
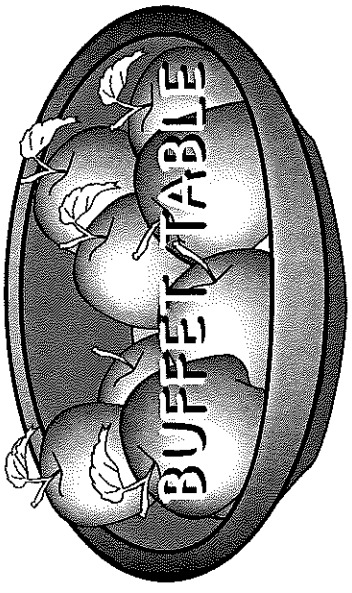


2.12.B.1-3

		<b>Personal Health Series Breakfast</b>	<b>Name:</b>  <b>Date:</b>
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## Breakfast Buffet

Instructions: Draw pictures of the foods you would include on your "Breakfast Buffet" table. Be sure to include lots of GO foods, some SLOW foods, and only a few WHOA foods. When you're finished, share your buffet with a classmate.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Breakfast Tracker

Instructions: Write or draw a picture of what you eat for breakfast, every day, for one week (including Saturday and Sunday!). Draw a "O" around the GO foods. Draw a "Δ" around the SLOW foods. Draw a "□" around the WHOA foods. At the end of the week, count how many foods you ate from each group.

DAYS	WHAT I ATE FOR BREAKFAST
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



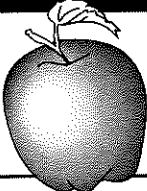

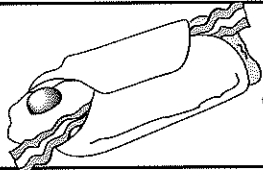
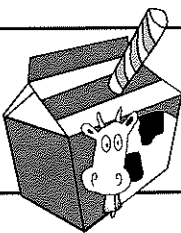
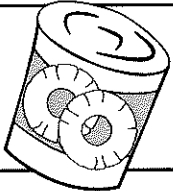

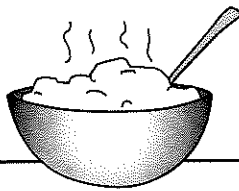



Name: \_\_\_\_\_

Date: \_\_\_\_\_

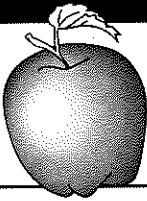
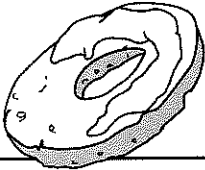
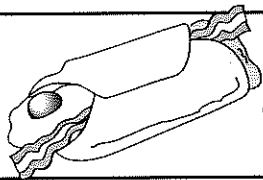
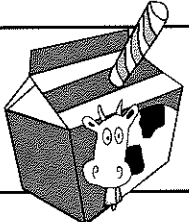
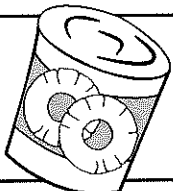

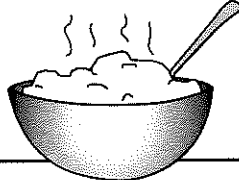

## Quiz

Instructions: Is this food a GO food, a SLOW food, or a WHOA food for breakfast? Look at the picture and the word, and then mark an "X" in the correct column.

FOOD		GO	SLOW	WHOA
	apple			
	bagel 			
	breakfast burrito with eggs and bacon			
	chocolate milk 			
	pineapple in light syrup			
	jelly doughnut 			
	oatmeal			
	low-fat yogurt 			

