

HEALTHY HABITS for HEALTHY KIDS



EAT FOODS THAT ARE GOOD FOR YOU. FOODS THAT ARE GOOD FOR YOU ARE CALLED NUTRITIOUS FOODS. THEY GIVE YOUR BODY ENERGY AND IMPORTANT NUTRIENTS.

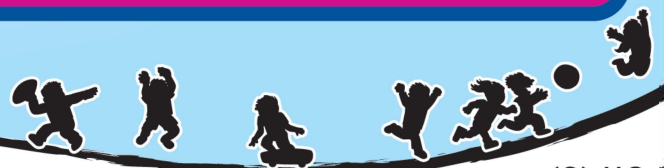
BE ACTIVE. AN ACTIVE PERSON IS SOMEONE THAT LIKES TO MOVE AND EXERCISE. PEOPLE WHO MOVE ARE HEALTHIER THAN PEOPLE THAT ARE INACTIVE. TRY MANY TYPES OF ACTIVITIES TO FIND THE ACTIVITIES THAT YOU ENJOY THE MOST.



HAVE GOOD PERSONAL HABITS. GOOD PERSONAL HABITS HELP PROTECT YOU AND OTHERS FROM GETTING SICK. ALWAYS REMEMBER TO WASH YOUR HANDS BEFORE EATING AND AFTER USING THE RESTROOM, SNEEZE INTO YOUR ELBOW, BRUSH YOUR TEETH AT LEAST TWICE A DAY, AND KEEP YOUR HANDS OUT OF YOUR EYES, NOSE, AND MOUTH.



GET THE RIGHT AMOUNT OF REST. YOU NEED SLEEP TO STAY HEALTHY, HAPPY, AND ABLE TO DO YOUR BEST. REMEMBER TO GET 10-11 HOURS OF SLEEP EACH NIGHT.



DEAR HEAL STUDENT & FAMILY,

Welcome to the **HEAL** program. **HEAL** stands for **Healthy Eating, Active Living** and is a **physical education program** that provides students and families with the skills and practice needed to build a **healthy foundation**. Did you know that children who get quality physical activity and nutrition every day perform better academically, suffer less anxiety and depression and have a higher self-esteem?

HEAL gives you an opportunity to reach your potential in every aspect of school. **By participating in HEAL you will learn to choose foods and physical activities that will help you prevent diseases and enjoy a better quality of life.** The lessons learned through **HEAL** can benefit your entire family and can be used throughout your lifetime. Thousands of students across Alabama measurably improve their health each year through the **HEAL** program.

You can transform your health and become a hero for your family by being a leader in your household for good health. If you already practice healthy habits and/or play sports, **HEAL** can help **improve your sports performance** and reinforce existing healthy behaviors by providing fresh and fun ideas. **No matter your age or level of physical fitness, HEAL can work for you!** Remember, a healthy foundation is the springboard to a better and brighter future, so let's get started!

Throughout the year you will receive Handouts and Homeplays. **Handouts** reinforce the information you will learn about healthy eating and active living. **Homeplays** are fun assignments designed to help you practice **HEAL** at home. Additionally, you will get a colorful calendar each month filled with "**HEALicious**" recipes, physical activities and information to help your family enjoy the **HEAL** journey with you.

The **HEAL** program concludes in the spring with the **HEAL HERO campaign**. Who can be a **HEAL HERO**? **Anyone who dedicates to the program can be a HEAL hero.** **HEAL Heroes** are students who embrace the **HEAL** lifestyle and help others too. Nominations are made by teachers and peers and are based on participation in class, support of classmates, and sharing your **HEAL** skills with your family and community. You will be surprised by what you can accomplish and how your accomplishments can inspire others to live the **HEAL** way. You have the power to set a healthy example for people across Alabama to follow and admire.



