

# Physical Activity and Nutrition for Alaska's Kids

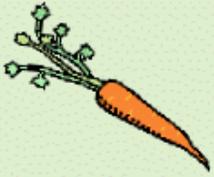


# Weight Matters

Section 1: Module 1

---





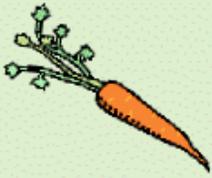
# **Physical Activity and Nutrition**

## **for Alaska's Kids**



# **What you will learn**

- **How to determine overweight and at-risk of overweight**
- **Overweight children may not grow out of it**
- **Causes and health concerns of overweight**
- **Areas where Early Child Care Centers can make a difference**
- **How to interpret growth charts**
- **How to share growth chart information with parents**



# Physical Activity and Nutrition for Alaska's Kids



HEIGHT IN INCHES

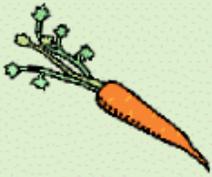
	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	20	19	18	18	17	17	17	16	15	15	14	14	14	13	13	12	12
105	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13
110	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13
115	22	22	21	20	20	19	19	18	17	17	17	16	16	15	15	14	14
120	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15
130	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16
140	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17
145	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18
155	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19
160	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19
165	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
170	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
185	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23
195	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24
200	39	38	37	35	34	33	32	32	30	30	29	28	27	26	26	25	24
205	40	39	37	36	35	34	33	33	31	30	29	29	28	27	26	26	25
210	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26
215	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27
225	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27
230	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28
235	46	44	43	42	40	39	38	36	36	35	34	33	32	31	30	29	29
240	47	45	44	42	41	40	39	37	36	35	34	33	33	32	31	30	29
245	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30
250	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30

WEIGHT IN POUNDS

## Figure 1a Understanding BMI

Body Mass Index

- 18 OR LESS      UNDERWEIGHT (BLUE)
- 24 OR LESS      NORMAL (GREEN)
- 25-29            OVERWEIGHT (YELLOW)
- 30 AND OVER    OBESE (ORANGE)



# Physical Activity and Nutrition for Alaska's Kids

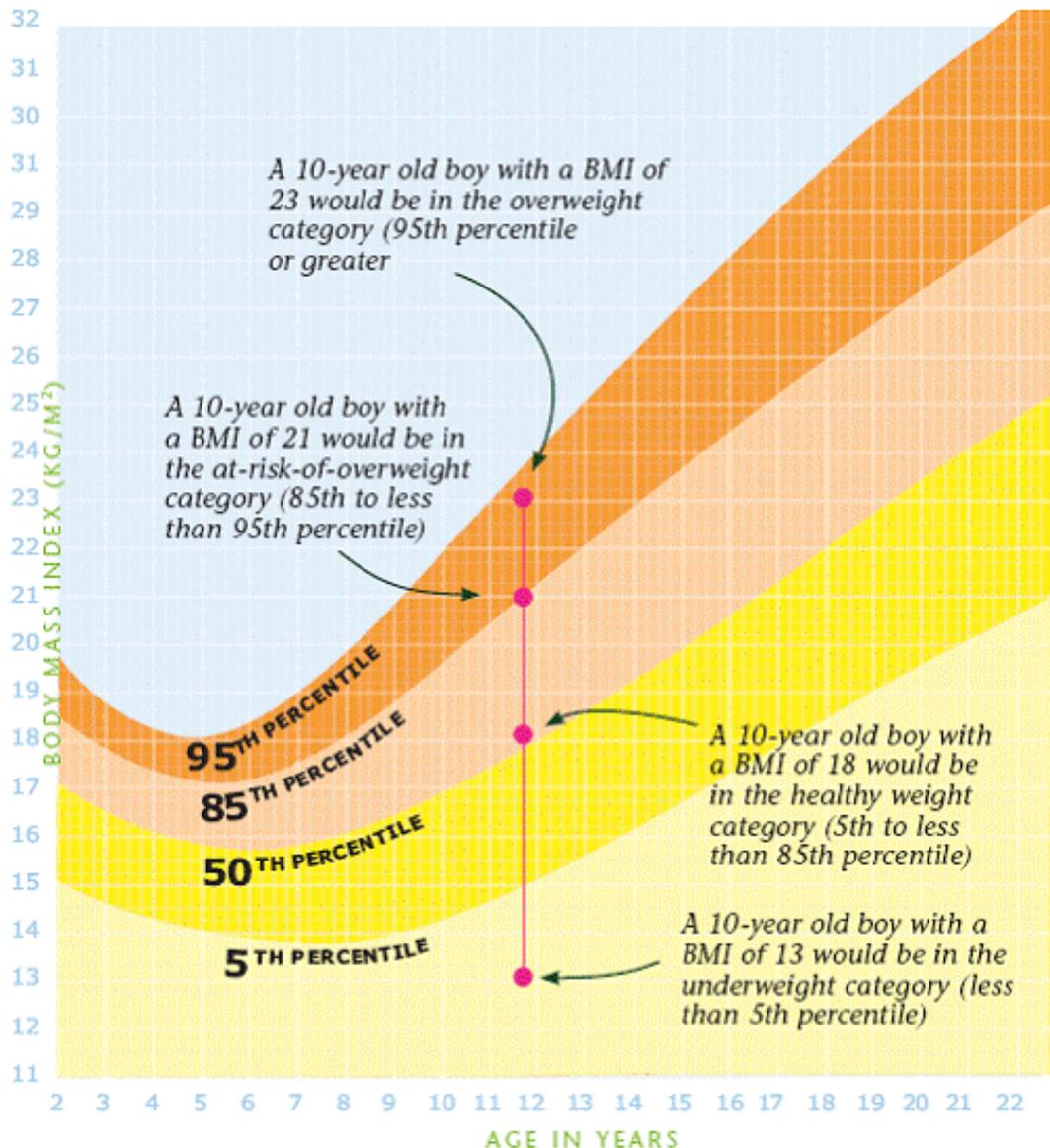


Figure 1b

## BMI for Boys 2- 21 Years

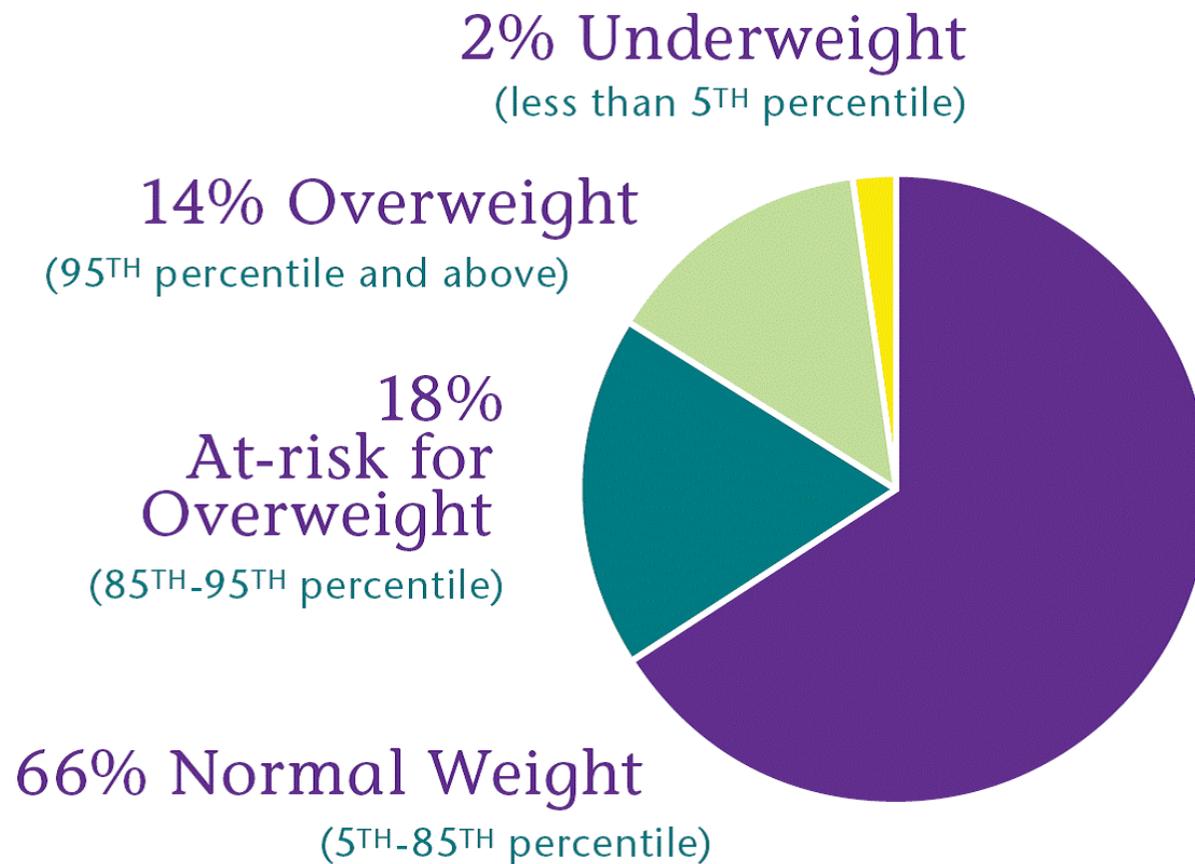
- BMI is calculated for children
- BMI for children is plotted on a growth chart.
- Growth chart are age- and gender-specific
- Body fat changes with age and differs between genders



# Physical Activity and Nutrition for Alaska's Kids



Figure 1c: Anchorage School District  
BMI Status of Kindergarten and 1<sup>st</sup> Grade Students:  
1998-2003

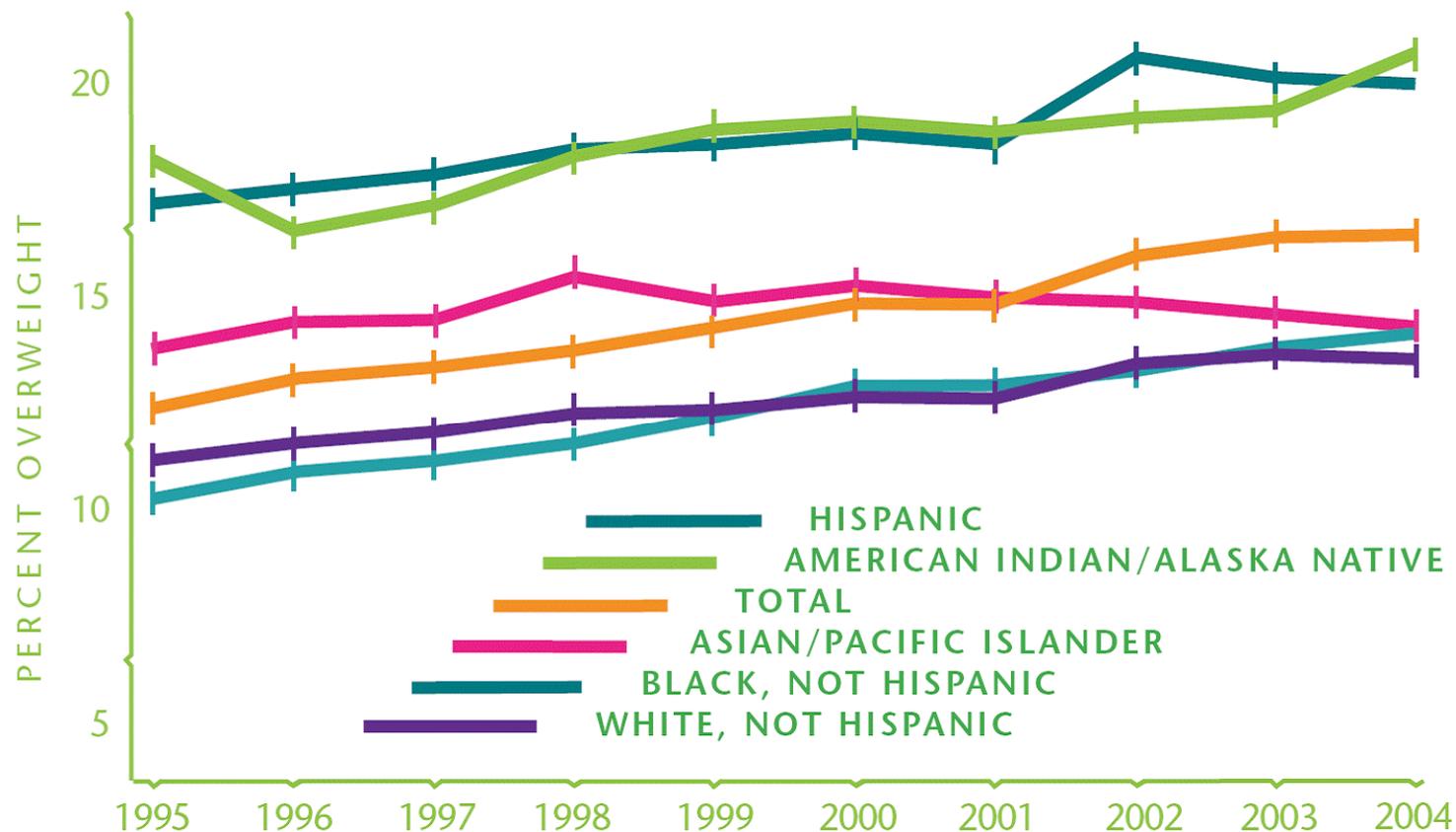




# Physical Activity and Nutrition for Alaska's Kids



Figure 1d: Trends in Prevalence of overweight\* among U.S. children aged 2-5 years, by race and ethnicity





## Parents Perception of Overweight

### Parent's with overweight children

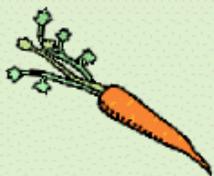
- 27% of parents accurately described their female child as overweight
- 14% accurately described their male child as overweight

### Staff when talking with parents

- Consider the parent's view of their child
- Increase understanding of overweight
- Provide solutions
  - healthy, lifelong diet and physical activity habits



***Overweight  
children  
do not always  
“grow out of it”***

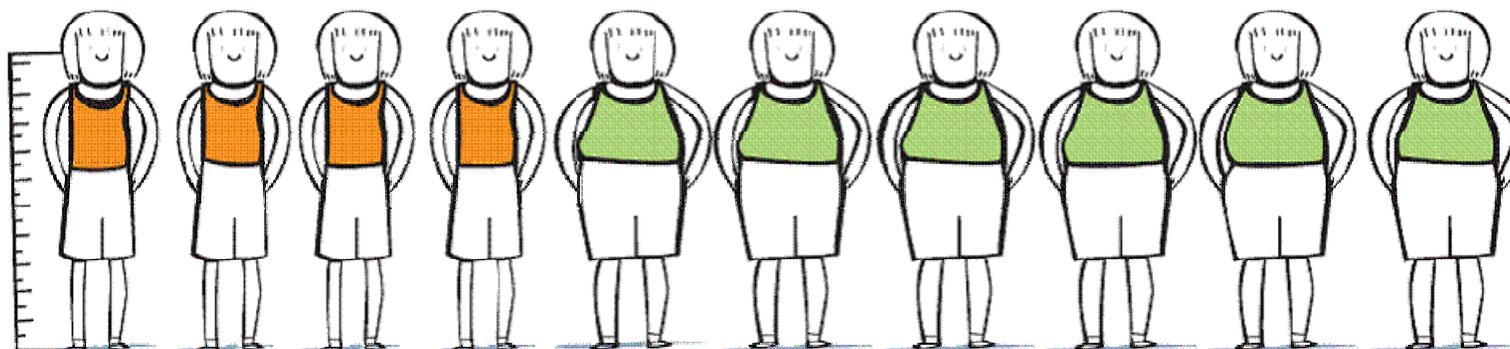


# Physical Activity and Nutrition for Alaska's Kids



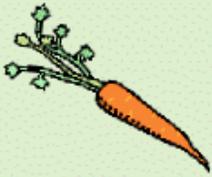
6 of 10 overweight preschoolers were  
still overweight at age 12\*

OVERWEIGHT IN PRESCHOOL



STILL OVERWEIGHT AT AGE 12

- Reference Nader et al, \*Identifying Risk for Obesity in Early Childhood. Pediatrics Vol. 118 No. 3 September 2006

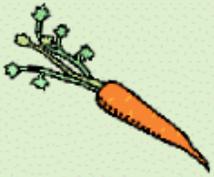


# Physical Activity and Nutrition for Alaska's Kids



Overweight children  
are at increased risk for:

- High blood pressure
- High cholesterol
- Joint disorders
- Type 2 diabetes
- Psychosocial disorders
- Social discrimination
- Adult obesity

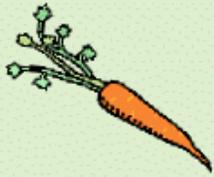


# **Physical Activity and Nutrition** **for Alaska's Kids**



*Childhood obesity threatens to  
make this generation of  
American children the first to  
have a shorter life span than  
their parents*

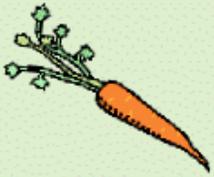
Source: Ohshansky, SJ, et al. A Potential Decline in Life Expectancy in the United States in the 21st Century. New England Journal Of Medicine 2005; 352:11.



# Physical Activity and Nutrition for Alaska's Kids



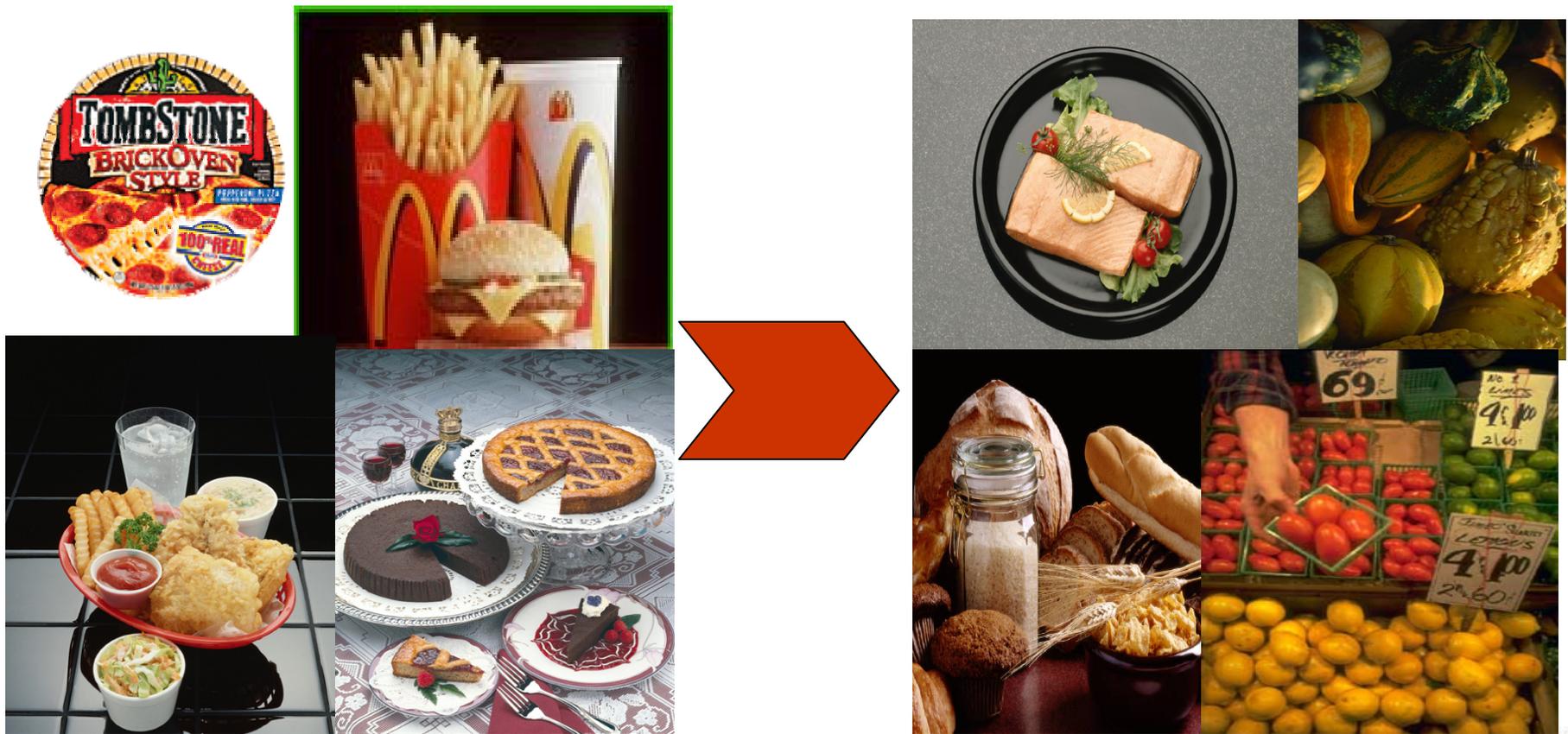
Figure 1f: **Levels and Factors Influencing Nutrition & Physical Activity**



