

FRONT



**5** Eat 5 servings of fruits and vegetables

**2** Spend less than 2 hours a day in front of a screen

**1** Spend at least 1 hour a day doing something active

**0** Limit sweetened drinks (to near 0 a day)



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Here's a great recipe that fits in 5 different varieties of fruits and veggies!

## Amazing Green Monster Smoothie

- ½ frozen overripe banana chopped.
- ¼ cup low fat vanilla yogurt.
- ¼ cup milk.
- ¼ cup apple juice.
- ½ cup spinach.
- ¼ cup frozen berries.

Process all ingredients together in a blender or food processor. Serve cold.



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Here's a great recipe that kids can help create!

## Personalized Mini Pizzas

- 1 whole wheat English muffin.
- 1/3 cup of shredded part skim mozzarella cheese.
- 1/2 sliced tomato or 2 Tablespoons of low sodium tomato/pizza sauce.
- A variety of chopped veggies for toppings.

Slice the English muffin in half. Top each half with tomatoes or sauce, then the mozzarella cheese. Finish topping your pizzas with the chopped veggies. Bake on a baking sheet in a preheated 350 F until cheese melts.



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Kid friendly fruit and veggie snack ideas!

## Veggies:

Try cutting up these delicious vegetables into "matchsticks" (thin sticks) made from fresh carrots\* or zucchini,\* bell pepper rings, cherry tomatoes\*, steamed broccoli, green beans, sugar-peas, avocados.

**Fruits:** apple slices\*, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes\*, berries, dried apricots\*.

\*If not prepared correctly, these foods could be choking hazards. For more information on choking hazards VISIT <http://www.nlm.nih.gov/meldlineplus/choking.html> .



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Here's some great indoor activities that you can do with your children to encourage healthy movement!

- Play games, such as duck-duck-goose, hide and seek, follow the leader, and Simon says.
- Set up a safe indoor obstacle course with pillows and cardboard boxes.
- Act out a story.
- Turn up the music and dance!
- Walk inside a shopping mall.
- Have an indoor scavenger hunt.



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Here's some great outdoor activities that you can do with your children to encourage healthy movement!

- Take a family walk after dinner.
- Play catch.
- Take a nature hike. Talking about all of the things you see can help develop your child's literacy skills while you both get fit!
- Play games in the yard or park.
- Kick a ball.
- Have a pillowcase race.
- Play hopscotch.



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