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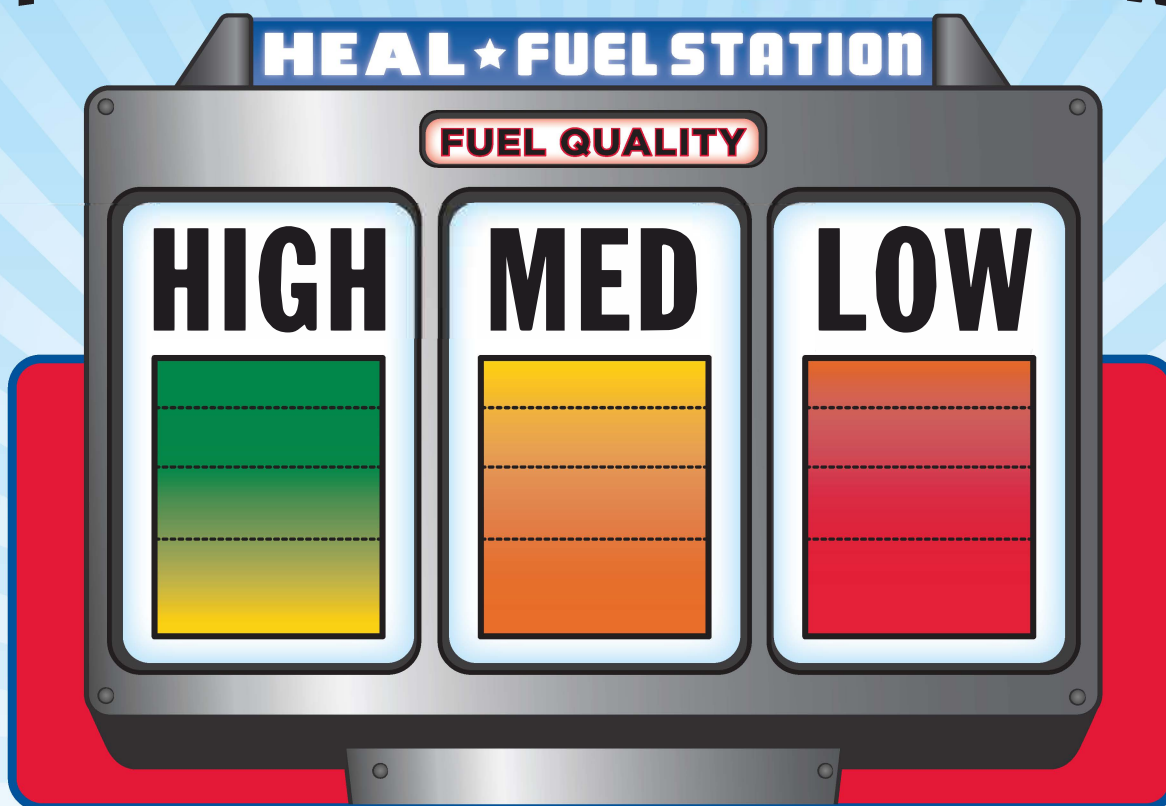
Together, We Can **HEAL**® *Alabama*



WELCOME

AVOID BREAKDOWNS

★ PUT QUALITY FUEL in the TANK ★



HIGH	MEDIUM	LOW
<ul style="list-style-type: none">• WATER• LOW-FAT MILK (4 Servings A Day)• 100% FRUIT JUICE (Limit to 4-6 Ounces Each Day)	<ul style="list-style-type: none">• WHOLE MILK• SUGAR-FREE OR DIET DRINKS, 100% FRUIT JUICE (More Than 6 Ounces)• SPORTS DRINKS (With Aerobic Activity Only)	<ul style="list-style-type: none">• SUGAR-SWEETENED SODAS• MILKSHAKES• FRUIT DRINKS• SLUSHIES• SWEET TEA

BEVERAGE BREAKDOWN:

- **WATER** is an excellent beverage to drink during and after exercise to replace fluids lost by sweating! Water is our best source of hydration!
- **100% FRUIT JUICES** contain vitamins, but should be limited to **4-6 ounces a day** because they are also high in calories. Make sure it is **100% fruit juice with no sugar added**. "**FRUIT DRINKS**" provide very little nutrition and have a lot of sugar.
- **SPORTS DRINKS** should be consumed **only** during aerobic activities that cause you to sweat. Sports drinks contain a lot of sugar.
- **SODAS** are high in sugar and low in nutrient density (empty calories). They provide little nutrition. Choose water or low-fat milk first.
- **ENERGY DRINKS** can be dangerous for children and should **NEVER** be consumed.

REMEMBER: FOODS AND DRINKS WITH LOW NUTRIENT DENSITY AND/OR HIGH SUGAR, FAT, AND/OR SODIUM SHOULD BE CONSUMED IN MODERATION AND BALANCED WITH QUALITY EXERCISE AND NUTRITION.