# Physical Activity and Nutrition for Alaska's Kids



## Change to Real Foods

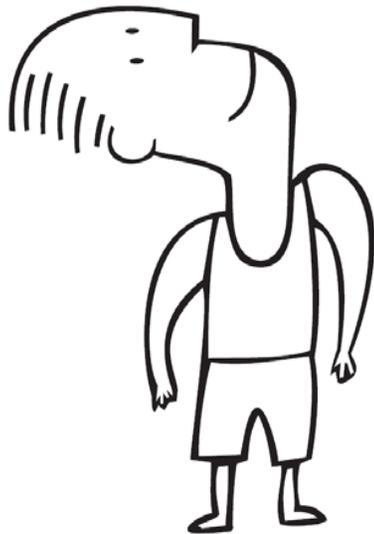




# Physical Activity and Nutrition for Alaska's Kids



## Increase Physical Activity

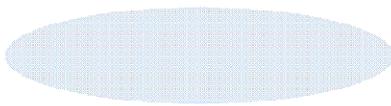


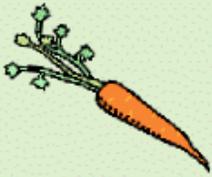


# Physical Activity and Nutrition for Alaska's Kids



- Health System
- Media
- Child Care Providers
- Parents & Family
- Businesses Worksites
- Community Programs

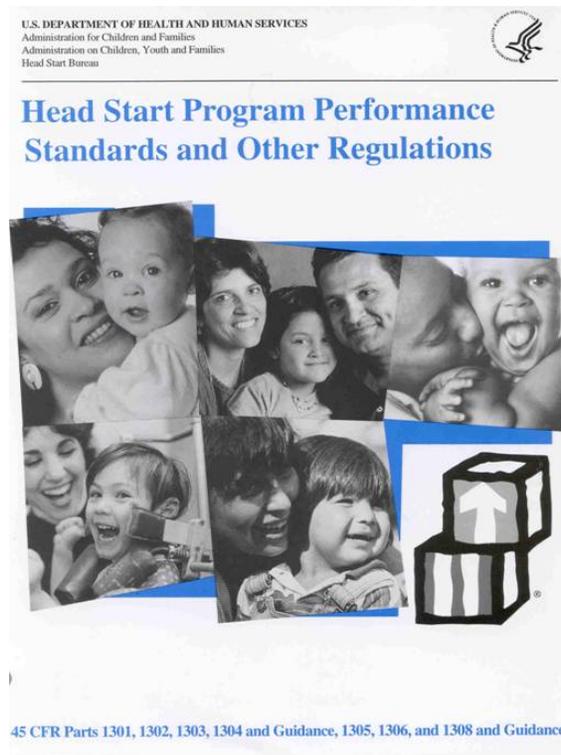




# Physical Activity and Nutrition for Alaska's Kids



## Head Start Performance Standard § 1304.23 Child nutrition



- (a) Identification of nutritional needs
  - (1) Any relevant nutrition-related assessment data (height, weight);

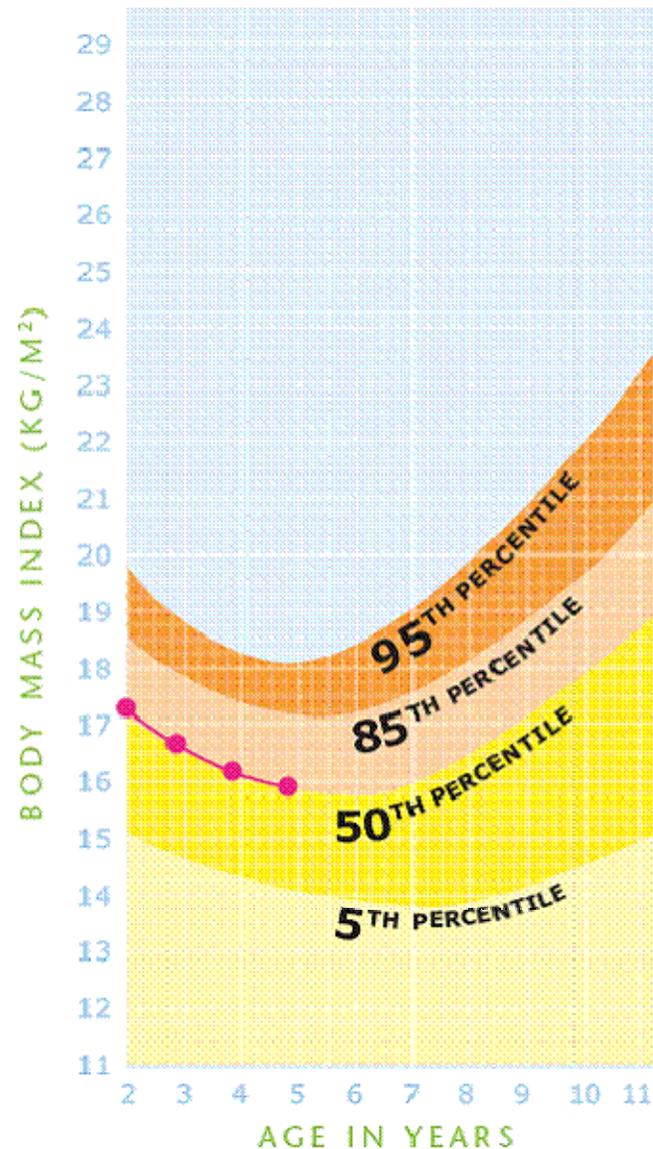


# Physical Activity and Nutrition for Alaska's Kids



## Figure 1h Normal Growth Pattern

BMI for Boys age 2-11





## Accurate Measurement

- Ensure accurate height and weight
- Use same equipment each time
- Use same technique
- Train staff & provide refresher course each year





# Physical Activity and Nutrition for Alaska's Kids

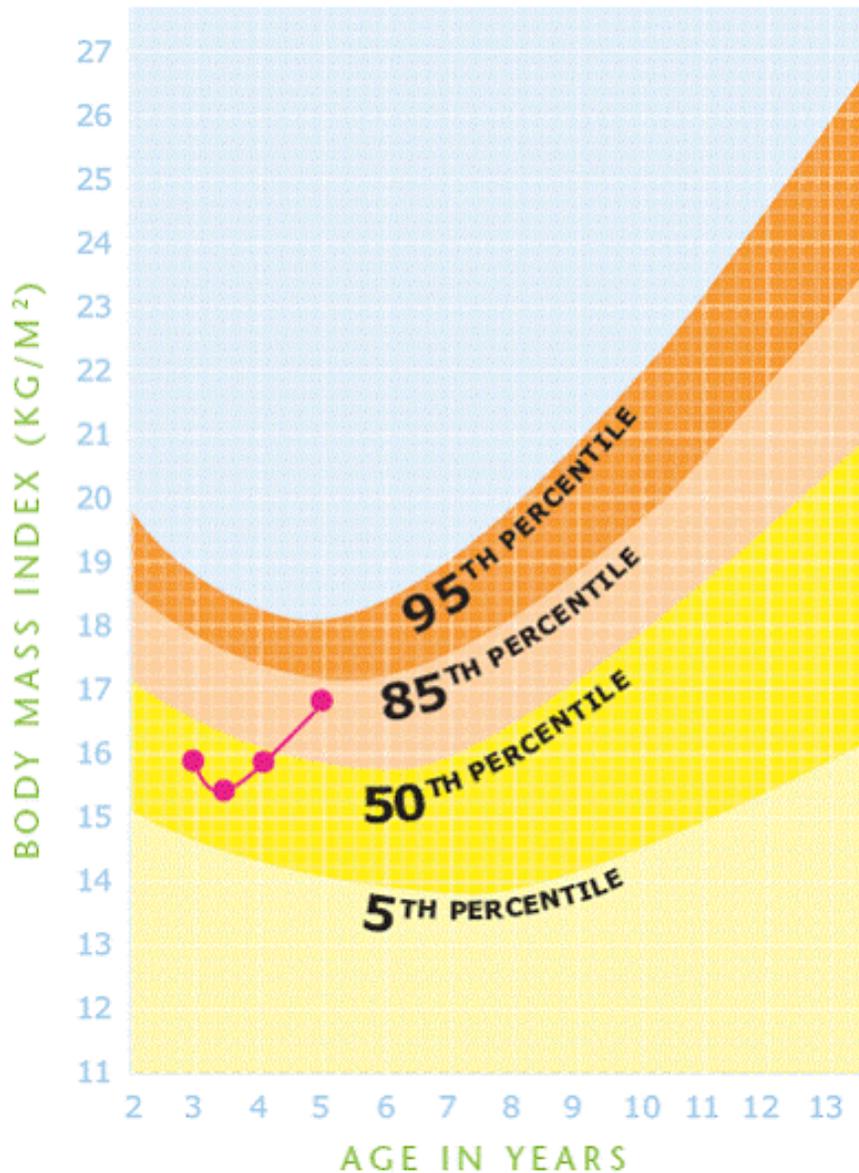


Figure 1i: **Concerning Growth Pattern**  
**BMI for Boys age 2-13**

## Check if

- Correct BMI calculation
- Age calculated correctly
- BMI Plotted correctly

## Still Suspicious

- Re- weigh and measure child



# Physical Activity and Nutrition for Alaska's Kids

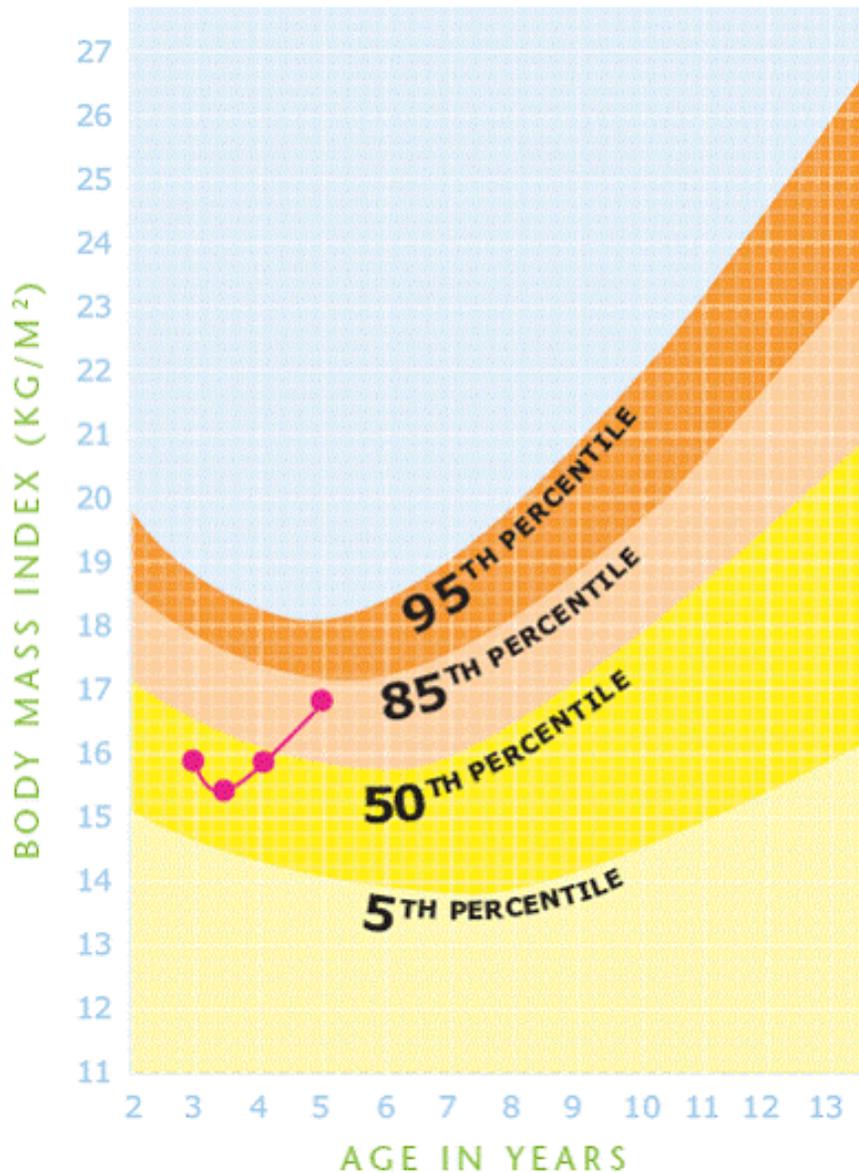
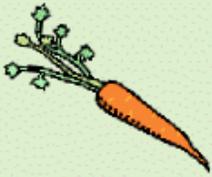


Figure 1i: Concerning Growth Pattern  
BMI for Boys age 2-13

- If this pattern of growth is accurate, the change in the percentile is what causes concern about the child's growth
- Refer the child to a health care provider



# Physical Activity and Nutrition for Alaska's Kids

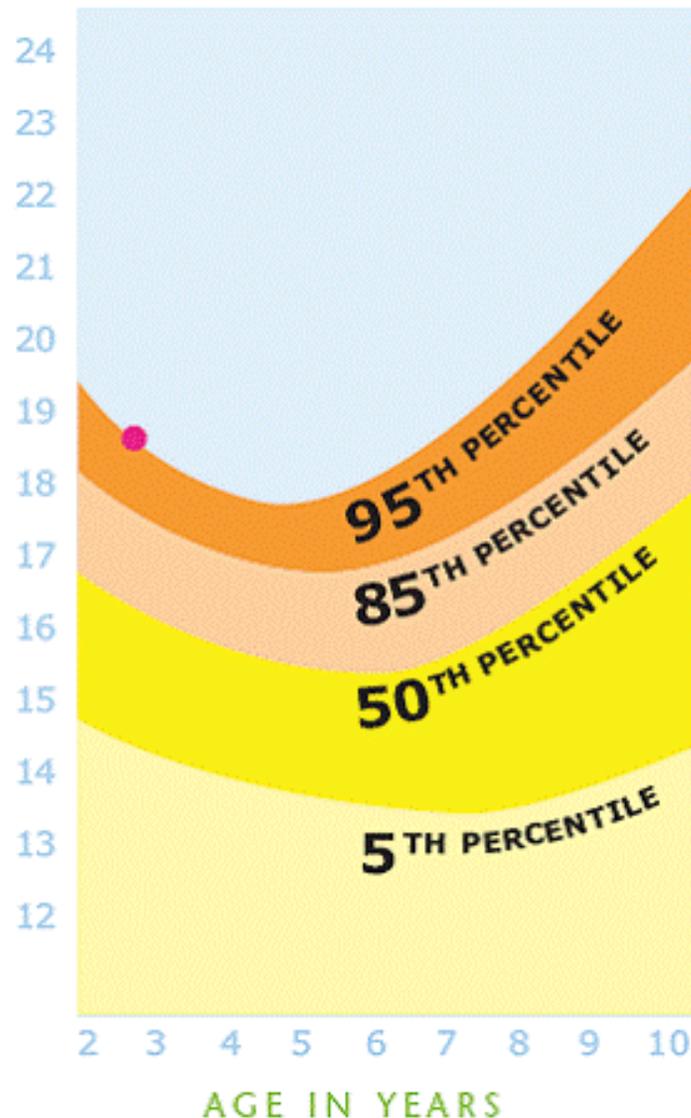


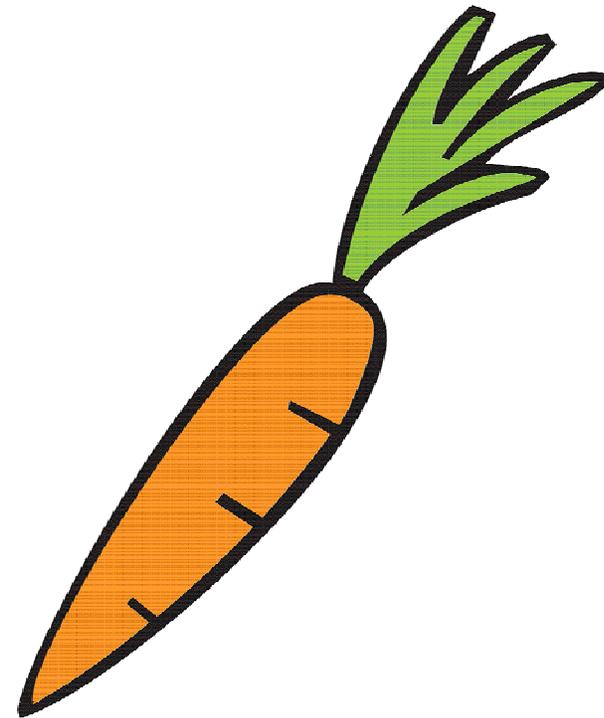
Figure 1j: **Single BMI Mark**  
BMI for Boys age 2-10

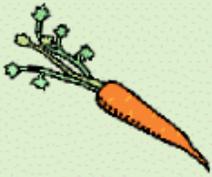
- A health care provider is the only one that should diagnosis a child as overweight.
- Use the growth charts to
  - open a discussion about healthy weight, healthy eating and active play.
- Provide the family
  - local resources
  - information about healthier eating and physical activity.



## What Child Care Providers Can Do

- Increase the level of education on physical activity and nutrition
  - Parents
  - Children
- Continue to serve healthy foods
- Increase the amount of active play





## Training Manual

- **Child Care Staff**
  - Improving the nutrition environment
  - Increasing physical activity
- **Food Service Staff**
  - Serving nutritious meals
  - Use of traditional food
- **Parents**
  - Increase the number of meals eaten together,
  - Improving selection of healthy snacks and meals
  - Increase the amount of physical activity at home



# Physical Activity and Nutrition for Alaska's Kids

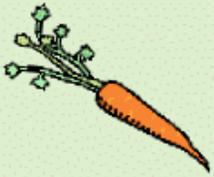


# Nutrition in the Classroom

Section 1: Module 2

---



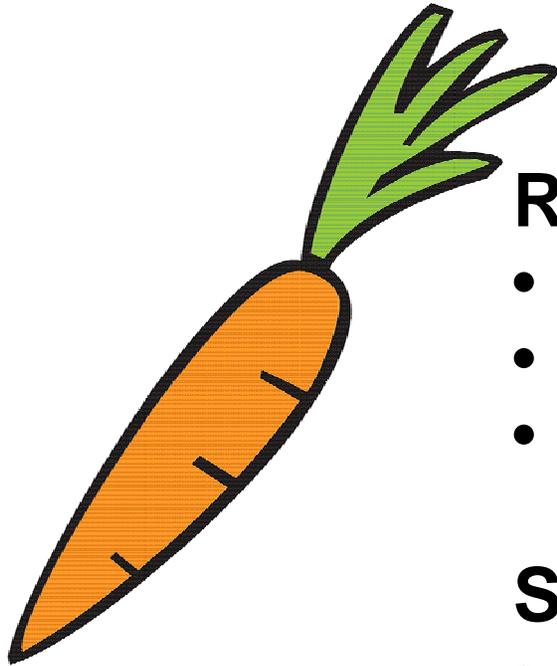


# What We Will Learn

- **Supporting healthy eating in the classroom**
- **Supporting choosy and slow eaters**
- **Linking classroom activities to nutrition**
- **Providing parents with nutrition information**
- **Improving foods served at celebrations**
- **Including nutrition everyday classroom experiences**



# Supporting Healthy Eating



## Reasons to eat together

- Model healthy eating behaviors
- Socialization skills are practice
- Motor skills are developed

## Staff should

- Discuss the nutritional benefits of food
- Encourage children to participate in the meal or snack, even if they choose not to eat



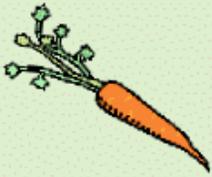
## Supporting Healthy Eating

### Eating together

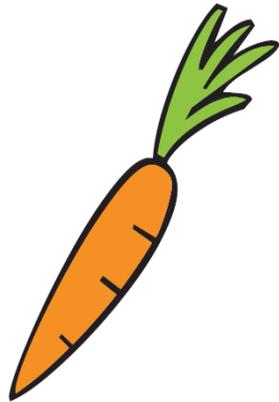
- Develops food preferences.
- Provides opportunity to learn flavors, smells, textures and a variety of foods

### Staff

- Encourage children to set table and clean up
- Verbally encourage children to serve themselves
- Provide containers and scoops sized for children
- Teach reasonable portion sizes and self-regulation of food intake

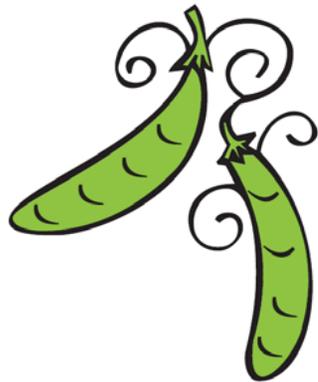


## Supporting Healthy Eating



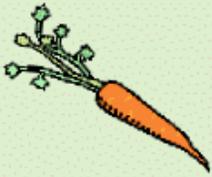
### Division of Responsibility

- Head Start decides what, when and where of eating
- Children decide whether to eat and how much



### Staff

- Avoid power struggles relating to food
- Encourage children to try new foods
- Do not use food as a reward or punishment



