

Nutrition

Week 29, Lesson 1

Eat healthy foods.

- Always eat a healthy breakfast to help your body and brain work their best.
- Your body is like a car and food is like the gas. Don't let your "car" run out of "gas" by skipping meals and snacks.
- Eat every three or four hours to keep your body running.

Week 29, Lesson 2

Drink plenty of water before, during, and after exercise.

- Always drink extra water when you are playing outside.
- Your body needs lots of water to run its best.
- If you are thirsty, you've already let your body become dehydrated.
- More than half of your body is made up of water.

Week 30, Lesson 1

Eat colorful and different foods.

- Foods with lots of colors (apples, carrots, lettuce, etc.) are good for your body. This doesn't include Cheetos!
- Don't eat the same thing every day.
- Always try new foods—you might find something really delicious.

Week 30, Lesson 2

Eat balanced meals and snacks.

- Eat at least five servings of fruits and vegetables every day.
- Have protein (meat, chicken, egg, milk, etc.) with every meal or snack.
- Don't skip meals or snacks.

Week 31, Lesson 1

Eat often and drink plenty of water.

- Eat every three or four hours (four to six times a day) to keep your mind and your body working at its best.
- Be sure to drink at least eight glasses of water.

Week 31, Lesson 2

Good nutrition is all about balance.

- Eat lots of different types (and colors) of foods.
- Get in five servings of fruits and vegetables every day.
- Treats are okay once in a while as long as you've already eaten your healthy foods.

Week 32, Lesson 1

It's okay to have a treat now and then.

- Some foods are good to eat all of the time. Some foods are okay to eat only sometimes.
- Be sure to eat your healthy foods before having a treat.
- What are some "all of the time" foods?
- What are some "sometimes" foods?

Week 32, Lesson 2**Calorie isn't a bad word.**

- A calorie is a unit of measurement that describes the energy that comes from our food and drinks. If something has 100 calories, it means that it has 100 units of energy.
- Not all calories are the same. Calories from healthy foods are better for our bodies than the calories from fatty or sugary foods.
- Eating too many calories—and not burning enough of them off through activity—can lead to weight gain.

Exercise**Week 33, Lesson 1****Exercise is fun!**

- Exercise is anything that gets your heart beating a little faster.
- Skateboarding, bicycling, jumping rope, and playing hopscotch are all ways you can exercise.

Week 33, Lesson 2**Be active every day.**

- Sports are called “games” because they are supposed to be fun!
- What are some other ways you can exercise?

Week 34, Lesson 1**Always stretch before and after you exercise.**

- Stretching your muscles helps you play better and longer.
- Stretching also helps keep you from getting hurt.

Week 34, Lesson 2**Stretching keeps your muscles healthy.**

- Take the time to stretch every day—even stretch with your family.
- Stretch in front of the television.
- It's okay to be a little sore after trying a new activity—you are discovering some new muscles. Just be sure to stretch before and after playing.

Week 35, Lesson 1**Make sure you always have the right equipment.**

- Wear comfortable and safe shoes for play and exercise—tennis shoes are best.
- Always wear a helmet when you ride your bike.
- Wear a helmet and pads for skateboarding, rollerblading, etc.

Week 35, Lesson 2**Be safe when you exercise or play.**

- Check your equipment before you begin. Is there air in your tires? Is everything in good working order (not broken or damaged)? Do you have everything you need?
- Make sure an adult is watching or nearby whenever you are playing or exercising.

Week 36, Lesson 1**Help your family be healthy.**

- Adults should exercise, too. Exercise and play with your family.
- Try taking a walk before or after dinner.
- Walk to nearby stores or friends' houses (with an adult, of course).