



# Eat Right Be Active

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A guide for parents  
and caregivers of children  
ages 6–8



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## Introduction

We all want the best for our children. We want them to grow up healthy and feeling great. This booklet can help. It is full of everyday ideas that you as a busy parent or caregiver can put into action so your six-to-eight-year-old will eat right and be active.

You are an important role model for your child. At home, at school and in the community, all the efforts you make will add up to a healthier child.

**Note:** In this booklet, “children” refers to children between six and eight years old. Both “him” and “her” are used throughout to describe your child. “Parent” refers to parents, caregivers and anyone else involved in your child’s care.

## Is my child growing well?

Some children naturally grow faster or slower than others. If your child seems happy, looks healthy, is usually hungry at mealtimes and is active, she is likely doing fine.

What is most important is her overall growth pattern, not her height or weight at any one time. Ask about her growth pattern when you are visiting the doctor or nurse practitioner.

Help her to feel good about her body by praising her strengths, abilities and unique personality, not her appearance. Also try not to criticize your own body or the way others look.

### GOOD TO KNOW:

#### Concerned about your child’s weight?

*If so, talk about it in private with his doctor or nurse practitioner. About one in four children in Ontario are overweight or obese, putting them at risk for health problems such as diabetes. The good news is that small, everyday changes such as walking to school instead of driving, or eating one more vegetable or fruit a day, really can make a difference. Try to:*

- *Help your child discover physical activities he likes.*
- *Eat right and be active together.*
- *Avoid weight loss diets. They can lead to growth problems.*
- *Offer him the same healthy choices the rest of the family eats. That way he will not feel singled out.*
- *Follow **Eating Well with Canada’s Food Guide** and **Canada’s Physical Activity Guide for Children**, described later in this booklet.*

## Eat right, be active quiz

Helping your child to eat right and be active may be easier than you think.  
Answer with a **Yes** or **No**.

**1. Is it important to eat meals together  
with my child?**

Yes ☐ No ☐

Mealtimes are a chance for your child to learn your good eating and social habits.  
Eat together as often as possible.

**2. Should I be active with my child every day?**

Yes ☐ No ☐

Set a healthy example that your child can follow by being active together every day.  
Walk to the store, play catch, kick a ball around, or go hiking on the weekend.

**3. Is it a good idea to let my child decide  
how much to eat?**

Yes ☐ No ☐

Trust your child's appetite. When he is growing faster, he will be hungrier; when he is growing more slowly, he will eat less. It is okay if he does not finish every meal. Let him choose as much or as little as he wants from the healthy foods you offer – without pressure.

**4. Does my child's school have an impact  
on her eating and physical activity habits?**

Yes ☐ No ☐

Your child spends a lot of time at school. She is learning about how to eat right and be active. How easy or hard it is for her to make those healthy choices during the school day has a big impact on her health. Work with your child's school to ensure that healthy food choices are offered and that they receive a quality daily physical education program from a qualified teacher.

**5. If my child eats three healthy meals,  
does he need snacks too?**

Yes ☐ No ☐

Your child should eat every three to four hours. One or two healthy snacks plus three meals a day should be enough for healthy growth, and provide the energy to be physically active.

**6. Do even short periods of being active  
help my child?**

Yes ☐ No ☐

Each day, your child needs at least 60 minutes of moderate physical activity such as walking, biking or playing actively outside. He also needs another 30 minutes of vigorous physical activity such as soccer or running. However, he does not have to do it all at once – even periods as short as ten minutes count toward his overall 90-minute daily minimum target.

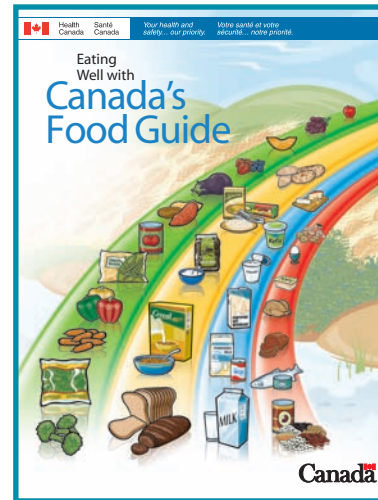
**Quiz answers:** All Yes

## Eat right: The basics

The best way to eat well – for any of us – is to follow *Eating Well with Canada's Food Guide*. Just remember, the Food Guide is exactly that - simply a guide, and not what you should expect your child to eat each day. What really counts are his eating habits over time.

### Find out more:

- To get a copy of the Food Guide, call your local public health unit or community health centre or go to: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).



### GOOD TO KNOW:

#### Children who eat right and keep active:







- *Do better at school.*
- *Have a healthy body weight.*
- *Feel good about themselves.*
- *Have the energy to be active.*
- *Build habits for lifelong good health.*

### GOOD TO KNOW:

#### Got a nutrition question?

*For advice about healthy eating that you can trust, speak to a registered dietitian. Call the EatRight Ontario toll-free telephone information service at 1-877-510-510-2 or visit [www.ontario.ca/eatright](http://www.ontario.ca/eatright) and email your question to a registered dietitian.*

## How much should I offer my child?








Ages 6 - 8	What is a Food Guide Serving?	It looks like...
<b>Vegetables and Fruit</b>		
5 Food Guide Servings	<ul style="list-style-type: none"> <li>• 1 piece of fruit</li> <li>• 125 mL (1/2 cup) fresh, frozen or canned vegetables or tomato sauce, fruit or 100% fruit juice</li> <li>• 250 mL (1 cup) leafy raw vegetables or salad</li> </ul>	 A tennis ball   A fist
<b>Grain Products</b>		
4 Food Guide Servings	<ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• 1/2 bagel</li> <li>• 1/2 pita or 1/2 large tortilla</li> <li>• 125 mL (1/2 cup) cooked rice, bulgur, quinoa, pasta or couscous</li> <li>• 175 mL (3/4 cup) hot cereal</li> <li>• 30 g cold cereal</li> </ul>	 A hockey puck   A hand   A tennis ball   A cupped hand  It varies. Check the label.

