

# Caregiver Corner

# Years 7-10

As a caregiver, you are a role model for your child in developing food preferences. Healthy habits are developed early in childhood. You and your child should try to eat a variety of fruits and vegetables, whole grains, dairy products (like milk and yogurt), and protein foods (like beans, chicken, nuts, and eggs). **Here are a few ways you can help your child eat a healthy diet throughout the day!**



Start with a breakfast that will fuel the day ahead. This could include whole grain toast with a nut butter and a banana or oatmeal and blueberries. Arrange the berries in a smiley face for some additional fun.



Encourage your child to eat a variety of colors. Having a sandwich for lunch? Pile on the veggies or have baby carrots and celery as a side dish. Is your child eating at school? Encourage your child to eat the fruits and veggies offered.



Enjoy this time as a family. Throw a blanket on the floor for an indoor picnic or gather around your family table.



Have your child drink water first when thirsty. Offer milk at meals or snacks. Try to avoid sodas, caffeine beverages, and other beverages with added sugars.



Hungry after school? A low fat cheese-stick and orange slices are a quick and healthy snack for your child.



Small changes can make a big difference! Swap out a sugar - filled beverage for water or shift to a whole grain bread. Start with small changes.



Engage your children in the kitchen! What safe tasks could your child help you with?

In addition to a healthy diet, play is an important part of your child's day. Your child should have 60 minutes of activity each day. Even small bits of activity add up! Activity can be easy and low-cost. Consider taking a walk together or enjoying time at a nearby park. Looking to do things inside? Turn on your favorite music app and try some new dance moves.



Your child should be getting at least 10-11 hours of sleep each night.

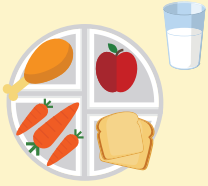


Focus on your child's many strengths! Avoid commenting on your child's weight, size, or shape.



Try to reduce screen time a little each day. Try a "no phone" time with your entire family.

# Healthy, Amazing You!



Eat foods from each food group: grains (bread and rice), proteins (beans, eggs, chicken), dairy, fruits, and vegetables



Choose water first! Drink some water when you are thirsty.

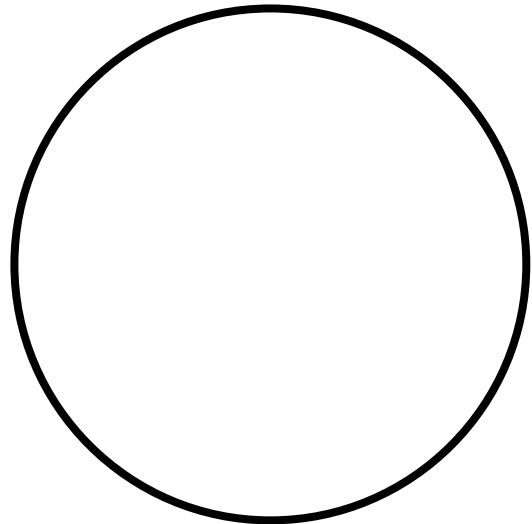
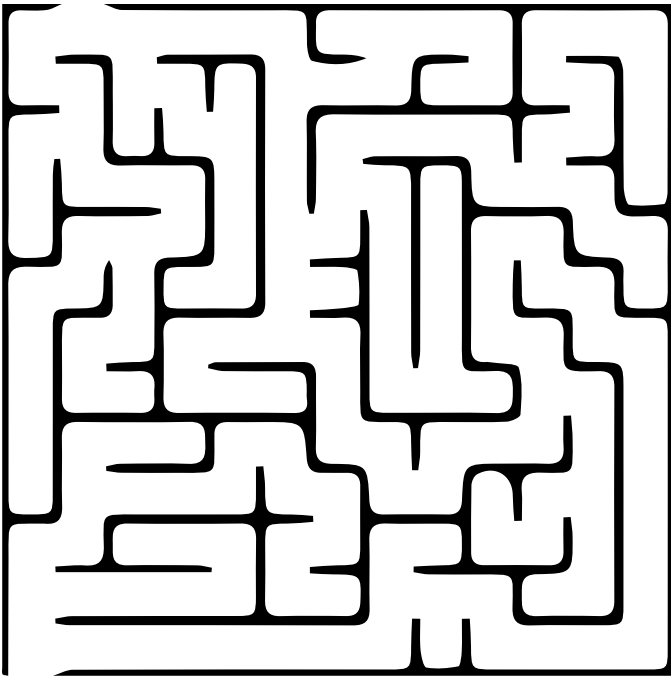


Take a stroll, dance around, ask your parent or trusted adult to bring you to the park to play.

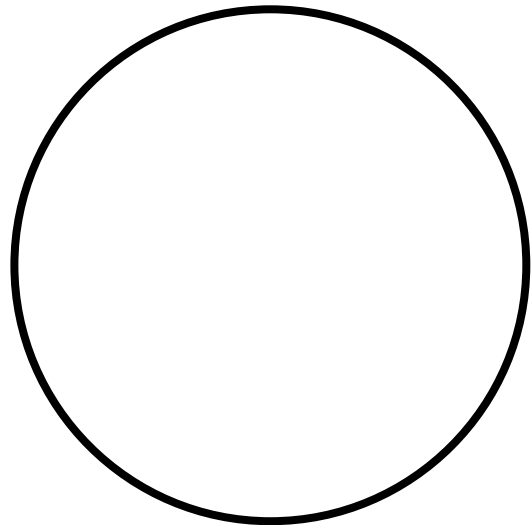
## Activities:

Shawn and Alex are walking to their favorite park. Help them find their way.

What do you like to make in the kitchen. Draw yourself cooking.



Draw a healthy habit you will do this week.



### World Jumble

Eat from all the food groups: Vegetables, proteins, fruits, vegetables, and **G\_AI\_S**.

Drink **AT\_R** first when you are thirsty.

Be **ACTI** . Try to get 60 minutes of activity each day.

Word Jumble  
 answers:  
 1)Grains  
 2)Water  
 3) Active