Oliver's team talk

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Teach! TEACHERS' CORNER

<u>Bulletin Board Ideas:</u>
Create My Pyramid by cutting strips of each color (orange, green, red, yellow, blue and purple) of the food groups.
Construct the pyramid on a bulletin board.
Encourage students to cut out pictures or bring food packages of different foods and place them on the corresponding section of the pyramid. Is it a healthy choice?

<u>Math Ideas:</u> Bring in a grocery store sales flyer. Use the information in the flyer for math problems. Such as: How many apples can you buy with $5.00? And how many frozen pies could you buy with the same $5.00? Which is a better value? Which is the healthier choice?

Excite! READY, SET, GO!

Start the school year off in a healthy way!!!

Every elementary campus in Ft. Bend ISD has identified a health initiative they want to focus on.

Parents, contact your school and ask for the KidLink Team Representative from your grade level.

- ✓ Do they need volunteers?
- ✓ Is a special event being planned, how can you help?
- ✓ Do they have a healthy snack policy?
- ✓ Did you know that chef salads & fresh fruit are available every day in the cafeteria?

Activate! MAKE YOUR MOVE

The 2005 Dietary Guidelines for Americans recommends children and adolescents engage in 60 minutes of active play, every day.

How do you fit it in?

- ✓ Take a walk together as a family
- ✓ Turn off the TV and turn on the radio – dance, dance, dance
- ✓ If you are going shopping, don't spend 10 minutes waiting for the parking space near the door, park at the furthest away space, each step helps

Motivate! SPREAD THE WORD

Parents are great role models. Be sure to encourage these healthy habits every day:

- ✓ Eat 5-A-Day of fruits & vegetables
- ✓ Choose 3-A-Day of low-fat or non-fat milk and dairy products
- ✓ Enjoy a healthy breakfast
- ✓ Drink more water and less sugary beverages
- ✓ Increase active playtime and decrease TV and screen time

The Oliver KIDS TEAM — teach.excite.activate.motivate

Make Healthy Choices for Life!!