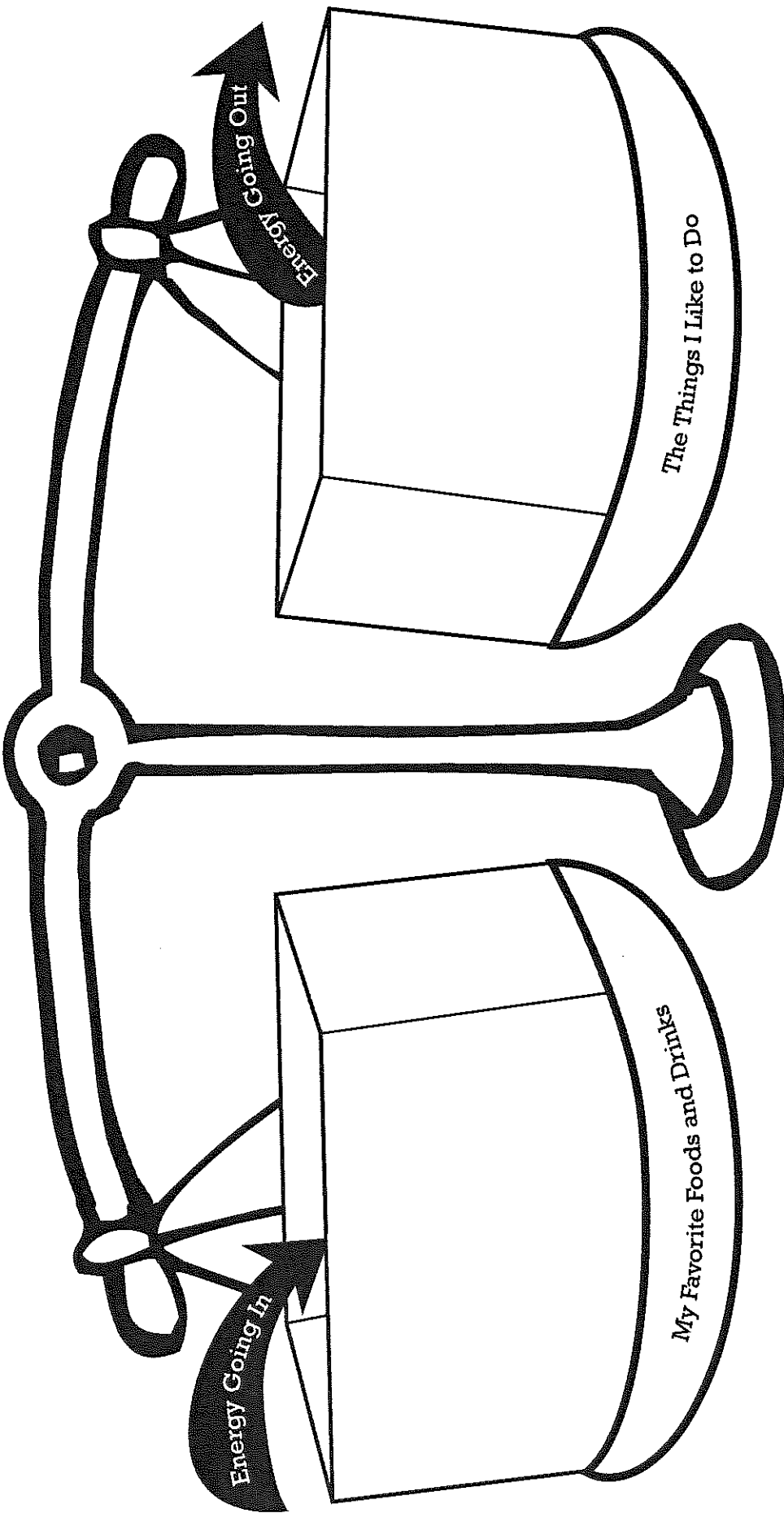


## Quiz Answer Key

FOOD		GO	SLOW	WHOA
	apple	X		
	bagel 		X	
	breakfast burrito with eggs and bacon			X
	chocolate milk 			X
	pineapple in light syrup		X	
	jelly doughnut 			X
	oatmeal	X		
	low-fat yogurt 	X		

# My Energy Balance

Instructions: Energy balance is the balance your body needs between energy coming in (from what you eat and drink) and energy going out (for the things you do). Draw pictures of the foods you like to eat on one side and the things you like to do on the other. Circle the foods you eat that are healthy and draw a triangle around the activities you do that get your heart beating faster and use up lots of energy.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## My Snack-and-Act Pact

Instructions: First, make a list of some of the healthy foods you like to eat for snacks. Then design a 5-minute workout that gets your blood flowing! In each box, write or draw the action or movement you will do. Try to have a good mix of high-energy and low-energy activities, and be sure to give yourself time to catch your breath!

