

Elementary Nutrition and Physical Activity Tips

1. Don't skip breakfast! Your brain needs it for fuel to help you learn.
2. Eat the rainbow! Different colored fruits and vegetables give our bodies different vitamins and minerals.
3. Become a member of "two-bite" club! We never know if we like a food or not until we try it. Before saying "no" to new foods, take at least two bites of that food to decide!
4. Eat your fruit, don't drink it! The best option is to eat a piece of whole fruit. The fiber in whole fruits helps us feel more full than drinking a glass the juice.
5. Bored of drinking plain water throughout the day? Try flavoring your water the healthy way with lemon, lime, or orange slices, cucumbers, or fresh mint.
6. Helping out in the kitchen can be fun! Ask your parents to help chop veggies, set the table, and measure out ingredients at meal times!
7. Say hello to Old MacDonald! For a fun after school activity, ask your parents, grandparents, or family member to take you to a local farm and have fun picking fresh berries!
8. Go grocery shopping with your family! Get your own shopping cart and pick out fruits and vegetables that you have tasted. Your family will love them too!
9. Save the cartoons for the weekends and get outside and play! Ride your bike, hula-hoop, play tag, or run the bases. Just keep moving!
10. French fries are a special treat! Ask for baby carrots, fruit cup, or apple slices next time you eat fast food.
11. Be creative for an after school snack! Try making "ants on a log" with a celery stick, peanut butter, and raisins!