

# We Can!®

## Youth Handbook



Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_





Dear Student,

Do you know what the different food groups mean in the Choose MyPlate picture?

Do you know how many teaspoons of sugar there are in your favorite drink?

Do you know how much physical activity you should do every day?

Do you know what screen time is?

If you know the answers to these questions, that is great! You are in a great place to learn more and share your ideas about healthy eating and physical activity.

If you do not know all the answers, don't worry! This handbook will guide you in learning about healthy eating and physical activity.

In the next six weeks, you will be on a journey to learn about smart healthy eating habits, and how to have an active lifestyle. These healthy habits will help you stay at a healthy weight, and stay strong to avoid chronic diseases. These healthy habits can help you stay at a healthy weight and perhaps reduce your chance of serious diseases. Some of these tips may be hard to follow. Give them a try for healthier choices at home, at school and even the grocery store. It will be worth it!

- Your CPHC Nutrition Team friends

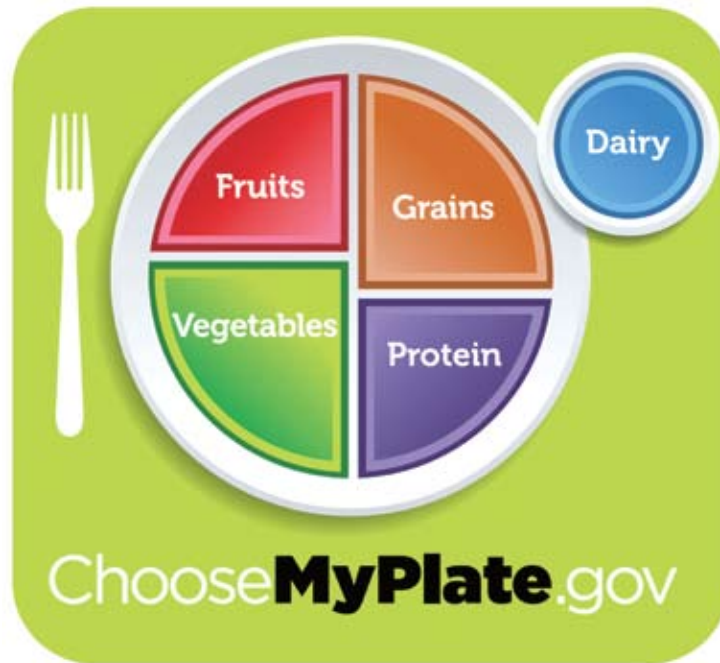


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# Lesson 1: Choose MyPlate



- **Eating foods from each food group is important for your growth and health.**
- **Different food groups include:**

Grains: Give energy for play and work

Fruits & Vegetables: Give vitamins and fiber for better immunity and a healthy body

Dairy: Gives calcium for strong bones and teeth

Protein: Gives proteins for growth and healing

# TIPS FOR FAMILIES



## EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones, serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



## EXERCISE

- 1 Set a good example.** Be physically active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3 Establish a routine.** Set aside time each day as physical activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.



## HAVE FUN!

# Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a **V A R I E T Y** of foods