### Healthy Snacks I Like to Eat



### A Real ACTION Plan!



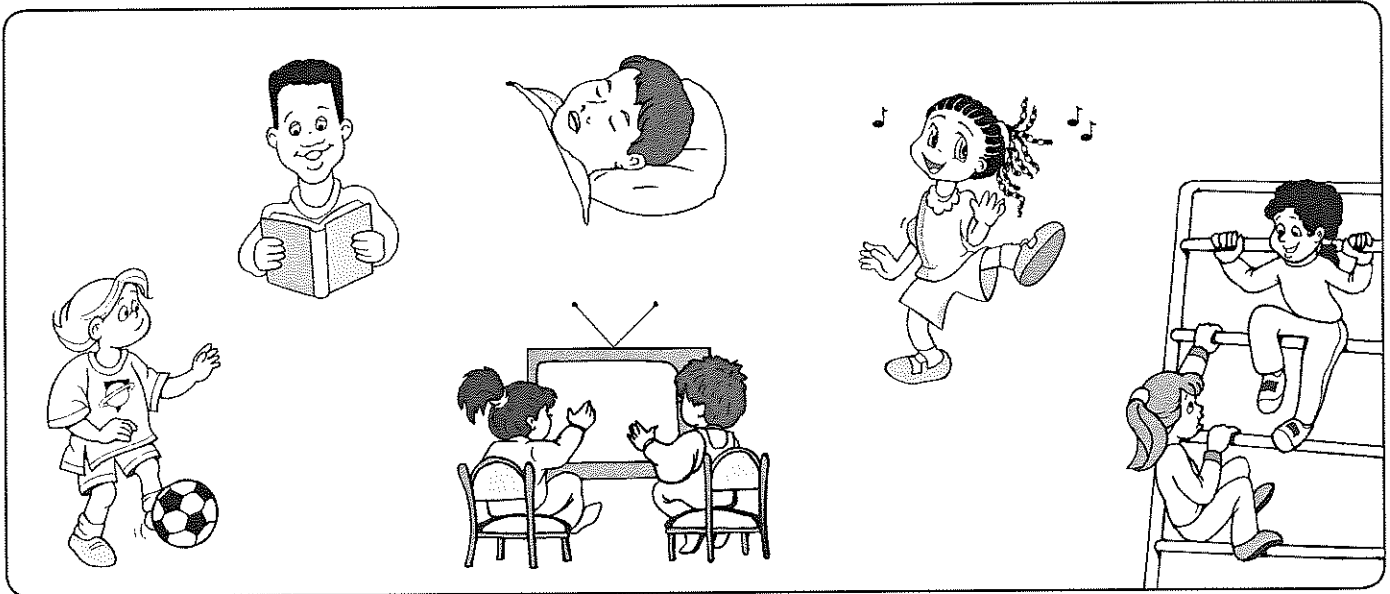

Name: \_\_\_\_\_

Date: \_\_\_\_\_

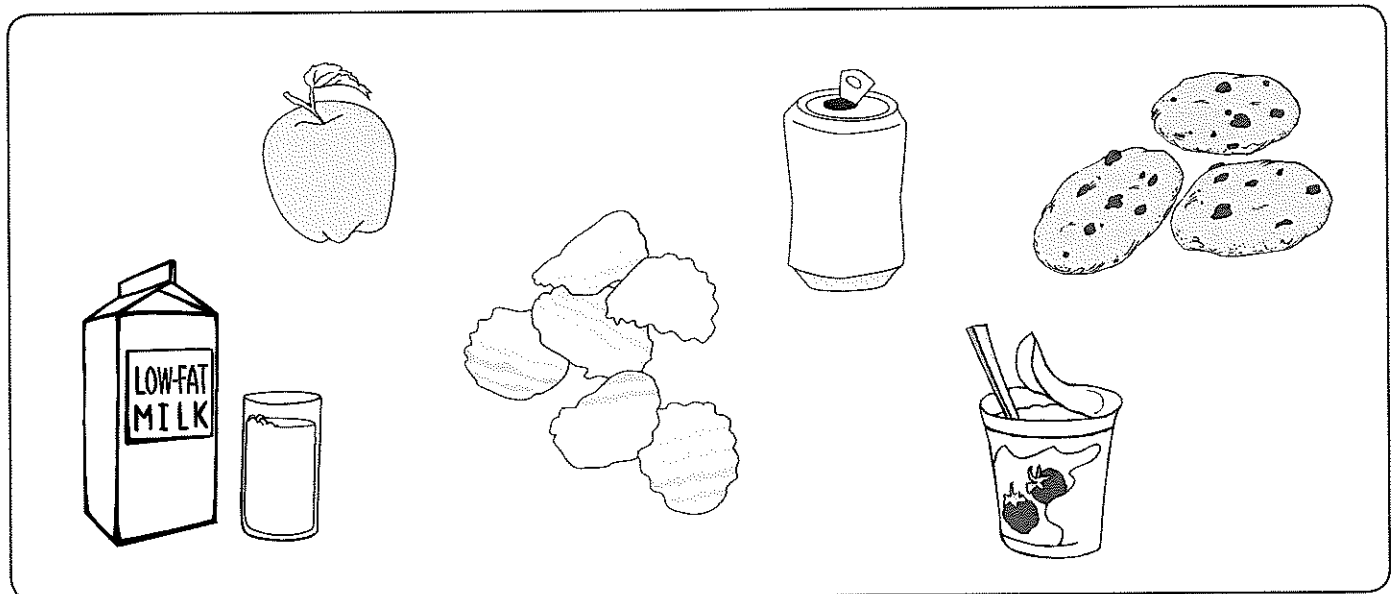
## Quiz

Instructions:

**Part I:** Everything you do uses energy. Some activities use more energy than others. Draw a circle around the activities that use lots of energy. Draw a square around the activities that use less energy.



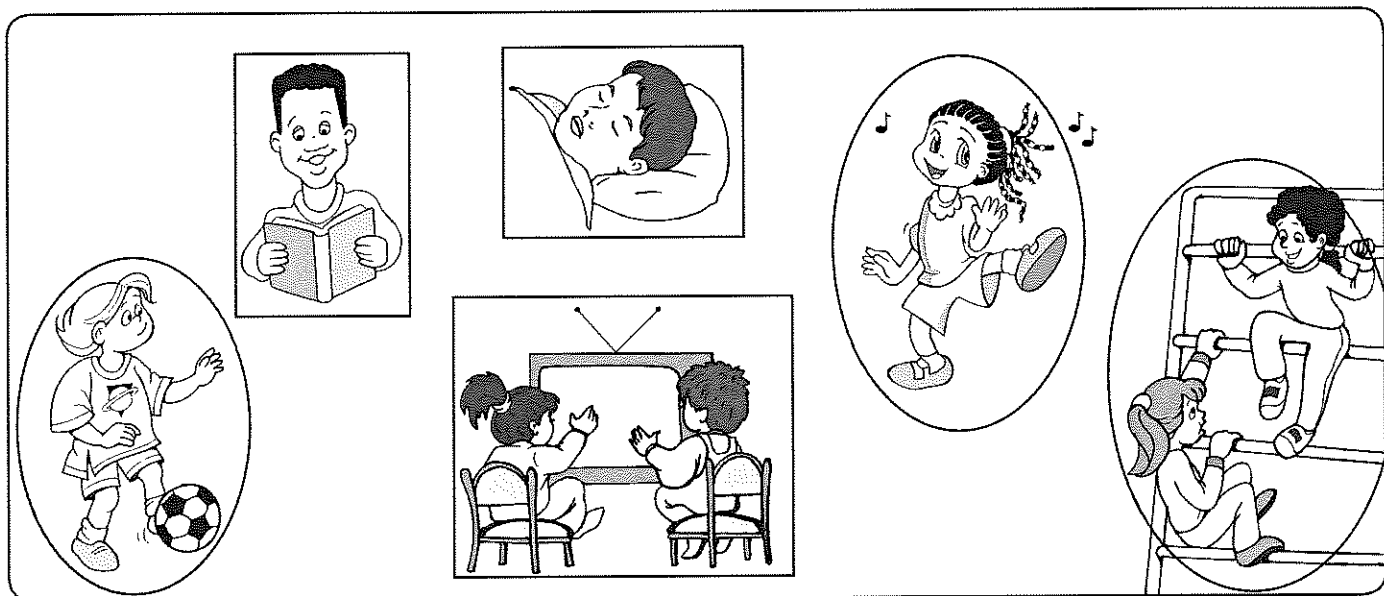
**Part II:** When you eat, you refuel your body's energy. Healthy foods give your body more energy and nutrients. Draw a circle around the healthy snacks you could eat or drink.



