

# EAT SMART PLAY HARD

ESPH Video News



Body Venture is an exciting tour of the human body featuring engaging, experiential educational activities. It is a unique Kansas educational program designed for students in kindergarten through fifth grade. Children will travel through a larger than life human body display, participating in entertaining, hands-on activities along the way that teach the importance of making healthful food choices and being physically active. Students begin in the school lunchroom where they each become a piece of food that then travels to all parts of the body. Students learn at stations in the exhibit how their food choices impact every part of the body. To schedule Body Venture at your location, contact Body Venture Coordinator, Kathy Thompson, at 785-296-2276 or email her at [kthompson@ksde.org](mailto:kthompson@ksde.org).

## A visit from Body Venture includes:

- A 45 foot by 50 foot enclosed Venture-through exhibit representing the human body,
- Classroom activities for use prior to and following the students' trip through the exhibit,
- A take-home activity book for each student to share with their families,
- An extensive list of additional health education resources, and
- Information to help publicize the event and communicate with the media.

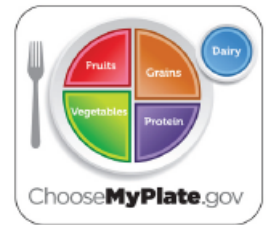


# 10 tips

Nutrition  
Education Series

# build a healthy meal

## 10 tips for healthy meals



**A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.** Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

### 1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

### 2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



### 3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

### 4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

### 7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

### 9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

# Play Hard

## Let's Move!

*Let's Move!* is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

*Let's Move!* aims to increase opportunities for kids to be physically active, both in and out of school and to create opportunities for families to move together.

For more information visit [www.letsmove.gov](http://www.letsmove.gov).



## Get Active

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

If this sounds like a lot, consider that eight to 18 year old adolescents spend an average of 7.5 hours a day using entertainment media including TV, computers, video games, cell phones and movies in a typical day, and only one-third of high school students get the recommended levels of physical activity. To increase physical activity, today's children need safe routes to walk and bike ride to school, parks, playgrounds and community centers where they can play after school, and activities like sports, dance or fitness programs that are exciting and challenging enough to keep them engaged.

**Active Families:** Engage in physical activity each day: a total of 60 minutes for children, 30 minutes for adults.

**Active Schools:** A variety of opportunities are available for schools to add more physical activity into the school day, including additional physical education classes, before- and afterschool programs, recess, and opening school facilities for student and family recreation in the late afternoon and evening.

**Active Communities:** Mayors and community leaders can promote physical fitness by working to increase safe routes for kids to walk and ride to school; by revitalizing parks, playgrounds, and community centers; and by providing fun and affordable sports and fitness programs.

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For more news and resources, visit [www.eatsmartplayhard.org](http://www.eatsmartplayhard.org).

This month's highlights include:

- Videos featuring Body Venture at St. Peter The Apostle Catholic School, Schulte, Kansas:
  - Eat Smart
  - Play Hard
  - Taking It Home
- Resources for parents and fun for kids
- And lots more news about healthy living at school and at home

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Child Nutrition & Wellness, KSDE

