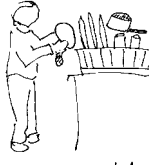









December

Teacher's Name: _____

Child's Name: _____

 HAVE A POPCORN SNACK							 VEGGIES WITH DIP
 LOW FAT EGGNOG							 BAKE SPECIAL COOKIES
 Help someone today							 FAMILY DANCE
 CHEESE AND APPLE FOR SNACK							 Go Tobogganing
 Jump For Joy X10							 CATCH SNOW ON MITTENS



Small Steps to a Healthy Body

Children need snacks—fuel to play, grow and learn. Pack lots of nutrition in a quick and tasty bite—like fruit, veggies, cheese, bread-sticks or plain popcorn.

Granola bars, yogurt covered fruit nuggets and other special goodies every now and then are fun treats. As long as your child eats a healthy, balanced diet, treats once in a while are fine.





January

Teacher's Name: _____

Child's Name: _____

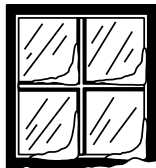
Small Steps
to a
Healthy Body

 Have a Picnic Inside						 Build a Snowfort
 Have a Cereal Snack						 "CHEESE PLEASE"
 BAKED APPLES						 Make Snow Angels
 SPAGHETTI SUPPER						 "I'm a Tea Pot" Action Songs
 WALK LIKE A CRAB						 Spray paint snow

When the flakes start flying, join in. Get outside and create snow designs with your hands, your feet, your bottom, or your nose! Build a snow fort. Fresh air is great for your body and your mind.

Don't forget to bundle up. Hats, neck warmer, snow pants and boots are a must. Send extra mitts, socks and a sweater to school for those really cold days.





February

Teacher's Name: _____

Child's Name: _____

Small Steps
to a
Healthy Body

 FLAP YOUR ARMS LIKE A BIRD X 10						 Play Hide and Seek
 Make a snow sculpture Today						 Snowflakes on your Tongue
 DANCE LIKE A BALLERINA						 PLAY TAG
 HOW FAR CAN YOU JUMP?						 PLAY BALLOON VOLLEYBALL
 PLAY IN THE SNOW						 DO THE TWIST

Adults often think about their heart health as they grow older. The best time to set down heart healthy habits such as eating well and staying active is in childhood.

Active fun now creates patterns that can last a lifetime. Aim for 30 minutes of being active as a family—even in 10 minute blocks—on most, if not every day of the week.

February is heart month so think of eating heart healthy foods. If you have a heart-shaped cookie cutter you can cut toasted waffles and banana breads into heart shapes.

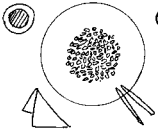













March

Teacher's Name: _____

Child's Name: _____

 RICE IS NICE							 Eggs for Supper
 Squeeze Orange Juice							 FISH TODAY
 MAKE A PIZZA FACE							 Make a Home-made Soup
 EAT BEANS							 MAKE YOUR OWN SANDWICH
 EAT A RED VEGGIE							 HAVE A SALAD

 
 Small Steps
 to a 
 Healthy Body

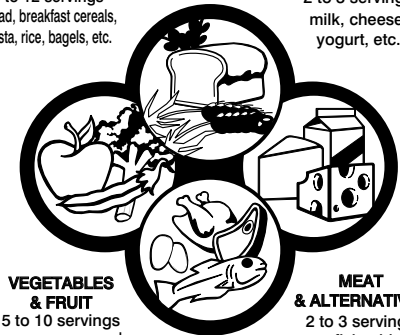

Choose a variety of healthy foods from Canada's Food Guide:

- © let your child decide on the amount.
- © offer foods from at least 3 of the 4 food groups at each meal.
- © try new foods—you might be surprised at what your child may like.

THE FOOD GUIDE

GRAIN PRODUCTS
 5 to 12 servings
 Bread, breakfast cereals,
 pasta, rice, bagels, etc.

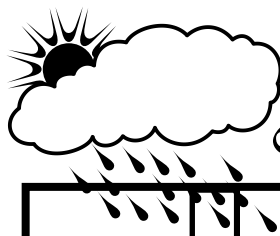
MILK PRODUCTS
 2 to 3 servings
 milk, cheese,
 yogurt, etc.