1. Eat more \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

and whole grains

2. Eat foods lower in solid \_\_\_\_\_

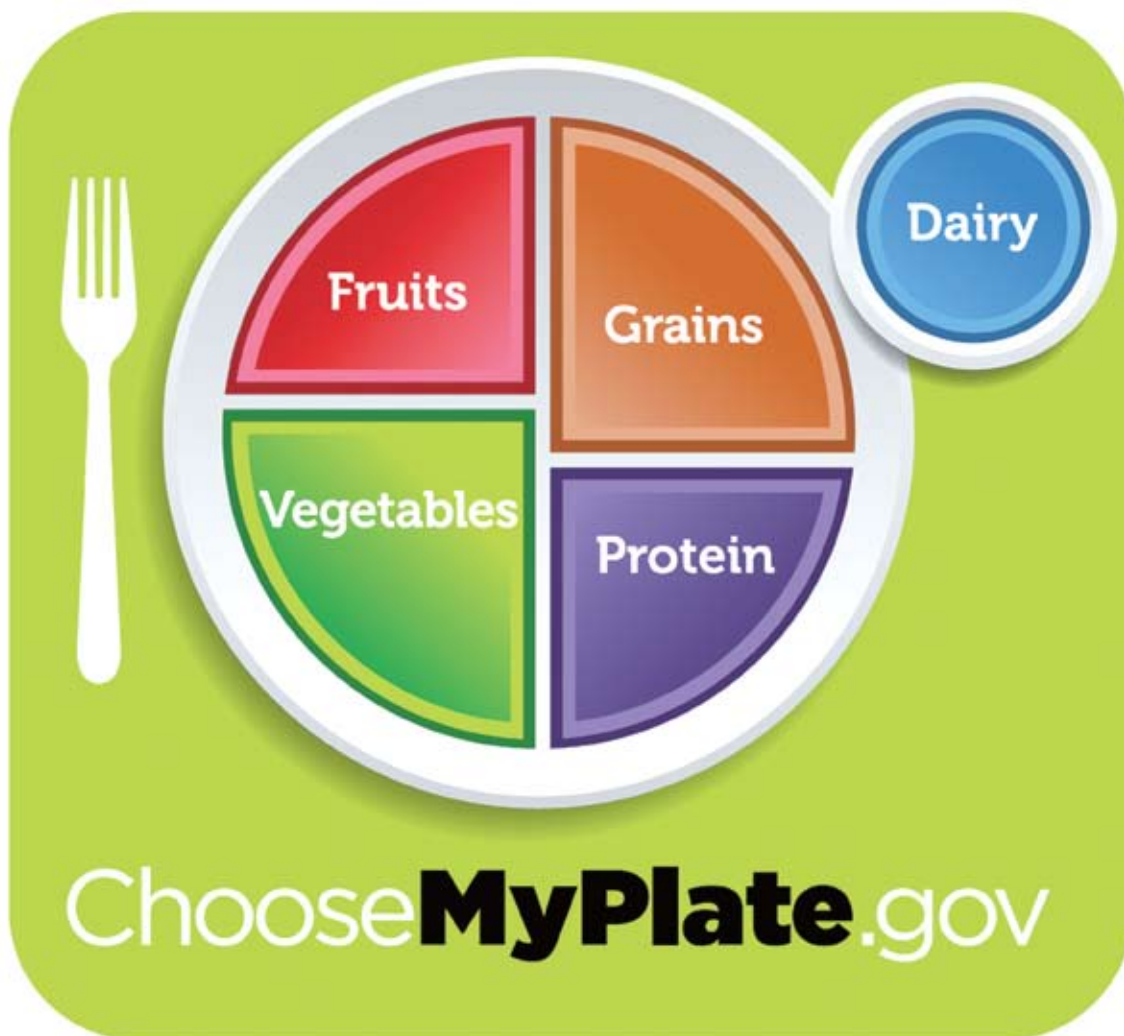
3. Get your \_\_\_\_\_ rich \_\_\_\_\_

4. Be \_\_\_\_\_

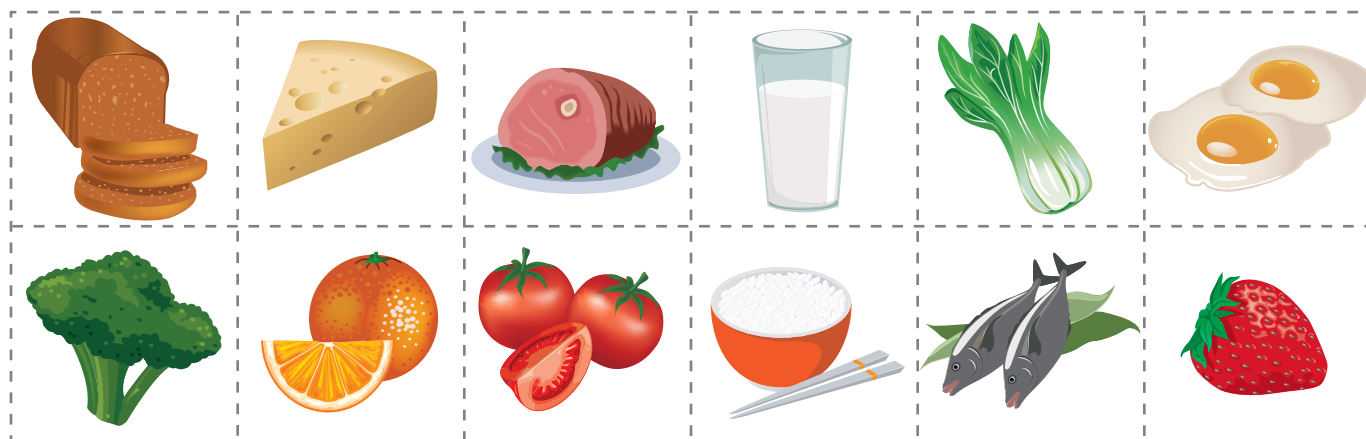
## Code



# Choose MyPlate Activity



Create your own MyPlate by cutting out the food pictures and pasting them onto the plate.