UNPLUG & PLAY



IT IS RECOMMENDED THAT CHILDREN RECEIVE LESS THAN 2 HOURS OF SCREEN TIME EACH DAY. THIS INCLUDES WATCHING TELEVISION, PLAYING VIDEO GAMES, USING HAND HELD TABLETS OR PHONES, AND USING THE COMPUTER. YOU WILL FIND SOME HELPFUL TIPS BELOW.

★ TIPS FOR PARENTS ★

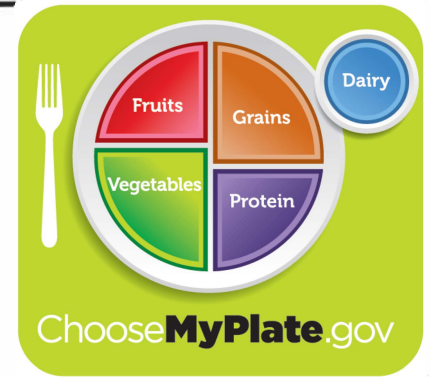
- **Create a morning routine that doesn't include screen time**
- **Eat at the table rather than in front of the television (and parents put your cell phones away during meal time to discourage distractions)**
- **Plan outdoor family activities**
- **Remove the TV from your child's bedroom**

★ TIPS FOR STUDENTS ★

- **Set a timer when you are using screens. After 20 minutes get up and move for 10 minutes.**
- **Don't use screens when you are bored. Instead, find something else to do.**
- **Remove all electronic devices from your room and keep them in the family space.**



CHOOSE MyPLATE FOR HEALTHY EATING



GRAINS:

Aim to make at least half of your grains whole grains.

Grains are made up of carbohydrates and are the body's main source of energy. Grains include foods made from wheat, oats, cornmeal, rice, barley, or other cereal grains. Whole grains are healthier than refined grains because they contain more fiber, vitamins and minerals.



FRUITS & VEGETABLES:

Make half of your plate fruits and vegetables. It is important to eat five servings of fruit and vegetables each day because they have many vitamins, such as vitamins A and C. Vitamins A and C help fight disease and infections, heal cuts and bruises, keep skin healthy and help you see in the dark.

DAIRY:

Pair your meal with a cup of low-fat dairy. These foods are important because they supply the body with calcium, and vitamins like vitamin D. Milk and dairy products help make your bones and teeth strong. It is important to choose low-fat dairy!



PROTEIN:

Add lean protein to be 1/4 of your plate. This group contains foods like meat, chicken, fish, beans, peanut butter and eggs. These foods give your body protein, so you can build strong muscles.





WHAT IS A SERVING SIZE?

WHAT COUNTS AS A SERVING SIZE?

WHAT DOES ONE SERVING LOOK LIKE?

FRUIT

- One Medium-Size Fruit
- 3/4 cup (6 oz) 100% Fruit Juice
- 1/2 cup Canned Fruit

**** Eat at least 5 Servings of Fruit and Vegetables Each Day**



1 Medium Fruit = The Size of a Baseball

VEGETABLES

- 1 cup Raw Vegetables
- 1/2 cup Canned/Cooked Vegetables

**** Eat at least 5 Servings of Fruit and Vegetables Each Day**



1/2 cup Cooked Vegetables = The Size of a Computer Mouse

DAIRY

- 1 cup Low-Fat Milk
- 1.5 oz Cheese
- 6 oz Yogurt

**** Eat 3-4 Servings of Dairy Each Day**



1.5 ounces of Cheese = The Size of Six Dice

GRAINS

- One Slice of Bread
- 1 cup of Cereal
- 1/2 cup of Cooked Rice or Pasta
- * 1/2 English Muffin or Bun

**** Make half of your grains Whole Grains**



1/2 cup cooked Pasta, Potato, Corn or Rice = The Size of a Computer Mouse

MEAT

- 2-3 oz cooked Lean Meat, Poultry or Fish
- 1/2 cup Cooked Beans
- 1 Egg = 1 oz
- * 2 Tablespoons of Peanut Butter

**** Eat 5 ounces of Protein Each Day**



2-3 ounces of cooked Meat, Poultry or Fish = The Size of a Deck of Cards