



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Start with Small Changes

Create an **eating style** that can improve your health now and in the future by making small changes over time. Consider changes that reflect your personal preferences, culture and traditions. Think of each change as a “win” as you build **positive habits** and find solutions that reflect your **healthy eating style**.

### Fruits

- **Eat** whole fruits more often than drinking 100% juice.
- **Snack** on fresh, frozen, canned, or dried fruits instead of cookies, brownies or other sugary treats.



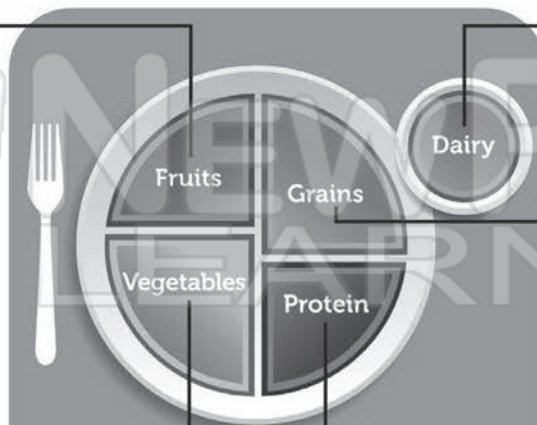
### Dairy

- **Choose** low-fat or fat-free milk and yogurt.
- **Eat** low-fat or fat-free cheese more often than regular cheese.



### Grains

- **Make** at least half the amount of grains you eat whole grains.
- **Find** high fiber, whole-grain foods by reading the **Nutrition Facts Label** and ingredients list.



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- Ad
- veg
- Ea
- sat



## PREVIEW

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Way

- Enjoy an afternoon bike ride with your friends.
- Walk the dog — don't just watch the dog walk.
- Clean your room or wash the car.
- Walk, skate, or cycle more.
- Do stretches and exercises while watching television.
- Exercise to a workout video.
- Take a class in martial arts, dance, or yoga.
- Canoe, row, or kayak.
- Swim or do water aerobics.
- Join a sport - play tennis, basketball, softball or soccer.
- Ski cross-country or downhill.
- Take a nature walk.
- Most important — **have fun** while being active!







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## Menu Planner

Use the Menu Planner below to start making healthy eating decisions.

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



**PREVIEW**

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Make Think How many ways can you... ideas below. more physically active by... healthy recipes? Pick up a new sport?

Activities I can do on my own:

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Activities I can do with friends:

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Making **small changes** can improve your health. Circle the **healthier** food choices.



frozen yogurt



ice cream sundae



cheeseburger



turkey burger



## PREVIEW

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water



soda



whole milk



1% milk



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1 To eat a better variety of \_\_\_\_\_, add **beans, peas, nuts, seeds** or **soy** products to main dishes and snacks,

- A protein
- B dairy
- C grains
- D fruit



5 About **half** of the grains you eat should be \_\_\_\_\_ **grains**.

- A brown
- B refined
- C barley
- D whole



2 To eat healthy, you should **limit** foods with saturated fats, sodium and \_\_\_\_\_

- A
- B
- C
- D

6 For a healthy eating style choose \_\_\_\_\_ or **fat-free** milk, yogurt and cheese when possible



## PREVIEW

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4 Which of these is the **healthiest** vegetable choice?

- A carrots with low-fat yogurt dip
- B broccoli with cheese sauce
- C artichoke cheese dip
- D mashed potatoes with gravy



8 Being physically active can improve your health. You should **get at least** \_\_\_\_\_ of **physical activity** every day.

- A 10 minutes
- B 30 minutes
- C 60 minutes
- D 6 hours





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## Answer Sheet

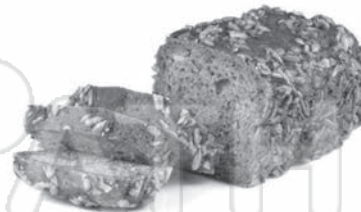
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