### GOOD TO KNOW:

#### Does my child need a vitamin and mineral supplement?

*If your child eats according to the Food Guide most of the time, he should not need a vitamin and mineral supplement. However, if he does not eat a well balanced diet, talk to your doctor or a registered dietitian about a supplement.*

*Note: Supplements can be dangerous if too many are taken at once. Keep them locked away, out of a child's reach.*

Ages 6 - 8	What is a Food Guide Serving?	It looks like...
<b>Milk and Alternatives</b>		
2 Food Guide Servings	<ul style="list-style-type: none"> <li>• 250 mL (1 cup) milk or fortified soy beverage</li> <li>• 175 g (3/4 cup) yogurt</li> <li>• 50 g (1 1/2 oz) hard cheese</li> </ul>	 Small measuring cup  Single container  Size of 2 thumbs
<b>Meat and Alternatives</b>		
1 Food Guide Serving	<ul style="list-style-type: none"> <li>• 2 eggs</li> <li>• 30 mL (2 tbsp) peanut butter or other nut butters*</li> <li>• 60 mL (4 tbsp) shelled nuts* or seeds</li> <li>• 125 mL (1/2 cup) or 75 g (2 1/2 oz) cooked fish**, shellfish, poultry, lean meat or game meat</li> <li>• 175 mL (3/4 cup) cooked and canned beans, lentils, chickpeas, hummus, edamame (soybeans) or tofu</li> </ul>	 1 golf ball  2 golf balls  A hockey puck  A cupped hand

Adapted from: *Eating Well with Canada's Food Guide*. Health Canada, 2007.

\* In schools where there is potential risk of life-threatening allergies, it is strongly recommended that foods containing or which may contain allergens not be available. Refer to the school board's allergy policy on minimizing exposure to food allergens.

\*\*See page 8 of this booklet for important information about choosing fish wisely.

### GOOD TO KNOW:

#### Split up your servings

*One Food Guide Serving can be divided into smaller amounts and served throughout the day. For example, half a serving of Meat and Alternatives can be split up and served at two different meals - your child could have an egg at lunch and a few forkfuls of chicken at dinner.*

## Eat right: Making it happen!

### Wondering what foods to serve?

The following charts can guide you on what to serve for meals and snacks. Use them as well as reading food labels and relying on your own good judgment. This way your child will get less fat, salt (sodium) and sugar, and more vitamins, minerals and fibre - a good recipe for healthy, active kids!

### Try this.

From the charts listed on the next page, check off the foods you serve your child. Now, do you serve them every day, sometimes, or limit them as suggested? What “Healthy foods to serve every day” could you serve more often?

#### GOOD TO KNOW:

##### **Make at least half of your Grain Products servings whole grain each day**

- *Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.*
- *Enjoy whole grain breads, oatmeal and whole wheat pasta.*

#### GOOD TO KNOW:

##### **Cut costs and boost nutrition**

*The “Healthy foods to serve every day” give you a lot of nutritional goodness for your money. You can also:*

- *Buy fresh vegetables and fruit in season, and buy frozen or canned at other times.*
- *Buy meat on sale and freeze any extra.*
- *Substitute beans, lentils, canned fish\*, tofu or eggs for meat.*
- *Choose store brands in larger packages and compare to bulk store prices.*
- *Buy less-processed foods. Instead of a small box of flavoured rice, why not choose a large bag of plain rice and flavour it yourself?*

\*See page 8 of this booklet for important information about choosing fish wisely.



Healthy foods to serve every day			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<input type="checkbox"/> Fresh, frozen, canned vegetables and fruit <input type="checkbox"/> 100% unsweetened fruit juice <input type="checkbox"/> Frozen fruit juice bar made with 100% fruit juice <input type="checkbox"/> Salsa <input type="checkbox"/> Vegetable soups (tomato, carrot, butternut squash)	<input type="checkbox"/> Unsweetened cereals (hot or cold) <input type="checkbox"/> Whole grain: bread, bagels, pita, buns, crackers, English muffins <input type="checkbox"/> Whole or multigrain pancakes <input type="checkbox"/> Muffins made with whole grain <input type="checkbox"/> Whole wheat tortillas <input type="checkbox"/> Whole wheat noodles, pasta, brown rice <input type="checkbox"/> Couscous, bulgur <input type="checkbox"/> Roti, chapati, naan, steamed rolls, bannock	<input type="checkbox"/> Milk: 1% or 2%, white or chocolate <input type="checkbox"/> Fortified soy beverage <input type="checkbox"/> Soup made with milk <input type="checkbox"/> Hot chocolate made with milk <input type="checkbox"/> Yogurt <input type="checkbox"/> Yogurt drinks, tubes <input type="checkbox"/> Smoothies made with yogurt <input type="checkbox"/> Kefir <input type="checkbox"/> Hard cheese <input type="checkbox"/> Powdered milk <input type="checkbox"/> Canned milk (evaporated)	<input type="checkbox"/> Tofu <input type="checkbox"/> Beans, peas, lentils <input type="checkbox"/> Hummus <input type="checkbox"/> Peanut butter, nut butters <input type="checkbox"/> Nuts, seeds (plain, unsalted) <input type="checkbox"/> Fish*, seafood <input type="checkbox"/> Canned fish (in water)* <input type="checkbox"/> Eggs <input type="checkbox"/> Chicken, turkey <input type="checkbox"/> Lean beef <input type="checkbox"/> Lean pork, ham <input type="checkbox"/> Game meat

