



Cornell University  
Cooperative Extension



# Choose Health: Food, Fun, and Fitness

## Help Your Child Eat Healthy and Play Actively

Over the next few weeks, the Choose Health: Food, Fun, and Fitness curriculum will be taught at the program your child attends. Why? So your child can learn healthy eating and activity habits.

We want you to know what we're doing, and why. And we'd also like your help to reinforce the lessons your child is learning. Why? Because nobody else has as much influence on your child's health as you do!



## What We'll Do

The following lessons and topics will be covered:

1. **Drink Low-Fat Milk and Water Instead of Sweetened Drinks!**
2. **Color Your Plate: Eat More Vegetables and Fruits!**
3. **Read It Before You Eat It: The Nutrition Facts Label**
4. **Make Half Your Grains Whole: Eat More Whole Grains**
5. **Healthier Foods Fast: Eat Fewer High-Fat, High-Sugar Foods!**
6. **Power Up Your Day: Eat Breakfast!**

## Why These Lessons?

Every lesson is focused on information and behaviors that lead to living a healthy lifestyle. Research says that following the seven behavior goals to the right helps kids – and adults – develop and maintain healthy eating and activity habits.

In each lesson your child will:

- Play active games – enough to help your child get about a third of the recommended 60 minutes of active play a day.
- Prepare and try a healthy recipe!
- Receive a Family Newsletter like this one to bring home. Each newsletter has two healthy recipes and tips to help your family be active and healthy!

## “Choose Health” Behavior Goals

- Replace sweetened drinks with low-fat milk and water
- Play actively 60 minutes a day
- Eat more vegetables and fruits
- Eat fewer high-fat and high-sugar foods and more nutrient-rich and high-fiber foods
- Eat only as often and as much as needed to satisfy hunger
- Limit screen time to two hours or less a day
- Promote healthy behaviors

## How You Can Help

- Get your child to help you make the recipes in the Family Newsletters!
- Try the family activities with your child!
- Help your child set – and meet – goals related to each lesson. You'll find goal ideas in each Family Newsletter, along with the goal your child chose to pursue that week.
- Ask questions that extend your child's learning such as:
  - What games did you play today?
  - Which game was the most fun?
  - What snack did you prepare today?
  - What did you like about it?
  - What can our family do to help you meet your goal?

PORTER 1-2: REPLACE SWEETENED DRINKS  
GOAL-SETTING CHOOSE HEALTHY FOOD, FUN, AND FITNESS

### Take a Healthy Step!

**Choose one action you'll take in the coming week.**

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today's recipes!
- My own idea: \_\_\_\_\_

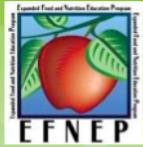
Signed: \_\_\_\_\_

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# Re-Think Your Drink!

## Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today's recipes!
- My own idea:

Signed: \_\_\_\_\_

## Drink Water and Low-Fat Milk Instead of Sweetened Drinks!

Did you know that a 20 ounce bottle of soda has 16 teaspoons of sugar in it? Fruit-flavored drinks, lemonade and iced tea have almost as much! Drinking too much of these is easy, and can lead to weight gain. Even 100% juice is easy to over-do. Instead:

- Encourage your kids to drink water and low-fat milk!
- Send a water bottle with your kids to school and elsewhere – re-fill with fresh water as needed
- Serve 1% or fat-free milk at meals to help kids get the 2-3 cups of milk or dairy experts recommend each day
- Limit juice to 1 to 1½ cups per day
- Don't buy sweetened drinks
- Be a great role model - drink water and milk yourself!



## Fruit Yogurt Smoothie

### Ingredients

- 3 cups (12 oz) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- 3/4 cup low-fat yogurt (vanilla or plain)

### Instructions

1. Slightly defrost frozen fruit, just enough so that it will blend easily.
2. Pour milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

### Variations:

Try frozen peaches, pineapple or other berries. Let kids help choose which to use!

**Yield:** About 11 half-cup servings

**Source:** Adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.



### Nutrition Facts

Serving Size: ½ cup	
Servings Per Recipe: 11	
Amount Per Serving	
Calories 51	Calories from Fat 3
<b>% Daily Value *</b>	
<b>Total Fat</b> <0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 36mg	2%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 1g	4%
Sugars 6g	
<b>Protein</b> 3g	
Vitamin A 3%	Vitamin C 46%
Calcium 7%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

6% calories from fat

Nutrition facts using low-fat vanilla yogurt and strawberries.

## Choose Healthy Family Activities!

### Take them outside!

Did you know that kids are naturally more active when they're outside? Adults too! Being outside helps us all feel like running and jumping for joy! Look for opportunities to join your kids on trips to the playground, go for a walk, or just play a game of catch outside.