# **Physical Activity and Nutrition**

## **for Alaska's Kids**



# Supporting Healthy Eating

## **Children learn about foods through**

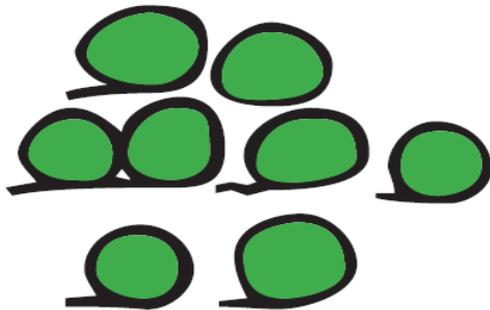
- formal education,
- first-hand experiences,
- hands-on approaches and
- observation

## **A positive role model**

- Sends the message “do as I do”
- Eats and drinks foods on the daily menu
- Avoids negative facial expressions, body language or verbal cues to the food
- Limits children seeing them eat high fat, sweet or salty snacks, or sugary beverages



## Supporting Healthy Eating

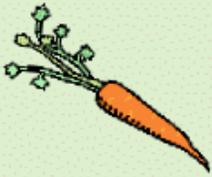


### Positive Reinforcement Study

- ½ of the families were counseled to eat more fruit and vegetables
- ½ of families were counseled to eat less fat and sugar
- Those counseled to eat more fruit and vegetables ate a healthier diet than those told not to eat fat and sugar

### Staff

- Encourage eating healthy



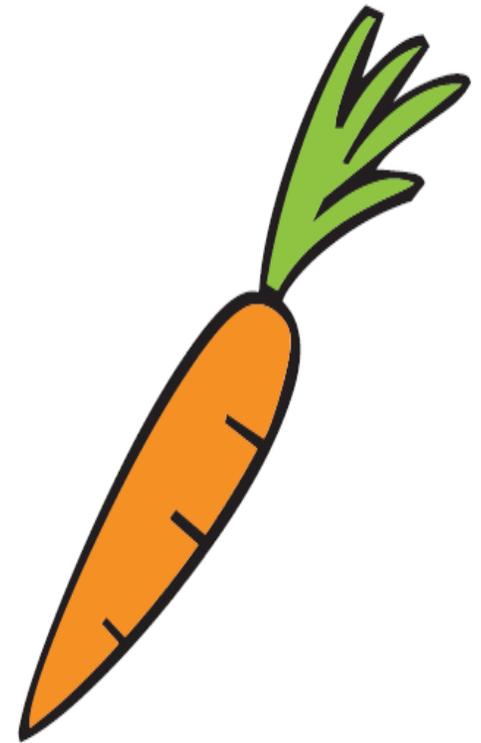
## Supporting Healthy Eating

### Meal time can

- Reinforce the learning of colors
- Teach kids to categorize vegetables
- Increase nutrition knowledge

### Staff

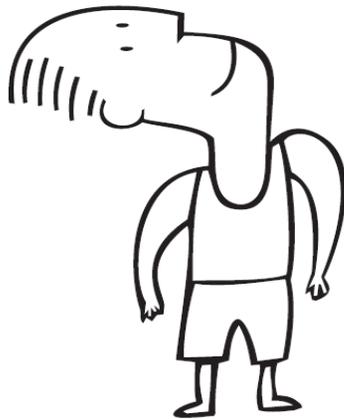
- Talk about the color, shape, size of the foods served
  - “steamed carrots are my favorite orange vegetable”
- Discuss the health benefits of the food
  - “I eat carrots to help me see better.”





## Slow & Choosy Eaters

### Choosy Eater



- Neophobia
  - fear of new food (new things)
- Food Jags
  - only want to eat one food
  - rarely last long enough to be harmful



### Reduce Fear of New Foods

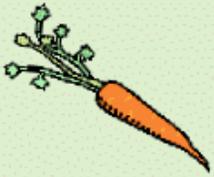
- A food must be tasted up to a dozen times before it becomes familiar
- Offer the food regularly
- Offer a variety of foods



# Slow & Choosy Eaters

## Support the Choosy Eater

- Sit the choosy eater with adventurous eaters
- Suggest trying 1-2 tablespoons of the food
- Praise children for tasting new foods
- Allow children to stop eating
  - When they say they are full
  - When there is still food left on the plate
- Work with children to select reasonable portion sizes



# Physical Activity and Nutrition for Alaska's Kids



## Slow & Choosy Eaters

### Teach about Food

- Flavors
- Smell
- Textures
- Colors
  - Canned pineapple is tangy
  - Carrots are crunchy
  - Broccoli is green
  - Milk is smooth and white.



### Eating Takes Time

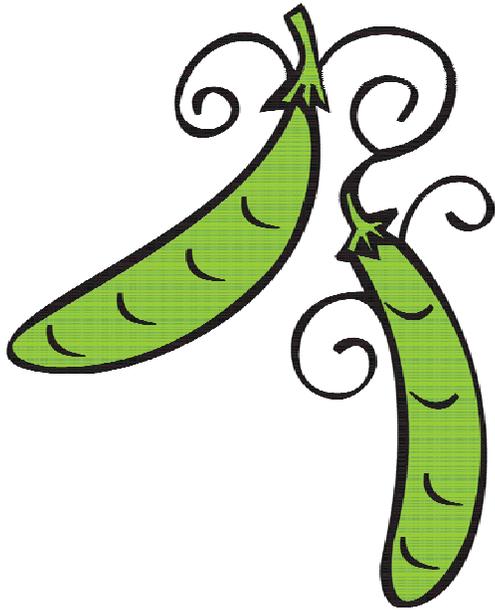
- Allow children to eat at their own pace
- Sit slower eaters together
- Staff stays with the children
- Activities after meals do not require group participation



# Physical Activity and Nutrition for Alaska's Kids



## Nutrition Education



### Life Goal:

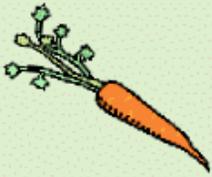
To establish a lifetime of healthy eating and physical activity habits

### Classroom Goal:

To expect that nutrition and activity are a regular and essential part of each day

### Accomplish by:

- Integrating nutrition and physical activity into all curricula and domains of learning
- Repeatedly teach to normalize healthy eating and physical activity



## Nutrition Education

### Increase Food Curiosity



- Teach a lesson about the new food
- For pineapple, read a book about characters in Hawaii
- Ask children questions
  - Have you ever eaten fresh or canned pineapple?
  - Is pineapple a fruit or a vegetable?
  - Does pineapple grow in Alaska?
  - Who would like to try eating pineapple at lunch?
- Conduct taste tests



# Physical Activity and Nutrition for Alaska's Kids



## Nutrition Education

### Build Excitement

- Invite an elder to tell a story of fishing
- Show fishing gear and fillet a fish
- Place traditional-style clothing in dramatic play area
- Make decorations using traditional styles
- Play traditional music
- Read a book about traditional foods
- Practice making a food.
  - For Mexican food, roll out tortillas
  - For Italian food, use the pasta maker
  - For Native Alaskan food, sort and wash blueberries

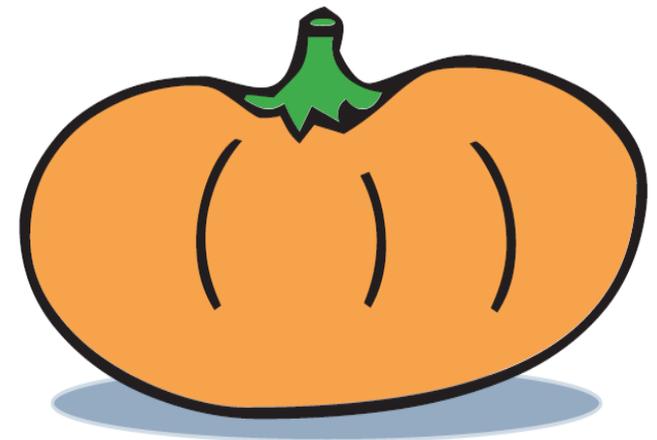




## Nutrition Education

### Helping Prepare Foods

- Include the entire classroom
- Small groups in the kitchen
- Share how food looks, smells, and tastes before and after it is cooked
  - broccoli changes shades of green and is no longer crunchy
  - pasta noodles do not smell much before cooking
  - toast becomes brown and crunchy





# Nutrition Education

## Food Demonstrations

- Increase familiarity with food
- Introduce new healthy foods to children
- Increase understanding of cooking
- Begin to develop skills and interest in food preparation

## Staff

- Use meal preparation to teach numbers, colors, textures, patterns and sequencing



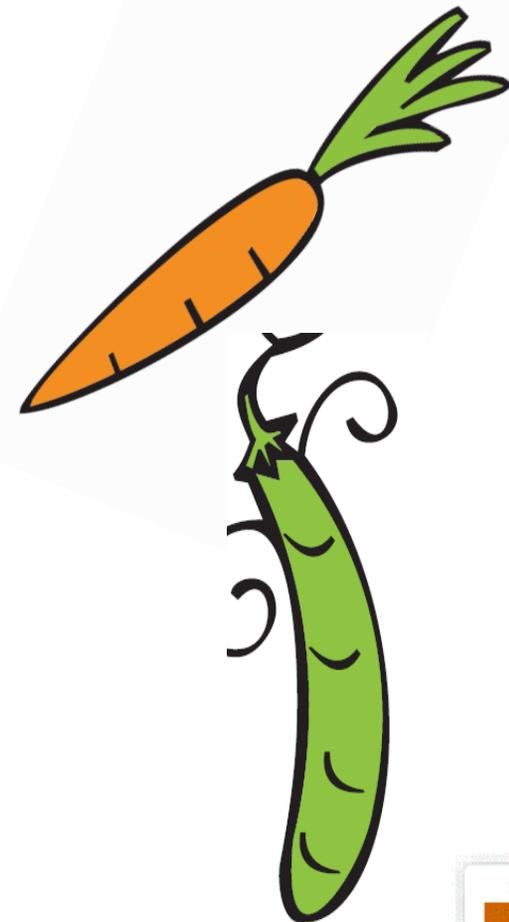
## Nutrition Education

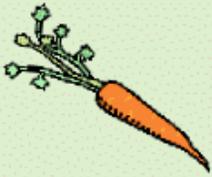
### Exploring Foods

- Allow children to play with food before eating

### Make Vegetable Puppets

- Place a popsicle stick into the bottom a peeled carrot
- Use peanut butter as glue
- Affix raisins for eyes and nose
- Place a slice of celery for the mouth
- Use parsley sprigs for the hair
- Cut green beans in half for arms & legs





# Physical Activity and Nutrition for Alaska's Kids



## EATING OUR WORDS

*Gregory, the Terrible Eater*

Mitchell Sharmat

*Bread and Jam for Frances*

Russell Hoban

*The Carrot Seed*

Ruth Krauss

*Eating the Alphabet:*

*Fruits and Vegetables from A to Z* Lois Ehlert

*Growing Vegetable Soup*

Lois Ehlert

*Green Eggs and Ham* Dr. Seuss

*The Very Hungry Caterpillar*

Eric Carle

*Stone Soup*

Marcia Brown

*Bread, Bread, Bread:*

*(Foods of the World)*

Ann Morris

*Lunch*

Denise Fleming

*Pancakes, Pancakes!*

Eric Carle

*We Like to Nurse*

Chia Martin

*Picky Nicky*

Cathy East Dubowski

*Walter the Baker*

Eric Carle

*Peanut Butter and Jelly:*

*A Play Rhyme*

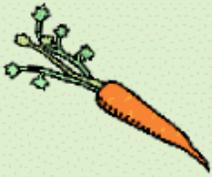
Nadine Westcott

- Display and read books about healthy eating
- Weave a theme through the entire day or week
- Plan activities that are learned in the book

SLIDE

18

MODULE  
TWO



## Nutrition Education

### Food Sources

- Read books about where food comes from
- Grow edible plants in the classroom
- When possible, have a garden at the center or participate in a community garden

### Take a Field Trip

- Visit a local gardener or person with farm animals
- Integrate the learning of the garden or farm field trips into the curriculum
  - Visit the garden several times throughout the year
- Integrate the learning of the field trips into the curriculum
  - teach why certain foods grow in Alaska's climate
- Serve the foods seen at the garden or farm



# Physical Activity and Nutrition for Alaska's Kids

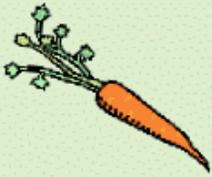


## Nutrition Education

### Traditional Food

- Take field trips to pick wild foods
- Invite a local hunter to share stories
- Follow Alaska Food Code regulations and serve wild blueberries, fiddleheads, beach asparagus, and wild game meats





# Physical Activity and Nutrition for Alaska's Kids



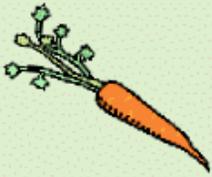
## Nutrition Education



### Decorate the Classroom

- Stock the creative play area with healthy food models and empty boxes of healthy food
- Decorate walls with posters of healthy food
- Use pictures of vegetables to help teach letters and numbers
- Design name tags with the child's favorite fruit
- Make placemats that show a plate with reasonable child sized portions





# Physical Activity and Nutrition for Alaska's Kids



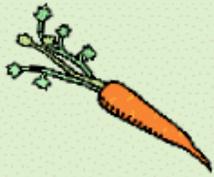
## Parent Nutrition Education

### Assign Healthy Homework

- Eat 5 servings of fruits and vegetables over the weekend
- Be active for at least 30 minutes each day
- Help your parents in the kitchen
- Sleep more than 8 hours on Saturday night
- Eat breakfast each morning



**Teachers must be careful to assign homework that is realistic for the children**



# Physical Activity and Nutrition for Alaska's Kids



## Parent Nutrition Education

### Menus and Newsletters

- Share classroom nutrition activities
- Include healthy recipes
- Write menus to emphasize nutrition messages such as
  - low-fat milk
  - whole wheat rolls
  - vitamin A rich sweet potatoes

Head Start				NOVEMBER			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	Entrée: CN Beef Ravioli w/ Roll 1  Sides: Mixed Vegetables Chilled Applesauce 1% Milk	Entrée: Soft Taco w/ Lettuce and Cheese 2  Sides: White Rice Seasoned Corn Sliced Pears 1% Milk	Entrée: Hot Ham and Cheese Bagel 3  Sides: Cut Green Beans Pineapple Tidbits 1% Milk				

### Healthful Eating For Your Family

#### Make Healthy Choices

Healthy choices that fit your lifestyle can help you do the things you want to do. Here are some easy steps you can take. Add your own ideas!

**Be Realistic:** Make small changes over time in what you eat and in the level of activity you do. After all, small steps work better than giant leaps. You can:

- Add one more fruit or vegetable to family meals this week. Work up to five a day.



**Be sensible:** Enjoy all foods, just don't overdo it. You can:

- Enjoy one ice cream scoop, not two.

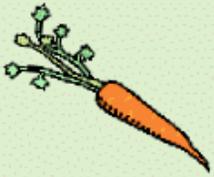


Your idea:

SLIDE

23

MODULE  
TWO



# Celebrations

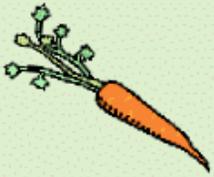
## Provide a Consistent Healthy Food Message

- Promotes a positive learning environment

## Staff

- Plan healthy celebrations
- Shift the focus from food to the event
- Replace food with a variety of activities, games and crafts
- If food is served, make it healthy and part of the regular meal or snack
- Establish food policy or nutrition guidance regarding celebrations





# Celebrations

## Importance of Celebrations Policy or Nutrition Guidance

- Healthy kids learn better
- Provides consistent messages about healthy behaviors
- Supports classroom health lessons
- Promotes positive lifestyle choices





# Celebrations

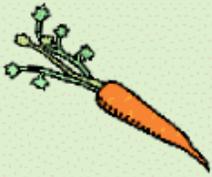
## Performance Standards Requirement

- Development and adoption to involve parents, community members, Head Start staff and food service staff



## The policy should

- Prohibit high sugar foods
- Reduce high *trans* fat and high fat foods



# Physical Activity and Nutrition for Alaska's Kids



## Establish Healthy Eating Habits

### Head Start Staff

- Increase exposure to foods
  - Variety of teaching methods
  - Support strategies
- Providing children
  - Hands-on experiences
  - Formal education
  - Modeling of healthy eating
  - Proper support
  - Consistent messages
- Educating parents



### Healthful Eating For Your Family

#### Make Healthy Choices

Healthy choices that fit your lifestyle can help you do the things you want to do. Here are some easy steps you can take. Add your own ideas!

**Be Realistic:** Make small changes over time in what you eat and in the level of activity you do. After all, small steps work better than giant leaps. You can:

- Add one more fruit or vegetable to family meals this week. Work up to five a day.

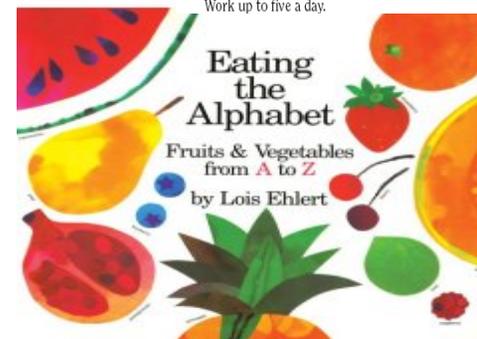


**Be sensible:** Enjoy all foods, just don't overdo it. You can:

- Enjoy one ice cream scoop, not two.



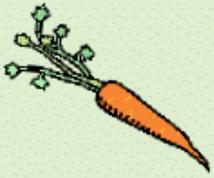
*Your idea:*



SLIDE

27

MODULE  
TWO



# Physical Activity and Nutrition for Alaska's Kids

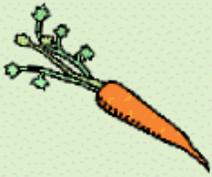


## Physical Activity in the Classroom

*Section 1, Module 3*

---



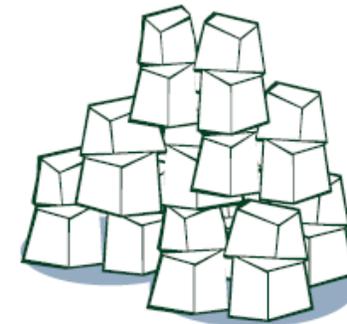


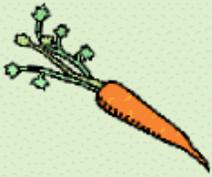
# Physical Activity and Nutrition for Alaska's Kids



## Physical Inactivity & Overweight

- From 1980 to 2000, calories eaten by teens ages 12-19 rose 1 percent and overweight rose 10 percent, while physical activity dropped 13 percent.





# Physical Activity and Nutrition for Alaska's Kids

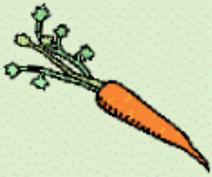


## What Counts?

- Physical activity is just moving - everything counts!
- Moderate physical activity gets your heart beating faster
- Vigorous activity makes you sweat

Physical activity doesn't just mean running and push-ups....



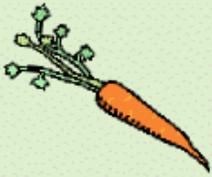


# Physical Activity Recommendations for Youth

At least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.<sup>1</sup>

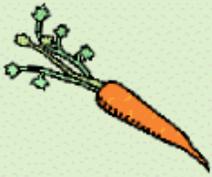
Note: This recommendation is for overall health. Increasing physical activity alone will probably not result in significant weight loss.

Dietary Guidelines for Americans 2005.



# Motor Development

- The National Association of Sports and Physical Education recommends that every day preschoolers should:
  - ✓ Get at least 60 minutes of structured physical activity (adult-led activity)
  - ✓ Get at least 60 minutes of unstructured physical activity (free play)
  - ✓ Not be inactive for more than 1 hour at a time (unless sleeping)

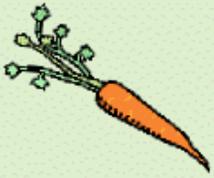


# Physical Activity and Nutrition for Alaska's Kids



## Also....

- ✓ Develop competence in movement skills that are building blocks for more complex movement tasks.
- ✓ Have safe indoor and outdoor areas for performing large muscle activities.
- ✓ Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.