Foods okay to serve sometimes			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<input type="checkbox"/> Vegetables with sauces or breading <input type="checkbox"/> Fruit leather, dried fruit bars <input type="checkbox"/> Sweetened fruit juices <input type="checkbox"/> Dried fruit: raisins, cranberries, apricots	<input type="checkbox"/> Granola bars (plain) <input type="checkbox"/> Popcorn (unflavoured) <input type="checkbox"/> Pretzels (unsalted) <input type="checkbox"/> Fruit crisps, cobblers <input type="checkbox"/> Cookies: oatmeal, peanut butter, dried fruit-filled, gingersnaps, graham wafers <input type="checkbox"/> Biscuits, scones	<input type="checkbox"/> Pudding made with milk <input type="checkbox"/> Milkshakes <input type="checkbox"/> Frozen yogurt <input type="checkbox"/> Custards <input type="checkbox"/> Processed cheese slices <input type="checkbox"/> Cheese spreads	<input type="checkbox"/> Deli meats: roast beef, turkey, ham <input type="checkbox"/> Low-fat fish sticks* <input type="checkbox"/> Low-fat chicken strips or nuggets <input type="checkbox"/> Canned fish (in oil)* <input type="checkbox"/> Back bacon

Foods, beverages and extras to limit			
<input type="checkbox"/> Pastries, Danishes <input type="checkbox"/> Cakes, pies, sticky buns, donuts, tarts <input type="checkbox"/> Presweetened cereals <input type="checkbox"/> Granola bars with chocolate <input type="checkbox"/> Cookies with icing <input type="checkbox"/> Instant noodle soups <input type="checkbox"/> Soft drinks, pop, diet pop	<input type="checkbox"/> Fruit drinks (punch) <input type="checkbox"/> Sports drinks <input type="checkbox"/> Syrups <input type="checkbox"/> Frozen ice treats (popsicles) <input type="checkbox"/> Sherbet, ice cream <input type="checkbox"/> Marshmallows <input type="checkbox"/> Whipped cream, whipped topping	<input type="checkbox"/> Candy, chocolate <input type="checkbox"/> Flavoured jello <input type="checkbox"/> Potato chips, nacho chips <input type="checkbox"/> Cheezies <input type="checkbox"/> French fries <input type="checkbox"/> Hot dogs, sausages <input type="checkbox"/> Sour cream	<input type="checkbox"/> Pepperoni sticks <input type="checkbox"/> Strip bacon <input type="checkbox"/> Gravy <input type="checkbox"/> Ketchup, mustard, relish <input type="checkbox"/> Butter, hard margarine <input type="checkbox"/> Cream cheese

\*See page 8 of this booklet for important information about choosing fish wisely.

Adapted from:

- *Call to Action: Creating a Healthy School Nutrition Environment*. Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup. 2004.
- *Healthy Eating and Active Living for your 6 to 12 year old*. Alberta Health and Wellness. 2006.

## Label reading made easy

It is easier to eat right when your kitchen is stocked with healthy choices. If you are wondering what cereals, soups or other packaged foods to buy, compare the Nutrition Facts table on each label.

**Step 1.** Check the serving sizes on each brand to see if you are comparing similar amounts.

**Step 2.** Choose the brand with more vitamins, minerals and fibre.

**Step 3.** Choose the brand with fewer calories and less sodium, saturated fat and trans fat.

### Find out more:

- Take a virtual grocery store tour at: [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca).
- Visit Health Canada at: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca). Select "Food and Nutrition" then select "Nutrition Labelling".

### Nutrition Facts Valeur nutritive

Serving size 3 pieces (20 g)  
Portion 3 morceaux (20 g)

Amount Teneur	%Daily Value %valeur quotidienne
<b>Calories / Calories</b> 80	
<b>Total Fat / Lipides</b> 0.5 g	<b>1 %</b>
Saturated / saturés 0 g	<b>0 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 260 mg	<b>11 %</b>
<b>Total Carbohydrate / Glucides</b> 15 g	<b>5 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

### GOOD TO KNOW:

#### Fabulous Fish

*There are many fish and shellfish that are healthy and safe to eat for the entire family. They provide an excellent source of protein as well as a source of vitamins A and D. The healthy fats help in the normal development of the brain and eye in unborn and young children.*

*Serve at least two Food Guide Servings [one serving = 125 mL (1/2 cup) or 75 g (2 1/2 oz)] of fish or shellfish each week. Choose from the many fish and shellfish that are low in mercury such as: cod, haddock, tilapia, sardines, salmon (including canned salmon), canned "light" tuna (check the label for skipjack or tongol) pollock (Boston bluefish) and shrimp. It's important to limit mercury because it is harmful to the developing brain in both unborn children and children.*

*Find out more:*

- *Speak with a registered dietitian about choosing fish wisely. Call EatRight Ontario at: 1-877-510-510-2.*
- *Contact your local public health unit.*

## I'm thirsty!

Quench your child's thirst with the right drink at the right time.

### Serve:

- **Water first for quenching thirst.** Provide a re-useable, labeled water bottle for your child to take to school and remember to keep it clean. Remind him to take water breaks often when it is hot outside and whenever he is active.
- **Milk with meals.** Children need 500 mL (2 cups) of milk, chocolate milk or fortified soy beverage a day.
- **Unsweetened fruit juice with a meal or snack.** 125 - 250 mL (1/2 - 1 cup) is enough for one day. You can add water to her juice if she needs more fluids. For more fibre and less sugar, offer your child fruit instead of juice most often.