Children need at least 60 minutes of active play a day – and where is it more fun to play than outdoors? Play with your kids and they'll want to play even more!



### Water with a Twist

#### Ingredients

Choose one or more fruits or vegetables, such as:

Oranges, Lemons, Limes,  
Strawberries, Pineapple,  
Cucumber

Chilled Water

Optional: Use seltzer water instead of plain water



#### Instructions

1. Wash fruits or vegetables and cut into slices.
2. Add slices to a pitcher of water or to individual cups of water. Squeeze citrus to release more flavor into the water.
3. Serve and enjoy.

Feel free to mix and match different fruits and vegetables!  
Eat the fruit as you drink or when you're done!



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# Color Your Plate!

## Eat More Vegetables and Fruits!

Eating more vegetables and fruits may lower your risk for heart disease, stroke, and cancer, and help with weight control. Fill half your plate with vegetables and fruits to get the 2½ cups of vegetables and 1½ cups of fruit recommended per day for children aged 9-13 (more for adults). To help your family eat more:

- Include at least one vegetable or fruit at every meal and snack.
- Serve dark green, red and orange vegetables, and beans like pinto and kidney – these are especially healthy!
- Use frozen, canned (drained), dried, and fresh - all are healthy!
- Let children try vegetables many times, but don't push or they are more likely to say no.
- Keep ready-to-eat veggies and fruits available where your kids can help themselves!
- Eat lots of veggies yourself! It's the best way to get your kids to eat them too!
- Make them kid-friendly and watch them disappear - veggies with dip, apples slices, etc!



### Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- Eat a vegetable at lunch!
- Make half my plates veggies/fruits!
- Eat vegetables or fruits for snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe from today!
- My own idea:

Signed: \_\_\_\_\_

## Colorful Black Bean Salad

### Ingredients

- 2 15-ounce. cans black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- ¼ cup finely chopped onion
- 3 Tablespoons lime juice
- 2 Tablespoons olive or canola oil
- ½ teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped, optional
- 1 avocado, chopped, optional



### Instructions

- Mix black beans, corn, tomatoes, chilies, onion, and optional bell pepper in a large bowl.
- Add lime juice, oil, salt and pepper; toss gently to combine.
- Add optional avocado just before serving.
- Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

**Yield:** About 12 servings

**Source:** Adapted from <http://snacktheplanet.blogspot.com>

### Nutrition Facts

Serving Size 1/2 cup	
Servings Per Recipe 12	
Amount Per Serving	
Calories 100	Calories from Fat 20
<b>% Daily Value *</b>	
<b>Total Fat 2.5g</b>	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 230mg</b>	10%
<b>Total Carbohydrate 18g</b>	6%
Dietary Fiber 5g	20%
Sugars 2g	
<b>Protein 4g</b>	
Vitamin A 4%	Vitamin C 30%
Calcium 4%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

20% calories from fat. Nutrition facts using frozen corn, chili powder, olive oil, green bell pepper, and no avocado.

# Choose Healthy Family Activities!

When your children are active, they're ready to learn and live fully in good health! You know that encouraging your kids to be active will help them grow strong and be ready for anything. They'll just think it's fun – especially when you play along with them! Here are a couple ways to help your kids be active.

## Balloon-a-Palooza

Blow up a balloon and you've got instant fun! Take turns bopping it up in the air and see how long you can keep it there! Count the number of times you can bop it in one minute. Sit on the floor and keep the balloon in the air with your feet! And when it's hot outside, try tossing some water balloons for cheap, refreshing fun!



## Fruit and Vegetable Toss

Help your kids get familiar with the names of vegetables and fruits with this variation of playing catch. Before you toss the ball each time, name a vegetable or fruit. Try to name as many different kinds as possible! Include some dark green, red and orange vegetables, and beans like pinto and kidney!



## Low-Fat Ranch Dressing for Salad

### Nutrition Facts

Serving Size: 2 Tablespoons			
Servings Per Recipe: 16			
Amount Per Serving			
Calories	50	Calories from Fat	15
		<b>% Daily Value *</b>	
<b>Total Fat</b>	<b>1.5g</b>		<b>2%</b>
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>160mg</b>		<b>7%</b>
<b>Total Carbohydrate</b>	<b>2g</b>		<b>1%</b>
Dietary Fiber	0g		0%
Sugars	1g		
<b>Protein</b>	<b>2g</b>		
Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
30% calories from fat			
Nutrition facts using non-fat Greek yogurt and fat-free milk.			

### Ingredients

- 1 cup non-fat or low-fat plain Greek yogurt\*
- ½ cup reduced-fat mayonnaise
- ½ cup fat-free or 1% milk
- Half a 1-ounce packet ranch salad dressing mix (not dip mix)



### Instructions

1. Whisk all ingredients in a small bowl until blended.
2. Pour dressing over salad or let children add their own.
3. For salad, toss dark salad greens (romaine, leaf lettuce, and/or spinach - not iceberg) with raw veggies such as carrots, chickpeas, tomatoes, or cucumber.