## Structured Physical Activity

- Structured physical activities are things like:
  - Games & Challenges
  - Planned Exercises
  - Activity Field Trips

### Motor Skill

### Age Range

Running

1 1/2 to 2 years

Galloping

2 to 2 1/2 years

Jumping

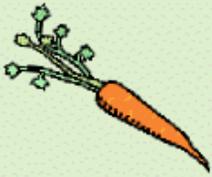
2 1/2 to 3 years

Hopping

3 to 4 years

Skipping

4 to 5 years



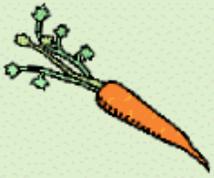
# Physical Activity and Nutrition for Alaska's Kids



## Unstructured Physical Activity



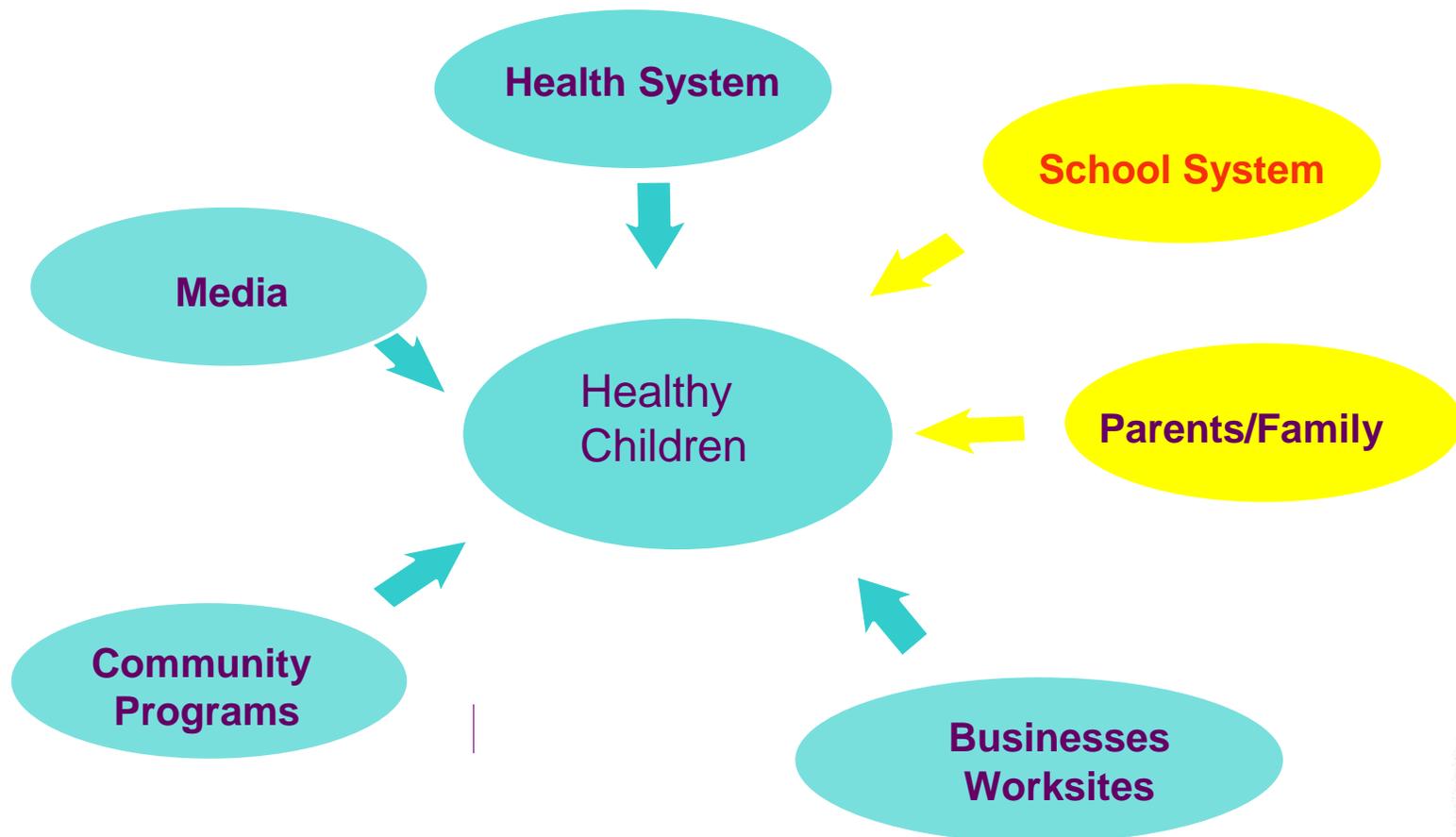
- Unstructured physical activities include:
  - Playing outside with friends
  - Walking/hiking in the woods
  - Inventing a new game
  - Recess

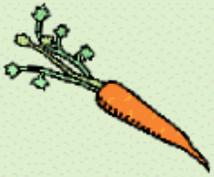


# Physical Activity and Nutrition for Alaska's Kids



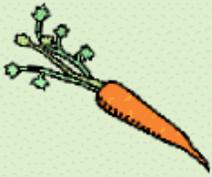
## Working Together for Healthier Alaska





# Physical Activity in Head Start

- Several guidelines have been developed to ensure healthy environments in Head Start and other pre-school settings:
  - Federal and State regulations
  - Head Start Framework



# Physical Activity and Nutrition for Alaska's Kids



## Federal Requirements

### CENTER-BASED PROGRAMS

- ✓ **45 CFR 1304.21(a)(5)** -- In center-based settings, grantee and delegate agencies must promote each child's **physical** development by:
  - ✓ Providing sufficient time, indoor and outdoor space, equipment, materials and adult guidance for active play and movement that support the development of gross motor skills;
  - ✓ Providing appropriate time, space, equipment, materials and adult guidance for the development of fine motor skills according to each child's developmental level; and
  - ✓ Providing an appropriate environment and adult guidance for the participation of children with special needs.



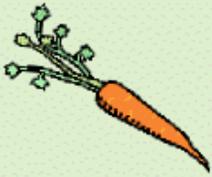
# Physical Activity and Nutrition for Alaska's Kids



## Alaska State Law

- Alaska (AAC 62.420) mandates “a minimum of 20 minutes of vigorous physical activity for every three hours the facility is open between the hours of 7:00 a.m. and 7:00 p.m.”

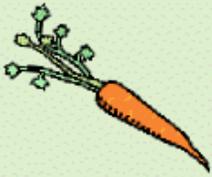




# Head Start Child Outcomes Framework

## Fine Motor Skills

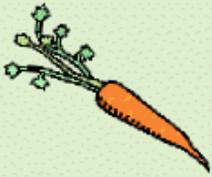
- ✓ Develops growing strength, dexterity and control needed to use tools such as scissors, paper punch, stapler, and hammer.
- ✓ Grows in hand-eye coordination in building with blocks, putting together puzzles, reproducing shapes and patterns, stringing beads and using scissors.
- ✓ Progresses in abilities to use writing, drawing and art tools including pencils, markers, chalk, paint brushes, and various types of technology.



# Framework Continued....

## Gross Motor Skills

- ✓ Shows increasing levels of proficiency, control and balance in walking, climbing, running, jumping, hopping, skipping, marching and galloping.
- ✓ Demonstrates increasing abilities to coordinate movements in throwing, catching, kicking, bouncing balls, and using the slide and swing.



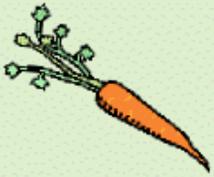
# Physical Activity and Nutrition for Alaska's Kids



## Framework Continued...

### Health Status & Practices

- ✓ Progresses in physical growth, strength, stamina, and flexibility.
- ✓ Participates actively in games, outdoor play and other forms of exercise that enhance physical fitness.
- ✓ Shows growing independence in hygiene, nutrition and personal care when eating, dressing, washing hands, brushing teeth and toileting.
- ✓ Builds awareness and ability to follow basic health and safety rules such as fire safety, traffic and pedestrian safety, and responding appropriately to potentially harmful objects, substances and activities.



## Activity-Friendly Pre-Schools

- ✓ Activity-friendly Environments
- ✓ Integrate Activity with Academics
- ✓ Activity Breaks
- ✓ Recess
- ✓ Active Field Trips
- ✓ Staff Encouragement/Modeling

Schools should ensure that all children and youth participate in a minimum of 30 minutes of moderate to vigorous physical activity during the school day.

Institute of Medicine, 2005



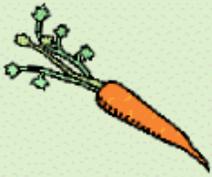
# Physical Activity and Nutrition for Alaska's Kids



## Activity-Friendly Environments

- Create an indoor space free of obstacles where you can do group activities.
- Provide simple equipment, such as balls, jump ropes, or hula-hoops, to encourage physical activity.
- Display and read children's books which relate to and present a positive view of healthy eating and physical activity.
- Provide music for movement both indoors and outside.





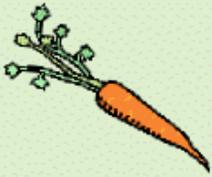
# Physical Activity and Nutrition for Alaska's Kids



## Integrate Physical Activity



- Use movement to help teach academic concepts
- Moving facilitates learning
  - Stimulate the Brain & Get the Blood Flowing!
- Children Learn by Doing
- “Normalize” moving instead of sitting



# Physical Activity and Nutrition for Alaska's Kids



## Sample Lesson

### Alphabet, Vegetable, and Chicken Noodle Parachute Soup

**Prerequisites:** Students must know how to make ripples and waves, the umbrella, and the mountain with the parachute.

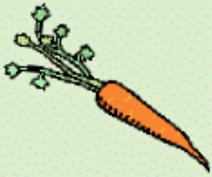
**Materials Needed:** Parachute (or blanket), foam alphabet letters, foam vegetables, rubber chicken(s)

#### Description of Idea

Each student gets one letter of the alphabet and one vegetable. Students are positioned around the outside edge of the parachute and begin walking with the parachute (teacher indicates clockwise or counterclockwise). The teacher calls out a letter or vegetable--if the student has it, they toss it into the soup bowl (parachute).

The teacher then tells the students that there is something else to add to the soup and tosses a rubber chicken (more than one if you have them). When the teacher says "stir" - everyone skips in the predetermined direction. When the teacher says "simmer" - students will walk in the predetermined direction while making SMALL, SOFT ripples and waves. When the teacher says "boil" - students make BIG ripples and waves. When the teacher says "eat" - students lift the parachute up to the umbrella and bring it down quickly into the mountain (all the letters fly up in the air and fall down on the students).

**Variations:** Vary movements used when moving around outside of parachute.



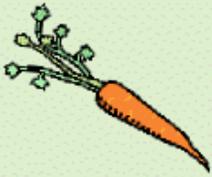
# Physical Activity and Nutrition for Alaska's Kids



## Activity Breaks

- **Name of Activity:** Jump the River
- **Purpose of Activity:** The purpose of this activity is to give children the opportunity to practice the skills of jumping and landing while emphasizing swinging the arms when jumping, and landing in a balanced position without falling.
- **Activity cues:** Swinging the arms from back to front when jumping, landing in a balanced position without falling
- **Materials Needed:** Something to jump over (jump rope, hoop, tape lines on the floor). Provide at least one object to jump over per child.





# Physical Activity and Nutrition for Alaska's Kids



## Jump the River

### Description

- ✓ Conduct this activity in a large indoor or outdoor space with marked boundaries so that children know where they can and cannot move. Before beginning the activity scatter the jump ropes or hoops throughout the space so they lay flat on the floor.
- ✓ Explain to the children that they are taking a walk in the woods and may need to cross a stream or river. Ask children to walk throughout the space and when they come to a river (rope, hoop, or tape line on floor) they need to jump over the river without getting their feet wet. Children should work independently of their classmates during this activity.
- ✓ To assist children in learning the fundamentals of jumping, teachers should initially ask children to takeoff on two feet and to swing their arms forward when they jump. When landing, children should land on two feet spreading their feet about shoulder width apart so they have a wide base of support when they land. After landing children should proceed to and jump over the next river.
- ✓ Emphasis should be placed on landing on both feet at the same time without falling over. Give children plenty of time to move throughout the space and jump over all the rivers.
- ✓ For safety reasons, suggest that children not get closer than two giant steps from each other, especially when they are swinging their arms to take off and when landing.
- ✓ After 3 to 5 minutes of jumping children may need a brief rest period (30 to 60 seconds) before continuing the activity.



# Physical Activity and Nutrition for Alaska's Kids



## Get Outside!

- Fieldtrips
- Playground Time
- Explore Local Trails & Beaches





# Physical Activity and Nutrition for Alaska's Kids



## If it is Cold Outside....



- Go sledding!
- Ice skate
- Make snow angels
- Build a snow man

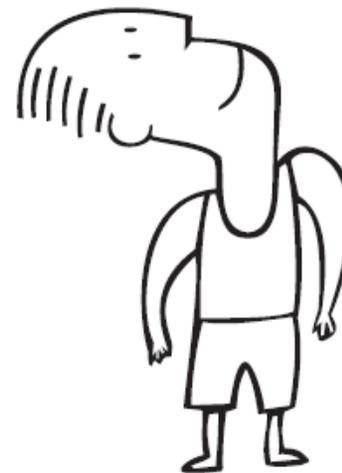
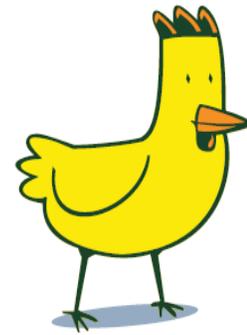


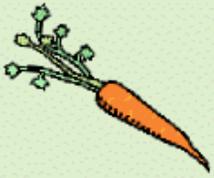
# Physical Activity and Nutrition for Alaska's Kids



## If it's Just too Cold or Wet...

- Play indoor "Socker"
- Put on some music and dance!
- Play treasure hunt by hiding "treasures" throughout the classroom and provide clues of where they might be.
- Make an obstacle course with chairs, boxes, and tours for the kids to go over, under, through, and around.





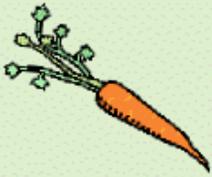
# Physical Activity and Nutrition for Alaska's Kids



## Indoor Community Activities

- Swimming Pool
- School Gyms or Covered Playgrounds
- Bowling Alley





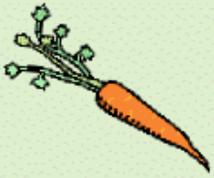
# Physical Activity and Nutrition for Alaska's Kids



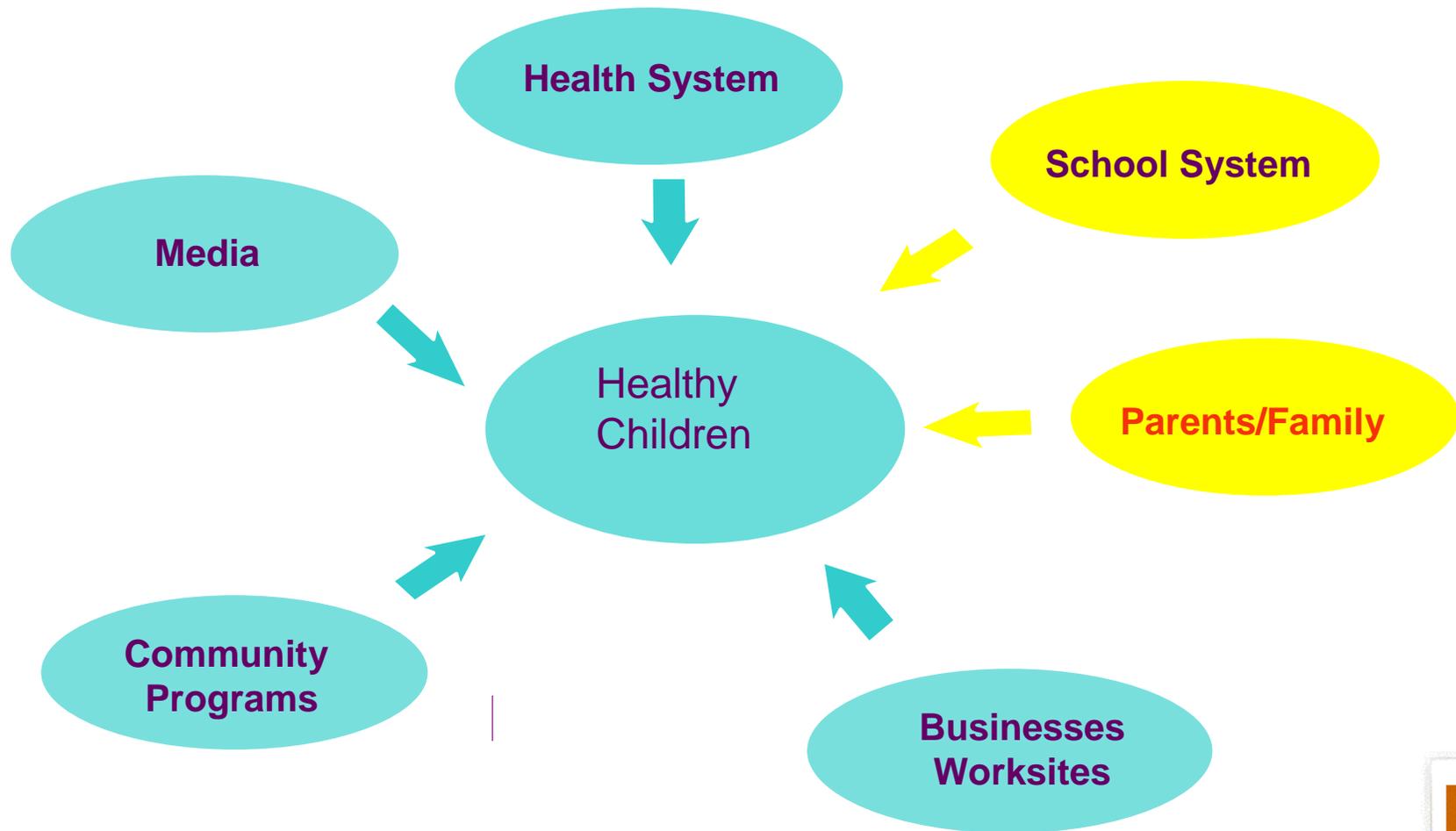
## Just Move It!

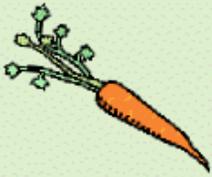
- Remember....
  - Kids love to move.
  - Encourage kids to play...but plan time for activity each day too.
  - Take advantage of the Alaskan outdoors.
  - When the weather is bad – be creative!
  - Be an Activity Role Model





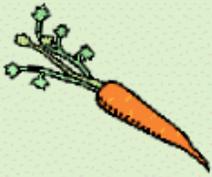
# Physical Activity and Nutrition for Alaska's Kids





# Physical Activity at Home

- Activity Ideas for Families
- Limiting Inactivity
- Dangers of Excess Screen Time
- Active T.V. Alternatives



# Physical Activity and Nutrition for Alaska's Kids

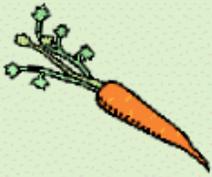


## Setting the Table for Meals Together

Section 2: Module 4

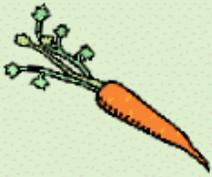
---





# You will learn

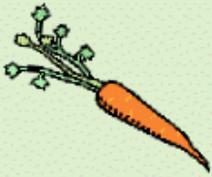
- Benefits of eating meals together
  - Nutritional benefits
- How to develop a routine to eat together
- Tips for handling the choosy eater
- Techniques to engage children in eating meals together



## Eating Together



- Provide a sense of family
- Share family
  - values
  - cultural and ethnic heritage



# Physical Activity and Nutrition for Alaska's Kids



## Eating Together



Enable

- Communication
- Family connections
- Monitoring of children's
  - Moods
  - Behaviors
  - Whereabouts



# Physical Activity and Nutrition

## for Alaska's Kids



# Eating Together



- Increases children's vocabulary
- Improves child's reading and writing



## Eating Together

- “Protective factor” in the lives of teens
  - Increased well-being
  - Decreased risk of drug & alcohol use
  - Better social skills
  - Better grades

Figure 4a: **Percentage of Teens Who Get Mostly A's and B's in School**





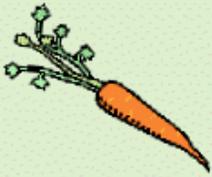
# Physical Activity and Nutrition for Alaska's Kids



*"I know that my son eats better when I sit down and eat with him."*

## Adults can model healthy eating

- Enjoying food
- Eating moderate portion sizes
- Tasting new foods
- Stopping when full



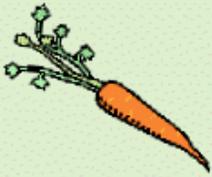
# Physical Activity and Nutrition for Alaska's Kids



## Meals Together = Healthier Diet



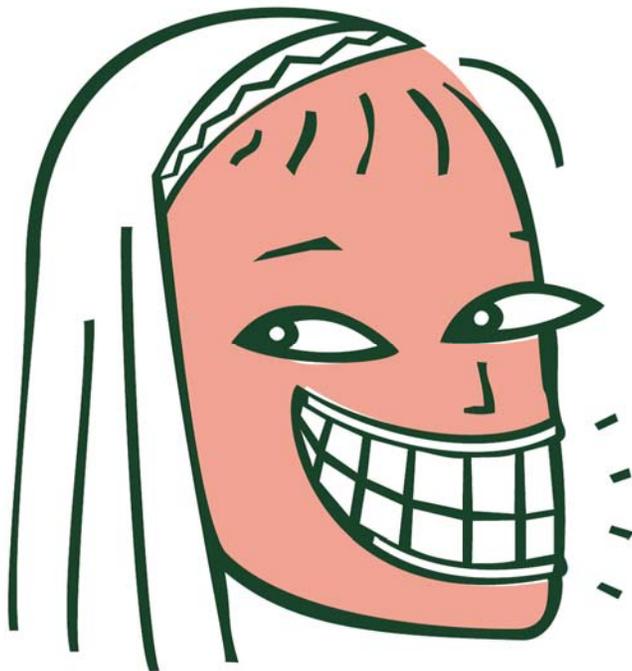
- Increases fruit & vegetable intake
  - Decreased risk of heart disease, cancer, diabetes & obesity