### Limit:

- **Sweetened and diet drinks such as:** pop, diet pop, sports drinks, fruit cocktails, fruit drinks and punches. They offer little or no nutrition and can be so filling your child doesn't feel like eating the nutritious foods and drinks she needs for healthy growth. Offer water, milk or 100% juice instead.

### Try:

- Fizzy fruit juice - half club soda and half 100% juice.
- Water with frozen berries or grapes, served as edible ice cubes, in a fancy cup.
- 100% juice, chocolate milk, or smoothies in popsicle moulds.

### GOOD TO KNOW:

#### Juice versus fruit drinks – Don't let the packaging fool you

*It is real 100% juice when the package says:*

- unsweetened
- pure fruit juice from concentrate
- no artificial flavours or colours added
- 100% juice

*Fruit drinks may look like juice, but are in fact mostly sugar and water with just a little real fruit juice added. Besides that, most fruit drinks have very few, if any, vitamins and minerals.*

*Choose a juice with no sugar (or glucose) on the ingredient list.*

*Limit fruit drinks that have these words on the package:*

- drink
- punch
- cocktail
- -ade
- beverage

## Picky eaters

It can be frustrating when your child is picky about eating. Try the ideas below to help your picky eater to eat right. Discuss any concerns with a registered dietitian, doctor or nurse practitioner.

- ❑ **Help your child come to the table hungry.** Keep her active during the day, serve meals and snacks at least two hours apart, and offer only water between meals and snacks.
- ❑ **Let your child serve himself.** Trust that he will choose an amount right for him from the healthy choices you offer.
- ❑ **Make one family meal.** That will help your child get used to eating the family meal rather than eating a separate meal. Include at least one food you know your child will like at mealtimes, even if it is just bread.
- ❑ **Keep mealtimes positive.** Talk about your child's day, not what and how much he is eating. Children who feel pressured to eat often eat less.
- ❑ **Don't give up.** Your child may need to try a food 10 times or more before he likes it. Keep serving a refused food in different ways, again and again.
- ❑ **Let her see you eating right.** In time, she will copy your good example.
- ❑ **Involve him.** Plan, shop and cook together. Visit a pick-your-own farm. Check out: [www.ontariofarmfresh.com/consumer/fmsi.html](http://www.ontariofarmfresh.com/consumer/fmsi.html).

### GOOD TO KNOW:

#### How can I get my child to eat vegetables?

*Many children are not big vegetable lovers, but this will change over time. As your child's sense of taste develops, she might decide broccoli tastes pretty good after all. In the meantime, don't pressure her. Try this instead:*

- *Serve a vegetable with each meal or snack.*
- *Grow some vegetables.*
- *Serve colourful veggies with a dip when he is hungry.*
- *Offer frozen vegetables - yes, still frozen solid!*
- *Load up pizza, sandwiches, pasta sauces and soups with vegetables. You can even puree the veggies.*

*Find recipes and more at: [www.5to10aday.com](http://www.5to10aday.com) and [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca).*

## Breakfast made easy

At home or on the go, when your child starts her day with breakfast she is ready to learn, be active and feel great. Here are some easy breakfast ideas with foods from at least three food groups – a healthy start to a terrific day!

- **Banana split breakfast.** Slice a banana on a plate. Add a big spoonful of yogurt in the centre. Top with any of: frozen berries, kiwi slices, canned apricots, or granola.
- **Packing breakfast to go.** Mix and match: a chunk of cheese, whole grain crackers, pita, bagel, fruit cup, homemade muffin, fruit, yogurt drink, yogurt tube, juice, hard-cooked egg or plain granola bar.
- **Remember last night's leftovers.** Microwave and enjoy with a glass of fortified soy beverage.
- **Apple pie porridge.** Quick cooking oats really are quick. Cook them with milk, stir in some cinnamon and diced apples.
- **Ultra fast eggs.** Beat one egg and 15 mL (1 tbsp) of milk in a microwave-safe mug. Microwave the egg for 45 - 60 seconds on medium-high and stuff into a whole wheat pita. Serve with a nectarine and milk.
- **Tasty toast.** Thinly spread almond or peanut butter over raisin toast topped with sliced pears, strawberries or bananas. Enjoy with warmed-up chocolate milk.

### GOOD TO KNOW:

#### Beat the clock!

- *Make lunches and set your table for breakfast the night before.*
- *Lay clothes out for the next day.*
- *Get knapsacks all ready to go at the door.*

## Snacks to go!

Your child needs one to two healthy snacks a day to stay energized. Teach her how to make some simple snacks or “mini meals” - small portions from two or three food groups. Try:

- Fruit smoothie
- Half a sandwich, yogurt drink
- Cut-up veggies, hummus, pita bread, water
- Yogurt, tangerine, water
- Oatmeal muffin, cantaloupe cubes, water

## A hand with lunches

Active, growing kids need a healthy lunch with foods from three or four food groups. Here's how to make packing lunches easier:

- **Enlist a helper.** Brainstorm lunch ideas with him. Go shopping together. Teach him how to make a simple lunch.
- **Leftovers for lunch?** Pack them in a thermos.
- **Trade ideas.** Share easy, kid-friendly lunch ideas with friends and family.
- **Get organized.** Keep all your lunch stuff in one spot: re-useable containers, lunch bags, thermos. Make sure your child can open the containers on her own.

### GOOD TO KNOW:

#### **Help! My son wants the same lunch every day.**

*As long as his lunch contains food group foods (for example, a ham sandwich, milk and an apple), always wanting the same thing is okay. Offer a variety of foods at other meals and snack times to make up for nutrients he may be missing at lunch.*

### GOOD TO KNOW:

#### **Keeping bag lunches safe.**

**Keep hot foods hot.** Fill your child's wide-mouthed thermos with boiling water. Let it stand for two minutes. Pour out the water and quickly add the hot food. Keep tightly closed.