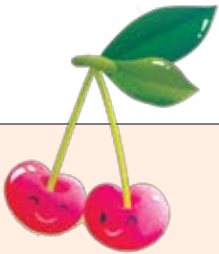


# Lesson 1 Goal Sheet

## Goal:

I will eat foods from all 5 food groups every day.

Write down 1 food item from each food group you ate every day in the table below.



	Grains	Fruits	Vegetables	Dairy	Protein
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

# Lesson 2 Energy In (GO, SLOW, WHOA)

- Use the GO, SLOW, WHOA chart to choose low fat and low sugar foods/drinks.
  - **GO foods** – Eat almost anytime. These foods are lowest in fat, calories and added sugar.
  - **SLOW foods** – Eat sometimes, at most several times a week. These foods have more fat, calories and added sugar than GO foods.
  - **WHOA foods** – Eat only once in a while or at special events. These foods are highest in fat and added sugar.
- Choose more GO foods, and limit WHOA foods.



# U R What U Eat

Food supplies the nutrients needed to fuel your body so you can perform your best. Go, Slow, Whoa is a simple way to recognize foods that are the smartest choices.

- **“Go”** Foods: Eat almost anytime (Most often) — they are lowest in fat, added sugar, and calories
- **“Slow”** Foods: Eat sometimes (Less often) — they are higher in fat, added sugar, and/or calories
- **“Whoa”** Foods: Eat once in a while (Least often) — they are very high in fat and/or added sugar, and are much higher in calories

Food Groups	GO	SLOW	WHOA
<b>Fruits</b> Whole fruits (fresh, frozen, canned, dried) are smart choices. You need <b>about 2 cups</b> of fruit a day. 1 cup is about the size of a baseball.			
<b>Vegetables</b> Adding fat (butter, oils, and sauces) to vegetables turns them from Go foods to Slow or Whoa foods. You need <b>about 2 1/2 cups</b> of vegetables a day. Dark green and orange vegetables are smart choices.			
<b>Grains</b> Try to make at least half of your servings whole grain choices and low in sugar. An ounce of a grain product is 1 slice of bread, 1 cup of dry cereal, or 1/2 cup of cooked rice or pasta. You need <b>about 6 ounces</b> a day.			
<b>Dairy</b> Milk products are high in vitamins and minerals. Fat-free and low-fat milk and milk products are smart choices. About <b>3 cups</b> are needed each day; 1 cup of milk, 1 cup of yogurt or 1 1/2 ounces of natural cheese count as 1 cup.			
<b>Protein</b> Eating <b>5 1/2 oz.</b> a day will give you the protein, vitamins and minerals you need. Limit meats with added fat. Smart choices include beans (1/4 cup cooked) and nuts (1/2 oz.) which are the same as 1 oz. of meat.			

The amounts of foods recommended per food group are based on a 2,000-calorie diet, the approximate number of calories for most active boys and girls ages 9-13. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.




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Adapted from:  **we can!**  
Ways to Enhance Children's Activity & Nutrition









# U R What U Eat

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.

GO	SLOW	WHOA
 <p>For "Go" snacks, select foods from the "Go" column in the food groups section.</p>		

## Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from dairy products, grains, vegetables and protein groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Food Groups	GO	SLOW	WHOA
<b>Pizza</b>	 English muffin pizza with low-fat cheese (using ½ English muffin)	 Regular or classic veggie pizza: 1 slice from a medium pizza	 Deep dish pepperoni pizza: 1 slice from a medium pizza
<b>Pasta</b>	 Pasta with tomato sauce and vegetables – 1 cup	 Macaroni and cheese – 1 cup	 Pasta with sausage – 1 cup

## Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the **We Can!**™ Web site at <http://wecan.nhlbi.nih.gov>. **We Can!** is a national education program promoting healthy weight for children from the National Institutes of Health.

