



It's
Your
Health...
Take Charge!

Activity Book

Activities and Tips for Healthy Eating

South Carolina Department of Health and Environmental Control
Office of Public Health Nutrition

Taking Charge in Meadowland or Hugo finds his way, Chloe saves the day, and Miguel has his say.

This is the adventure of two mice, Hugo and Chloe, as told by the storyteller, Miguel. Growing up in Meadowland, Chloe and Hugo have many great times playing, laughing, and going to school together. One day, Chloe notices that Hugo doesn't want to play and that he has no energy. Chloe is worried about her best friend. She decides she must do everything she can to help Hugo see that he has to take charge of his health...or else! And Chloe is going to need your help to save Hugo.

About This Play

This production has been developed by professional actors for use in grades K-3 as an innovative way to communicate positive messages about nutrition, physical activity and food.

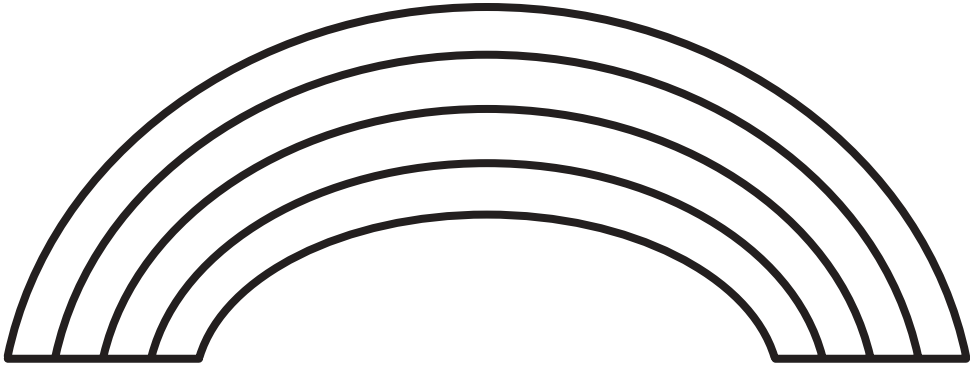
The play uses problem solving, audience interaction, music, juggling, and a puppet show to help kids understand that eating healthy foods and being active can be fun.

For additional activities and take home messages that can be downloaded for parents and family members, visit <http://www.scdhec.net/HS/proservices/nutrition/facts.htm>.



Eat Like The Rainbow

Color the rainbow.



Using colors from your rainbow, color the foods that Hugo and Chloe like to eat!





FOR KIDS

Food Guide Pyramid

- Color the pyramid.
- Keep track of what you eat in one day.
- Compare your list to the food pyramid.
- How many foods from each group did you eat?





A Shopping Trip

Pretend you are going shopping for your mom, dad, or grandparents. Circle the foods that you think will make you and your family feel healthy and full of energy, just like Chloe and Hugo.