# Physical Activity and Nutrition for Alaska's Kids



## Meals Together = Healthier Diet



- Increased calcium intake
  - Healthy strong bones & teeth
  - Proper bone growth
  - Prevent bone disease



# Meals Together = Healthier Diet

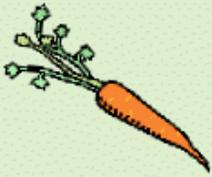


- **Less soda pop**
  - Less empty calories
  - Less sugar
- **Less fried food**
  - Less saturated fat



# Choosy Eaters

- Fear of new things
  - New foods
- Food Jags
  - Only want to eat one food



# Choosy Eaters

- **Repeatedly offer foods**
  - It can take up to a dozen times before a food becomes familiar
- **Encourage children to try each food**
  - Serve 1-2 Tablespoon portions



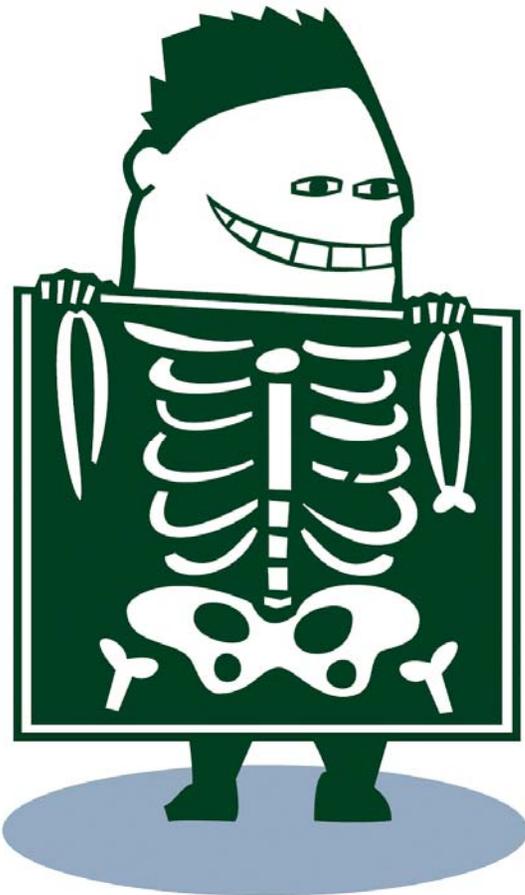
# **Physical Activity and Nutrition** **for Alaska's Kids**



*Children need to taste  
food up to 8-12 times  
before it becomes  
familiar to them.*



# Choosy Eaters

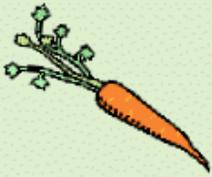


- Allow children to explore new foods
- Do not rush meals
- Do not use food to reward, bribe or punish



# **Make eating together a priority**

- Start by adding one more to the list
- Set a meal schedule
- Require permission for absence from meals



# Scheduling Meals

- **Be flexible with meal time or location**
  - Eat meal later or earlier
  - Eat your meal as a “picnic” before an event



## Scheduling Meals

- Children participate in meal time even if they choose not to eat
- Consistently reinforce meal time behavior





## Scheduling Meals



- Share meal tasks
- Keep mealtime prep simple, easy, and nutritious
- Involve children in meal tasks



# Involve Children

Head Start Parent said:

“My 2-year-old will even try vegetables if she helps wash them.”

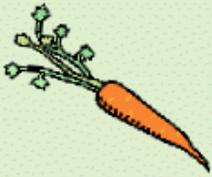


# Involve Children

## Preschoolers

- Mix or stir food
- Make sandwiches
- Spread soft spreads
- Tear lettuce
- Help to pour and measure
- Set the table

*Ask your child  
what he or  
she would  
like to do to  
help you*



# Enjoy Meals Together

- **Create a relaxed setting**
  - Removing non-food items from table
  - Turning off the TV
  - Not answering the phone
  - Putting pets outside

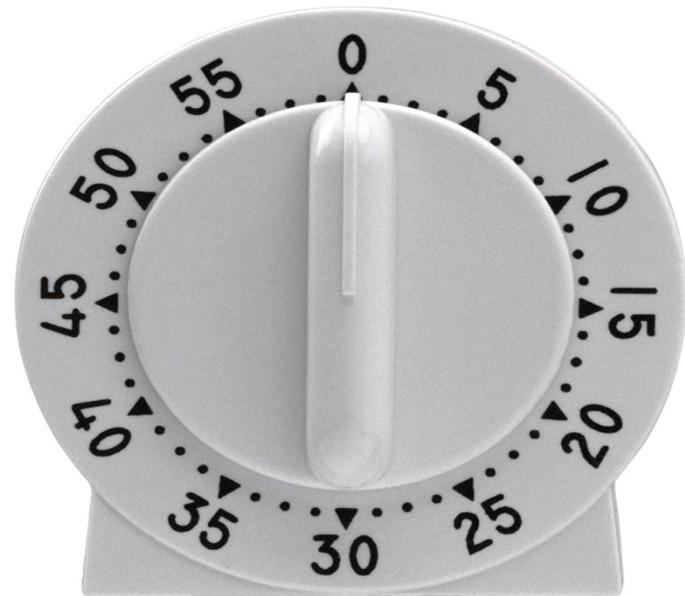


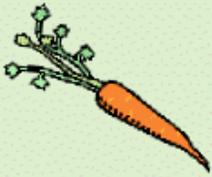


# Enjoy Meals Together

## Before Meal

- Give a 5-minute warning
- Everyone washes his or her hands





# Engage Children

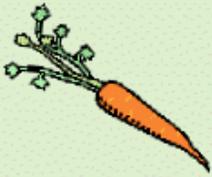
- Serve food that children can eat without help
- Allow children to serve themselves
  - Teaches motor skills
  - Teaches self regulation with portion size



# Engage Children



- **Eat with children**
  - Model good eating
  - Talk about food traditions and cultures
  - Talk about texture, taste, & color of food



# Engage Children

*“I’ve got to  
practice what I  
preach”*

Parent of Head Start  
child

## During the Meal

- Set a good example with respect, listening, and patience
- Talk about events, news, funny things

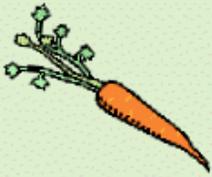


# Meal Time Conversation

## Starters & Games

- Bring an object to the table
- Tell stories about pictures
- Play word and memory games
- Fill a container with questions
- Play “Simon Says” at the table





# Physical Activity and Nutrition for Alaska's Kids



## TONGUE TWISTERS TO TWY

*Yellow butter, purple jelly, red jam, black bread. Spread it thick, say it quick!*

*Yellow butter, purple jelly, red jam, black bread. Spread it thicker, say it quicker!*

*Yellow butter, purple jelly, red jam, black bread. Don't eat with your mouth full!*

*Chester Cheetah chews a chunk of cheap cheddar cheese. Bake big batches of bitter brown bread.*

SLIDE

27

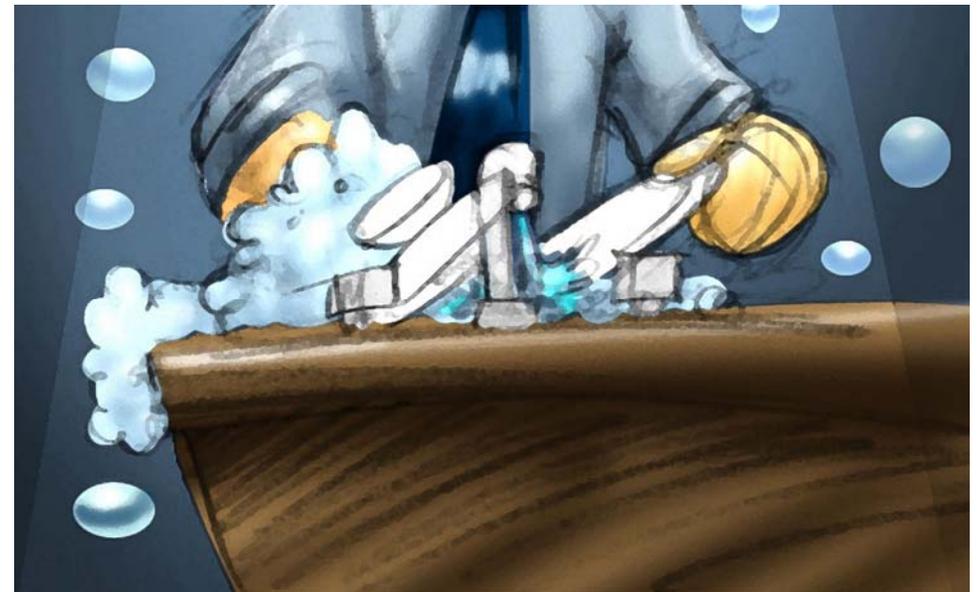
MODULE  
FOUR

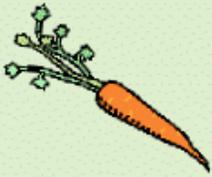


# Engage Children

## Clean-up:

- Team up for fast clean-up
- Music makes clean-up easier





# Physical Activity and Nutrition for Alaska's Kids

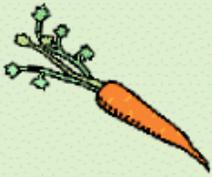


## Making Healthy Food Choices

Section 2: Module 5

---





# **Physical Activity and Nutrition**

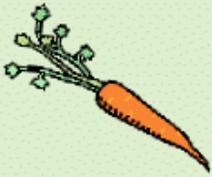
## **for Alaska's Kids**



# **Introduction**

- **Nutrition For Health**
- **What is healthy**
- **Tips on planning meals**
  - Making a shopping list/  
Bulk orders
  - Using WIC foods
  - Cook and freeze
- **What foods to choose**
  - How to read labels
  - Sales, coupons
- **Meal, snack and food ideas**





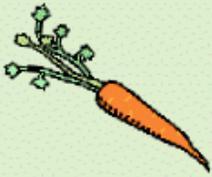
# Physical Activity and Nutrition for Alaska's Kids



## Why the concern?

*The obesity epidemic threatens to make this generation of American children the first to have a shorter life span than their parents*

Source: Ohshansky, SJ, et al. A Potential Decline in Life Expectancy in the United States in the 21st Century. New England Journal Of Medicine 2005; 352:11.

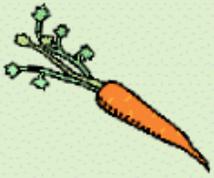


# Physical Activity and Nutrition for Alaska's Kids



Overweight children  
are at increased risk for:

- High blood pressure
- High cholesterol
- Joint disorders
- Type 2 diabetes
- Psychosocial disorders
- Social discrimination
- Adult obesity



# Physical Activity and Nutrition for Alaska's Kids



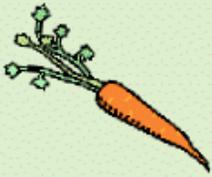
## Dietary Guidelines for Americans



Dietary Guidelines  
for Americans  
2005

U.S. Department of Health and Human Services  
U.S. Department of Agriculture  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

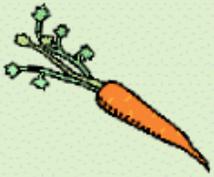
- Science-based nutrition recommendations for the general American public aged two years and older
- MyPyramid are the recommendation for the public



# Disease Prevention Guidance

## Disease Prevention Dietary Recommendations

- American Heart Association recommends that adults eat two servings of fish a week to prevent heart disease
- Produce for Better Health Foundation recommends a variety of colorful fruits and vegetables every day
- The American Academy of Pediatrics recommends limiting juice to no more than 4–6 ounces of 100% juice a day



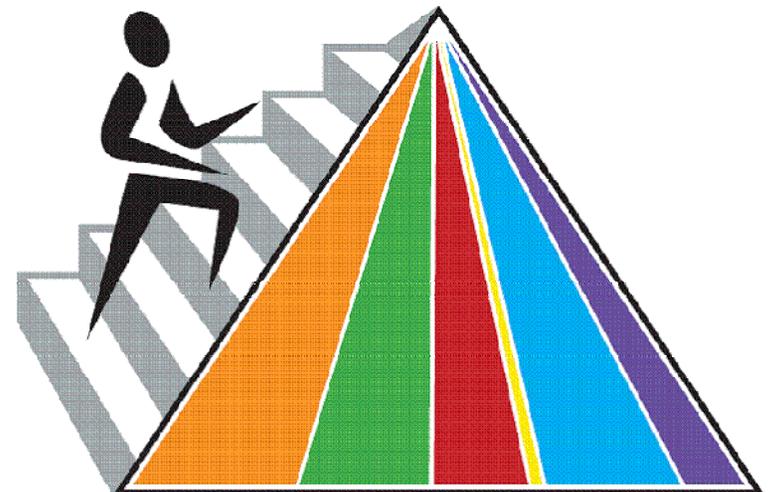
# Physical Activity and Nutrition for Alaska's Kids



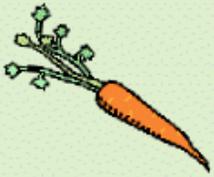
[www.MyPyramid.com](http://www.MyPyramid.com)

## Food Groups

1. Grains
2. Vegetables
3. Fruit
4. Milk
5. Meat & Beans
6. Oils



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

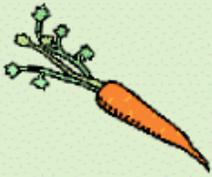


## Eat Whole Grains

1 ounce of grain equivalent =

1 slice	whole grain bread
1 cup	ready-to-eat cereal
½ cup	cooked rice
½ cup	cooked pasta
½ cup	cooked cereal





# Physical Activity and Nutrition for Alaska's Kids



## CEREAL FLAKES

### Nutrition Facts

Serving Size 3/4 Cup (27g)  
Servings Per Container 10

Amount Per Serving

**Calories** 100      **Calories from Fat** 5

% Daily Value\*

**Total Fat** .5g

Saturated Fat 0g      0

Trans Fat 0g

**Cholesterol** 0mg      0

**Sodium** 190mg      10%

**Total Carbohydrate** 22g      12%

Dietary Fiber 5g      20%

Sugars 5g

**Protein** 3g

Vitamin A 6%      Vitamin C 0%

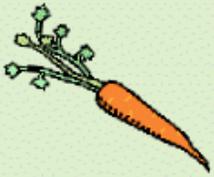
Calcium 0%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

# Buying Whole Grains

## Select foods that list

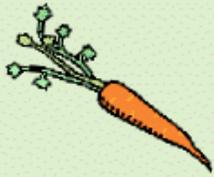
- Higher % daily value for fiber
- Brown rice
- Bulgur
- Graham flour
- Oatmeal
- Whole grain corn
- Whole wheat, oats, rye
- Wild rice



## Meat, Beans & Nuts

- **Fish**
- **Poultry & game bird**  
(turkey, chicken, ptarmigan, duck)
- **Game meat** (moose, caribou, deer)
- **Sea mammal** (sea lion, whale, seal)
- **Meat** (beef, pork, lamb, veal)
- **Eggs**
- **Beans, peas, & nuts**





# Physical Activity and Nutrition for Alaska's Kids



## Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals\* for up to:

**24 POINTS  
PER WEEK**

\* A meal size is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

PER MEAL  
**6**  
Points

AK halibut 20–39 pounds  
All store-bought AK halibut  
AK rougheye rockfish  
AK lingcod 30–39 inches  
AK black cod (sablefish)

PER MEAL  
**8**  
Points

AK halibut 40–49 pounds  
Canned albacore tuna

PER MEAL  
**12**  
Points

AK halibut 50–89 pounds  
AK lingcod 40–44 inches  
AK yelloweye rockfish

PER MEAL  
**24**  
Points

AK halibut 90 pounds or more  
AK lingcod 45 inches or more  
AK salmon shark  
AK spiny dogfish

PER MEAL  
**0**  
Points

### Unlimited amounts

All species of wild AK salmon  
AK halibut 20 pounds or less  
AK lingcod 30 inches or less:  
AK Pacific cod  
AK black rockfish  
AK walleye pollock  
Canned chunk light tuna  
AK Pacific ocean perch

Eat a variety of fish and other seafood  
as part of a balanced diet.

Alaska fish is good for you. State health officials recommend that everyone eats fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems in unborn babies and young children.

Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.



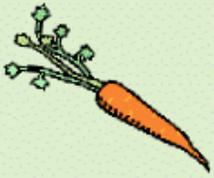
For more information:  
[www.epi.hss.state.ak.us/](http://www.epi.hss.state.ak.us/)  
(907) 269-8000



SLIDE

11

MODULE  
FIVE



# Physical Activity and Nutrition for Alaska's Kids



## Meat, Beans & Nuts

### Beans and peas

- Black eyed peas
- Kidney beans
- Lentils
- Soy beans
- Split peas
- Peanut butter

### Nuts

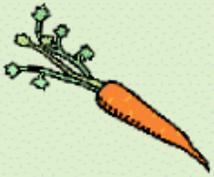
- Nut butters



SLIDE

12

MODULE  
FIVE



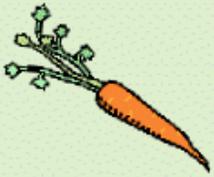
## Low Fat Dairy

### Milk and Dairy

- Fluid Milk
- Yogurt
- Cheese
- Cottage Cheese



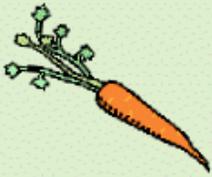
**After age two, most dairy  
should be fat-free or low-fat**



## Low Fat Dairy

### Milk & Dairy Provide

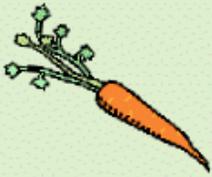
- Calcium for strong bones & teeth
- Protein to build muscles
- Vitamins A & D for healthy growth



## Lactose Intolerance

- Cannot digest foods with lactose such as milk and foods made with milk
- Diagnosed by health care provider



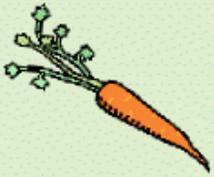


## Lactose Intolerance



### Good calcium foods

- Lactose-free milk
- Calcium fortified soy milk
- Low fat cheeses
- Yogurt
- Canned salmon with bones
- Dark green leafy vegetables
- Small fish with edible bones
- Broccoli



# Physical Activity and Nutrition for Alaska's Kids

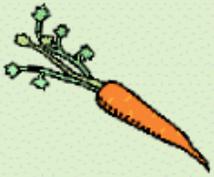


## Oils are part of foods

- Peanut butter
- Sunflower seeds
- Nuts
- Olives
- Most Alaska fish
- Mayonnaise

# Oils





# Physical Activity and Nutrition for Alaska's Kids

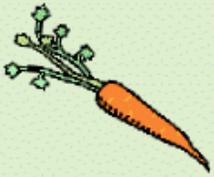


# MyPyramid

**Eat Right. Exercise. Have Fun.**

For Kids

- For children exercise is active play
- See Physical Activity Modules in this manual for more information.



# Physical Activity and Nutrition for Alaska's Kids



## Canned, Frozen, or Fresh Veggies

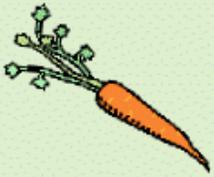
### Eat

- Raw or cooked
- Dried or dehydrated;
- Whole, cut-up, or mashed



### Cook by

- Steaming
- Sautéing
- Roasting
- Baking
- Adding directly to stews, casseroles, and sauces



# Physical Activity and Nutrition for Alaska's Kids



Preschooler Eats Three  
Vegetables Servings  
Each Day!

$\frac{1}{2}$  ear steamed corn  
for lunch

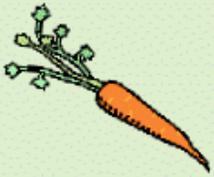
$\frac{1}{2}$  cup carrots and celery  
sticks as an after  
school snack

Moose stew made with  
vegetables for dinner

SLIDE

20

MODULE  
FIVE



# Physical Activity and Nutrition for Alaska's Kids



Preschooler Eats Three  
Fruit Servings  
Each Day!

