

# Get in the Game For Good Health!

## Activity 1

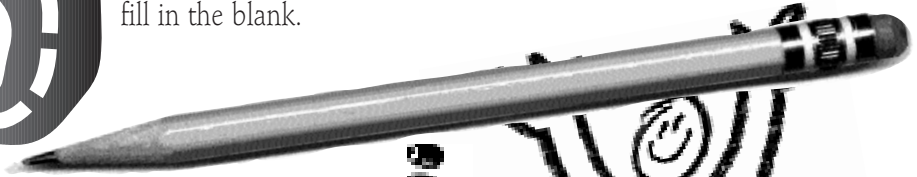


# YOUR CHECKUP!

## Part 1

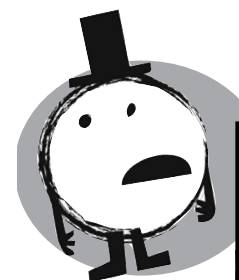
Bzzz! It's time to get up and start your day. For most of you, that means going on auto-pilot. You do the same things each day without thinking about what you do. Take a minute to reflect on what you think and do. Use the statements below to get started. Circle the answers that best apply to you. If you mark Other, fill in the blank.

- 1 To quench my thirst I usually go for the following beverage.  
Water                      Soft drink                      Other: \_\_\_\_\_
- 2 When at fast food places, I usually order \_\_\_\_\_-size portions.  
Regular                      Kid                      Super
- 3 After school I like to do the following.  
Watch TV                      Play outside                      Other: \_\_\_\_\_
- 4 Overweight among kids in the United States is a problem.  
Agree                      Disagree                      Don't know
- 5 My favorite type of snack is \_\_\_\_\_.  
Chips                      Fruit                      Other: \_\_\_\_\_
- 6 I feel that I am at a good weight for my height and build.  
Yes                      No                      Not sure
- 7 I watch TV \_\_\_\_\_ a day.  
Less than 2 hours                      3-5 hours                      More than 5 hours
- 8 Being overweight generally is caused by too many calories and not getting enough physical activity.  
Agree                      Disagree                      Don't know
- 9 I usually snack while I watch TV.  
Yes                      No
- 10 I would describe my physical activity level as \_\_\_\_\_.  
Couch potato                      OK                      Great
- 11 I usually have \_\_\_\_\_ snacks each day.  
1-3                      4-6                      7 or more
- 12 Being overweight can lead to health problems such as diabetes.  
Agree                      Disagree                      Don't know



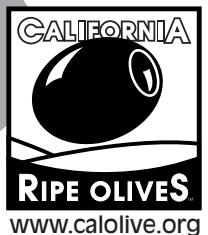
## Part 2

Now look back at your answers to learn about your thoughts on good health and your health habits. On the back of this sheet, use that information to write a brief description of yourself. What is a typical day like for you? Do you tend to eat a lot of junk food? How active are you? Do you spend a lot of time sitting around watching TV or playing video games?



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# Get in the Game For Good Health!

## Activity 2



# FUELING UP!

## Part 1

The best way to keep your body running smoothly is to eat a variety of foods. Different foods contain the vitamins, minerals, and other nutrients your body needs to grow and operate.

Everything you do,

from breathing to playing ball, uses energy. You get that energy from the calories in the food you eat. A calorie is a measure of how much energy the nutrients in a food can give you. Your body burns calories as it needs them. The rest are stored in the body as fat, so it's wise to watch your calorie intake.

One way to watch the intake is to read the nutrition labels on foods. The information is calculated according to servings, so first check the serving size. Then check where the calories come from. The amounts are given in grams. For every gram of protein or carbohydrate you get four calories. That means you need to multiply the number of grams by four. Fats give you nine calories per gram so multiply by nine.

Your body needs some fat, but your fat intake should not be more than a third of your daily calories. You also need to watch the type of fat. Some fat, the monounsaturated types, are often called "good" fats because they help lower cholesterol levels and the risk of heart disease. Saturated fats are linked to high levels of cholesterol and increased risk of heart attack, so they are often called "bad" fats.



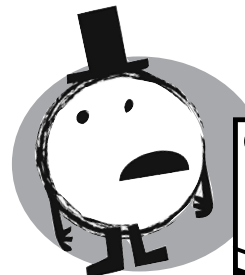
Read the nutrition label here and answer the questions.

- 1 How many calories come from fat? \_\_\_\_\_
- 2 What kind of fat do most of the calories come from? \_\_\_\_\_
- 3 How many calories come from carbohydrates? \_\_\_\_\_
- 4 Is this a healthy snack? \_\_\_\_\_ Why? \_\_\_\_\_



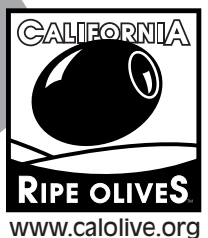
## Part 2

What's your favorite snack? Check the nutrition label to find out what's in it. If you go for fresh fruits or veggies, check them out at the supermarket. Most produce departments have the nutrition facts posted. You can also find this information online at [www.aboutproduce.com](http://www.aboutproduce.com). Look under Produce A-Z. Click on Search Produce.



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# Get in the Game For Good Health!



# KEEP ON MOVING!



## Activity 3

### Part 1

Your habits can make a difference in how you look and feel. Exercise is important because it helps keep your body and mind healthy. A big problem for many people today is that they don't get enough exercise.

Find the names of some ways to exercise in the word find. For example,

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

**You might play:**

baseball  
basketball  
soccer  
hockey  
kickball  
tag

**You might:**

swim  
jog  
walk  
bike  
row  
skip  
hop  
jump  
skate

**You might practice:**

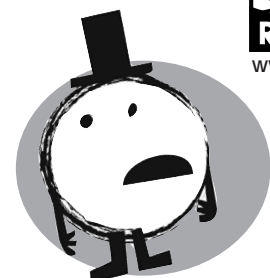
dance  
yoga  
karate

Try some of these, or your favorite activity. Time yourself. Then check out how many calories you burned by going to the California Olive web site at [www.CalOlive.org/calculator](http://www.CalOlive.org/calculator).

### Part 2

Most kids your age should get at least 60 minutes of exercise each day. It doesn't have to be organized sports or long workouts. There are simple things you can do. Make up some simple, creative exercises such as the Backpack Lift. Use your backpack as a weight and lift it a few times while you wait for the bus or in line at school. Think up some simple things you can do to increase your level of physical activity. Write them on the back of this sheet; then share them with the class.

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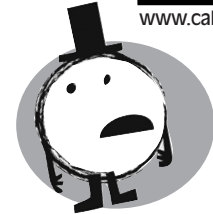
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# Get in the Game For Good Health!



# ON THE RIGHT PATH!

Are you on the right path for a healthy you? If so great! Keep it up. If not, start by making small changes to get yourself there. Commit to eating at least on healthy meal or snack like



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## Activity 4

California Ripe Olives every day and being active when you can – from a simple activity like cleaning your room to playing on a sports team.

Use the chart here to keep track of your eating and exercise habits for a few days. Each time you snack, eat a meal, or exercise, mark it on the chart. Be sure to name the foods. Draw an olive next to all the healthy snacks and meals. For physical activity, write the exercise and the duration. Give yourself an olive for every hour of exercise you accumulate during the day.

**FOOD**

Monday	Tuesday	Wednesday	Thursday	Friday

**EXERCISE**

Monday	Tuesday	Wednesday	Thursday	Friday