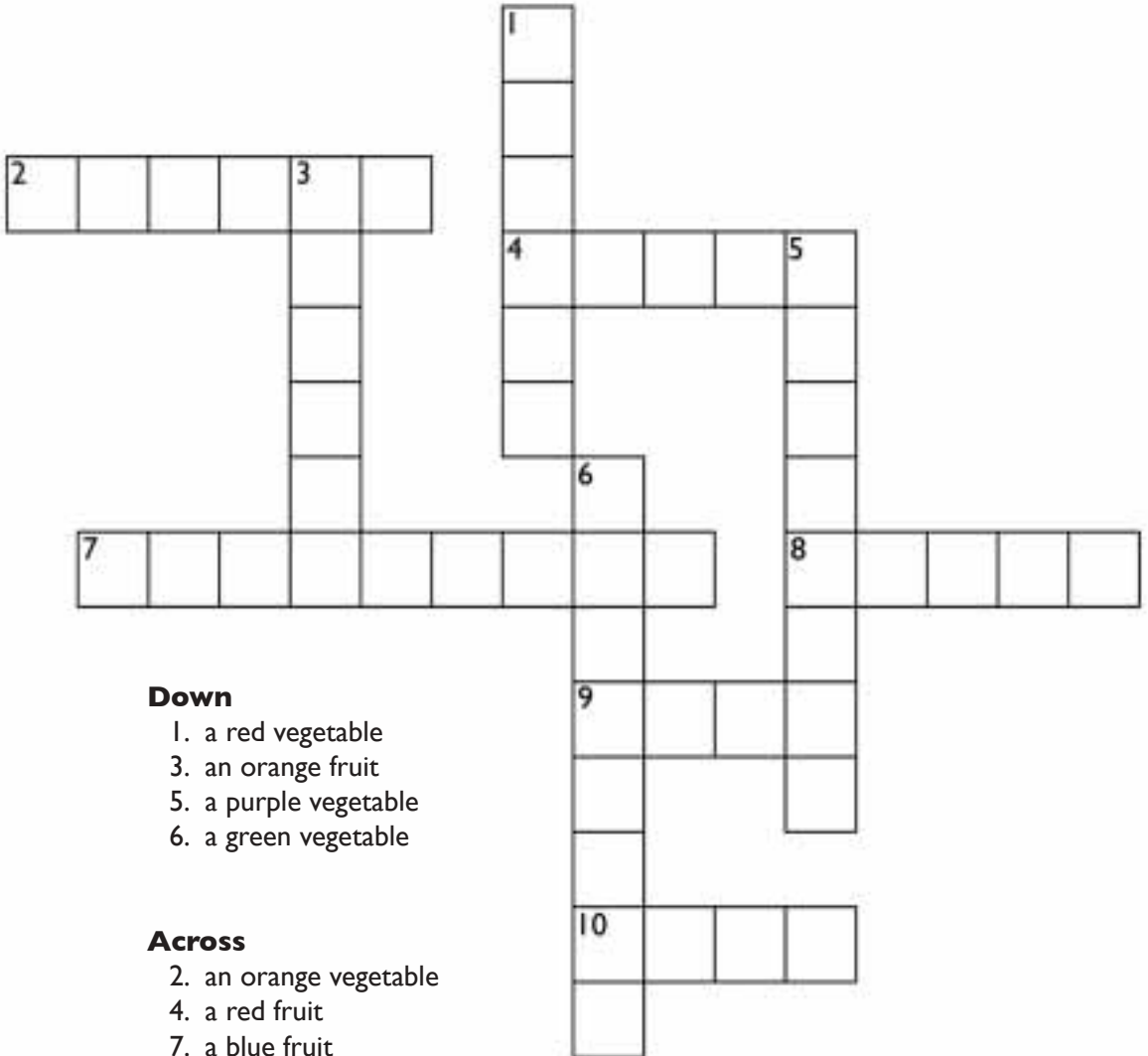
Remember, choose 5 fruits and vegetables per day, and include low-fat meats, milk, and whole grains (like cereal).





FOR KIDS

Fruit and Vegetable Crossword



Down

1. a red vegetable
3. an orange fruit
5. a purple vegetable
6. a green vegetable

Across

2. an orange vegetable
4. a red fruit
7. a blue fruit
8. a yellow fruit
9. a yellow vegetable
10. a green fruit



See if you can find these words:

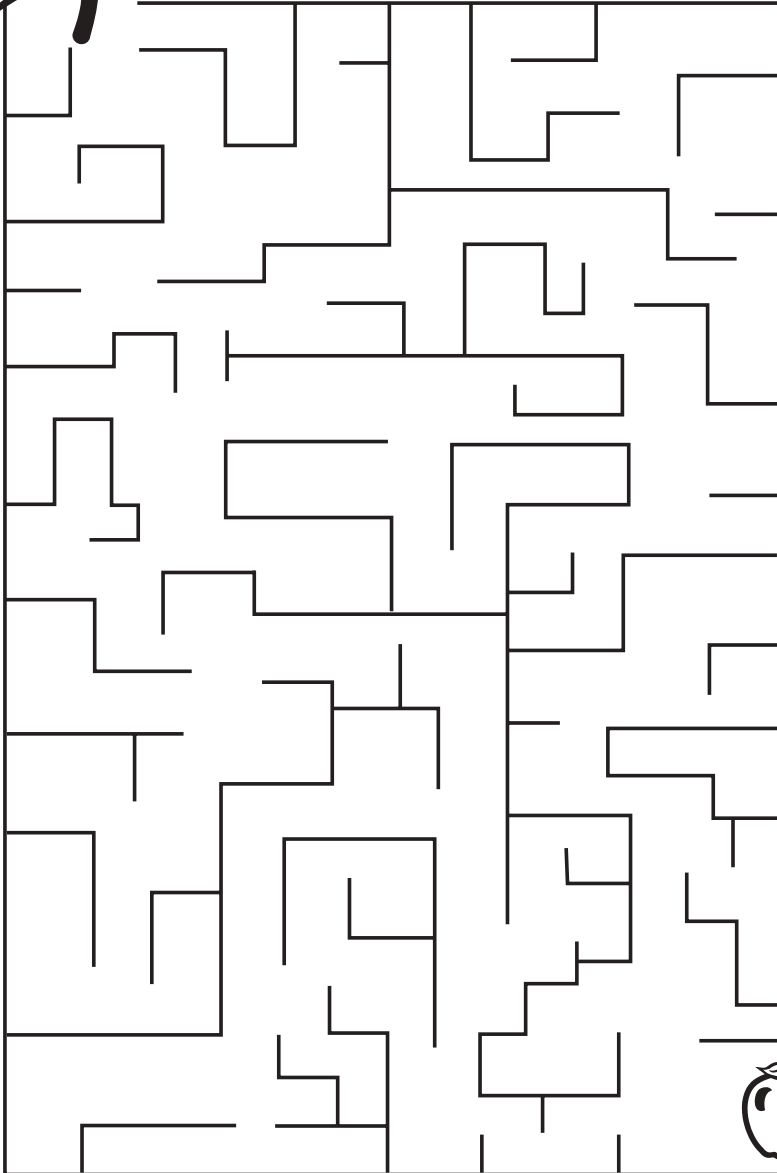
APPLE CARROT YOGURT
MILK VEGETABLES PRETZEL