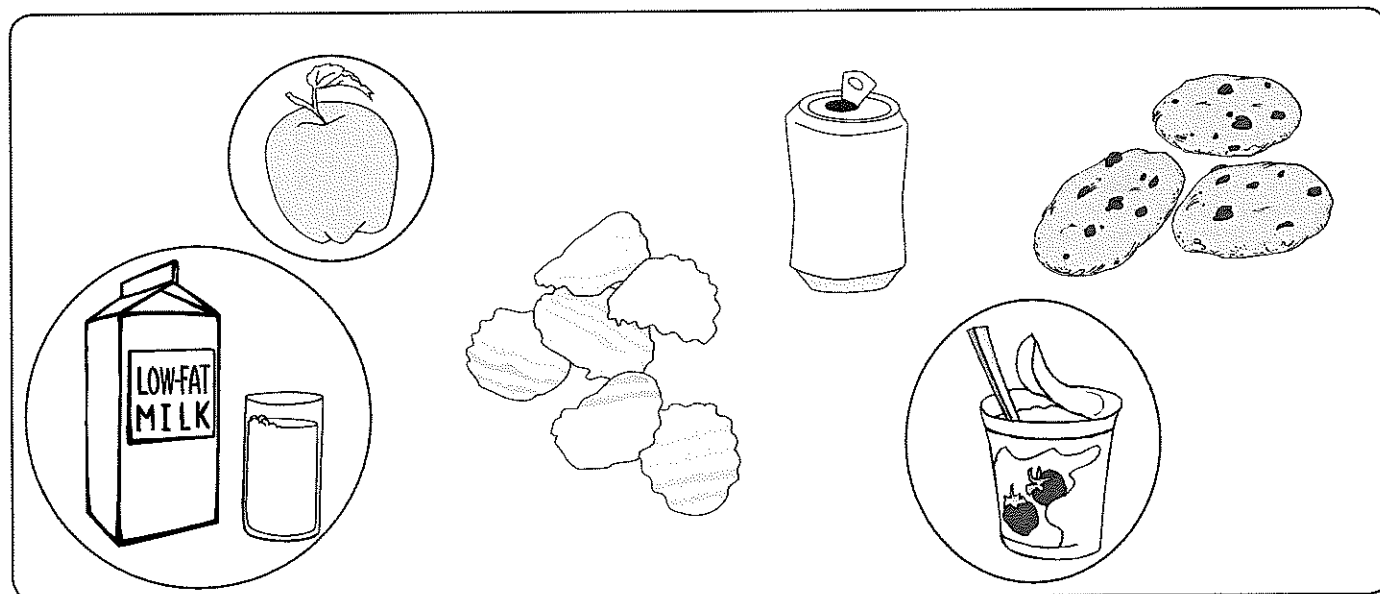


## Answer Key

### Part I:



### Part II:








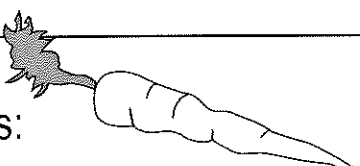
Name: \_\_\_\_\_


Date: \_\_\_\_\_

## The Snack Shack

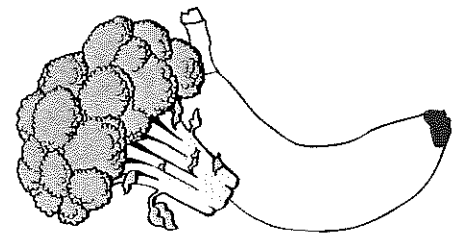
Instructions: Most kids have 1 or 2 snacks a day. As chefs of The Snack Shack, you're in charge of deciding what goes on the menu. Be creative and think of catchy names for healthy and nutritious snack foods for the restaurant. Include at least five choices for each section.

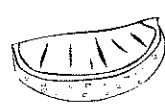

**The Snack Shack**


After-school snacks: 

School snacks: 

After-dinner snacks:







**The Snack Shack delivers!**



## Personal Health Series Healthy Snacking

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Quiz

Instructions: Answer each question (can be oral or written).

1. How many snacks should kids eat during the day and when should they eat them?

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2. Why do kids get hungry between meals?