$\frac{1}{4}$  cup dried raisins  
(counts as  $\frac{1}{2}$  cup)  
added to oatmeal

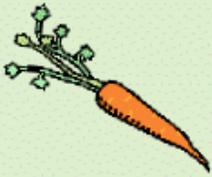
$\frac{1}{2}$  cup fruit cocktail  
canned in water  
for lunch

$\frac{1}{2}$  banana (counts as  
 $\frac{1}{2}$  cup) for snack  
after school

SLIDE

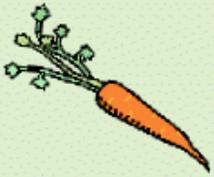
21

MODULE  
FIVE



# Food Groups vs. Basics Recommendations

- MyPyramid mostly address foods by food groups
- However, some recommendations can be applied to all foods
- For example, choosing foods low in fat applies to all foods

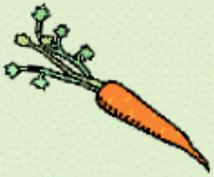


# Fruit & Vegetable



## Decreased risk

- heart disease
- cancer
- diabetes
- obesity

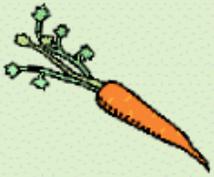


# Physical Activity and Nutrition for Alaska's Kids

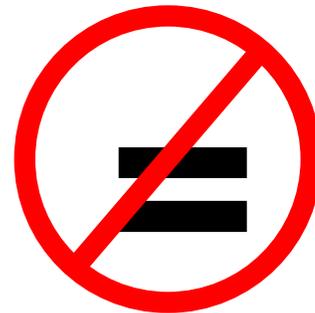


## Health Benefits of Fruits and Veggies

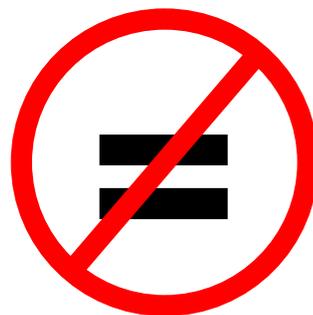
**COLOR**



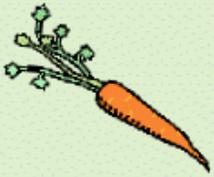
# Physical Activity and Nutrition for Alaska's Kids



**Vegetable**



**Vegetable**



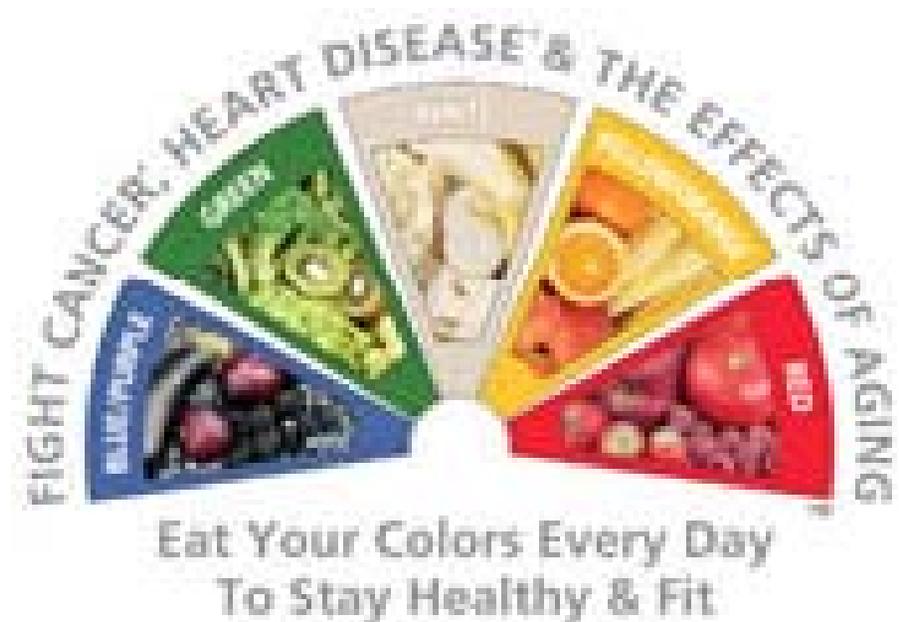
# Physical Activity and Nutrition for Alaska's Kids

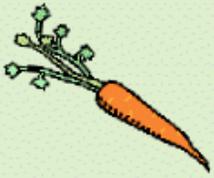


## Eat Your Colors Every Day to Stay Healthy & Fit

### The Rainbow

- **Blue/ Purple**
  - blueberries, purple cabbage
- **Dark green**
  - Green apple, broccoli
- **White**
  - Banana, cauliflower
- **Yellow/Orange**
  - Orange, carrots
- **Red**
  - Pink grapefruit, red potato





# Physical Activity and Nutrition for Alaska's Kids

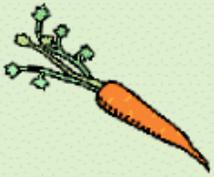


## Health Benefits of 5 A Day

blue

purple



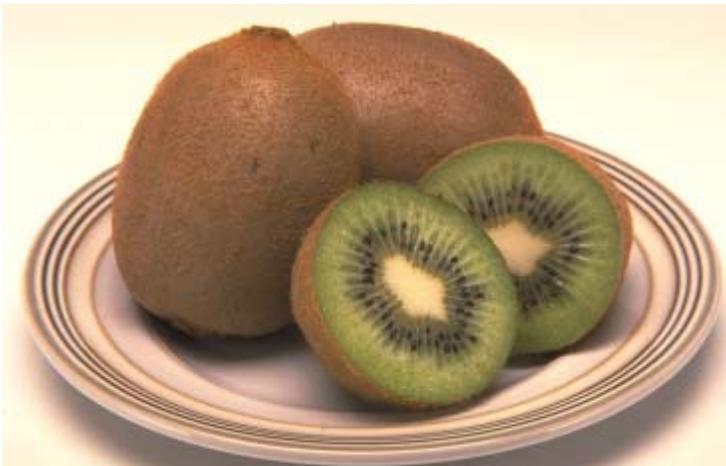


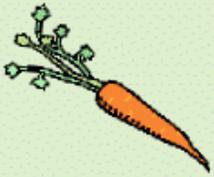
# Physical Activity and Nutrition for Alaska's Kids



## Health Benefits of 5 A Day

# green





# Physical Activity and Nutrition for Alaska's Kids



## Health Benefits of 5 A Day

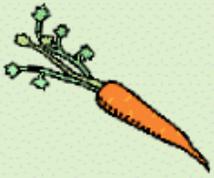
# white



SLIDE

29

MODULE  
FIVE



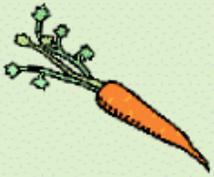
# Physical Activity and Nutrition for Alaska's Kids



## Health Benefits of 5 A Day

yellow orange





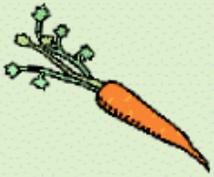
# Physical Activity and Nutrition for Alaska's Kids



## Health Benefits of 5 A Day

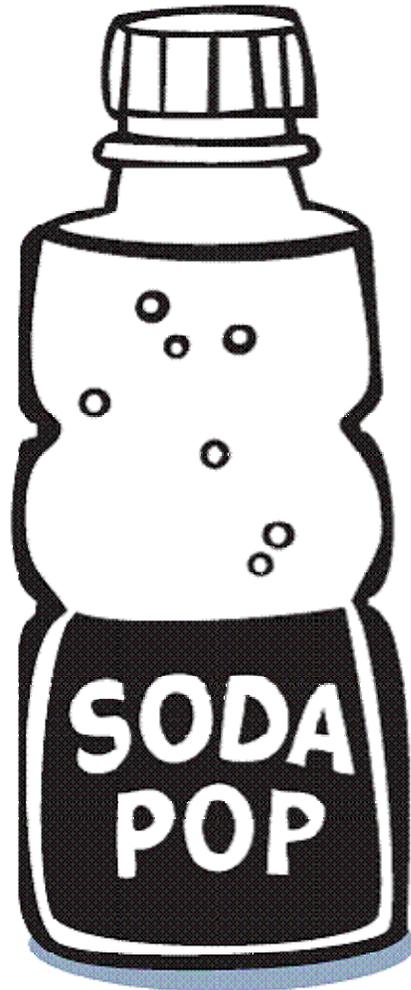
red



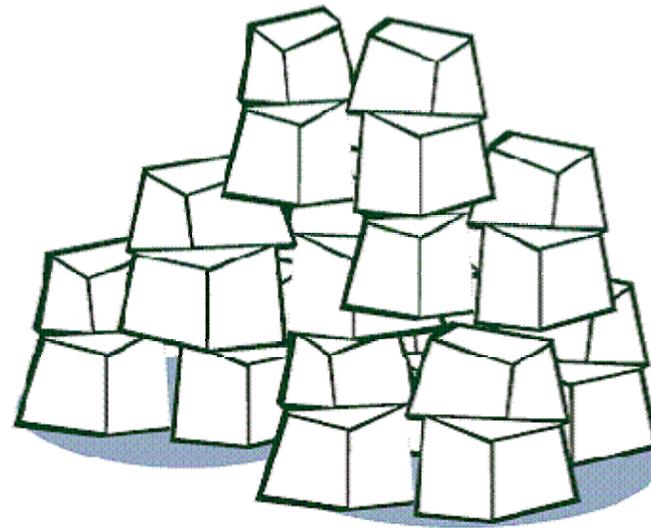


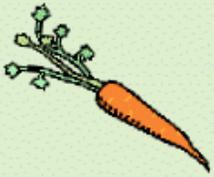
# Physical Activity and Nutrition

for Alaska's Kids



19 sugar  
cubes in a 20  
ounce soda!

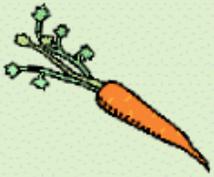




## Fruit Juice: children age 6 months to 6 years

- Limit 100% juice to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup per day
- Whole canned, frozen, or fresh fruit has fiber and more nutrients
- Whole fruit is low in calories, takes time to eat, and helps provide the feeling of fullness



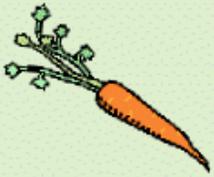


# Limit food and beverages sweetened with sugar



## Sweetened foods

- provide few nutrients,
- are generally high in fat
- provide extra calories
- may contribute to weight gain
- can cause cavities in young children



# Physical Activity and Nutrition for Alaska's Kids



Figure 5H:  
**Sneaky  
Names for  
Sugar**

High fructose  
corn syrup

Corn syrup

Brown sugar

Invert sugar

Corn  
sweetener

Lactose

Maltose

Dextrose

Malt syrup

Fructose

Molasses

Fruit juice  
concentrates

Glucose

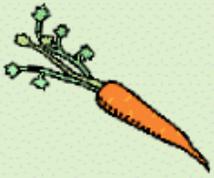
Sucrose

Honey

Syrup

**Ingredients:** Whole grain wheat, **sugar**, salt, **corn syrup**, canola and/or rice bran oil, **brown sugar syrup**, trisodium phosphate, natural flavor.

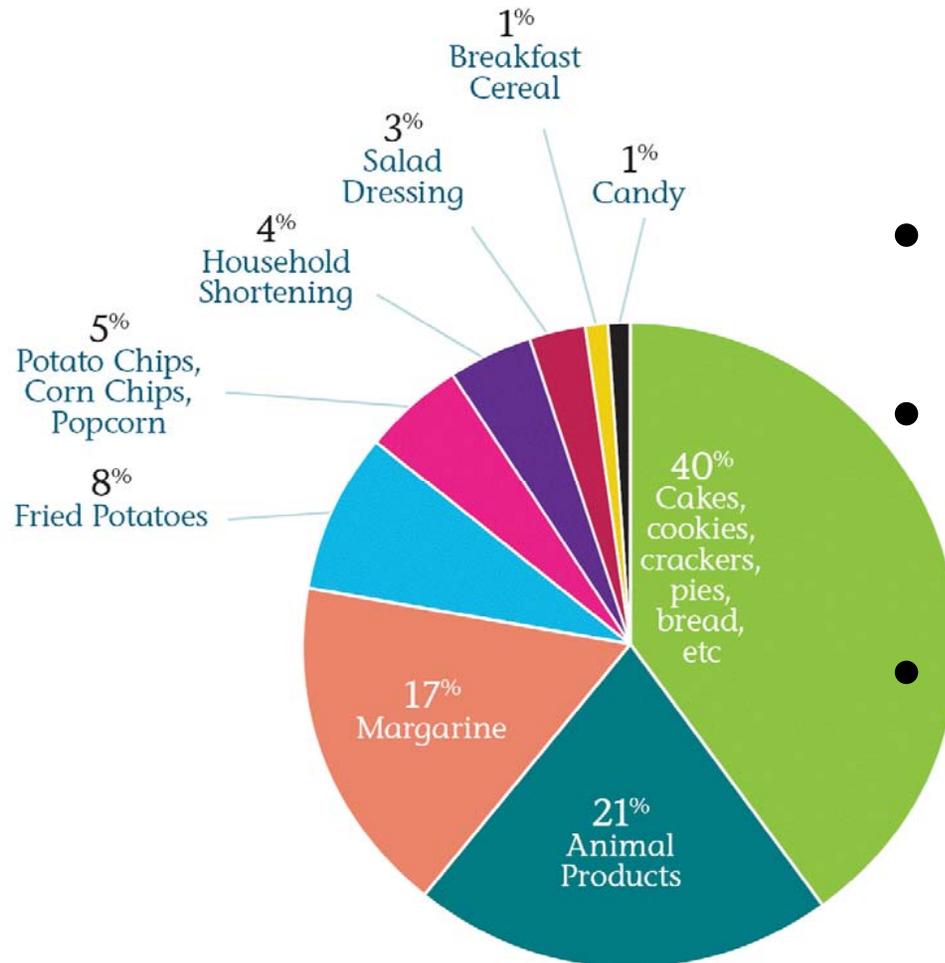
Figure 5i:  
**Hidden  
Sugars**



# Physical Activity and Nutrition for Alaska's Kids

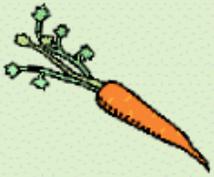


## Trans Fats



- Increase the risk of heart disease and stroke
- may increase the risk of diabetes, cancer, and other chronic diseases
- The Dietary Guidelines recommend keeping *trans* fat intake as low as possible



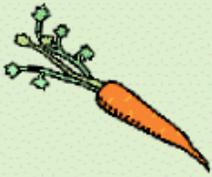


## Trans Fat Free $\neq$ Healthy Choice

### Trans Fat Free Cookies

- High in Calories
- High in Sugar
- High in Fat
- Low in nutrients
- Sugar is listed first & sixth

**Ingredients:** sugar, enriched flour, high olei, canola oil and/or palm oil and/or canola oil, cocoa (processed with alkali), **high fructose corn syrup**, baking soda, cornstarch, salt, soy lecithin (emulsifier), vanillin-an artificial flavor, chocolate.



# Physical Activity and Nutrition for Alaska's Kids



**Grains:** Whole grain cold cereal, whole wheat pasta noodles, whole grain bread

**Milk:** Non fat milk and yogurt, cheddar cheese

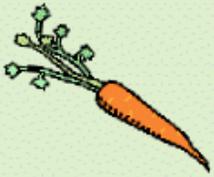
**Meat & Beans:** chicken breast, eggs, dried white beans

**Vegetables:** Canned Tomatoes, frozen broccoli

**Fruit:** Fresh apples or oranges, bananas, pears canned in water

## The Shopping List

- Use the MyPyramid recommendations to make a shopping list
- Does not have to be specific
- Food selection can be made at the store
  - cost and label reading



# Physical Activity and Nutrition for Alaska's Kids



## The Shopping List

- List “whole grain cereal”
  - Check for sales
  - Compare unit prices
  - Check ingredients
    - Made with whole grain
  - Read the nutrition facts label
    - Little added sugar
    - High in fiber
- Create a master shopping list

### CEREAL FLAKES

## Nutrition Facts

Serving Size 3/4 Cup (27g)  
Servings Per Container 10

Amount Per Serving

**Calories** 100      **Calories from Fat** 5

% Daily Value\*

**Total Fat** .5g

Saturated Fat 0g      0

Trans Fat 0g

**Cholesterol** 0mg      0

**Sodium** 190mg      10%

**Total Carbohydrate** 22g      12%

Dietary Fiber 5g      20%

Sugars 5g

**Protein** 3g

Vitamin A 6%      Vitamin C 0%

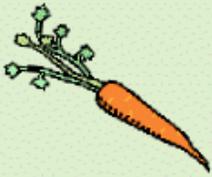
Calcium 0%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

SLIDE

40

MODULE  
FIVE



# Physical Activity and Nutrition for Alaska's Kids



## Smart Shopping

**Grains:** Whole grain cold cereal, whole wheat pasta noodles, whole grain bread

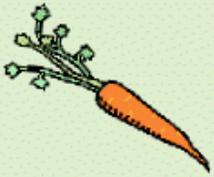
**Milk:** Non fat milk and yogurt, cheddar cheese

**Meat & Beans:** chicken breast, eggs, dried white beans

**Vegetables:** Canned Tomatoes, frozen broccoli

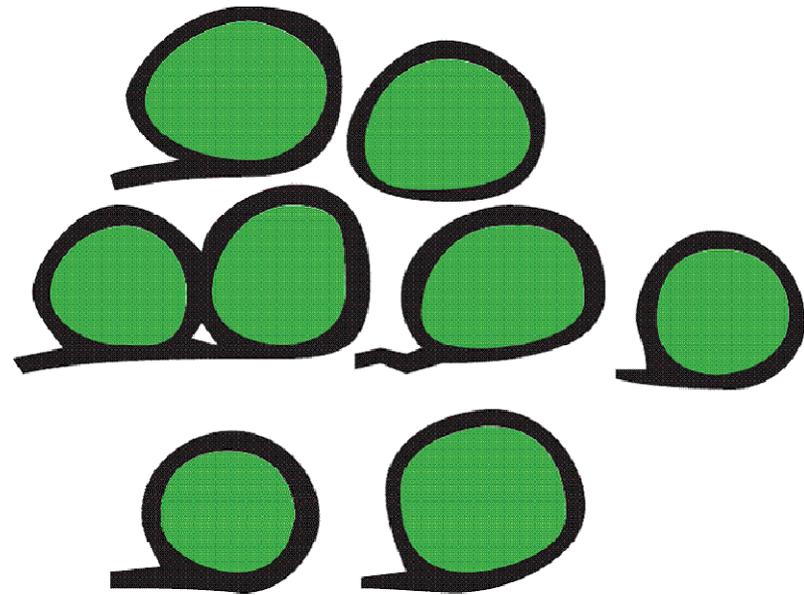
**Fruit:** Fresh apples or oranges, bananas, pears canned in water

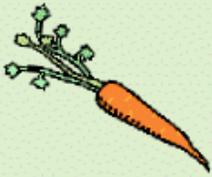
- Stick to the list
- Do not shop when hungry
- Shop without children
  - Stores intentionally put unhealthy foods such as candy and products with prizes, where kids can see and reach



## Save Money

- Use discount coupons
- Compare price tags
- Purchasing items with the lowest per unit price
- Select store brand food
- Buy bulk foods
- Buy foods with the best nutrition





# Physical Activity and Nutrition for Alaska's Kids



## Figure 5m: Buy More, Save More

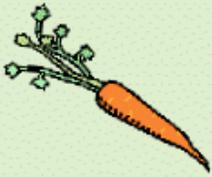
100% Orange Juice (96 oz.)

UNIT PRICE <b>\$1<sup>33</sup></b> PER QUART	<b>YOU PAY</b> <b>\$3<sup>99</sup></b>
--	---

100% Orange Juice (64 oz.)

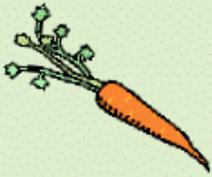
UNIT PRICE <b>\$1<sup>48</sup></b> PER QUART	<b>YOU PAY</b> <b>\$2<sup>96</sup></b>
--	---

- Unit prices let you compare brands and sizes
- Especially helpful when comparing different sized containers.
- These 100% OJ are the same except for the size of the container
- The less expensive choice would be the 96 ounce 100% OJ.



# Bulk Ordering

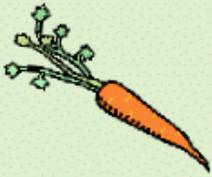
- Many people in Alaska do not have access to a fully stocked grocery store
- Consider placing large food orders several times a year
  - takes planning, consideration, and a substantial outlay of money.
- Save money on food orders by placing order with other families.
- Placing large orders takes organization and planning
- However, you will save money and have healthier food choices in the house.



## Nutrition Distilled



- Nutrition recommendations for preschool aged children apply to older children and adults.