A	C	Y	U	X	A	P	P	L	E	P	R	W	E	Y	K	X
O	E	D	O	Q	I	T	Z	A	K	W	D	U	I	O	R	O
W	C	U	N	G	A	F	G	C	A	R	R	O	T	K	P	R
B	L	S	J	H	U	H	D	L	N	S	C	B	L	E	R	T
D	H	E	C	E	O	R	U	H	M	W	E	U	W	O	E	P
C	M	U	W	G	N	B	T	N	Q	A	D	B	E	J	T	E
E	I	B	L	C	Q	A	F	O	L	J	C	W	F	H	Z	D
D	L	D	U	K	N	S	W	H	E	H	D	B	U	V	E	T
F	K	N	O	V	E	G	E	T	A	B	L	E	S	G	L	R
L	J	X	W	H	B	L	F	E	W	S	D	C	L	A	N	A



FOR KIDS

**Can You Find Your Way
to the Apple?**





Healthy Snacking

Snacks can be an important part of a healthy diet. Well-chosen snacks can help you manage weight, hunger, health and energy. Snacks can help you gain weight by providing more calories, or they can help you lose weight by providing fewer calories. If your meals are not balanced, snacks can help you meet Food Guide Pyramid guidelines for the different food groups. Snacks keep you going when you are dragging, and nutritious snacks keep you going longer. Small, wisely chosen snacks between meals promote good health and add pleasure to life. Snack with variety, balance and moderation in mind. The following tips can make between-meal eating a nutritious, enjoyable part of eating!

1. **Make snacks part of your day's personal pyramid.**

Rather than thinking of them as “extras,” choose snacks that are food-group servings from the Food Guide Pyramid.

2. **Snack when you're hungry.**

Skip the urge to nibble when you are bored, frustrated, or stressed. Snacking when you are not hungry could lead to unhealthy weight gain.

3. **Match snack calories to your activity level.**

A physically active person can eat more snacks—with more calories—than an inactive person. Snack portions are smaller than meal portions. Snacks shouldn't “fill you up,” but rather help you be “not hungry.”

4. **Snack consciously.**

Eat when you snack. Relax when you watch TV. Don't confuse the two. Snacking while doing other things leads to overeating.

5. **Plan ahead for smart snacking.**

Keep a variety of tasty, nutritious, ready-to-eat snacks on hand at home, at work, or wherever you need a light bite to take the edge off hunger. That way you won't be limited to snacks from vending machines, fast-food restaurants or convenience stores.



FOR PARENTS

Healthy Treats & Snacks for School

Healthy treats and snacks help reinforce our play's message:

making healthy food choices can be fun.

We recommend these nutritious snacks for classroom events and parties:

- Fresh orange slices
- Grapes
- Strawberries
- Dried fruits, such as raisins
- Apples, apricots
- Carrots and celery sticks with low-fat cream cheese or low-fat dressing
- Baked tortilla chips
- Baked potato chips
- Pretzel sticks
- Fruit spritzer (a mix of half fruit juice and half seltzer water)
- Popcorn
- Trail mix



How Big Is A Serving*?