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3. Name five healthy snacks kids can eat between meals:

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4. True or False: Healthy snacks should be low in fat, low in sugar and high in fiber. T F



## Quiz Answer Key

1. How many snacks should kids eat during the day and when should they eat them?  
1 or 2 when they're hungry; mid-morning, after school, and before bedtime
2. Why do kids get hungry between meals?  
Kids use lots of energy playing and doing activities, and they have smaller stomachs than adults.
3. Name five healthy snacks kids can eat between meals:  
Any five of the following: fruit, precut veggies, nuts, yogurt, popcorn, cheese, cheese sticks, cottage cheese, peanut butter crackers, fig bars, mini muffins, applesauce, low-sugar fruit cups, frozen yogurt or fruit pops, pretzels, rice cakes, smoothies, low-fat chocolate milk, low-sugar cereals
4. True or False: Healthy snacks should be low in fat, low in sugar and high in fiber. (T) F

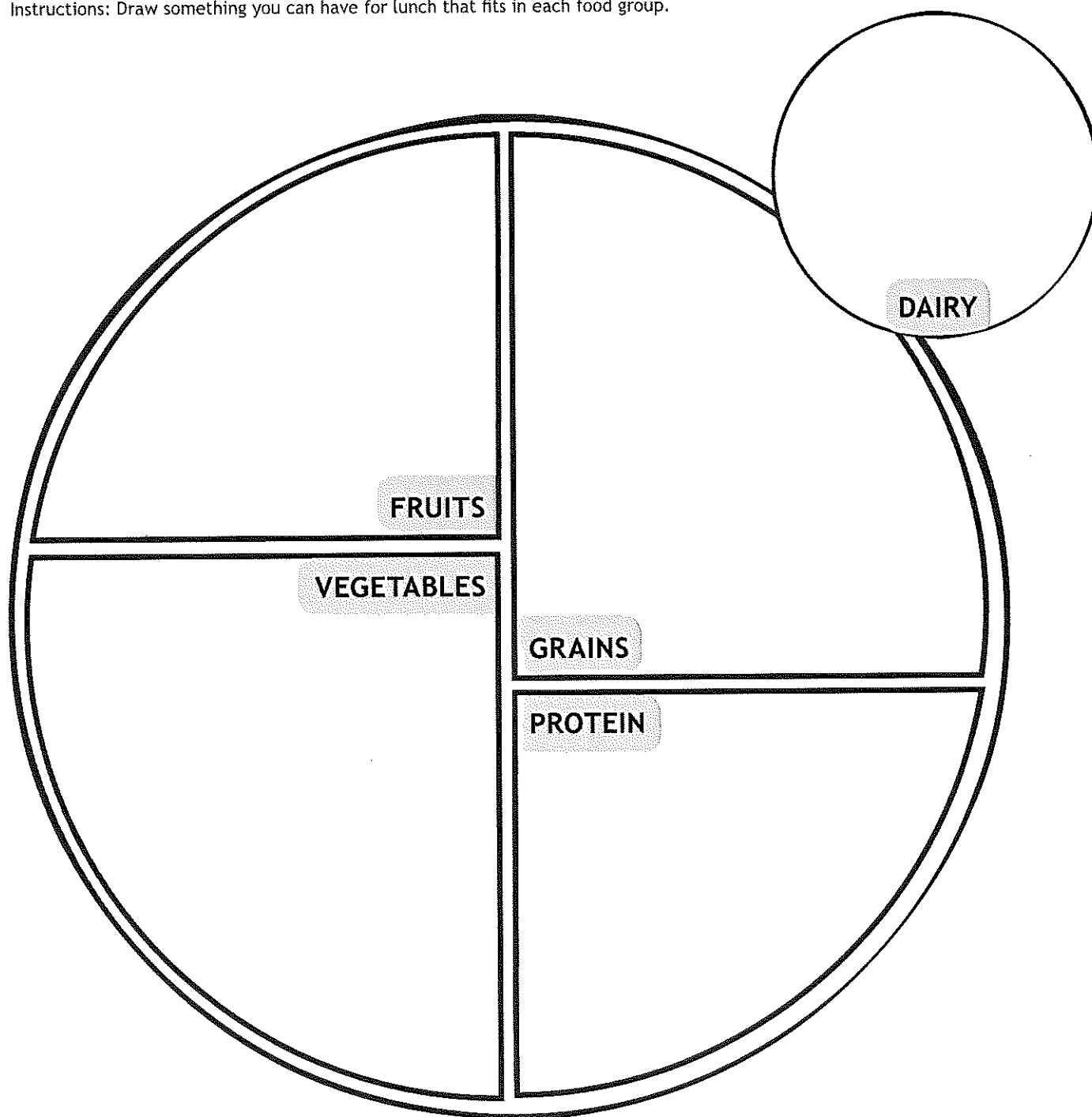


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## MyPlate for Lunch

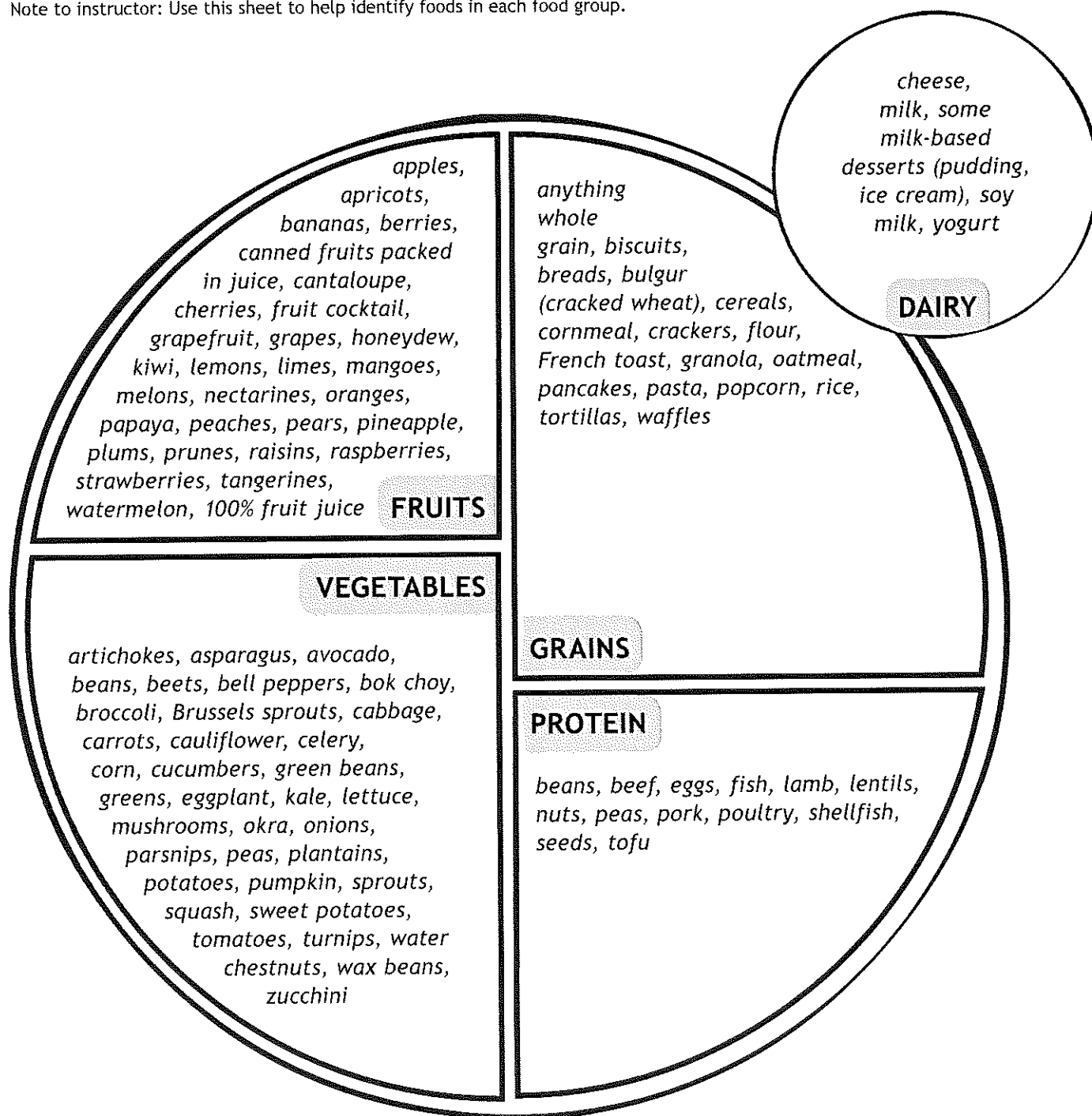
Instructions: Draw something you can have for lunch that fits in each food group.





## MyPlate for Lunch teacher handout

Note to instructor: Use this sheet to help identify foods in each food group.