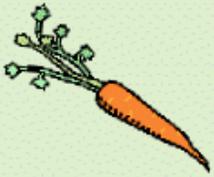


- Choose whole grain food products
- Serve whole grain rice, bread, pasta, and cereals
- Look for whole grain ingredients
- Choose foods with a Daily Value for fiber at 5% or more listed

## Whole Grains

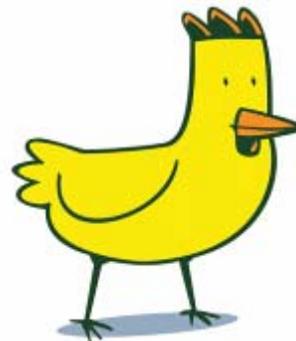
1 ounce of grain equivalent =

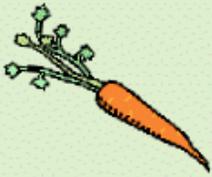
1 slice	whole grain bread
1 cup	ready-to-eat cereal
½ cup	cooked rice
½ cup	cooked pasta
½ cup	cooked cereal



# Lean Meat

- Serve lean cuts of meat
- Select fish from Alaskan waters more often
- Choose poultry more often
- Prepare meat by baking, broiling, or poaching
- Limit high fat meats
- Eat beans more often
- Limit the amount of fried meats





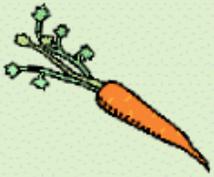
# Physical Activity and Nutrition for Alaska's Kids



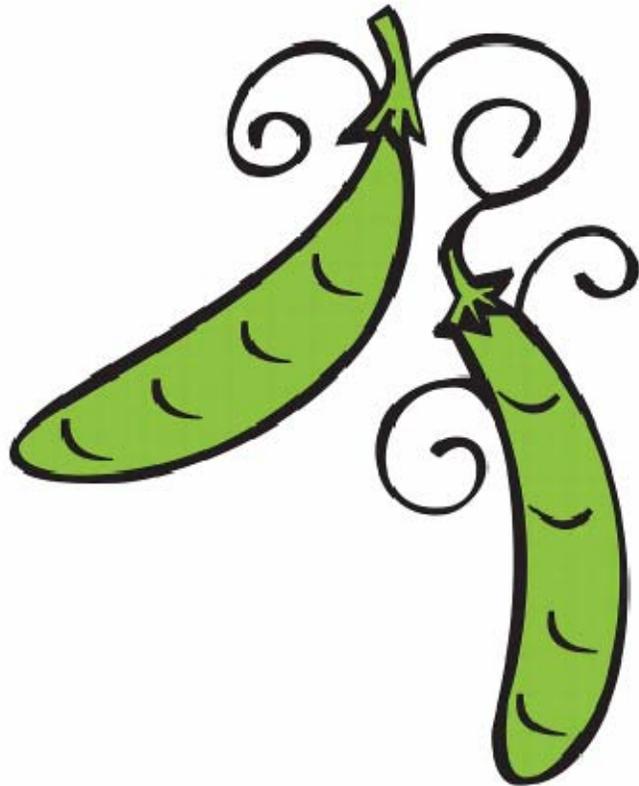
## Low Fat

- After the age of two, serve only low-fat and non-fat milk.
  - Serve other calcium rich foods each day.

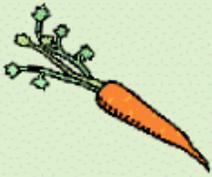




# Fruits & Vegetables



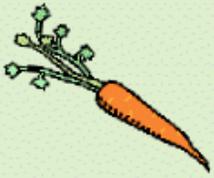
- Provide a variety of colorful fruits and vegetables each day.
  - Include fruits and vegetables at every meal and for snacks.
  - Look for blue, purple, green, white, yellow, orange, and red colored fruits and vegetables.



# Avoid High Sugar Foods



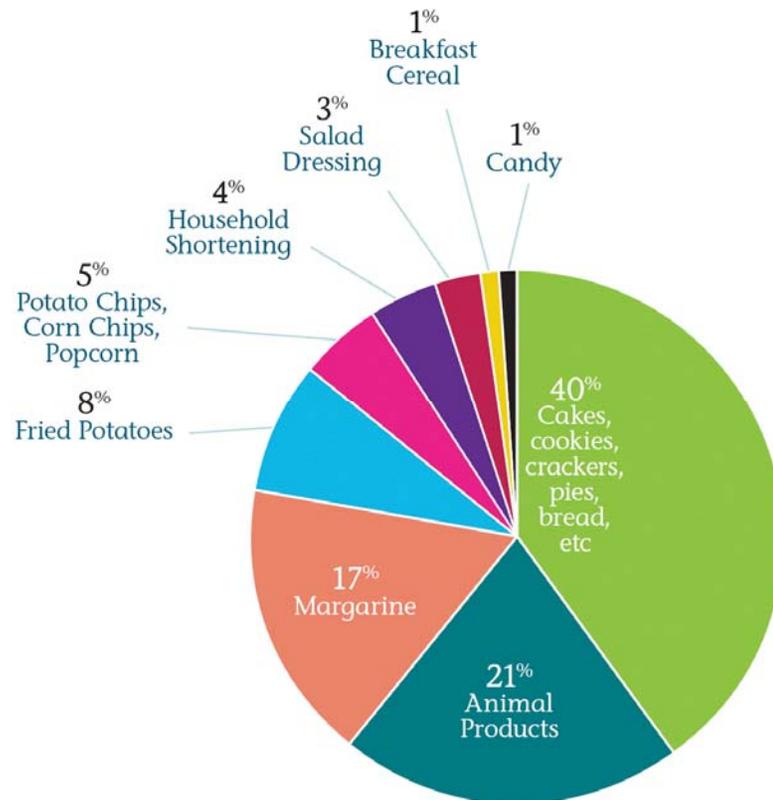
- No more than 4-6 ounces of 100% juice each day
- Limit sweet such as soda pop, sports drinks, candy, sweetened cereals and baked products
- Avoid foods with sugar listed as one of the top three ingredients



# Physical Activity and Nutrition for Alaska's Kids



## Ban the Trans Fat



- Select foods without *trans* fat
- Avoid ordering fried food at restaurants
- Foods marketed as *trans* fat free are not necessarily low in fat, sugar or healthy



# Physical Activity and Nutrition for Alaska's Kids



## Shop Smart

**Grains:** Whole grain cold cereal, whole wheat pasta noodles, whole grain bread

**Milk:** Non fat milk and yogurt, cheddar cheese

**Meat & Beans:** chicken breast, eggs, dried white beans

**Vegetables:** Canned Tomatoes, frozen broccoli

**Fruit:** Fresh apples or oranges, bananas, pears canned in water

- Make a menu for the week
- Make a shopping list
- Clip out coupons for foods
- Compare unit prices



# Physical Activity and Nutrition for Alaska's Kids

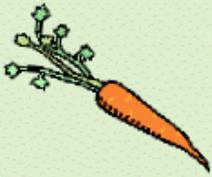


# Physical Activity at Home

Section 2 : Module 6

---

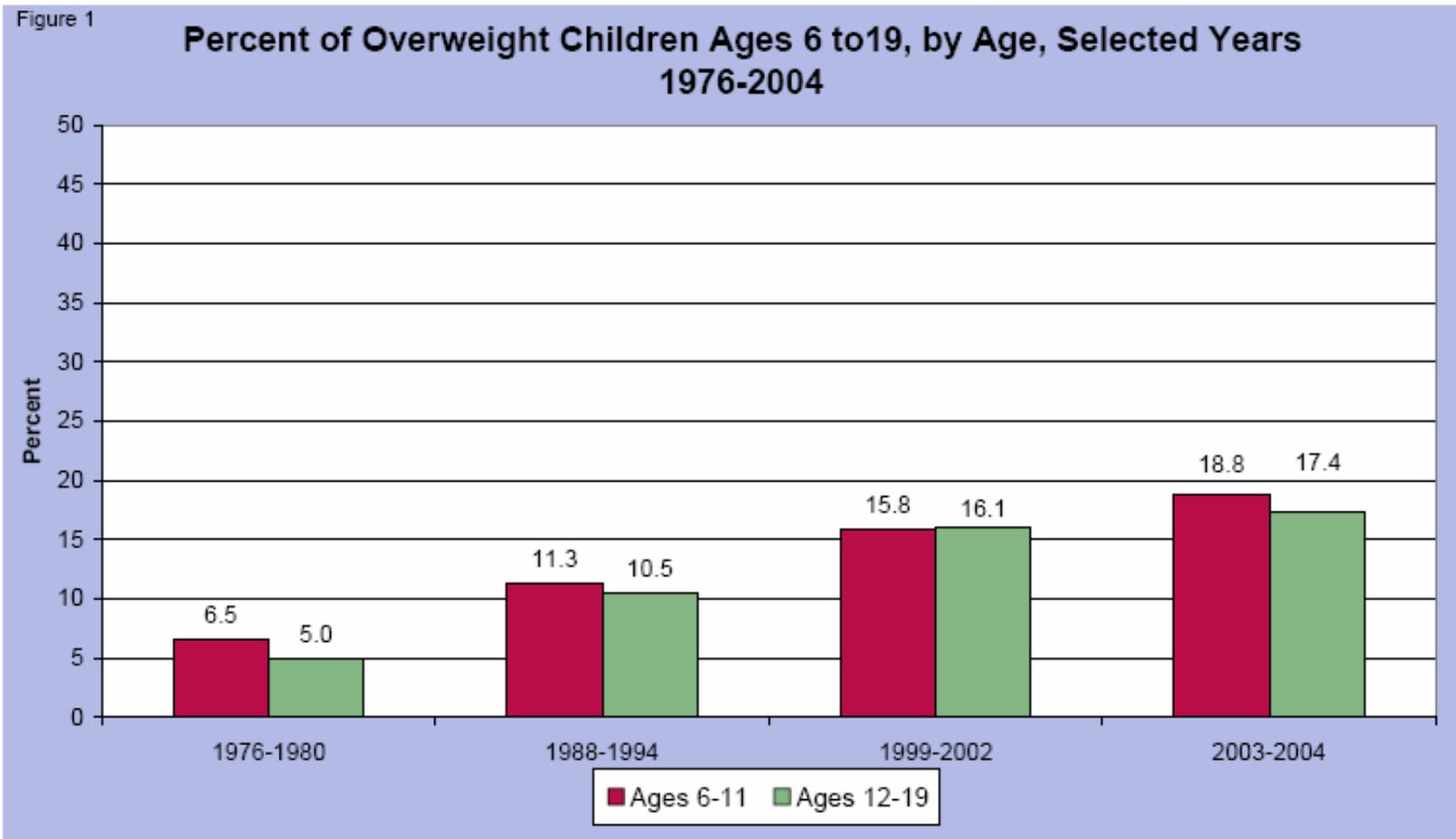


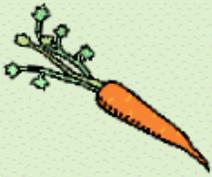


# Physical Activity and Nutrition for Alaska's Kids



## Percentage of Overweight U.S. Children and Adolescents is Soaring





# Physical Activity and Nutrition for Alaska's Kids

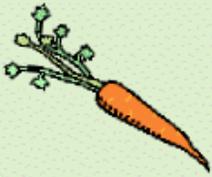


## Physical Activity Recommendations for Youth

At least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.<sup>1</sup>

Note: This recommendation is for overall health. Increasing physical activity alone will probably not result in significant weight loss. Also, more physical activity time may be needed to achieve full motor development.

Dietary Guidelines for Americans 2005.

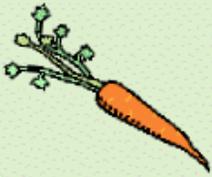


# Physical Activity and Nutrition for Alaska's Kids



## Structured vs. Unstructured

- The National Association of Sports and Physical Education recommends that every day preschoolers should:
  - Get at least 60 minutes of structured physical activity (adult-led activity)
  - Get at least 60 minutes of unstructured physical activity (free play)
  - Not be inactive for more than 1 hour at a time (unless sleeping)



# Physical Activity and Nutrition

## for Alaska's Kids

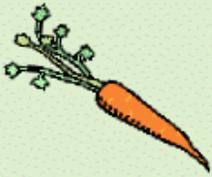


## What Counts?

- Physical activity is just moving - everything counts!
- Moderate physical activity gets your heart beating faster
- Vigorous activity makes you sweat

Physical activity doesn't just mean running and push-ups....

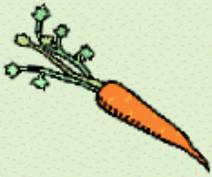




## Structured Physical Activity

- Structured physical activities are things like:
  - Organized sports teams
  - Planned exercises
  - Other adult-led games/clubs

Motor Skill	Age Range
Running	1 1/2 to 2 years
Galloping	2 to 2 1/2 years
Jumping	2 1/2 to 3 years
Hopping	3 to 4 years
Skipping	4 to 5 years



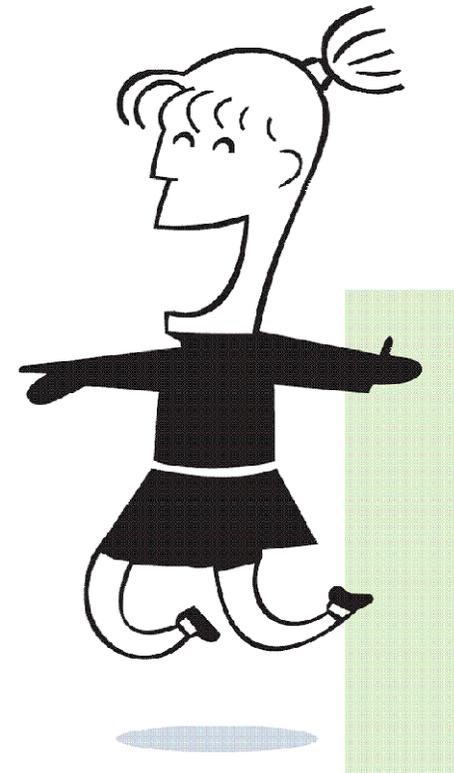
# Physical Activity and Nutrition for Alaska's Kids



## Unstructured Physical Activity

Unstructured physical activities include:

- Playing outside with friends
- Walking/hiking in the woods
- Inventing a new game
- Recess





# Physical Activity and Nutrition for Alaska's Kids



## Activate Your Family!



Encourage kids to do things they enjoy like:

- ✓ Playing outdoors
- ✓ Throwing a football or frisbee
- ✓ Playing hide and seek
- ✓ Playing with the dog



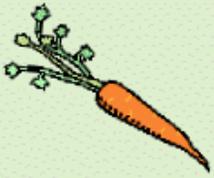
# Physical Activity and Nutrition for Alaska's Kids



## Make it a Family Affair!

- If you do it your kids will too!
- Use physical activity to strengthen family bonds...as well as muscles!
- Pass down important cultural traditions
- Be a role model





# Physical Activity and Nutrition for Alaska's Kids



## Family Physical Activities

- Hiking
- Berry Picking
- Beach Combing
- Exploring nature





# Physical Activity and Nutrition for Alaska's Kids



## If it is Cold Outside....

- Go sledding!
- Ice skate
- Make snow angels
- Build a snow man





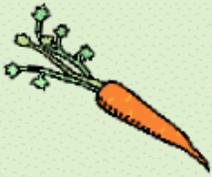
# Physical Activity and Nutrition for Alaska's Kids



## Indoor Fun



- Play indoor "Socker"
- Put on some music and dance!
- Play treasure hunt by hiding "treasures" throughout the classroom and provide clues of where they might be.
- Make an obstacle course with chairs, boxes, and tours for the kids to go over, under, through, and around.



# Physical Activity and Nutrition for Alaska's Kids



## Sample Activity – Hold That Tiger!

Children love animals and they love to imitate. Combine these two interests to inspire exercise.

### What you'll need:

Magazines or newspapers

Cardboard or paper

Paste or glue

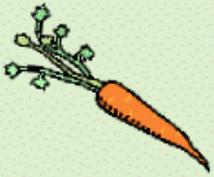
Scissors

An open space in which to move

### What to do:

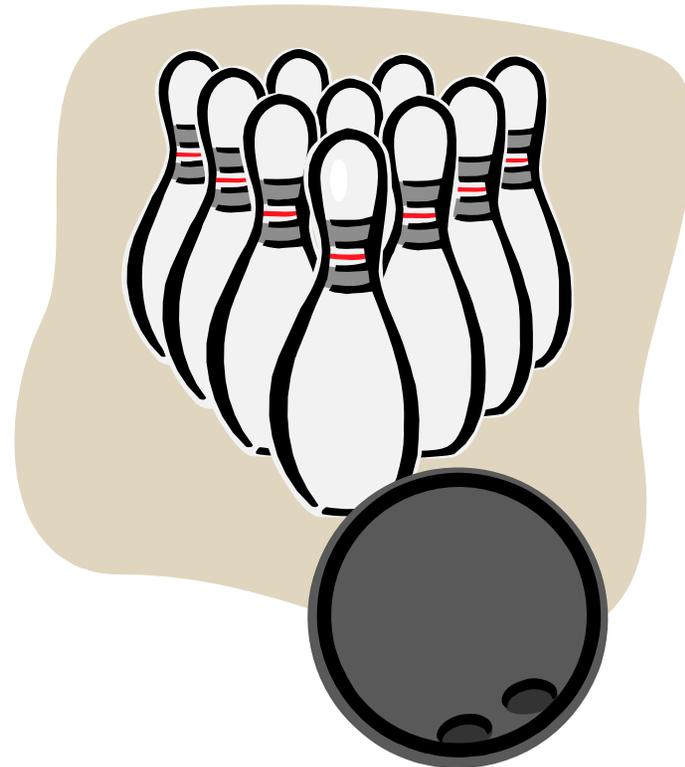
- ✓ Collect pictures of different animals.
- ✓ Paste each picture on a different piece of cardboard.
- ✓ Place the cards face down on a table and mix them up.
- ✓ Have your child select a card and turn the card over to reveal the animal picture on the other side.
- ✓ Have your child imitate the movements of the animal on the card. For example:
  - rabbit: hop
  - horse: gallop
  - turtle: crawl
  - elephant: slow lumbering walk, clasp hands together and swing arms side to side like a trunk.
  - frog : leap
  - tiger: fluid, smooth, sliding steps

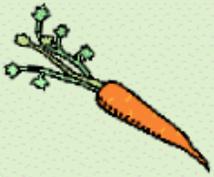
These movements will help your child develop body awareness, space awareness, and coordination.



