



## Tips for keeping kids healthy at home

### LOVE YOUR LUNCH!



Whether your child prefers hot or cold lunch, his or her body will benefit from having fruits and vegetables as well as a nutritious beverage with lunch each day. Ask your child to show you his or her decorated paper lunch tray.

It is important to introduce your child at an early age to the concept of balance in eating. By choosing a variety of colorful foods from the five food groups (vegetables, fruits, dairy, grains and protein) they will have a healthful meal. Does your child have food drawn on the tray representing at least three of the five main food groups?



### AT HOME ACTIVITY

Lunch is an important daily event. Talk to your child about their lunch preferences.

If your child prefers cold lunch, is there a fruit or vegetable you could add to his or her bag?

If your child prefers hot lunch, encourage him or her to try the fruits and vegetables offered.

Check your school district website for lunch menu nutritional information.

Don't forget the low-fat milk. It's a great choice with hot or cold lunch.

### ADD IN AEROBIC ACTIVITY

Balance a healthful lunch with aerobic exercises. Aerobic exercises are rhythmic, repetitive activities that speed heart rate and breathing for at least 30 minutes. This type of exercise improves heart and lung fitness. Examples include jogging, swimming or dancing.

Name one aerobic activity your family could do together this week.