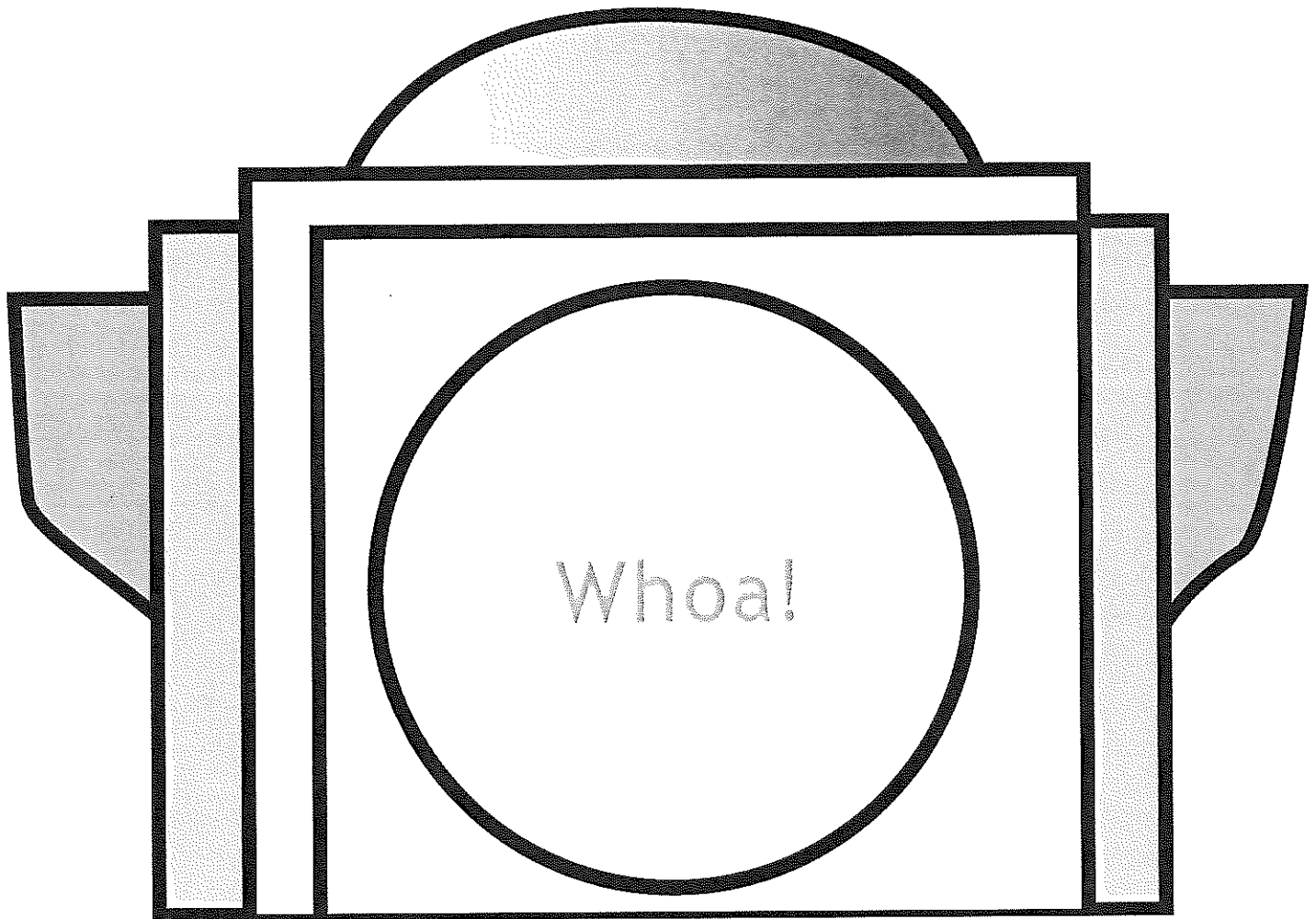




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Go, Slow, Whoa! Lunchtime Traffic Light

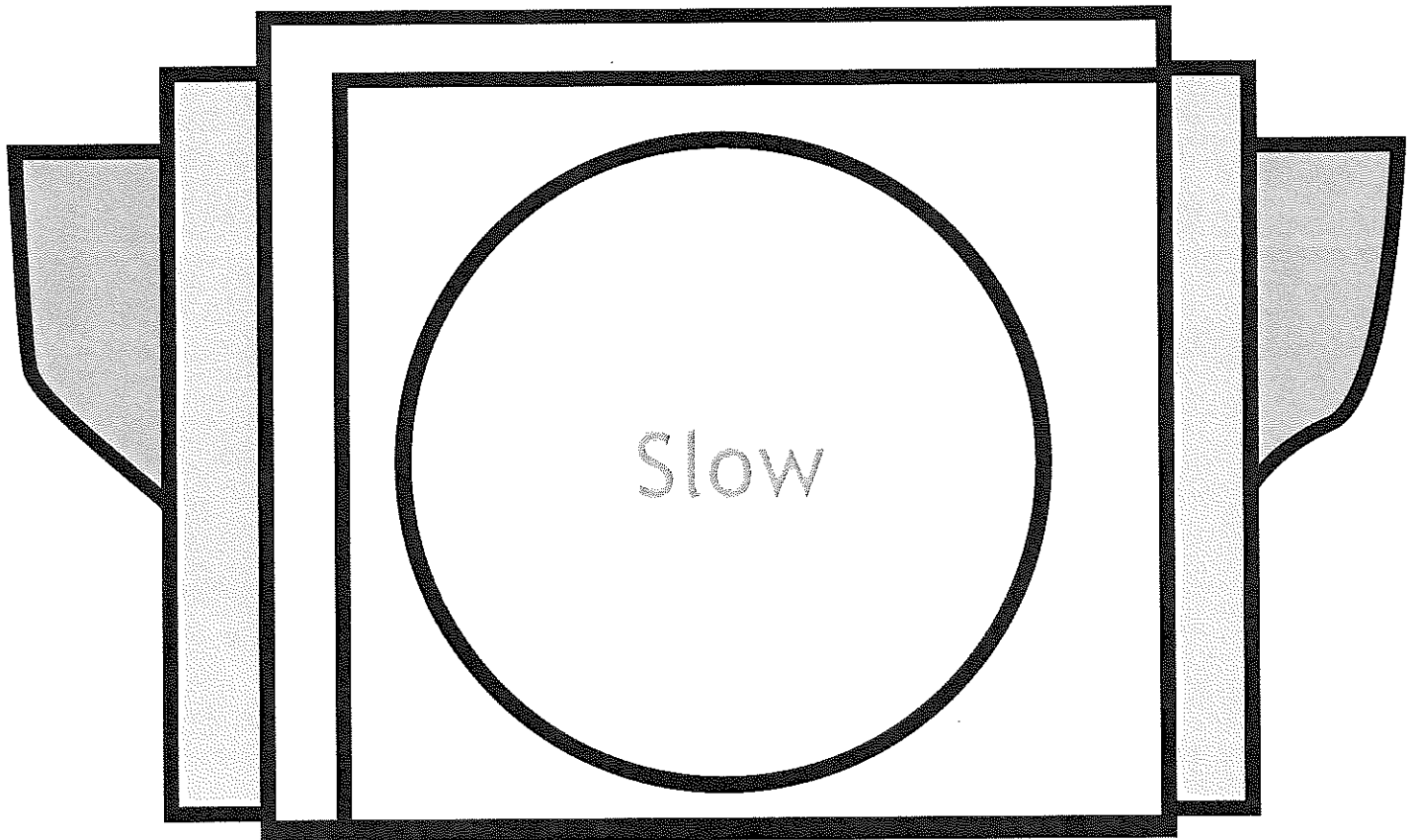




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Go, Slow, Whoa! Lunchtime Traffic Light