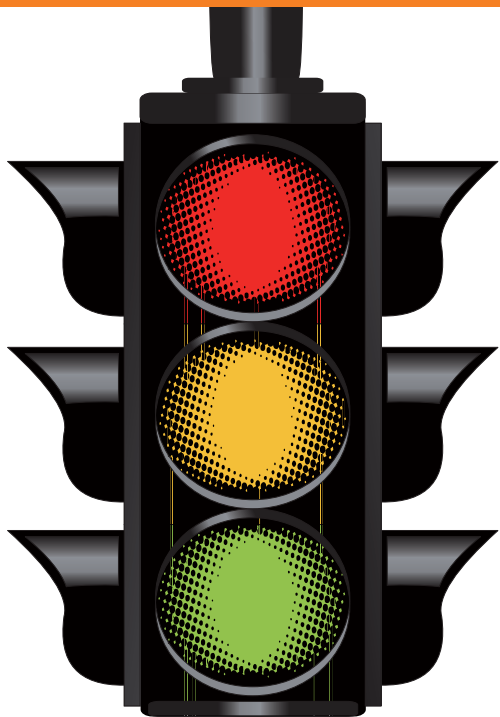
The GO, SLOW, WHOA concept adapted from CATCH®: Coordinated Approach to Child Health, 4th Grade Curriculum, copyright © 2002 by The Regents of the University of California and FlagHouse, Inc. CATCH is a registered trademark of The Regents of the University of California, and licensed by FlagHouse, Inc.

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 U.S. Department of Health & Human Services.

Adapted from:  **We can!**  
 Ways to Enhance Children's Activity & Nutrition



# Traffic Light Activity

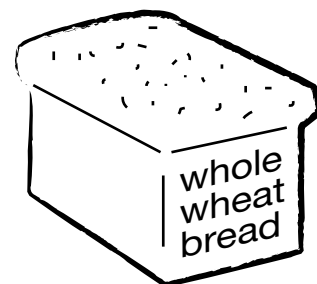
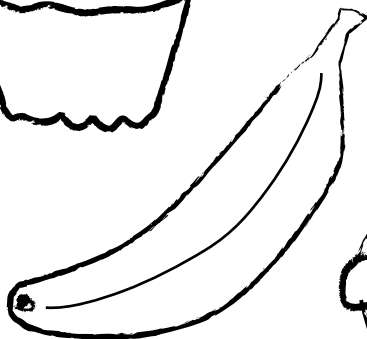
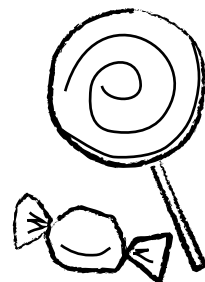
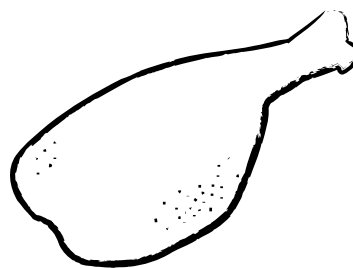
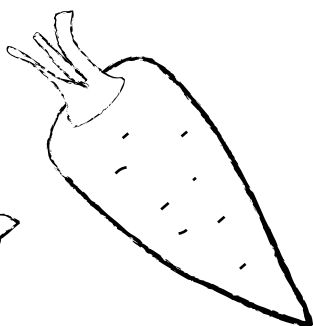
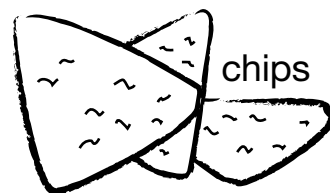
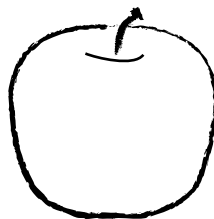
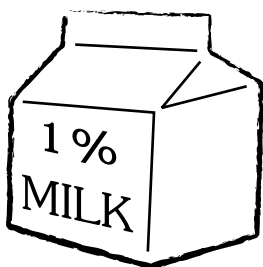


**Red** = **WHOA foods**

**Yellow** = **SLOW foods**

**Green** = **GO foods**

Color the foods with red, yellow or green according to the GO, SLOW, WHOA chart.



# Lesson 2 Goal Sheet

## Goal:

I will not eat a WHOA food today.

Put a star in the box if you did not eat a WHOA food today.

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	



# Lesson 3 Fruits and Vegetables

Why should I eat fruits and vegetables every day?

Fruits and vegetables provide vitamins, minerals and fiber.

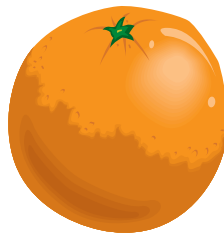
How much fruits and vegetables do I need every day?

