

Healthy Family Goals – Family Activities for Healthy Eating and Being Active

Materials and Ingredients

- ✓ Paper & markers/crayons for “Healthy Me” drawings
- ✓ Available fruit & veggies (fresh, frozen or canned)

Example:

Fruit: pineapple, mandarin oranges, apples

Veggies: beans, peas, cucumbers, broccoli, celery



Getting Ready

- ✓ Plan for a fun snack time activity
- ✓ Choose a couple of fruits & veggies that you know your kids like and one that you can encourage them to try
- ✓ Wash & cut-up pieces of fruits & veggies for kids to serve themselves
- ✓ **Tip:** Plan for kids to only use one or two pieces of each food so they will eat all or most of what they create

When kids help in the kitchen – washing, chopping, mixing- they are more likely to eat what they helped prepare.

Family Fun Activities

- ✓ **Get Moving!** Start off with our brain boost challenge (see *next page*)
- ✓ **Watch & Learn!** Check out this short video about vitamins & minerals
<https://www.youtube.com/watch?v=kteZneJm1EI>
- ✓ **Healthy Goals!** Set some healthy goals with your family (see “My Wildly Important Goals” family letter)
 - Eat Fruits & Vegetables & Be Active
 - Drink Water instead of sugary drinks
- ✓ **Draw!** Make “Healthy Me” pictures (see next page for ideas)



Eat Healthy Together

- ✓ Start by washing your hands with soap and warm water.
- ✓ **Watch & Learn!** Check out this video on germs and handwashing:
https://drive.google.com/file/d/1KoEJA1d0jEgBr7fn_jHRf2vND_-anzGH/view?usp=sharing
- ✓ Use fruits & veggies to make a face, animal, bug, etc.
- ✓ Encourage your kids to try new fruits & veggies. One taste is a great start!
- ✓ Eat your art with gusto!
- ✓ **Work toward your healthy family goals together by tracking your progress.** (see *tracking sheet*)



Let's Wake Up Our Brains! Brain Boost Exercise!

Move Your Body! Let's get our hearts pumping!



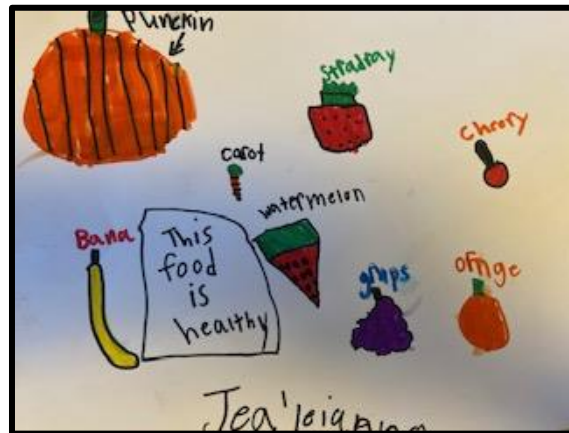
Brain Boost challenge

- ♥ Can you do 50 or even 100 jumping jacks in 2 minutes?
- ♥ How many times can you hop on each foot in one minute?
- ♥ Can you jump up really high 50 times?

“Healthy Me” Drawings!

Draw “Healthy Me” pictures as a family

- ♥ favorite fruits and vegetables
- ♥ growing fruits and vegetables in the garden
- ♥ eating healthy foods together as a family
- ♥ favorite ways to be active



Dear Family,

Let's set some healthy family goals and think of different ways to reach them. You can put a check by the best ways to reach them or think up new ways.

Parent Tip: Be a healthy role model for your kids. If they see you working at being healthy, they will want to join you!

✓ My Wildly Important Goals for Health

Fruits and Vegetables

We will eat fruits and vegetables every day by:

- ☐ Helping in the kitchen to make healthy recipes
- ☐ Eating a fruit and a vegetable every day
- ☐ Making half my plate fruits and vegetables
- ☐ Adding vegetables to my sandwiches
- ☐ Adding fruit to my cereal

☐ Write your own! _____



Being Active

We will be active every day by:

- ☐ Dancing to our favorite song together
- ☐ Doing jumping jacks while watching TV
- ☐ Playing dodge ball with socks
- ☐ Making a plan to be active

☐ Write your own! _____



Drinking Water instead of Sugary Drinks

We will drink water every day by:

- ☐ Drinking a glass of water with every meal
- ☐ Limiting sugary drinks
- ☐ Drinking water instead of sports drinks after being active
- ☐ Drinking water instead of soda at home
- ☐ Adding lemon or oranges to flavor my water

☐ Write your own! _____ 1.



















Tracking My Wildly Important Goals

1. Give yourself 1 point for every day you reach your goal.
2. Count up all the points at the end of 4 weeks and celebrate a healthy you!

My Wildly Important Goals:

- ☐ We will eat fruit every day.
- ☐ We will eat vegetables every day.
- ☐ We will be active for 60 minutes every day.
- ☐ We will drink water instead of sugary drinks every day.



| | Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total Points |
|---|---------------|--------|---------|-----------|----------|--------|----------|--------------|---------------------|
|  | Fruits | | | | | | | | |
|  | Veggies | | | | | | | | |
|  | Water | | | | | | | | |
|  | Exercise | | | | | | | | |
| | Week 2 | | | | | | | | |
|  | Fruits | | | | | | | | |
|  | Veggies | | | | | | | | |
|  | Water | | | | | | | | |
|  | Exercise | | | | | | | | |
| | Week 3 | | | | | | | | |
|  | Fruits | | | | | | | | |
|  | Veggies | | | | | | | | |
|  | Water | | | | | | | | |
|  | Exercise | | | | | | | | |
| | Week 4 | | | | | | | | |
|  | Fruits | | | | | | | | |
|  | Veggies | | | | | | | | |
|  | Water | | | | | | | | |
|  | Exercise | | | | | | | | |
| | | | | | | | | Total | |

Signature _____

Congratulations on your work to reach your healthy goals