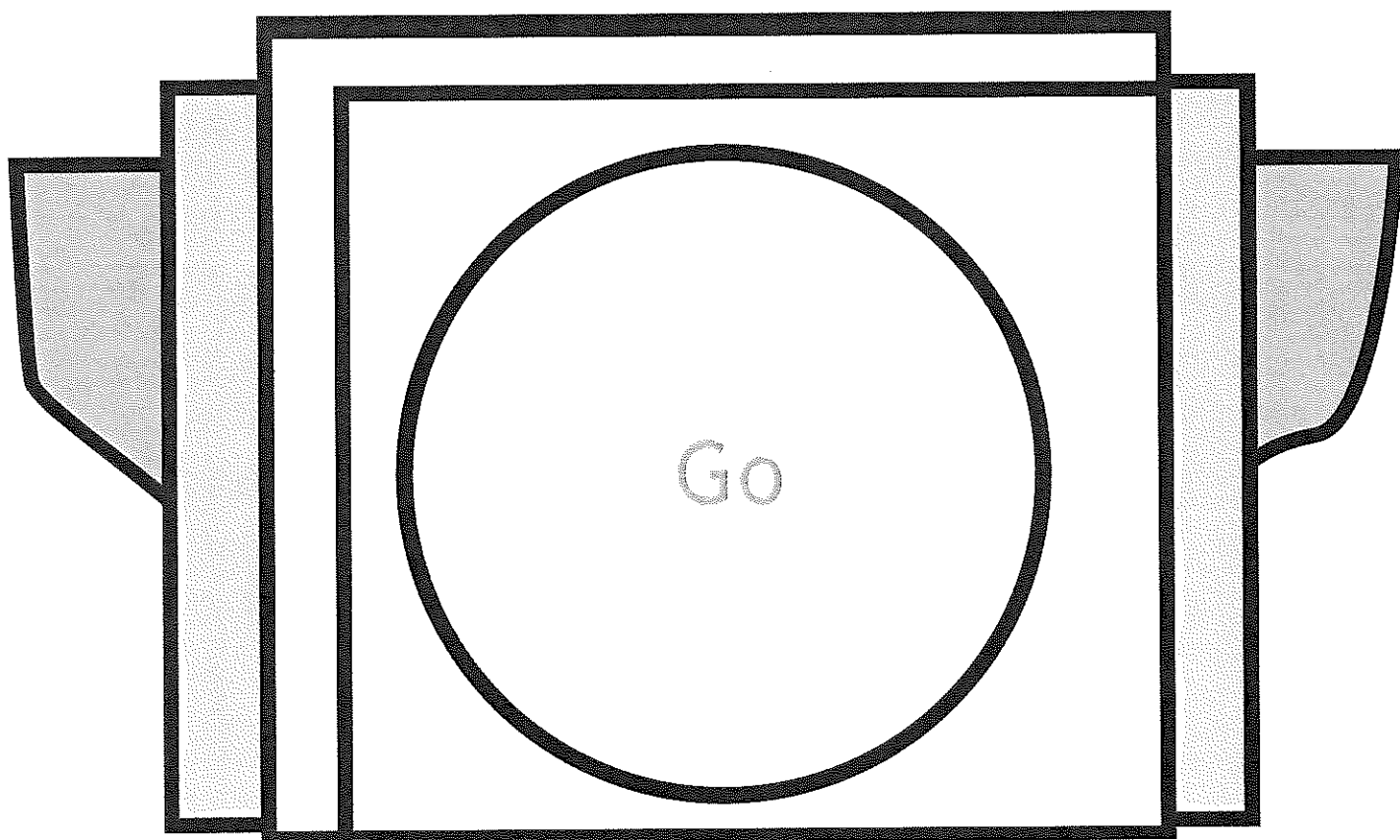




Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Go, Slow, Whoa! Lunchtime Traffic Light







Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
2. True or false: Everyone should eat more Go foods than Whoa! foods.
3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.
4. Name one fruit:

\_\_\_\_\_

5. Name one vegetable:

\_\_\_\_\_

6. Name one grains food:

\_\_\_\_\_

7. Name one protein food:

\_\_\_\_\_

8. Name one dairy food:

\_\_\_\_\_

9. Name one Go food:

\_\_\_\_\_

10. Name one Whoa! food:

\_\_\_\_\_



## Quiz Answer Key

1. True or false: Water and low-fat milk are healthy drinks to have for lunch.
2. True or false: Everyone should eat more Go foods than Whoa! foods.
3. True or false: A hot dog, French fries, ice cream, and soda is a healthy lunch.

4. Name one fruit:

See "MyPlate for Lunch" teacher handout

5. Name one vegetable:

See "MyPlate for Lunch" teacher handout

6. Name one grains food:

See "MyPlate for Lunch" teacher handout

7. Name one protein food:

See "MyPlate for Lunch" teacher handout

8. Name one dairy food:

See "MyPlate for Lunch" teacher handout

9. Name one Go food:

See page 2 of "Go, Slow, and Whoa! A Kid's Guide to Eating Right"

10. Name one Whoa! food:

See page 2 of "Go, Slow, and Whoa! A Kid's Guide to Eating Right"