Youth 9-13 years old need 1½-2 cups of fruits & 1½-3 cups of vegetables every day, depending on the level of physical activity.

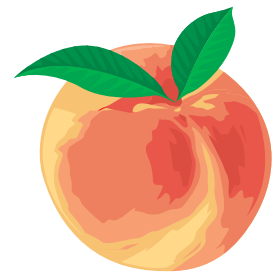
## Examples of 1 cup of fruits and vegetables:



**1 Cup Cooked or  
2 Cups Raw Greens**



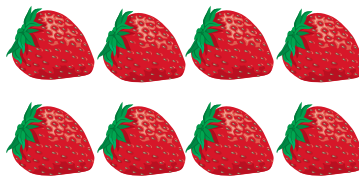
**1 Large Orange**



**1 Large Peach**



**1 Small Apple**

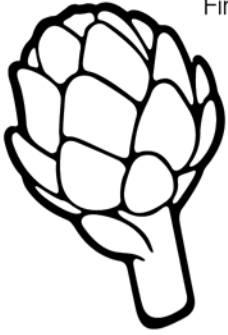


**8 Large Strawberries**



**10 Broccoli Florets**

# Lesson 3 Power Search



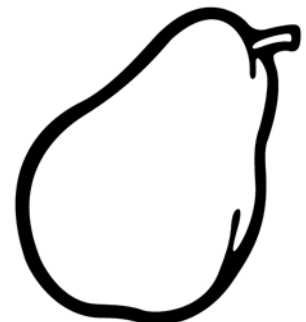
Find each word on the list and circle it. Words can be spelled across, down, or diagonally.

D T X C A R R O T S Q F N F B R  
 T B T Q N T L H E M V Z D N R X  
 N O R Y R N M C X G W B M R U G  
 K S M O R R U K P B R L L H S T  
 I X T A C T W A V O C A D O S C  
 W K B R T C F L G Z G W P L E E  
 I R P E A O O T R M P B S E L L  
 F L L Z H W V L C K E U W Y S E  
 R F M T X H B M I K G T T Q S R  
 U W G P E A R E O A Z H T N P Y  
 I F Q G V M K H R L H P X K R E  
 T F N K D R C A Q R R Q X X O S  
 M G L T N I P Y N G I L G J U X  
 B X M R T S Z F I T J E P K T L  
 P T B R A K M F Q P K Q S K S V  
 T B A Z N C A N T A L O U P E F

artichoke  
 broccoli  
 carrots  
 grapes  
 pear

asparagus  
 Brussels sprouts  
 celery  
 kiwifruit  
 strawberries

avocado  
 cantaloupe  
 fig  
 lettuce  
 tomato





# Lesson 3 Rainbow Mysteries

Instructions: Read each clue and solve the riddles.

- 1** I'm a big, oval fruit that is green on the outside. On the inside, I'm usually red with black seeds. I have some vitamin C and lots of vitamin A. What am I? \_\_\_\_\_
- 2** I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple too! What am I? \_\_\_\_\_
- 3** I'm a vegetable that is great in tacos, on hamburgers, or in spaghetti sauce, but sometimes I can make you cry. What am I? \_\_\_\_\_
- 4** Before I became a box of raisins, I was a bunch of \_\_\_\_\_
- 5** I'm yellow on the outside. The letter A is in my name three times. My potassium helps your muscles respond. What am I? \_\_\_\_\_
- 6** I look like a little fuzzy, oval shaped ball. You can cut me in half and eat my green insides with a spoon. I have lots of vitamin C. What fruit am I? \_\_\_\_\_
- 7** I'm a crunchy vegetable, with lots of vitamin C and some fiber. My cousin is the cauliflower. Some kids think I look like a little, green tree. What am I? \_\_\_\_\_
- 8** I'm usually red when I'm ripe. I'm not a vegetable, but you may think I am. People like to use me to make spaghetti sauce and pizza sauce. What am I? \_\_\_\_\_
- 9** I'm a small fruit that comes in a rainbow of colors—blue, red, purple, and sometimes even yellow and green. I have a pit inside me. I rhyme with hum. What fruit am I? \_\_\_\_\_
- 10** I'm a yellow-orange vegetable with strings on the inside. When I'm cooked, you can scrape out my insides and eat me like spaghetti. What am I? \_\_\_\_\_
- 11** I'm a melon that is orange on the inside. My vitamin A can help keep you healthy. What am I? \_\_\_\_\_
- 12** I'm a leafy green vegetable with lots of vitamin A and some vitamin C. Eating me can help keep your skin healthy. One cartoon character thinks I make him strong. What am I? \_\_\_\_\_
- 13** I'm a tropical fruit. My name is "the opposite of woman" plus "the opposite of stop." I have lots of vitamin C. What am I? \_\_\_\_\_
- 14** I'm a fruit that is juicy and yellow on the inside. I'm not an apple, but I have "apple" in my name. I grow in Hawaii and have lots of vitamin C. What am I? \_\_\_\_\_
- 15** Even when there is one of me, my name makes it sound like there are two. I'm a fruit that grows on a tree. Eating me is a good way to get some fiber. What am I? \_\_\_\_\_

