

# basics

for healthy kids

# be smarter

be bodywise

# goal sheet

	Not yet	Sometimes	Mostly	Always
<b>b</b> reakfast every day				
<b>e</b> at 5+ a day				
<b>S</b> leep 10-12 hours				
<b>m</b> atch servings to hand size				
<b>a</b> ctivity 60 minutes daily				
<b>r</b> educe sugary drinks				
<b>t</b> akeaways less than once a week				
<b>e</b> at together as a family				
<b>r</b> educe screen time < 2 hours				

Today you were seen by:


Name \_\_\_\_\_ Date \_\_\_\_\_

Goal \_\_\_\_\_

Tick your goals here:

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

bodywise@walktothohealthnz





# Here are some ways to be smarter

## **B**reakfast every day

**Essential fuel for the body to start the day alert and ready to learn!**

- Choose a cereal with preferably less than 15 grams sugar per 100 grams. Weetbix or porridge are great choices
- Chop up some fruit and top with yogurt.
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer
- Find a buddy to eat breakfast with
- Stop eating /cracking after dinner so you wake up ready to eat healthy food
- Eat together as a family more often

## **E**t at 5+ a day

**Vegetables and fruit are essential for vitamins that we need everyday**

- Aim for at least 3 handfuls of colourful vegetables every day
- Eat a piece of fruit at breakfast and also pop one in the lunchbox
- Thread the size pieces of fruit onto a kebab stick
- Have a dip with raw carrots, broccoli, cauliflower/greens
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup

## **S**leep 10-12 hours

**Getting plenty of sleep helps with weight management, feeling good and learning**

- Decide on a suitable bedtime to allow enough hours of sleep
- Have a regular bedtime routine
- Create a quiet space for sleep without distractions
- Remove electronics from the bedroom (tv, playstation, computers & phones)
- Aim for a gap between eating and bedtime. Two hours is best!
- Plenty of physical activity during the day helps kids with sleep

## **M**atch servings to hand size

**For age appropriate portions**

- Use child's hand to guide portion sizes: palm = protein (meat/meat alternative), fist = carbohydrate (potato/kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables
- Try the ½, ¼, ¼ rule when serving the dinner meal (i.e. ½ plate potato or rice or pasta (carbohydrate), ¼ plate meat or meat alternative (protein), ¼ plate colourful vegetables)
- If including bread in the dinner meal, reduce the other carbohydrate choices
- Choose smaller bowls and dinner plates if necessary

## **A**ctivity 60 minutes daily

**Think hurt 'n puff activity**

- Join a club together, karate, squash, badminton, wake ups
- Do something active as a family in the weekend. Go for a walk around the lake or play at the playground
- Have a family game of soccer or softball
- Park further from the school or shops
- If the journey is less than 2km leave the car at home
- Plan ahead for next seasons sports
- Keep a bag of active equipment handy for outings or when visiting friends/whanau
- Activity can be broken into 10-15 min 'chunks'

## **R**educe sugary drinks

**Not for every day**

- Take cordial, fizzy drink and sugary drink sachets off the shopping list!
- Offer cold water from the fridge often
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine
- Buy a new water bottle to keep water tasting fresh
- Flavour water with lemon or berries or mint
- Pack your own cold water when you go out
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink

## **T**akeaways less than once a week

**Food not prepared at home**

- Eat less than once per week
- Takeaways include bakery type lunches such as pies/slices/sandwiches
- Talk with the family about what home-cooked meals are liked the most!
- Plan a dinner menu
- Write a list for the food shopping
- Share the cooking duties
- Plan home-made lunch combos with the children
- Stick your combos menu on the fridge
- Keep to regular servings, avoid up sizing

## **E**t at together as a family

**It's good being together**

- Sit around a table (or together) for meals
- Decide on a time that will work best for everyone
- Consider after school /work activities
- Turn off the TV and phones
- Cook 1 meal to serve to everyone (no multi meal cooking)
- Eat together for good communication within families
- Remove the bread from the table
- Add a jug of water and a platter of raw vegetables

## **R**educe screen time

**Encourage the kids to be up and active**

- Limit screen time to less than 2 hours a day
- Screen time includes: television, computer, game consoles, phones, i-pods etc.
- Replace screen time with active time
- Plan screen time in advance. Talk about how much and when
- For every 30 min of screen time take a 10 min activity break
- Make the bedroom a screen free zone. This is a great way on monitoring what the kids are doing