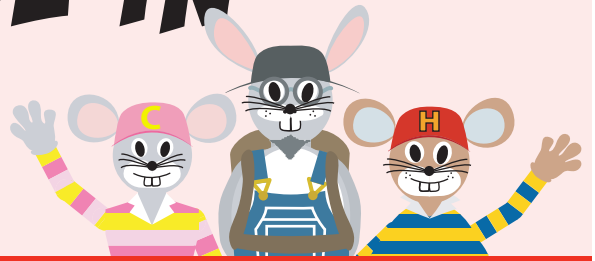


# TAKING CHARGE IN MEADOWLAND



## Interactive DVD Activity List

### Activity 1: Identify Lifestyles as Healthy or Unhealthy

Stop play at the end of Scene 1

Miguel to narrate: Hey class, now it's time for us to discuss the difference between healthy and unhealthy lifestyles. A healthy lifestyle will keep you strong and make you feel and look good. Having an unhealthy lifestyle may make you tired, lazy, and not feel good most of the time. Can you help me decide which mouse is the healthiest, and why? Was it Chloe or Hugo?

**Activity 1:** Take out Activity Sheet 1. Determine which lifestyles are healthy vs. unhealthy, then you'll know which mouse was the healthiest.

### Activity 2: Eat 5 a Day the Rainbow Way

Stop play in the middle of Scene 2 after Chloe says "That's right. Five a day. Just because you like pizza and hot dogs that doesn't mean that's all you should eat. To be healthy, eat five or more fruits and vegetables a day. It's easy! Just remember-eat like the rainbow. You can do it. It's your health Hugo. TAKE CHARGE!"

Hugo to narrate: So they're saying that to be healthy I have to eat five or more different fruits and vegetables a day. And I shouldn't eat the foods I like, like cake, cookies, pizza and fries every day because those foods don't have the same good nutrients as fruits and vegetables. So, eating lots of different fruits and vegetables will make me strong and healthy because they give my body the right nutrients. I'm gonna need some help from the rainbow to identify lots of fruits and vegetables, so I will eat different ones all the time!

**Activity 2:** Now look at the rainbow handout, and name as many fruits and vegetables as you can from the five different colors in the rainbow.

## Activity 3: Moderation Match

Stop play near the end of Scene 2 after Chloe says “That’s right, Hugo! Let’s all say it together just one more time! Moderation will help you have more energy! Instead of being tired and cranky and sick all the time!”

Chloe to narrate: You see, class, eating healthy means several things. You know that you have to eat a variety of foods, including lots of fruits and vegetables, lean proteins, whole grains, and low fat dairy every day. But it’s also important to make sure you eat the right amount of those foods. You don’t want to eat too much, but you also want to make sure you eat enough. It’s called moderation, and that means not too little, and not too much.

**Activity 3:** The key to moderation is figuring out serving sizes. Take a look at the Moderation Match activity. Match the serving size on the left with the picture on the right. Then compare the serving sizes with your normal portion of foods to determine if you eat the right amount of foods.

## Activity 4: Move More Calendar

Stop play in Scene 5 after Chloe says “You’re welcome, Hugo. Let’s go!” (They exit.)

Von Hop to narrate: So far, you’ve all learned some very important lessons about how to eat healthy. Now it’s time to be active! Did you know that everyone should get at least 30 to 60 minutes of physical activity each and every day? That’s right, and sitting around watching TV, playing video games, or working on the computer don’t count! Physical activity means moving, like walking, running, dancing and playing sports.

**Activity 4:** Look at the Move More Calendar. Make time each and every day for physical activity, and let this calendar help you!



## Class Promise

At the end of the play, after the song, after all say "IT'S YOUR HEALTH, TAKE CHARGE." (together three times)

All three narrate: Chloe: "Don't you want to grow up healthy and strong?" Hugo: "You know, it's not too soon to take charge of your health. Let's all make a promise right now to take charge of our health."

**Promise Activity:** Fill out the Promise Certificate after deciding how you will take charge of your health. You can decide individually, or as a class, to take charge of your health by choosing one or more of the following principals for good health:

- Chloe:
- 1) Eat five different fruits and vegetables every day,
  - 2) Try new foods
  - 3) Learn about food portions
  - 4) Sweets are a sometimes food
  - 5) Get three servings of low fat dairy every day
  - 6) Drink plain low fat milk instead of sweetened milk
  - 7) Eat three servings of whole grains every day
  - 8) Eat whole grain cereal instead of sugar sweetened ones
  - 9) Eat whole wheat breads and pastas instead of white
  - 10) Choose lean meats like chicken, fish, or poultry more often,
  - 11) Eat less high fat foods like hot dogs, hamburgers, fried foods, french fries, and sweets.
  - 12) Drink water instead of sweetened beverages every day
  - 13) Make time for physical activity every day, or
  - 14) Make up your own promise for your plan to

**TAKE CHARGE OF YOUR HEALTH TODAY!**