VEGETABLES & FRUIT
 5 to 10 servings
 bananas, grapes, apples,
 broccoli, carrots, fruit
 or vegetable juice, etc.

MEAT & ALTERNATIVES
 2 to 3 servings
 eggs, fish, chicken,
 legumes,
 peanut butter, etc.


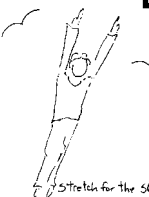
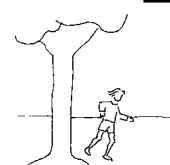


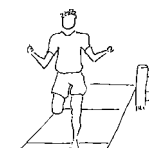
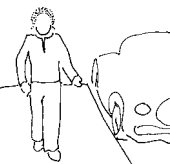







April

Teacher's Name: _____

Child's Name: _____

 RUN OUTSIDE						 Stretch for the Sky
 HOP AROUND THE YARD						 DO CARTWHEELS
 PLAY AT THE PARK						 SKIP AROUND THE BLOCK
 WALK INSTEAD OF DRIVING						 BIKE AROUND THE BLOCK
 JUMP OVER PUDDLES						 MAKE A KITE AND FLY IT

 Small Steps
to a
Healthy Body

Biking, skipping, and playing tag are great ways to get out and enjoy the fresh spring air.

Explore your neighborhood with a family bike ride. Pick a route that is safe and smooth.

Remember to wear helmets and make sure they fit properly. Kids have probably grown since last year.

Children with active parents are more likely to develop a lifelong habit of being active. And you are sure to have as much fun as the kids!

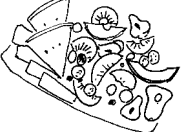


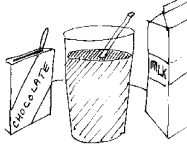



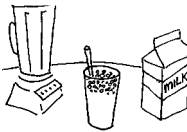

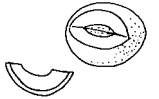


May

Teacher's Name: _____

Child's Name: _____

Small Steps to a Healthy Body

 FRESH FRUIT BREAKFAST						 Hot Cereal Today
 HAVE FRUIT WITH YOGURT						 Chocolate milk today
 BAGEL PIZZA DAY						 BANANAS AND CEREAL
 HAPPY FACE ON TOAST						 MAKE A MILKSHAKE
 FRUIT ON YOUR PANCAKES						 EAT AN ORANGE FRUIT

Start the day with a healthy breakfast—choose foods from at least three of the four food groups. Children who have eaten a healthy breakfast start the day with the energy they need to learn. Parents can set a good example by eating a nutritious breakfast themselves. We all need to refuel in the morning.

Here are some healthy breakfast ideas:






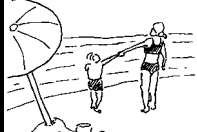



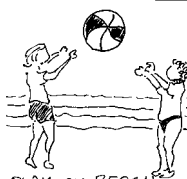
- ☉ cereal with milk, fruit & trail mix.
- ☉ pizza or other leftovers.
- ☉ toast, peanut butter & juice.
- ☉ eggs, whole wheat crackers & yogurt.
- ☉ bagel with cream cheese & fruit.



June

Teacher's Name: _____

Child's Name: _____

 REMEMBER YOUR SUN HAT							 SEARCH FOR INSECTS
 PLAY TAG							 WEED THE GARDEN
 PLAN A FAMILY FUNDAY							 SWIM AT THE BEACH
 PLAY CATCH							 RUN IN THE SPRINKLER
 PICK UP GARBAGE							 PLAY ON BEACH

Small Steps to a Healthy Body

Swimming or running in the sprinkler are great active ways to keep cool this summer. Apply a sunscreen SPF of 15 or more. Remember a sun hat. Try to play in the shade, especially between the hours of 11am and 4pm.

Berry good!

Do you know why June is a special month for bears? It's because of all the yummy strawberries. Ask your child what other foods do bears and people both eat? Plan a meal fit for a bear and have your child invite his/her teddy bear to the picnic.

