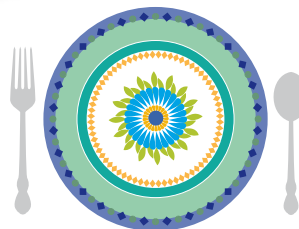


**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources



*Niños sanos, familia sana*

## Part Four: Activity Sheets

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***Niños Sanos, Familia Sana* (Healthy Children, Healthy Family) is a nutrition education curriculum, designed for Latino parents with young children. The goal is to improve nutrition and physical activity to prevent childhood obesity and promote health. This publication includes activity sheets that can be used with the 20 lesson plans available in publication 8583. Instructions on how to use these activity sheets are provided in that publication.**

LESSON 1.1

# Fruit and Vegetable Handout

## Eat a Rainbow of Colors

Circle the fruits and vegetables that your child eats.



Choose three new fruits or vegetables that your child will try.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LESSON 1.3

# Haga una Lista • Make a List

Ofertas Specials	Alimentos en casa Foods at home	Menu para la cena Dinner menu	Lista de compras Shopping list
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Frutas/Fruits			



Vegetales/Vegetables			



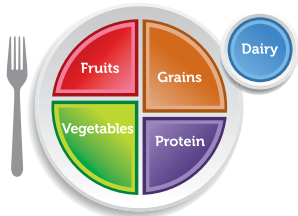
Granos/Grains			



Proteínas/Proteins			



Lácteos/Dairy Products			



Choose **MyPlate**.gov

**LESSON 1.7**

**Plan Your Child's Day**

**Breakfast hour    Snack hour    Lunch hour    Snack hour    Dinner hour**



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**Vegetales/Vegetables**



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**Granos/Grains**



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**Proteínas/Proteins**



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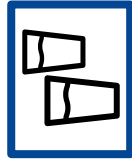
**Lácteos/Dairy**



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# ¿Qué PUEDEN HACER LAS FAMILIAS? ¡ELIJA UN OBJETIVO!

What can families do? Choose a goal!



*Sirvan agua con las comidas en lugar de refrescos.*  
Serve water at meals (instead of soda).



*Disfruten de más comidas con su familia.*  
Enjoy more family meals.



*Compren menos comida rápida.*  
Buy less fast food.



*Apaguen el televisor.*  
Turn off the TV.



*Sirvan más frutas y verduras.*  
Serve more fruits and vegetables.



*Salgan a jugar afuera.*  
Go out to play.

Para cualquier pregunta relacionada con mayor información nutricional sobre su hijo, consulte a su médico.

For any questions regarding further nutrition information about your child, please consult your doctor.

## VAMOS A HACER LO MEJOR POSIBLE PARA...

We will do our best to...

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Su firma | Your signature

Firma de amigo | Friend's signature

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# Health | REPORTE DE REPORT CARD | Salud

\_\_\_\_\_  
Name / Nombre

\_\_\_\_\_  
Date / Fecha



**ESTATUS/STATUS**

**¿QUÉ SIGNIFICA ESTO? | WHAT DOES THIS MEAN?**



**PESO SALUDABLE | HEALTHY WEIGHT**

*Su hijo tiene un peso saludable.*  
Your child has a healthy weight.

**SI ES VERDE | IF GREEN**

*Para mantenerse sano, ayude a su hijo a elegir una dieta saludable y mantenerse físicamente activo. Sea un buen ejemplo.*  
To stay healthy, help your child choose a healthy diet and be physically active. Set a good example.



**EN RIESGO | AT RISK**

*Su hijo pesa más que muchos niños de su edad.*  
Your child weighs more than many children his or her age.

**SI ES AMARILLO | IF YELLOW**

*Ayude a su hijo a elegir una dieta más saludable y a hacer más actividad física. Su hijo necesita aumentar de peso más lentamente para no estar en riesgo de sobrepeso.*  
Help your child choose a healthier diet and be more physically active. Your child needs to gain weight more slowly.



**SOBREPESO | OVERWEIGHT**

*Su hijo pesa más que la mayoría de los niños de su edad. Los niños con sobrepeso son más propensos a ser obesos cuando sean adultos.*  
Your child weighs more than most children his or her age. Children who are overweight are more likely to become obese as adults.

**SI ES ROJO | IF RED**

*La obesidad puede conducir a la diabetes. Hable con un médico o enfermera sobre el peso de su hijo.*  
Obesity can lead to diabetes. Talk to a doctor or nurse about your child's weight.







## LESSON 2.6

# Screen Worksheet



Write down all the screen devices that your family uses at home.  
Haga una lista de aparatos con pantallas que su familia usa en casa.