**Keep cold foods cold.** Add a frozen juice box or an ice pack to an insulated bag.

*Find out more: visit [www.canfightbac.org](http://www.canfightbac.org)*

## Easy peanut-free lunches

Play it safe by sending only peanut-free lunches to your child's school.

### Leftovers

- Vegetarian chili, small whole wheat roll with slice of hard cheese, fruit cup, water
- Curried beef with vegetables, pita wedges, kiwi, mini banana muffin, water
- Chicken thigh, whole wheat couscous, raw carrots, wedge of cantaloupe, milk

### Fun sandwiches and wraps

- Whole wheat bagel with sliced hard cheese and apples, yogurt, graham wafers, water
- Whole wheat hot dog bun, tzatziki as spread, leftover chicken with thinly sliced peppers, an orange, chocolate milk
- Leftover stir fry wrapped in a whole wheat tortilla, a nectarine, milk

### Tasty tidbits

- Cheese and fruit kabob, whole wheat pita wedges, salsa and refried beans for dipping, fortified soy beverage
- Pieces of cold cooked meat (ham, beef or chicken), frozen berries mixed into yogurt, bread sticks, water
- Chickpeas, tomato and green pepper salad, yogurt, whole wheat crackers with slice of hard cheese, water

### Find out more:

- Visit [www.ontario.ca/eatright](http://www.ontario.ca/eatright).
- Contact your local public health unit or community health centre.
- Learn more about peanut allergies at Anaphylaxis Canada: [www.anaphylaxis.ca](http://www.anaphylaxis.ca).

### GOOD TO KNOW:

#### Food allergies and intolerances

*If you think your child has a food allergy or intolerance, ask your doctor to have him tested. If he needs to change his diet, your doctor or a registered dietitian can help.*

*Find out more at: [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) and click on "Health A-Z" and then "F" for "Food Allergies"*

## Lunches for a balanced school day

If your child gets two breaks instead of one lunch and two recesses, ask how she wants her lunch packed:

- All in one bag, with the food for each break separated by a piece of cardboard. (Different coloured containers work too.)

Or

- In two labeled bags: "Break 1" and "Break 2".

### Three ways to pack lunch

Break 1	Break 2*
1. Snack and beverage	Lunch and beverage
2. Lunch and beverage	Snack and beverage
3. 1/2 lunch plus snack and beverage	1/2 lunch plus snack and beverage

### Here's an example:

Break 1 1/2 lunch plus snack and beverage	Break 2 1/2 lunch plus snack and beverage
<ul style="list-style-type: none"><li>• 1/2 sandwich (whole wheat bagel with cooked turkey, slice of Swiss cheese, lettuce and mustard)</li><li>• 1/2 small container of baby carrots and green pepper slices</li><li>• 1 mini homemade carrot bran muffin</li><li>• 1 small apple</li><li>• 250 mL (1 cup) 1% milk</li><li>• Water</li></ul>	<ul style="list-style-type: none"><li>• 1/2 sandwich (whole wheat bagel with cooked turkey, slice of Swiss cheese, lettuce and mustard)</li><li>• 1/2 small container of baby carrots and green pepper slices</li><li>• Small container strawberry yogurt</li><li>• Small container of grapes</li><li>• Water</li></ul>

Adapted from: *Cool lunch ideas for the balanced school day*. Public Health Nutritionists/Dietitians in Ontario, 2004.

\* If you are sending 100% juice, 250 mL (one cup or a juice box) is enough. Send water for a second beverage.



## Eat right at school

**It's a fact: healthy children learn better.**

### **Healthy eating is easier when your child's school:**

- Uses non-food items for student prizes, rewards and fundraisers.
- Offers healthy choices for class parties, in vending machines and on special (pizza, sub) lunch days.
- Serves culturally appropriate, healthy choices in nutrition programs.
- Ensures teachers are trained to teach nutrition.
- Provides at least 20 minutes to eat and socialize over lunch.

### **What you can do:**

- Send healthy choices to school for lunches, snacks and parties.
- Promote non-food fundraisers like a dance-a-thon, silent auction or book sale.
- Find out if there is a school nutrition committee. If not, start one.
- Find out when healthy eating is taught in class. Talk about it at home too.
- Support positive changes already underway. Volunteer for a nutrition program.
- Organize or suggest the school have a milk program at lunch.
- Ask how your local public health unit can help.
- Find out if your school or school board has a food policy. If not, talk to your school principal or trustee about developing one.

Adapted from:

- *Call to Action: Creating a Healthy School Nutrition Environment*. Ontario Society of Nutrition Professionals in Public Health School Nutrition Work Group, 2004.
- *Changing the Scene: Improving the School Nutrition Environment*. USDA, 2000.

## Eat right in your community

Help to make it easier to eat right in the community where your child lives and plays.

### **What you can do:**

- Tell your elected officials you want healthy food and drink choices in public places such as recreation centres and arenas.
- Pack healthy snacks and drinks for your child.
- Give healthy foods to your local food bank.
- Join or start a community garden.
- Find out if there is a "Good Food Box" program in your area. Contact your local public health unit or visit: [www.foodshare.net/goodfoodbox01.htm](http://www.foodshare.net/goodfoodbox01.htm).

## Make mealtimes a family affair

Gathering your family around the table for at least one meal a day is a perfect way for your child to learn healthy eating habits, table manners and social skills.