A serving of	Is as big as
Anything (1 teaspoon)	a postage stamp
Cheese (one ounce)	a pair of dice
Chips (one ounce)	two handfuls
Cooked rice (half cup)	a cup cake wrapper full
Cornbread (1 piece)	a bar of soap
Fruit (half cup)	7 cotton balls
Meat (3 ounces)	the palm of your hand or a deck of cards
Medium sized fruit	a tennis ball
Pancake (1 cake)	a CD
Pasta (1 cup)	a fist
Peanut butter (one tablespoon)	a thumb tip
Popcorn (a third of a cup)	one woman's handful
Popcorn (half cup)	one man's handful
Potato (1 whole)	a fist
Potatoes (1 cup)	a tennis ball
Salad dressing (two tablespoons)	a ping-pong ball

*A serving is sometimes called a "portion."



FOR PARENTS

Low Fat Snack Choices for Any Environment

Parents, making low fat food choices can be difficult enough when you are walking through the grocery store, and harder if you are on the run! To make sure there is always a healthy, low fat snack choice available, make a list and stock up ahead of time. This will keep you from having to choose from the candy bar or the chips in the office vending machine, or the fast food drive-through.

Refrigerator snacks

Stock your refrigerator with ready-to-go snack fixings like yogurt, cottage cheese, low fat cheese, lean deli meats, fruit juice, milk, applesauce cups, pita bread and ready-to-eat fruits and vegetables.

Office snacks

Prepare for unscheduled meetings and deadlines by stashing nutritious snacks in your office or workplace: high fiber instant soup, pretzels, whole-grain cereal, mini cans of water-packed tuna, boxes of raisins, instant oatmeal, dried fruit or single serve fruit cups, whole-wheat crackers and low fat granola bars.

Microwave snacks

Heat and eat single-serving soups. Make an instant pizza by topping a bagel or English muffin with tomato sauce and cheese. Make a hot bean dip with refried beans, salsa, and mild green chilies, and serve with tortillas. Melt cheddar cheese on microwave-baked potato or broccoli.

Sweet snacks

To satisfy that sweet tooth craving when it hits, try low fat pudding; oatmeal-raisin cookies; fig bars; graham crackers; fat free, sugar-free hot chocolate; frozen yogurt; dried fruit; raisin toast; vanilla wafers; frozen juice bars; or a fruit flavored bagel.



Recipes for Low Fat Snacks

Here are some good ways to get five or more (fruits and vegetables) a day. It's your health—take charge!

Chloe's Trail Mix

Mix together raisins, sunflower seeds or pumpkin seeds. Add dried fruit (like apples or apricots), pretzel sticks, and nuts (if you are not allergic). Put it in a baggie and take your mix along with you to work or play.

Veggies & Dip

Cut up your favorite veggie and dip it in a low fat dressing, like ranch flavor.

Peanut Butter & Fruit

Instead of a candy bar, try cutting apples into slices and spreading peanut butter on them.



FOR PARENTS

Eat Less Fat

Lowering fat may lower your chances of getting some kinds of cancer. Here's how to do it.

- 1. Cut extra fat from your meat and throw the fat away.**
 - 2. Before you eat chicken, take off the skin and throw it away.**
 - 3. Use less fat to cook vegetables.**
 - Cut a piece of fat meat the size you normally use when you cook vegetables.
 - Then cut this piece in half.
 - Now cut it in half again.
 - Use only one piece of this fat meat to cook your vegetables. You will then be using one quarter of the fat you usually use.
 - 4. Cook vegetables with fresh turkey parts without skin; fresh garlic, onions, celery, and bell peppers; or lemon juice.**
 - 5. Pour the fat from the frying pan before you make gravy. Throw the fat away.**
 - 6. Broil, boil, bake, or pan broil your meat instead of frying it. This is how to pan broil meat:**
 - Spray nonstick spray in the bottom of a frying pan. Let it get medium hot.
 - Put the meat in the pan. Do not add any more nonstick spray.
 - Turn the meat often.
 - Pour the fat from the pan as the meat cooks. Throw the fat away.
- To keep from eating too much fat:**
- Try not to fry foods.
 - When fat cooks out of meat, pour the fat off and throw it away.
 - Eat bread with little butter or margarine.
 - Use less fat meat.
 - Eat fewer of these foods: fatty meats, salad dressing, regular cream, mayonnaise, sauces, butter or margarine, ice cream, potato chips, donuts, pies, cakes and snack cakes.



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Promoting and protecting the health of the public and the environment.