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## LESSON 3.4

## Score Card

Choose foods and beverages for a meal. For each item in the meal, write amount of calories and amount of each of the food groups in a row. Add up total calories, grains, vegetables, fruit, dairy, and protein. How healthy is this meal? What choices could make it better?


Food/beverage choice	Calories	Grain group	Vegetable group	Fruit group	Dairy (milk) group	Protein group
Example: pizza	272	1½ oz	¼ cup		½ cup	½ oz
<b>Total</b>						
<b>Total daily needs*</b>	<b>1,800</b> <b>2,000</b>	<b>6 oz</b> <b>6 oz</b>	<b>2½ cups</b> <b>2½ cups</b>	<b>1½ cups</b> <b>2 cups</b>	<b>3 cups</b> <b>3 cups</b>	<b>5 oz</b> <b>5½ oz</b>

\*Use the My Plate Plan to find out the amount of the five food groups you need. An average woman who gets 30–60 daily minutes of moderate physical activity needs about 2,000 calories a day. If she is inactive or trying to lose weight, she needs about 1,800 calories a day.

## LESSON 3.5 Visual Aids

Advertisement 1

**Be Anything**



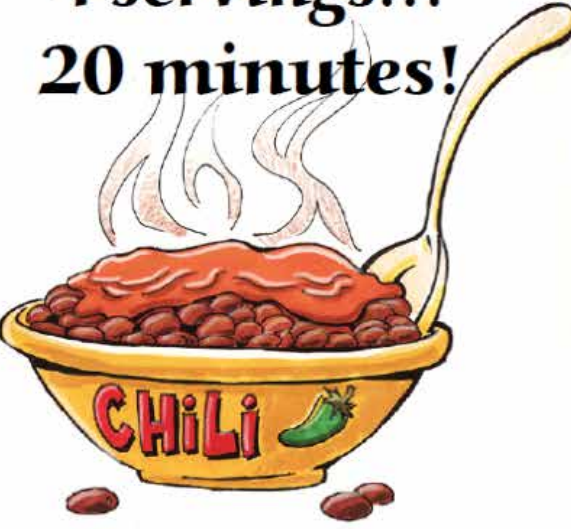
Granola

**But Ordinary**

This advertisement features a yellow background with a central illustration of a blue bowl filled with granola, topped with white milk and a red strawberry. To the right of the bowl is a brown paper bag of granola with the word 'Granola' printed on it. The scene is decorated with small, colorful confetti-like shapes.

Advertisement 2

**1 can...  
4 servings...  
20 minutes!**



**CHiLi**

This advertisement has a white background. At the top, bold black text reads '1 can... 4 servings... 20 minutes!'. Below the text is a yellow bowl filled with chili, topped with a red sauce. A white spoon is shown scooping the chili. The bowl has the word 'CHiLi' written on it in red, stylized letters, with a green chili pepper icon to the right. A few beans are scattered on the surface around the base of the bowl.

Advertisement 3

**The Better Choice!**



Mama Jo's

Mama Jo's  
Pasta & Sauces

This advertisement has a light blue background. It features a central illustration within a rounded rectangular frame. On the left is a red jar of pasta sauce with a white label that says 'Mama Jo's'. To the right is a large, red tomato with a green stem and leaves. The tomato has the text 'Mama Jo's Pasta & Sauces' written on it in white.

Advertisement 4

**CHOCOLATE**  
the feel good food



This advertisement has a yellow background. It features a central illustration within a blue-bordered frame. At the top, a blue banner with white text reads 'CHOCOLATE the feel good food'. Below the banner is a large, dark brown chocolate bar with a grid pattern on top. In front of the bar is a pile of dark brown chocolate chips.

LESSON 3.5  
Visual Aids

Anuncio 1

**Eres especial...**



**Al igual que lo  
que comes**

Anuncio 2

**1 lata...  
4 porciones...  
¡20 minutos!**



Anuncio 3

*¡La mejor opción!*



Anuncio 4

**CHOCOLATE**  
*ite hace sentir bien!*



# LESSON 3.5 Visual Aids

Advertisement 5

Your family will love you!!!



Advertisement 6

**ENERGY**  
on the go!

Fruit Drink  
contains 5% juice

Advertisement 7

Say "YES" to Fruit!

Fruit Cup  
\*packed in heavy syrup

Fruit Cup  
\*packed in heavy syrup

Advertisement 8

BECAUSE...

...YOU DESERVE IT!

## LESSON 3.5

# Visual Aids

Anuncio 5

*Su familia se lo agradecerá*



Anuncio 6



Anuncio 7

**Sí a las frutas**



Anuncio 8

**PORQUE...**



**...¡ USTED SE  
LO MERECE!**

## ACKNOWLEDGMENTS

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