

BE ACTIVE KIDS®

For Parents and Families Volume 10, Spring



Welcome to *Be Active Kids*, an innovative, interactive nutrition, physical activity, and food safety curriculum for children ages four and five. Find out more information at www.beactivekids.org.

Have You Heard?

MyPyramid for Kids, seen below, was created in 2005 specifically for children! Although it was designed for ages 6-11, the child-friendly graphics appeal to preschoolers. Since four and five year olds will be exposed to *MyPyramid for Kids* when they reach elementary school, it is important for them to begin to recognize and learn about the new graphic. The better *you* understand and follow *MyPyramid* guidelines, the better equipped *your child* will be to make healthy choices every day!

Get *Physically Active* one step at a time!

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Aim for at least 60 minutes of activity every day, or most days.

Make half your *Grains* whole!

Look for whole grain cereals.

Just because bread is brown doesn't mean it's whole grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat")

Meats & Beans – Go lean with protein!

Eat lean or low fat meat, chicken, turkey, and fish.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

Milk - Get your calcium-rich foods!

Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is low fat or fat-free.

Vary your *Veggies*

Color your plate with all kinds of great-tasting veggies.

Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Focus on *Fruits*

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Oils are not a food group, but you need some for good health.

Get your oils from fish, nuts, and liquid oils.



Physical Activities for Be Active Kids

- **Playtime is Important!** Children ages 4 and 5 are full of energy! Encourage your child to use this energy during playtime. Get outside and let your child tumble in the grass, play tag with their friends, or make up their own active game. The more fun your child has when they are active now, the more likely they will feel good about exercise when they grow older.
- **Chart your course!** Keep a physical activity log chart on your refrigerator. Monitor and post the amount of time your child spends on physical activities. Put a sticker on the days when your child is active for at least 60 minutes.
- **Repetitive Motion!** Children like things that are familiar. Repeat favorite activities often, and feel free to add slight variations.
- **Just Rewards!** A little encouragement will go a long way. Praise your child when they are active! Compliment their creativity and enthusiasm for movement, and remember not to use food as a reward.

Fun Food Safety



Thaw Foods Safely! You should not thaw foods out at room temperature as this can allow for harmful bacteria to grow in the food. Use of these 3 safe methods instead:

1. Thaw foods in the refrigerator at 41°F or lower
2. Thaw food under running room temperature water (70°F or lower)
3. Thaw food in the microwave and immediately cook it afterwards



Healthy Foods for Be Active Kids



More Tips from www.MyPyramid.gov

- **Eat more from some food groups than others.** Choose more foods from the food groups with the widest stripes on the new MyPyramid graphic.
- **Choose healthier foods from each group.** Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid where the colored stripes are the widest. For example, white bread and whole milk are closer to the top of the pyramid, while whole wheat bread and low fat milk are at the bottom.
- **Every color every day.** The colored stripes in the pyramid represent the 5 food groups plus oils. Remember to eat foods from all the food groups every day.
- **Make it Personal!** The new MyPyramid system provides options to help people make healthy food choices and be active every day. Go to www.mypyramid.gov and enter the age, gender, and level of physical activity for each member of your family to get personalized guides to making healthy choices.