## Lesson 3 **Rainbow Mysteries** (Answer Key)

- 1** I'm a big, oval fruit that is green on the outside. On the inside, I'm usually red with black seeds. I have some vitamin C and lots of vitamin A. What am I? **WATERMELON (red or yellow)**
- 2** I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple too! What am I? **CARROT (orange or purple)**
- 3** I'm a vegetable that is great in tacos, on hamburgers, or in spaghetti sauce, but sometimes I can make you cry. What am I? **ONION (white, red, or green)**
- 4** Before I became a box of raisins, I was a bunch of **GRAPES (green, purple, or red)**.
- 5** I'm yellow on the outside. The letter A is in my name three times. My potassium helps your muscles respond. What am I? **BANANA (white)**
- 6** I look like a little fuzzy, oval shaped ball. You can cut me in half and eat my green insides with a spoon. I have lots of vitamin C. What fruit am I? **KIWIFRUIT (green)**
- 7** I'm a crunchy vegetable, with lots of vitamin C and some fiber. My cousin is the cauliflower. Some kids think I look like a little, green tree. What am I? **BROCCOLI (green)**
- 8** I'm usually red when I'm ripe. I'm not a vegetable, but you may think I am. People like to use me to make spaghetti sauce and pizza sauce. What am I? **TOMATO (red, yellow, or green)**
- 9** I'm a small fruit that comes in a rainbow of colors—blue, red, purple, and sometimes even yellow and green. I have a pit inside me. I rhyme with hum. What fruit am I? **PLUM (blue, red, purple, yellow, or green)**
- 10** I'm a yellow-orange vegetable with strings on the inside. When I'm cooked, you can scrape out my insides and eat me like spaghetti. What am I? **SPAGHETTI SQUASH (yellow/orange)**
- 11** I'm a melon that is orange on the inside. My vitamin A can help keep you healthy. What am I? **CANTALOUPE (orange)**
- 12** I'm a leafy green vegetable with lots of vitamin A and some vitamin C. Eating me can help keep your skin healthy. One cartoon character thinks I make him strong. What am I? **SPINACH (green)**
- 13** I'm a tropical fruit. My name is "the opposite of woman" plus "the opposite of stop." I have lots of vitamin C. What am I? **MANGO (orange)**
- 14** I'm a fruit that is juicy and yellow on the inside. I'm not an apple, but I have "apple" in my name. I grow in Hawaii and have lots of vitamin C. What am I? **PINEAPPLE (yellow)**
- 15** Even when there is one of me, my name makes it sound like there are two. I'm a fruit that grows on a tree. Eating me is a good way to get some fiber. What am I? **PEAR (white, yellow, green, or red)**

# Lesson 3 Goal Sheet

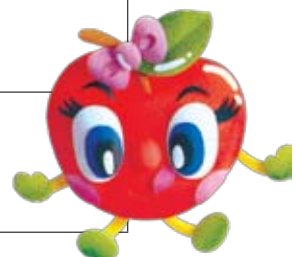
## Goal:

I will eat fruits or vegetables as snack every day.

Write down the fruits and vegetables you ate each day in the table below.



	Fruits	Vegetables
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		



## Lesson 4 Energy Out — Physical Activity & Screen Time

- Increase physical activity and cut back on screen time.
- Why do I need to do physical activity every day?
  - To keep my body and heart healthy
  - To make my bones and muscles strong
- How many minutes of physical activity do I need every day?
  - 60 minutes
- Examples of physical activity:



- What is screen time? Screen time is time you spend watching TV, DVD, playing computer games, or surfing the internet. Aim for no more than 2 hours (120 minutes) of screen time every day.

# Lesson 4 Goal Sheet

## Goal:

I will limit my screen time to no more than 2 hours or 120 minutes every day.