**Yield:** About 16 servings dressing

\*Can use plain yogurt, reduced-fat sour cream, or a mixture instead.

# Bread-in-a-Bag

## Ingredients:

- 1 cup all purpose flour
- 2 cups whole wheat flour
- 1 package rapid rise yeast
- 2 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup very warm water (125 - 130 F)
- 1 tablespoon vegetable oil

## Instructions:

1. In a large, heavy zip-top bag, add 1 cup all purpose flour, yeast, sugar, nonfat dry milk, and salt. Seal the bag and shake and squeeze it to blend ingredients.
2. Open the bag and add the water and oil. Reseal and continue to mix by shaking and squeezing the bag.
3. Open the bag and add enough whole-wheat flour to make a stiff dough (may not need all of the 2 cups).
4. Squeeze air from bag and reseal it. Continue squeezing until bag pulls away from dough.

## At Home:

1. Remove dough from bag and place on lightly floured surface. Knead dough 5 minutes or until smooth and elastic. Cover dough with clean towel and let rest for 10 minutes.
2. Shape dough and place in a greased 8x5-inch loaf pan or on cookie sheet. Cover with a clean towel; let rise in a warm place until double, about 1 hour.
3. Preheat oven to 400 F. Bake 30 to 35 minutes or until bread sounds hollow when tapped. Remove bread from pan and let cool on a wire rack.

**Optional:** If you don't have dry milk, use 1 cup of heated fat-free milk instead of the water.

**Yield:** about 12 servings

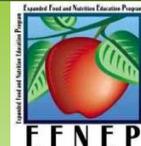
**Source:** Adapted from *Cooking Up Fun! Yeast Breads*, Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University, 2000.

Nutrition Facts			
Serving Size: 1 slice (56g)			
Servings Per Recipe 12			
Amount Per Serving			
Calories	130	Calories from Fat	15
% Daily Value *			
<b>Total Fat</b>	<b>1.5g</b>		2%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>200mg</b>		8%
<b>Total Carbohydrate</b>	<b>25g</b>		8%
Dietary Fiber	3g		12%
Sugars	3g		
<b>Protein</b>	<b>5g</b>		
Vitamin A	0%	Vitamin C	2%
Calcium	2%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
12% calories from fat			





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# Choose Health: Food, Fun, and Fitness Congratulates

## For taking healthy steps to:

Drink milk or water,  
not sweetened drinks!

Color your plates  
with veggies & fruits!

Read  
Nutrition Facts Labels!

Eat more  
whole grains!

Choose healthier foods  
when eating out!

Eat a healthy  
breakfast!

**Poster 6-2: REPLACE SWEETENED DRINKS**  
GOAL-SETTING

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

I will:

- Read a drink label!
- Limit juice to once a day!
- Drink milk or water instead of a sweetened drink at least once this week!
- Play a game I learned today!
- Try today's recipes!
- My own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

**Poster 6-3: EAT MORE VEGETABLES AND FRUITS**  
GOAL-SETTING

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

I will:

- Eat a vegetable at lunch!
- Make half my plates veggies/fruits
- Eat vegetables or fruits for snacks!
- Try a new vegetable!
- Play a game I learned today!
- Try a recipe we learned today!
- My own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

**Poster 6-5: THE NUTRITION FACTS LABEL**  
GOAL-SETTING

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

I will:

- Read a Nutrition Facts Label when shopping or cooking!
- Share a Nutrition Facts Label with an adult!
- Choose snacks low in fat and sugar!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

**Poster 6-6: EAT MORE WHOLE GRAINS**  
GOAL-SETTING

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

I will:

- Eat at least 1 whole grain food every day!
- Choose whole grain bread instead of white bread!
- Eat snacks like popcorn and whole grain crackers!
- Play a game I learned today!
- Try a recipe from today!
- My own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

**Poster 6-8: CHOOSE HEALTHIER FOODS**  
GOAL-SETTING

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

When I eat out, I will:

- Choose a smaller size or share!
- Choose milk or water instead of soda!
- Choose a lower fat item!
- Include a vegetable!

I will:

- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

**Poster 6-9: EAT BREAKFAST**  
GOAL-SETTING

**Take a Healthy Step!**

Choose one action you'll take in the coming week.

I will:

- Eat 3 food groups at breakfast!
- Add fruit to my breakfast every day!
- Try a new whole grain, low-sugar cereal!
- Eat breakfast every day!
- Play a game I learned today!
- Try a recipe we learned today!
- Your own idea: \_\_\_\_\_

Signed: \_\_\_\_\_

*Your CHFF Facilitators*