



Action Schools! BC

Promoting Healthy Living

Family Healthy Living Kit



WWW.ACTIONSCHOOLSBC.CA



Family Healthy Living Kit



FAMILY HEALTHY LIVING KIT CONTENTS:

- Family Healthy Living Booklet
- Baking Better Bites Recipes
- Who am I? Flashcards
- 5 A Day Adventures CD-ROM
- Bingo Game
- Canada's Food Guide, 2007
- Action Schools! BC –
Healthy Eating Brochure
- 1 Skip Rope
- 1 Chinese Jump Rope
- 3 Scarves
- Kids in Motion CD
- 3 Bean Bags
- Canada's Physical
Activity Guide

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ActNowBC



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Introduction

Parents and Caregivers,

As an Action School, we have joined more than 1,500 elementary schools across the province in providing **more** opportunities for **more** children to make healthy choices **more** often. With support from families, our school has made a commitment to improving children's health.

The Family Healthy Living Kit is one way to share some popular activities with you and your family.

What is Action Schools! BC?

Action Schools! BC was developed in response to concerns about children's health. High rates of physical inactivity and poor eating habits are contributing to rising rates of childhood and adolescent overweight, obesity and type 2 diabetes.

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living. This school-wide initiative integrates physical activity, physical education and healthy eating into the fabric of the school community. Action Schools! BC provides a framework for action targeting six Action Zones. Family and Community is one of these six zones which fosters the development of partnerships with families and community practitioners to benefit from the resources available to promote and encourage healthy living.

For more information about physical activity and healthy eating visit www.actionschoolsbc.ca under the Quick Links – School and Family Resources.





Healthy Eating

Canada's Vegetable and Fruit Food Guide Serving Sizes

one Food Guide Serving of fresh, frozen or canned vegetables or fruit is 125 ml (1/2 cup)



one Food Guide Serving of dried fruit is 60 ml (1/4 cup)



one Food Guide Serving of raw leafy greens is 250 ml (1 cup)



one Food Guide Serving of 100% juice is 125 ml (1/2 cup)

one Food Guide Serving of a whole fruit is one medium apple



Availability Chart of BC Grown Vegetables and Fruit

Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Beans							■	■	■			
Beets	■	■	■					■	■	■	■	■
Broccoli						■	■	■	■	■	■	
Brussels Sprouts										■	■	■
Cabbage	■	■	■							■	■	■
Carrots						■	■	■	■	■	■	
Cauliflower						■	■	■	■	■		
Celery						■	■	■	■	■		
Corn							■	■	■	■		
Cucumbers							■	■	■			
Leeks	■	■	■				■	■	■	■	■	■
Lettuce	■	■	■	■	■	■	■	■	■	■	■	■
Onions					■	■	■	■	■			
Parsnips	■	■					■	■	■	■	■	■
Peppers							■	■	■	■		
Potatoes	■	■	■	■	■	■	■	■	■	■	■	■
Radishes				■	■	■	■	■	■	■		
Rhubarb				■	■	■	■					
Rutabagas	■	■				■	■	■	■	■	■	■
Spinach				■	■	■	■	■	■			
Turnips	■	■			■	■	■	■	■	■	■	■
Zucchini						■	■	■	■	■		

Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Apples	■	■	■	■				■	■	■	■	■
Blackberries							■	■				
Blueberries							■	■	■			
Cherries								■				
Currants							■					
Gooseberries							■					
Pears								■	■	■	■	■
Plums								■	■			
Prunes								■	■			
Raspberries							■	■				
Saskatoon Berries						■	■					
Strawberries						■	■	■	■			

Lunches to Go

ALLERGY AWARE – This is not a list of “allergen aware” choices.

Pack a Safe Lunch

- Use an insulated bag with a freezer pack or chilled thermos to keep food cool
- Wash lunch containers every night to keep bacteria from growing and clean with baking soda once a week to get rid of odors

Instead of Sandwiches:

- Whole grain pancakes or waffles with fruit and yogurt
- Pizza with an English muffin or pita, tomato sauce, toppings and grated cheese
- Falafel in a whole wheat pita, veggies (tomato, lettuce, cucumber)
- Homemade whole grain muffins: banana bran muffin and cheese, oatmeal carrot muffin with veggie sticks

Dunk a Lunch!

Finger food and dunking are always fun! Try these combinations for a healthy choice:

- Hummus, bean or cottage cheese dip served with veggie sticks and pita bread cut into triangles
- Fresh cut fruit and yogurt
- Whole grain bread sticks with fresh tomato salsa or guacamole

Versatile Veggies and Fast Fruits

- Choose in season produce when possible
- Freeze summer fruits to enjoy all year round
- Try a fruit smoothie served in a thermos
- Offer a variety of choices over a week such as, cauliflowerettes, broccoflower trees, or turnip or zucchini sticks.

Reference: Lunches to Go, Community Nutritionists Council of BC – School Age Committee

For more ideas and information try:

- 1** Bake Better Bites: Recipes and Tips for Healthier Baked Goods – www.dialadietitian.org
- 2** Quick Snacks Vegetables and Fruit or In Season information sheets – www.actionschoolsbc.ca



Super Snacks



Healthy snacking throughout the day maintains energy for growing, learning and playing.