Write down the number of minutes you spent on each type of screen time every day in the table below. Put a star in the column if you met your goal.



	TV	DVD	Computer	Video games	Total	★
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

# Lesson 5 Food Label Reading

How many servings are you eating?



## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 250    **Calories from Fat** 110

**% Daily Value\***

**Total Fat** 12g    **18%**

Saturated Fat 3g    **15%**

**Cholesterol** 30mg    **10%**

**Sodium** 470mg    **20%**

**Total Carbohydrate** 31g    **10%**

Dietary Fiber 0g    **0%**

Sugars 5g

**Protein** 5g

Vitamin A 4%    •    Vitamin C 2%

Calcium 20%    •    Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? Answer below.\*

Get What You Need!

Get LESS

Get ENOUGH

5% or less is low

20% or more is high

## What's the Best Choice for You?


Use the 5%-20% Guide to Daily Values to choose foods.

\*Answer:  
Box of macaroni and cheese.



Adapted from:  
[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)  
United States Department of Agriculture • Food and Nutrition Service • October 2002  
USDA is an equal opportunity provider and employer.

# Which is a Healthier Choice?

	<p style="text-align: center;"><b>Milk fat-free</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center;"><b>Nutrition Facts</b></th> </tr> </thead> <tbody> <tr> <td colspan="2" style="font-size: small;">Serving Size 8 fl oz (245g) Servings Per Container 8</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black; border-bottom: 1px solid black;">Amount Per Serving</td> </tr> <tr> <td style="text-align: right;"><b>Calories</b> 90</td> <td style="text-align: right;"><b>Calories from Fat</b> 0</td> </tr> <tr> <td colspan="2" style="text-align: right; font-size: x-small;">%Daily Value*</td> </tr> <tr> <td style="text-align: right;"><b>Total Fat</b> 0g</td> <td style="text-align: right;"><b>0 %</b></td> </tr> <tr> <td style="text-align: right;">Saturated Fat 0g</td> <td style="text-align: right;"><b>0 %</b></td> </tr> <tr> <td style="text-align: right;">Trans Fat 0g</td> <td style="text-align: right;"><b>0 %</b></td> </tr> <tr> <td style="text-align: right;"><b>Cholesterol</b> &lt; 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## Questions:

- 1) Which type of milk has more grams of fat? \_\_\_\_\_
- 2) Do fat-free milk and whole milk have the same calcium content?  
\_\_\_\_\_
- 3) Which type of milk is a healthier choice? \_\_\_\_\_

# Lesson 5 Goal Sheet

**Goal:**

I will choose healthy snacks or drinks by reading the food label every day.



Write down the healthy snacks or drinks you chose by reading the food labels every day.

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	





# Lesson 6 ReThink Your Drink & Snack

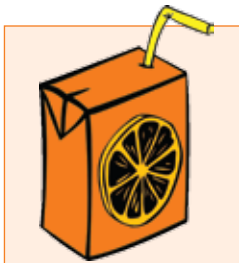
- Choose drinks and snacks that are low in sugar.
- Drink water several times a day.

Draw a line to connect the food/drink item to its number of teaspoons of sugar.



1 cup highly sweetened cereal

9 teaspoons



6.75 oz. orange-flavored fruit drink

17 teaspoons



20 oz. soda

4 teaspoons



20 oz. sports drink

3 teaspoons

Answer key: cereal – 9 teaspoons, orange-flavored fruit drink – 17 teaspoons, soda – 4 teaspoons, sports drink – 3 teaspoons

# Good For Teeth?

**Instructions:** Draw a circle around the things that help your teeth stay strong and healthy.



"Too much sugar can hurt our teeth."

Too many calories from sweetened products may affect your health.

Answer Key: Grapes, Carrot, Glass of Water, Milk, Tooth Brush & Tooth Paste

Adapted from:



Lesson 6

# Popular Food Items Ranked by Amount of Sugar

Food	Typical Serving	Calories	Sugar (g)	Sugar (tsp)
McDonald's Triple Thick Choc Shake (medium)	16 oz	580	84	21
Snapple Lemonade Iced Tea	16 oz	220	50	13
Starbucks Grande Mocha Frappuccino (no whipped cream)	16 oz	260	45	11
Tropical Skittles (regular sized bag)	2.17 oz	250	47	12
Vitamin Water	20 oz	125	32	8
Plain M&Ms (regular sized bag)	1.69 oz	240	31	8
Snickers (regular bar)	2.07 oz	280	30	8
Yoplait Yogurt (flavored, 99% fat free)	6 oz	190	28	7
Cap'n Crunch Cereal	1.5 cups	220	24	6
Bubble/Boba Tea	12.7 oz	207	22	6
Gummi Bears	22 bears	150	22	6
Sunny D Tangy Original Style	6.75 oz	120	16	4
Capri Sun Fruit Drink (small pouch)	6 oz	60	16	4
Nutrigrain Mixed Berry Cereal Bar	1 bar	130	12	3
Go-Gurt	2.5 oz	70	10	2
Kellogg's Special K Cereal	1 cup	120	4	1
Subway Fat Free Italian Salad Dressing	1 packet	35	4	1
Del Monte Ketchup	1 tbsp	15	4	1

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Please note: Product formulations, as well as packaging and portion size, may change over time. As a result, ingredients, amounts listed, and nutrition information may change. Information obtained from nutrition materials originally developed and piloted by Alameda County Public Health Department · Nutrition Services

# Check How Much Sugar is in the Bottle of Soda!

<b>Nutrition Facts</b>	
Serving Size 20 fl. oz (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat	0g 0%
Cholesterol	0mg 0%
Sodium	55mg 0%
Total Carbohydrate	69g
	<b>Sugars 69g</b>
Protein	0g
* Percent Daily Values are based on a 2,000 calorie diet.	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	

**4 grams of sugar equals 1 teaspoon**

**To find out how much sugar is in a bottle of soda:**

**Grams of Sugar  $\div$  4 = Teaspoons of Sugar**

**69 Grams  $\div$  4  $\approx$  17 Teaspoons**

**(Note: if the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container. For example, 10 teaspoons x 2 servings = 20 teaspoons in total)**



Information obtained from nutrition materials originally developed and piloted by Alameda County Public Health Department - Nutrition Services

For CalFresh information, call 1-877-847-3663. Funded, in part, by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips.

Santa Clara County Public Health Department Chronic Disease and Injury Prevention Unit is the lead agency for BANPAC



Revised April 2010

# Lesson 6 Goal Sheet

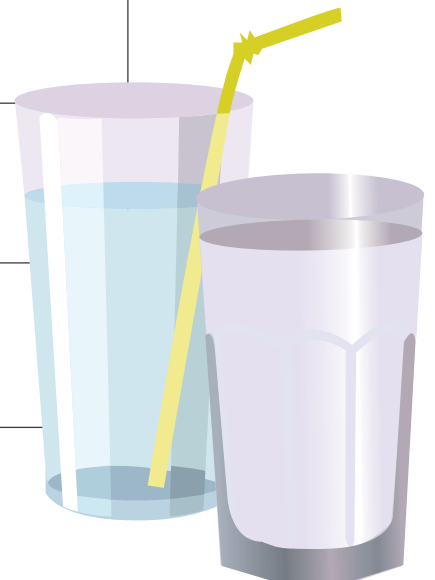
## Goal:

I will try to avoid sweetened drinks every day.

Put a star in the box if you did not drink any sweetened drinks today.



Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	



# You Made It!

If you have come to this point in this youth handbook, you have more ideas to start – or continue – to set up healthy living habits. Be sure to share the 6 important lessons with your friends and family, so that they will also have the skills to make better food choices, increase physical activity and reduce screen time.

Put a star in the box if you have fulfilled the goal.

## Your Six Goals Checklist

<b>Goal 1</b>	<b>I will eat foods from all 5 food groups every day</b>	
<b>Goal 2</b>	<b>I will eat WHOA foods only on special days</b>	
<b>Goal 3</b>	<b>I will eat fruits or vegetables as snack every day</b>	
<b>Goal 4</b>	<b>I will limit my screen time to no more than 2 hours or 120 minutes every day.</b>	
<b>Goal 5</b>	<b>I will choose healthy snacks or drinks by reading the food label every day</b>	
<b>Goal 6</b>	<b>I will try to avoid sweetened drinks every day</b>	

Step by step, you will be able to make a difference in you and your family's health.

# Acknowledgements

**We Can!® Chinese Families** is a bilingual nutrition and physical activity program for youth, their parents and/or caregivers. Sponsored by the Chinatown Public Health Center Nutrition Services, this program helps families to stay at a healthy weight through improving food choices, increasing physical activity and reducing screen time. This program is based on a National Institute of Health public education outreach program called **We Can!® (Ways to Enhance Children's Activity & Nutrition)**.

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