

Discovering Smart Servings



What clue does the WISE OLD OWL give for smart servings?

So we aren't playing the "I'm too full blues," one of the clues is right there inside us...

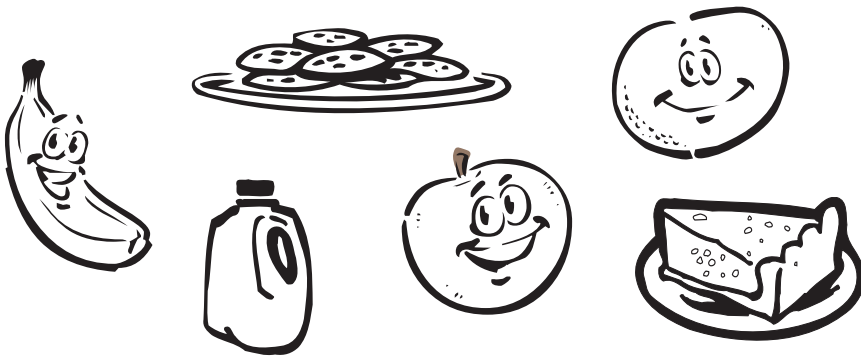
What part of our body tells us when we are full?

Answer:
Our tummy!



WISE OWL says:
MORE or LESS is a Healthy BALANCING ACT!

WISE OWL says "MORE of a healthy food is okay."
Color the healthy foods (fruits, veggies, low-fat dairy and grains).



WISE OWL says "For some foods LESS is BEST!" Draw L on high-sugar and high-fat foods.

WISE OWL says, "Active PLAY is a Healthy Balancing Act, too!"

Check your BALANCE!

- BALANCE on one foot, and then the other.
- Use yarn to make a wavy line on the floor. Pretend you are walking on a BALANCE beam or tightrope. YOU decide! Can you keep your BALANCE while walking on the wavy line?

How does it feel to be a Healthy BALANCING Act?



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Discovering SMART servings

Are you ready?

Discovering SMART SERVINGS is as simple as **1 - 2 - 3 - 4!**

Pay attention to

1. How much!

Be SMART about servings!

2. High-fat or sugary foods

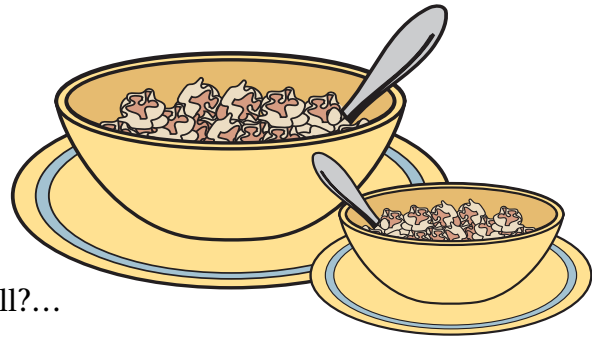
Be SMART with smaller servings.

3. How full you feel!

Be SMART and think, am I hungry?... am I full?...
do I need more?... or do I need less?

4. How active you are!

Be SMART with more active play.



Check it out! Be SMART about servings of higher fat or sugary foods!

List some of your favorite packaged snack foods (like snack cakes, candy bars, chips and crackers):

At home (or in the grocery store) take a look at the labels of these favorite foods. If the label has more than 4 grams of fat or sugar per serving (4 grams is about 1 tsp.), check the serving size and be SMART!

Set a goal to BE SMART with MORE Active Play!

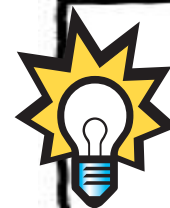


How about "I will ask my friend to shoot hoops with me instead of playing video games."

How many minutes of ACTIVE PLAY every day help make a healthy you?

You are right if you guessed 60 minutes every day.

Answer:



Idea:

Be Snack Smart

Top a whole wheat flour tortilla (or ½ bagel) with grated carrots, 1 slice of tomato and 1 slice of low-fat cheese. Microwave on defrost until the cheese is melted. Enjoy your snack!

Remember: BE SMART in the kitchen and work with an adult.

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