- **Make regular mealtimes the priority.** Show your child that no matter how busy life gets, it is important to eat right.
- **Plan ahead.** Save time and money by planning meals one or two days in advance. Choose simple recipes with healthy ingredients.
- **Cook quick meals.** Stock up on time-saving foods like eggs, canned beans, hummus, low fat frozen meatballs, frozen and canned fish\*, chicken thighs, whole wheat pizza crusts, frozen and canned vegetables and fruit.
- **Get everyone helping.** Involve the whole gang in shopping, cooking, setting the table and cleaning up.
- **Keep it cheerful.** Over dinner, ask about the best part of your child's day. Plan an active weekend outing. And be firm: no TV or toys at the table.
- **Cook once, eat twice.** Use leftovers as the ingredients for a different dish. Put any extra grilled salmon in quiche, sandwiches or salmon cakes. Cook two batches of a meal and freeze one.

\*See page 8 of this booklet for important information about choosing fish wisely.

### GOOD TO KNOW:

**Get through your busy week easier by menu planning. Here's how:**

- *Check the fridge, freezer and cupboards. Plan to use those foods first.*
- *Look over store flyers. List any healthy choices on special and stock up if possible.*
- *List some healthy family favorite meal ideas. Ask your children for ideas.*
- *Plan a few lunches and dinners ahead. Keep dinner meals simple and healthy.*
- *Serve vegetables and/or fruit with every meal and snack, as often as possible.*

## Cook together

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Enjoy good times cooking with your child. Not only will he learn an important life skill, but he may be more willing to try a food he has helped make. At the same time, he will be learning basic math, language and science skills.

### Tips for success:

- Cook together when you can take your time. Weekends may be best.
- Keep recipes simple and always supervise him.
- Let him do as much as he can. Most of us learn better by doing than watching.
- Make it fun so he will want to keep on cooking.

### Your child can:

- Read and follow recipes with your help.
- Gather, measure, pour and mix ingredients.
- Use a toaster, blender, peeler, grater, can opener, small knife (for easier-to-cut foods like soft fruit) with your help.
- Learn kitchen safety from the tips you share and the example you set.

### Six simple ideas to try:

- 1. French toast and fruit salad.** Stale bread works best! Try blending a ripe banana into the egg and milk mixture for banana French toast.
- 2. Homemade hummus and warmed pita wedges.** For a change, blend mashed sweet potato into the hummus.
- 3. Homemade vegetable soup and cheesy garlic toast.** Use leftover, fresh, frozen and/or rinsed canned veggies.
- 4. Cinnamon crisps with fruity salsa.** Cut whole-wheat tortillas into wedges, dust with cinnamon and bake until crispy. Dice a variety of fruit and mix with a little honey to make salsa.
- 5. Fresh spring rolls.** Soften rice paper wrappers in warm water, add filling and wrap. Filling ideas: chopped hard-cooked eggs, tofu, or leftover cooked meats, grated carrots, chopped lettuce, tomato or cucumber.
- 6. Whole-wheat pita pizzas and smoothie.** Let your child invent a smoothie recipe by blending any type of fruit, yogurt, 100% fruit juice and some ice to make it frosty cold!

## Be active: The basics

Being physically active feels great and should be a key part of everybody's day, kids and adults alike. Yet, 91% of children and youth (5 to 19 years old) are not active enough to meet Canada's physical activity guidelines of 90 minutes of physical activity every day for healthy growth and development.

Small day-to-day changes at home, at school and in your community do make a difference.

A good place to start is with *Canada's Physical Activity Guide for Children*, available at: [www.paguide.com](http://www.paguide.com).

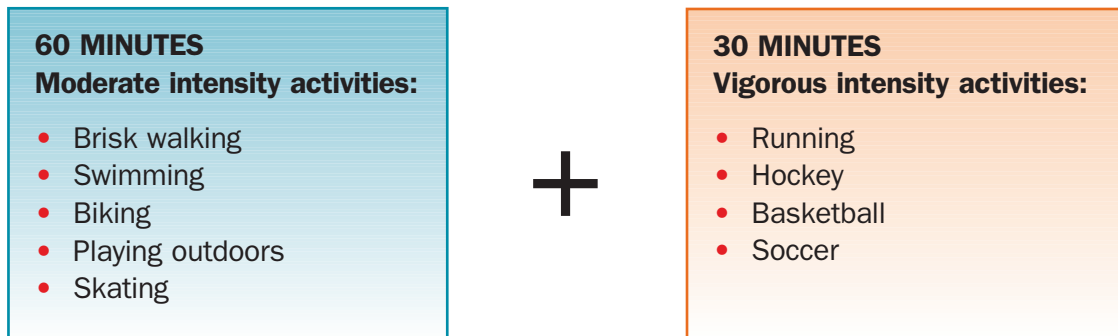


Source: *Canada's Physical Activity Guide for Children*, Public Health Agency of Canada, 2002. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2007.

## How much activity is enough?

For healthy growth and development, your child needs to be active for at least 90 minutes every day. This may seem like a lot, but remember, every ten-minute period of activity counts toward that 90-minute daily goal.

Here's how it breaks down:



**Daily total = 90 minutes or more every day**

### GOOD TO KNOW:

**Trying to tell one activity level from another? Do the *Talk Test*.**

*Your child is doing a:*

- *Light intensity activity if he can still sing.*
- *Moderate intensity activity if he can comfortably talk.*
- *Vigorous intensity activity if he is out of breath.*

Adapted from: *Talk Test*, Centres for Disease Control and Prevention. [www.cdc.gov](http://www.cdc.gov)

## It all adds up...

Find out how long your child spends doing moderate and vigorous activities. Fill in the chart below.

Time of day*	Moderate Activity	Minutes	Vigorous Activity	Minutes
Before school				
Getting to school				
Morning recess				
During the school day (e.g. physical education class, classroom physical activity)				
Lunch break				
Afternoon recess				
Getting home				
After school				
After dinner				
	Total minutes:		Total minutes:	
<b>Recommended minimum</b>	<b>60 minutes</b>		<b>30 minutes</b>	

\* Remember to aim for at least 90 minutes of physical activity on the weekends too.

