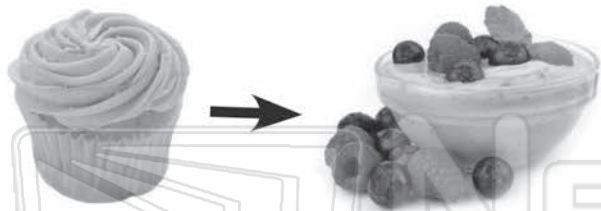




Name _____ Class _____ Date _____

Start with Small Changes

Try making changes over time to eat healthier.



Switch **healthy foods** for sometimes foods.



Drink **water** instead of sugary drinks.



PREVIEW

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Ride your bike with friends.



Learn to swim.



Walk the dog.



Wash the car.



Play a sport.





Most important — **Have fun!**



Name _____ Class _____ Date _____

Menu Planner

Use the Menu Planner below to help make healthy food choices.

	SAMPLE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS	 Peach					
VEGETABLES	 Spinach					
GRAINS						
PROTEIN						
DAIRY						



PREVIEW

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Activities I can do on my own:

Activities I can do with others:



Name _____ Class _____ Date _____

Color the activities that make your heart beat faster. Circle your favorite way to be active!



PREVIEW

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Name _____ Class _____ Date _____

1 **Whole grains** have lots of fiber. **How much** of the grains you eat should be **whole grains**?

- A none
- B one quarter
- C one half
- D all of them



5 Make exercise fun! Which is the **healthiest** activity?

- A playing video games
- B watching TV
- C playing at a park
- D sleeping all day



2 To be healthy, you should drink this **instead** of sugary soda.

- A
- B
- C
- D



6 Pick the **healthiest** dessert.



- 3
- C
- A
- B
- C
- D

PREVIEW

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4 To be healthy, choose _____ or **fat-free** milk and yogurt.

- A high-fat
- B low-fat
- C calcium free
- D chocolate



8 Keep moving! Get at least _____ minutes of **physical activity** every day.

- A 10
- B 15
- C 30
- D 60





Name _____ Class _____ Date _____

Answer Sheet

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