Raw Vegetables

celery, carrots, cauliflower, broccoli, green peppers, green beans, cucumbers, mushrooms, zucchini, cherry tomatoes

Fresh fruit

whole or cut in slices or halves – apples, oranges, bananas, peaches, grapes, melons, pears, plums, strawberries

Snack mixes

made with popcorn, whole grain cereal, or dried fruit

Yogurt

with fresh, frozen or canned fruit

Dried fruit

with no added sugar

Homemade muffins



Cheese slices

and whole-grain crackers

Cheese strings

Mini fruit and Cheese kabobs

100% fruit juice

with no sugar added



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Pita points

toasted in the oven, with humus or salsa

Whole wheat raisin bread

with sesame butter or cheese slices

Hard boiled eggs

Whole wheat tortilla

rolled with cream cheese

Whole-grain dry cereal

with low sugar content and dried fruit

Toasted pumpkin seeds or sunflower seeds

Applesauce

or other unsweetened fruit cups

Mini plain rice cakes

with cheese slices, sesame butter, or cream cheese

Chunks of cooked sweet potato

Fig bars



Nutrition Labels

You can use the nutrition facts table to:

- compare products more easily,
- determine the nutritional value of foods,
- increase or decrease your intake of a particular nutrient.

Look at the amount of food listed in the Nutrition Facts Table and compare it to how much you actually eat.

Core Nutrients:

Get more of these nutrients:
Fibre, Vitamin A and Vitamin C, Calcium, Iron

Get less of these nutrients:
Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium

Nutrition Facts

Per 2 slices (64 g)

Amount	% Daily Value
Calories 140	
Fat 1.5 g	2%
Saturated 0.3 g + Trans 0.5 g	
Cholesterol 0 mg	
Sodium 290 mg	12%
Carbohydrate 26 g	9%
Fibre 3 g 12%	
Sugars 2 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

The % Daily Value provides a quick overview of the nutrient profile of the food. It puts nutrients on the same scale (0%-100%), so you can compare the amount of nutrients in foods quickly and easily.

Ingredient List

There is an ingredient list on all packaged food products. All of the ingredients for a food are listed in descending order by weight. The ingredients present in the greatest amount are listed first.

Sugars in Food – To find out if sugars have been added to a food, you need to look at the ingredient list. Examples of added sugars include: corn syrup, dextrose, fructose, glucose, malt syrup, invert sugar and concentrated fruit juice.

Reference: *Interactive Nutrition Label and Quiz*
(www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/)

For more information visit www.healthyeatingisinstore.ca





Physical Activity

Skipping – Single

EQUIPMENT: Single Rope 7' (2.1m)

Single Rope Activities

1. Jumping Skills

- Practise jumping and landing in different ways with ropes on the ground:
 - two feet, one foot, forwards, backwards, sideways, zig-zag
 - jump over the rope, jump along the rope
 - jumps, hops, leaps; big, small and medium; fast and slow; high and low
 - make shapes, letters and numbers with ropes; jump into, along, around and over

2. Rope Twirling Skills

- Hold both handles in one hand:
 - twirl the rope in front (propellers), beside (wheels), overhead (helicopters)
 - twirl at different speeds, in different directions, with each hand

3. Combinations

- Hold both handles in one hand:
 - Twirl and jump: turn the rope at one side, jump as the rope hits the floor

4. Step Through and Jump Through

- Hold a handle in each hand, rope in front – step through one foot then the other, then jump through with two foot jumps
- Jump a swinging rope – swing the rope and jump over without turning the rope completely over

5. Turn and Jumping Skills

- Aim for one successful jump at a time

Reference: Skipping Resources – Action Pages! (www.actionschoolsbc.ca)

Skipping - Chinese Jump Rope

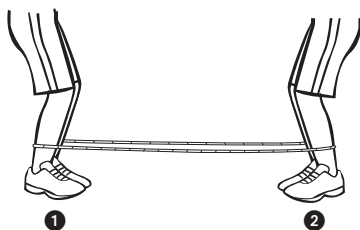
EQUIPMENT: Chinese Jump Rope

16' (4.8m) of elastic tied into a loop

Chinese Jump Rope Activities

1. Basic Steps

- Participant 1 and 2 stand facing each other with their feet apart and the rope around their ankles (see diagram). Participants back away from each other far enough for the rope to stretch tightly and lift off the ground.
- Participant 3, the skipper, begins by standing outside the elastic, facing either participant 1 or 2. Begin by learning the 6 basic jumps. In the diagrams, the lines represent the two parallel elastics of the Chinese Jump Rope.



- Practise until all jumps can be performed in order without stopping.



2. Names and Words

- Using these basic jumps, the skippers can spell their names (one letter per jump) or other words and jump out when finished.

3. Tricky Routines

- To make the jumps more difficult, move the elastic up to the calves, then the knees, etc. each time the routine has been performed successfully.
- Skippers can add a jump/half turn between jumps.

Bean Bags and Scarves

EQUIPMENT: Bean Bags or Scarves
Kids in Motion CD

Bean Bag or Scarf Activities

1. Bean Bag Boogie

- Play the Bean Bag Boogie from the Kids in Motion CD.
- Play any of the songs or any of your own and incorporate bean bags or scarves with throwing, catching or painting motions.

2. Throwing and Catching

With either bean bags or scarves, try the following challenges:

- Throw and catch with two hands
- Throw a little higher, catch with two hands
- Throw, clap your hands, catch – how many times can you clap before you catch?
- Throw, touch the ground, catch
- Throw, turn around, catch
- Throw, catch in different positions – sitting, lying, kneeling
- Throw and catch with one hand only, then with the other hand
- Throw with one hand, catch with the other
- Rainbow toss – toss from hand to hand over the head in an arching pathway
- Throw under one leg and catch – right side, left side, throw under the leg from left to catch right, then from right to catch left
- Repeat above challenges with a partner.

Reference: Kids in Motion CD (www.schoolspecialty.ca)