## Results

- ☐ **Your child gets at least 60 minutes of ‘moderate’ and 30 minutes of ‘vigorous’ activities each day.**

**What to do:** Continue to praise her efforts, enjoy being active together and encourage her to try new physical activities.

- ☐ **Your child needs more ‘moderate’ activity.**

**What to do:** Keep it fun. Start with at least 20 minutes of physical activity each day for the first month, encouraging and praising his efforts. Add 10 minutes each month until you reach at least 60 minutes. Read on for ideas about how to do just that.

- ☐ **Your child needs more ‘vigorous’ activity.**

**What to do:** Start with 10 minutes a day for the first month, then add five minutes each month until she reaches 30 minutes. You’ll find ideas on the next page.

## Encourage a variety of activities

Your child needs to participate in all three major types of activity: endurance, flexibility and strength.

### Try this:

Circle any of the physical activities he already likes to do. Add any other activities he does. Would you say he participates in a variety of all three types of activities?

#### Endurance Activities - Strengthen heart and lungs

- Cycling
- Tag, running
- Skating
- Skipping
- Basketball
- Dance

#### Flexibility Activities - Improve stretching and bending

- Gymnastics
- Yoga
- Martial arts
- Dance
- Throwing and catching a ball
- Climbing on play structures

#### Strength Activities - Build strong muscles and bones

- Building a snowman
- Raking leaves
- Climbing rocks
- Skiing
- Hopscotch
- Hockey

### GOOD TO KNOW:

#### A little praise goes a long way

Praise your child often, both during and after activities, for things such as:

- *Social skills.* "I like the way you and your friends decided which game to play together."
- *Effort.* "I'm proud of you. You didn't give up and look at how many times you can skip without stopping!"
- *Improved skill.* "Your aim has really improved. You threw the ball right to me."
- *For just being him.* "That was so much fun. I love going hiking together."

## Be active at home

Active parents have active kids. Make time to be active with your child. Here's how:

- **Work activity into your daily routine.** Walk instead of driving, or park the car a few blocks from your child's school and walk from there. After dinner, plan 20 minutes or more of outdoor play time.
- **Replace screen time with active time.** Allow at most two hours a day for TV, computers and video games. Less is even better.
- **Make fast healthy dinners.** That will leave more time to be active together. Giving everyone a cleanup task can help too.
- **Plan to be active on weekends and during vacations.** Visit the zoo or explore a beach. Try camping.

## Pump up the fun

The more your child enjoys being active, the more she will want to keep at it.

- Let her pick the activities she wants to do.
- Focus on the social and fun aspects of sports, and less on winning.
- Invite friends, neighbours and family to join in. Meet at a park or pool.
- Fill a jar with ideas for being active. Each weekend, pull out a new activity to try.
- Teach her a new skill, activity or sport: skating, swimming, catching a ball, skipping, or riding a bike.
- Get in the game. Watching your child play is nice but playing with her is way more fun.
- Have fun and play safely. For safety tips contact your local public health unit or visit [www.safekidscanada.ca](http://www.safekidscanada.ca).

### GOOD TO KNOW:

#### "Gotta Move"

Get "Gotta Move", a free interactive magazine for children 6-9 years of age. As part of Canada's Physical Activity Guide for Children series, it teaches kids that physical activity is fun and easy. View, print or order a copy at: [www.paguide.com](http://www.paguide.com).



Source: *Gotta Move*, Public Health Agency of Canada, 2002. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2007.

## Be active together all year round

As a family, brainstorm activities you would all like to try. Then write them into your calendar. That way you'll be more likely to stick to it.

Spring	Summer
<ul style="list-style-type: none"> <li>• Play catch or soccer after school, then walk home.</li> <li>• Plant a garden at home or in a community garden.</li> <li>• Try in-line skating or riding a scooter.</li> <li>• Play hopscotch.</li> <li>• Fly a kite.</li> </ul>	<ul style="list-style-type: none"> <li>• Try badminton, baseball, basketball and beach volleyball.</li> <li>• Visit a splash pad or local pool.</li> <li>• Dribble a soccer ball around an obstacle course.</li> <li>• Visit a pick-your-own farm.</li> <li>• Try a camping, canoeing or biking vacation.</li> </ul>
Fall	Winter
<ul style="list-style-type: none"> <li>• Rake the leaves.</li> <li>• Go bowling.</li> <li>• Go apple or pumpkin picking.</li> <li>• Explore a local pond or creek.</li> <li>• Take a short jog or walk after supper.</li> </ul>	<ul style="list-style-type: none"> <li>• Shovel snow or build a snowman.</li> <li>• Play indoor basketball and beach ball volleyball.</li> <li>• Go skating, skiing or snowshoeing.</li> <li>• Go for a winter hike.</li> <li>• Play "snow pitch" baseball using a brightly coloured ball.</li> </ul>

### GOOD TO KNOW:

#### Affordable sports equipment

- *Go to garage sales and second hand sports stores that sell gently used equipment such as bikes, ice skates, in-line skates, baseball gloves and bats, soccer balls, footballs and basketballs.*
- *Buy equipment or clothing that is a previous year's model.*
- *Organize a sports swap at your school or start a donation box for used equipment.*
- *Avoid buying equipment for your child to "grow into." Proper fit is important.*
- *Improvise. Use clothing as pylons, bed sheets as parachutes, and emptied and cleaned two-litre juice containers as bowling pins.*
- **Always buy new helmets.** *You cannot tell if a used one is damaged.*



# Be active at school

## Physical Education

Physical education is part of the curriculum. Every child should receive a daily quality physical education program at school developed by a qualified physical education specialist. This gives your child a chance to learn, practice and develop movement skills now so she can enjoy lifelong physical activity and play sports.

