



# Oliver's team talk

Each month a newsletter encouraging healthy behaviors will be sent to you. Be sure to check out each issue for ideas to Teach, Excite, Activate and Motivate.

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## Teach! TEACHERS' CORNER

On September 28<sup>th</sup>, the USDA introduced "My Pyramid for Kids". The materials are intended for ages 6 – 11. Free educational materials are available to order and/or download.

The material includes: Teacher's Guide with lesson plans and reproducible worksheets, CD with games, lesson plans, worksheets, songs, My Pyramid for Kids poster and Tips for Families.

Go to [www.mypyramid.gov](http://www.mypyramid.gov) – after you enter the website click on "For Kids", then click on Classroom Materials. Orders are limited to "1" per customer, but all teachers at your campus can order a kit.

We suggest you order early as supply may be limited.

## Excite! READY, SET, GO!

My Pyramid for Kids reminds you to make healthy choices every day. The pyramid is divided into six colors. Each of the color stripes are wider at the base of the pyramid and narrower at the top. That's to remind you that the healthier foods (low in both fat and added sugar) in each group are at the base of the pyramid. We should eat mostly those foods.

Each color of the pyramid represents the five different food groups plus oil.

### Choose every color every day!!!

Orange – Grains  
Red – Fruits  
Blue – Milk

Green - Vegetables  
Yellow - Oils  
Purple – Meat & Beans

## Activate! MAKE YOUR MOVE

My Pyramid for Kids reminds you to be physically active everyday! Aim for 60 minutes every day. Remember to limit screen time.

When you watch TV – take a commercial break. While a commercial is on get up and move, walk in place, do push-ups, sit-ups or stretches.

Keep a walking journal, in addition to tracking steps, jot down how you feel after returning from a walk.

2,000 steps equal one mile -- Aim for 10,000 steps daily

Catch up on the day's events -- as a family take an after-dinner walk.

## Motivate! SPREAD THE WORD

**GRAINS** – make at least half of the total grains eaten whole grains

Consume the equivalent of 3 or more ounces of whole grains products per day.

Some examples of whole grains are: whole wheat bread, oatmeal, brown rice and low-fat popcorn.

Remember, whole grains cannot be identified by the color. Read the ingredient list on the food label.