### Good questions to ask your school:

- How often does he receive physical education?
- Who is teaching physical education? Is the teacher qualified? Enthusiastic?
- Is the school providing the nationally recommended standard of 150 minutes of physical education a week?
- Does the school have the resources to provide a strong program - equipment, facilities, teaching support?

### If the answer to any of those questions is “No”:

- Talk to your principal, school board or school trustee about making quality physical education part of your child’s school experience.
- Ask that quality physical education be added to the parent council agenda in order to make other parents aware of its importance.
- Ask that physical education be taught by a qualified specialist teacher. This may be done by looking for teachers with a physical education degree when hiring new teachers.

Adapted from: Physical and Health Education Canada: [www.phecanada.ca](http://www.phecanada.ca)

## Physical Activity

As well as physical education classes, children also need the chance to be physically active before and after school, and at recess and lunch.

### Great ideas for schools:

- Paint hopscotch and four-square game lines on the paved play surface around the school.
- Train older students to organize and lead games at recess and lunch.
- Provide each class with a recess/lunch bin full of equipment such as skipping ropes, balls, lightweight Frisbees and sidewalk chalk.
- Participate in a “Walking Wednesday” program. Find out about the Active and Safe Routes to School program at [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca).
- Provide a safe place to lock up bikes, preferably close to the front of the school.
- Offer both competitive and non-competitive sport and physical activity opportunities before, during and after school.

## Support physical activity at school - What you can do:

- Help organize or lead lunch and after-school physical activities.
- Volunteer to coach an intramural sports team.
- Order a *Teacher's Guide to Physical Activity for Children*, for your child's teacher at: [www.paguide.com](http://www.paguide.com).
- Encourage your child to join in school sports and other physical activities.
- Walk or bike to school with your child.
- After school, join in a game of soccer.
- Suggest a policy that does not take away recess or physical education as a way to discipline students.
- Help to brainstorm ideas for active fundraisers, such as a dance-a-thon.

## Be active in your community - What you can do:

- Let your elected officials know what your community needs to make being active easier.
- Find out about Girl Guides at: [www.guidesontario.org](http://www.guidesontario.org) or Cubs at: [www.scouts.ca](http://www.scouts.ca).
- Check out the *Ontario - Yours to Discover* travel website at: [www.ontariotravel.net](http://www.ontariotravel.net) for local sightseeing, museums, festivals and events.
- Find out more about active transportation (walking and biking) at [www.phac-aspc.gc.ca/pau-uap/fitness/index.html](http://www.phac-aspc.gc.ca/pau-uap/fitness/index.html) and click on "Active Transportation".
- Map out your best locations for activity: pools, parks, arenas, sports fields, outdoor skating rinks, sports clubs, toboggan hills, community gardens, and walking, biking and hiking paths.
- Participate in local active fundraising events such as the Terry Fox Run, Run for the Cure, Super Cities Walk for MS, and many more.

## Need more information?

### EatRight Ontario

For more information on nutrition and healthy eating, visit EatRight Ontario at: [www.ontario.ca/eatright](http://www.ontario.ca/eatright). Ontario residents can speak to a registered dietitian by calling the EatRight Ontario toll-free telephone information service at 1-877-510-510-2.

### Eat right

- Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)
- Eating Well with Canada's Food Guide: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- Nutrition information on the food label: [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)
- In-season produce: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)
- All about vegetables and fruit: [www.5to10aday.com](http://www.5to10aday.com)
- Creating a healthy school nutrition environment:  
[http://www.osnp-ph.on.ca/pdfs/call\\_to\\_action.pdf](http://www.osnp-ph.on.ca/pdfs/call_to_action.pdf)

### Be active

- Canada's Physical Activity Guide for Children: [www.paguide.com](http://www.paguide.com)
- Active Healthy Kids Canada: [www.activehealthykids.ca](http://www.activehealthykids.ca)
- Mothers in Motion: [www.caaws.ca/mothersinmotion](http://www.caaws.ca/mothersinmotion)
- Finding quality recreation programs for children: [www.highfive.org](http://www.highfive.org)
- Physical and Health Education Canada: [www.phecanada.ca](http://www.phecanada.ca)

### Good books

- *Secrets of Feeding a Healthy Family: Orchestrating and Enjoying the Family Meal.* Ellyn Satter, 2008.
- *Raising Happy, Healthy, Weight-Wise Kids.* Judy Toews and Nicole Parton, 2002.
- *How to Get Your Kid to Eat – But Not Too Much.* Ellyn Satter, 1993.
- *Afraid to Eat: Children and Teens in Weight Crisis.* F.M. Berg, 2001.
- *Fit Kids: A practical guide to raising healthy and active children from birth to teens.* M. Gavin, S. Dowshen, N. Izenberg (through the Heart and Stroke Foundation of Canada), 2004.
- *Child's Play. Rediscovering the Joy of Play in our Families and Communities.* Silken Laumann, 2006.

### Safety

- Anti-bullying: [www.cyberbullying.ca](http://www.cyberbullying.ca)
- School safety: [www.canadiansafeschools.com](http://www.canadiansafeschools.com)
- Sports safety: [www.safekidscanada.ca](http://www.safekidscanada.ca) or 1-888-SAFE-TIPS (723-3847)

### Contacts

Consult your public health unit or community health centre for information, referrals, handouts and more about healthy eating, physical activity and safety.

- Find out where your local community health centre is at: [www.aohc.org](http://www.aohc.org). Click on “Find a centre near you”.
- Find out where your local public health unit is at: [www.alphaweb.org](http://www.alphaweb.org). Click on “Health units” then “Ontario’s health units”.

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