## Indoor Community Activities

- Swimming Pool
- School Gyms or Covered Playgrounds
- Bowling Alley

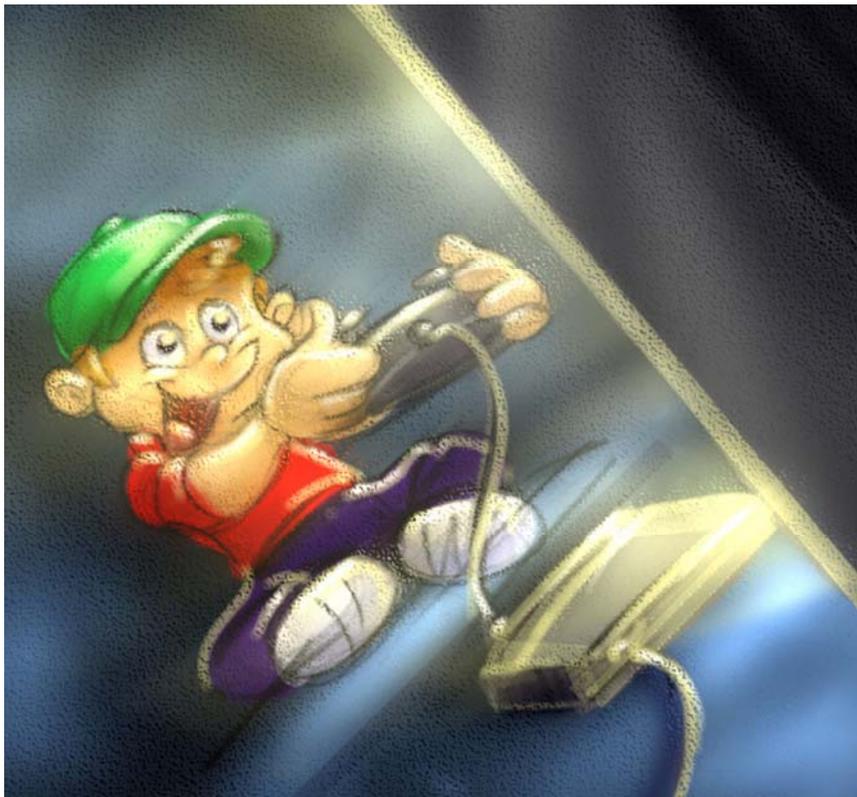




# Physical Activity and Nutrition for Alaska's Kids



## Decrease Inactivity



- Children should not be inactive for more than an hour at a time
- Limit inactivity by:
  - Limit T.V. watching to 2hrs/day, 1hr at a time
  - Limit computer/video games to 1hr/day
  - Encourage both morning and afternoon outdoor play on weekends

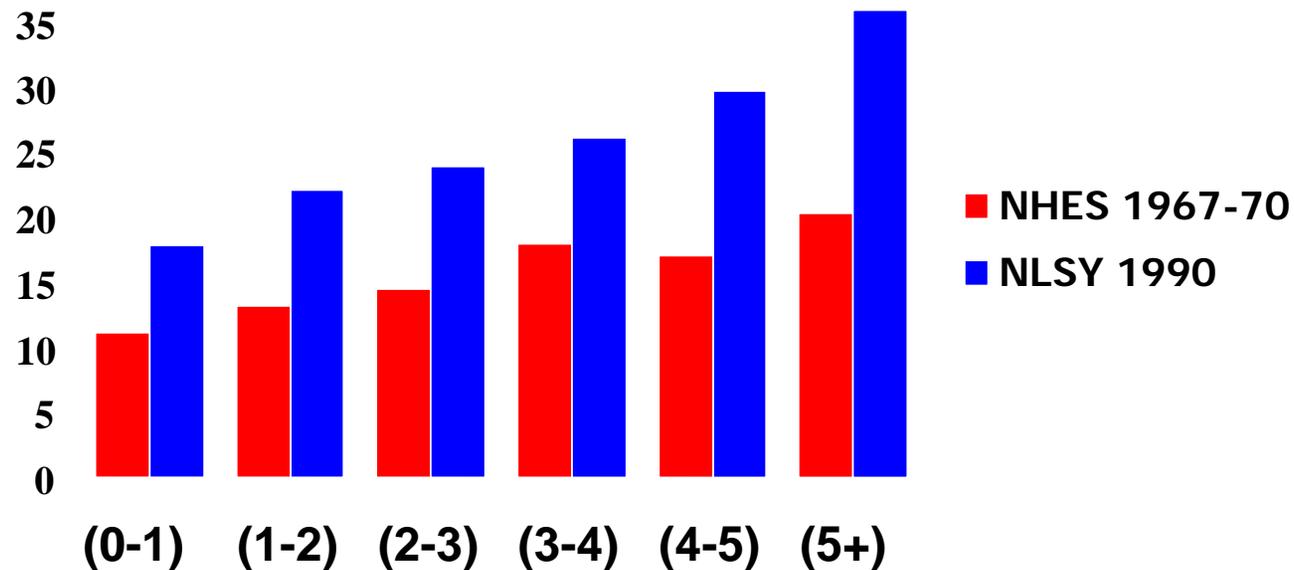


# Physical Activity and Nutrition for Alaska's Kids



As TV Time Increases, So Do Rates of  
Overweight in Teenagers

Prevalence  
(%)



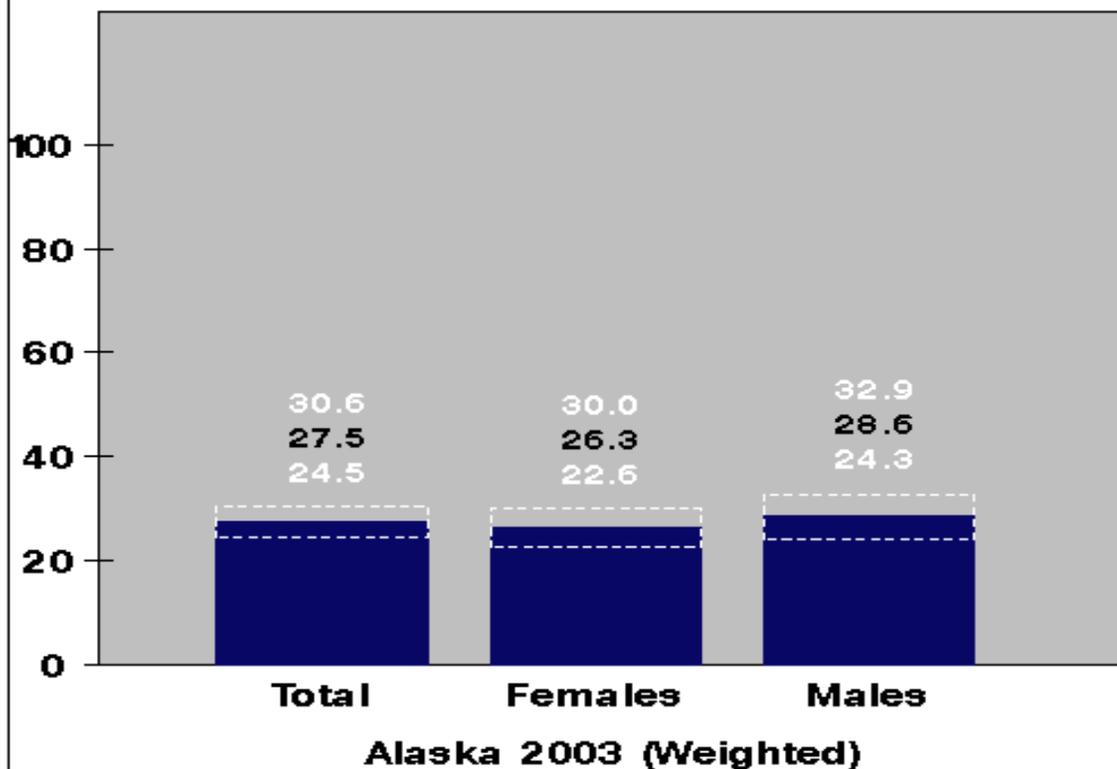
TV Hours Per Day (Youth Report)



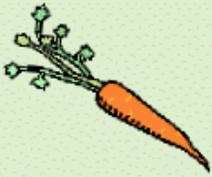
# Physical Activity and Nutrition for Alaska's Kids



Percentage of students who watched three or more hours per day of TV on an average school day



Percentages are displayed in black.  
95% Confidence interval boundaries are displayed in white.



# Physical Activity and Nutrition for Alaska's Kids

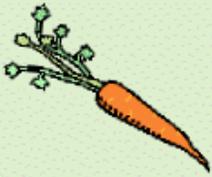


## Bad Habits Start Early

**Kids should have less than 2 hours of screen time**

- setting limits on time spent in front of a screen
- monitor time spent in front of the screen
- avoid putting a T.V. in a child's bedroom.
- Preschool children with a television in their bedroom are more likely to be overweight



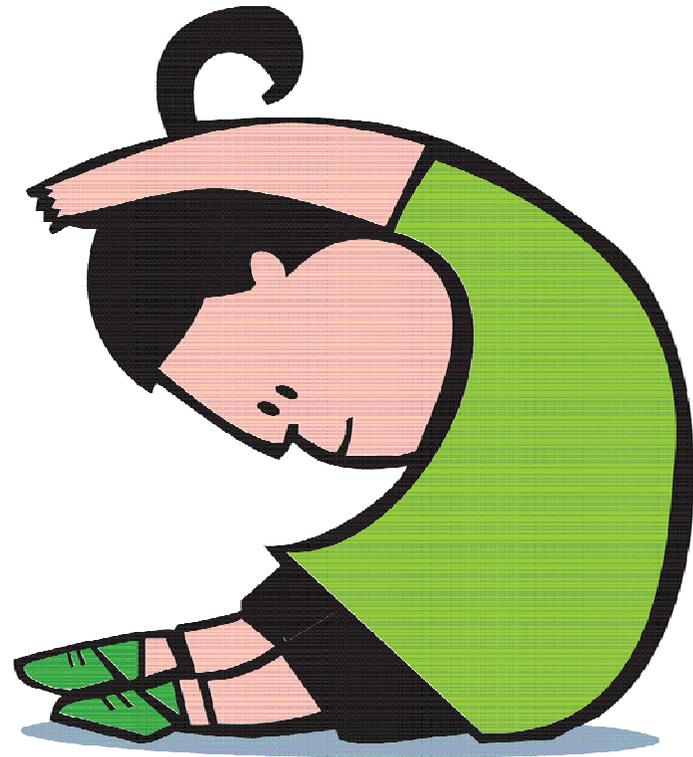


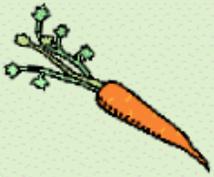
# Physical Activity and Nutrition for Alaska's Kids



## Television can be used Promote Physical Activity

- Consider watching a sporting event or outdoor recreation show and then go outside and try the activity
- Use commercial breaks
  - Have a family push-up or sit-up contest!
- Several programs include healthy behaviors.
  - Sesame Street has lessons on healthy eating
  - Oscar the Grouch promotes activity with the “Worm Workout Song”.





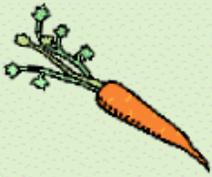
# Physical Activity and Nutrition for Alaska's Kids



## Activities to Keep Kids Busy



- Set up “play time”
  - play with blocks or Legos, or play board games.
- Invite your child to join you in the kitchen
- When kids help in the kitchen they are decreasing time spent inactive

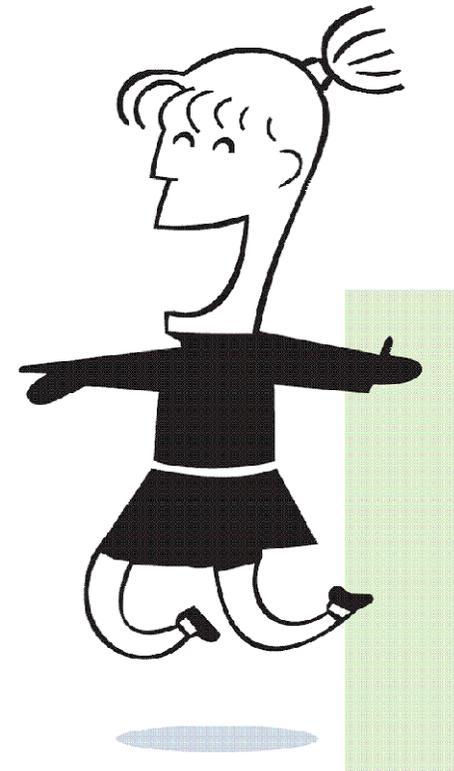


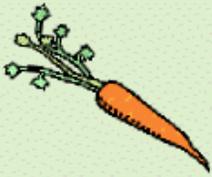
# Physical Activity and Nutrition for Alaska's Kids



## Just Move It!

- Remember....
  - Kids love to move.
  - Encourage kids to play...but plan time for activity each day too.
  - Take advantage of the Alaskan outdoors.
  - When the weather is bad – be creative!
  - Be an Activity Role Model





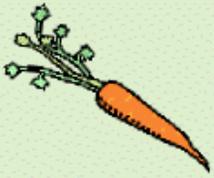
# Physical Activity and Nutrition for Alaska's Kids



# Serving Healthy Food

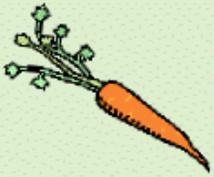
Section 3: Module 7





# Childcare Centers play a significant role in nutrition

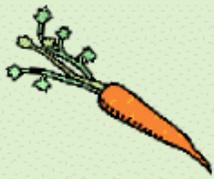
- Head Starts in Alaska
  - Serve over 3,000 children meals and snacks every school day
  - Provide children with a sense of food security
  - Share knowledge of healthy eating patterns
- Parents trust meals and snacks are nutritious



# Childcare Centers play a significant role in nutrition

Performance Standards state

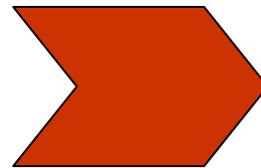
- Part-day program must provide at least  $\frac{1}{3}$  of the child's daily nutritional needs
- Full-day program must provide at least  $\frac{1}{2}$  to  $\frac{2}{3}$  of the child's daily nutritional needs

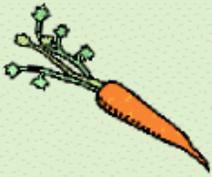


# Physical Activity and Nutrition for Alaska's Kids

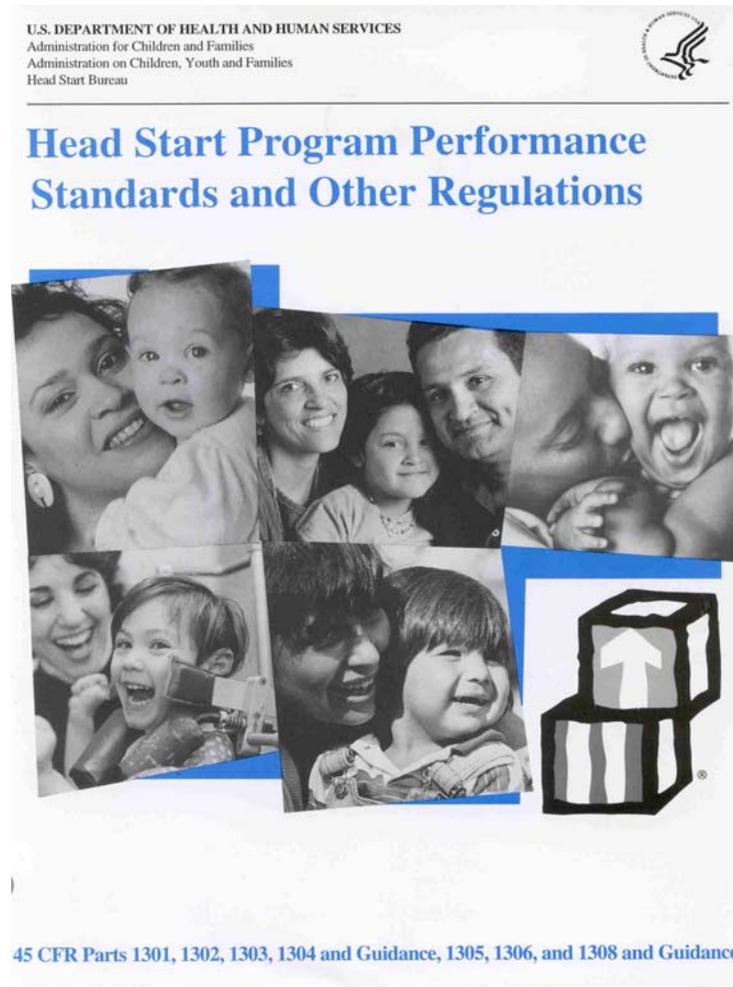


## Eating Patterns



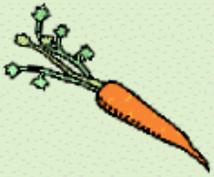


# Physical Activity and Nutrition for Alaska's Kids



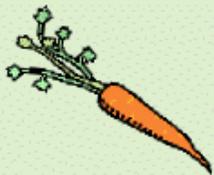
## Performance Standard 1304.23 (b)(1) Nutritional Service

- (vi) Head Start foods served must be high in nutrients and low in fat, sugar, and salt.

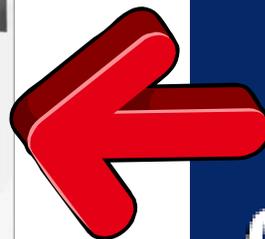
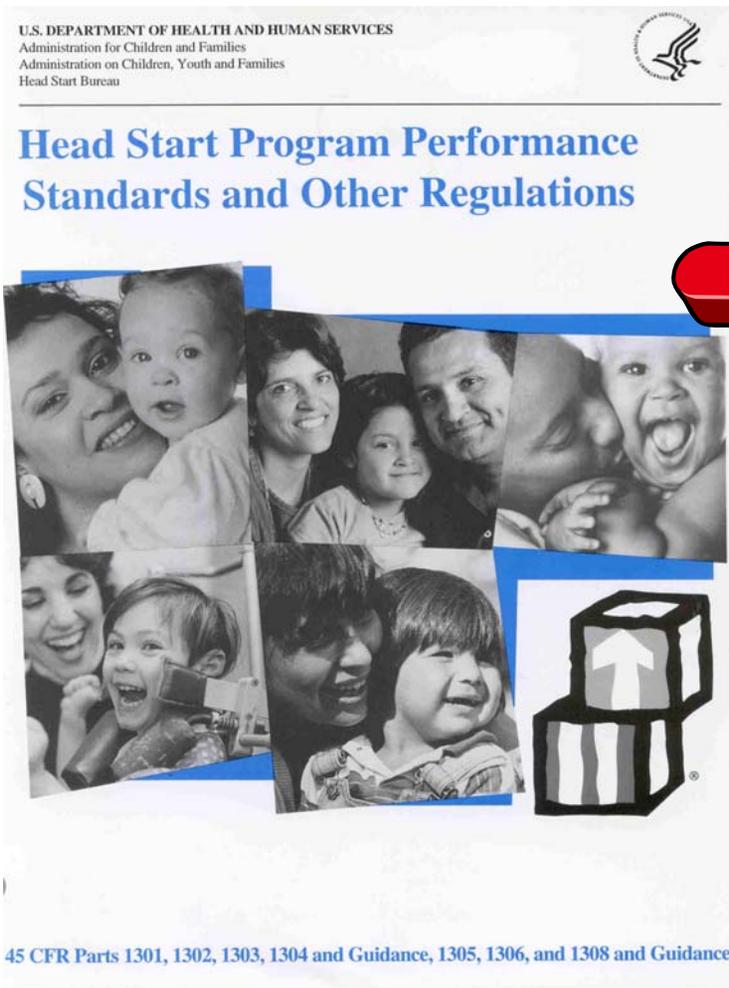


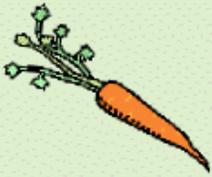
# This Presentation

- **Selecting whole grain products**
- **Offering fish, legumes, and nuts more often**
- **Serving low-fat and non-fat milk**
- **Offering fresh, frozen, and canned fruits and vegetables**
- **Reducing *trans* fat, salt, and sugar**



# Physical Activity and Nutrition for Alaska's Kids



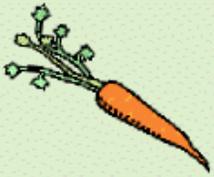


# Physical Activity and Nutrition for Alaska's Kids

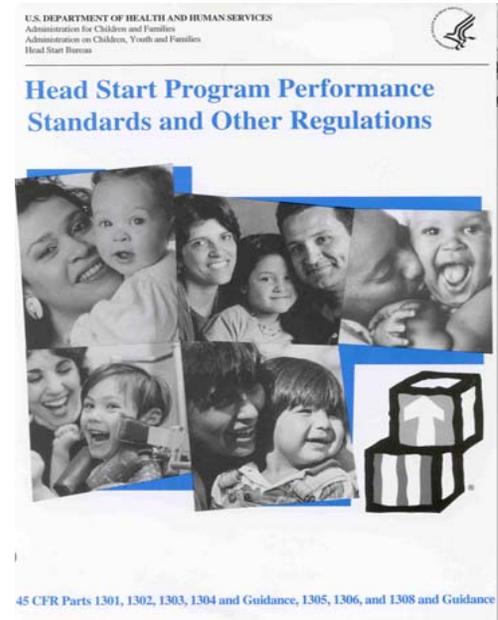
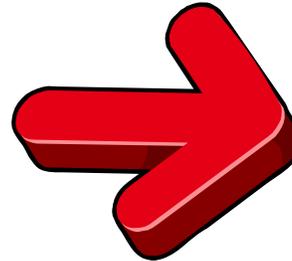


## CACFP Guidance

Child Meal Pattern Lunch or Supper			
<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12<sup>1</sup></i>
<b>1 milk</b> fluid milk	1/2 cup	3/4 cup	1 cup
<b>2 fruits/vegetables</b> juice, <sup>2</sup> fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>3</sup></b> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice  1/2 serving  1/4 cup  1/4 cup  1/4 cup	1/2 slice  1/2 serving  1/3 cup  1/4 cup  1/4 cup	1 slice  1 serving  3/4 cup  1/2 cup  1/2 cup
<b>1 meat/meat alternate</b> meat or poultry or fish <sup>4</sup> or alternate protein product or cheese or	1 ounce  1 ounce  1 ounce	1 1/2 ounces  1 1/2 ounces  1 1/2 ounces	  2 ounces  2 ounces  2 ounces



# Physical Activity and Nutrition for Alaska's Kids

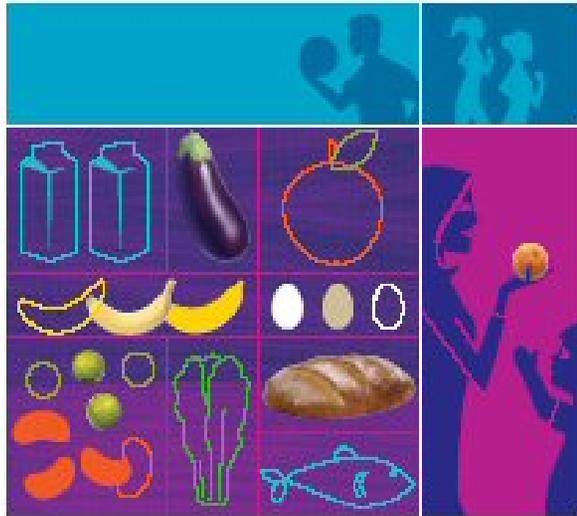


Dietary Guidelines  
for Americans  
2005





# Physical Activity and Nutrition for Alaska's Kids

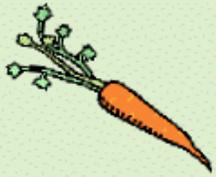


Dietary Guidelines  
for Americans  
2005



## Dietary Guidelines

## MyPyramid



# Physical Activity and Nutrition for Alaska's Kids

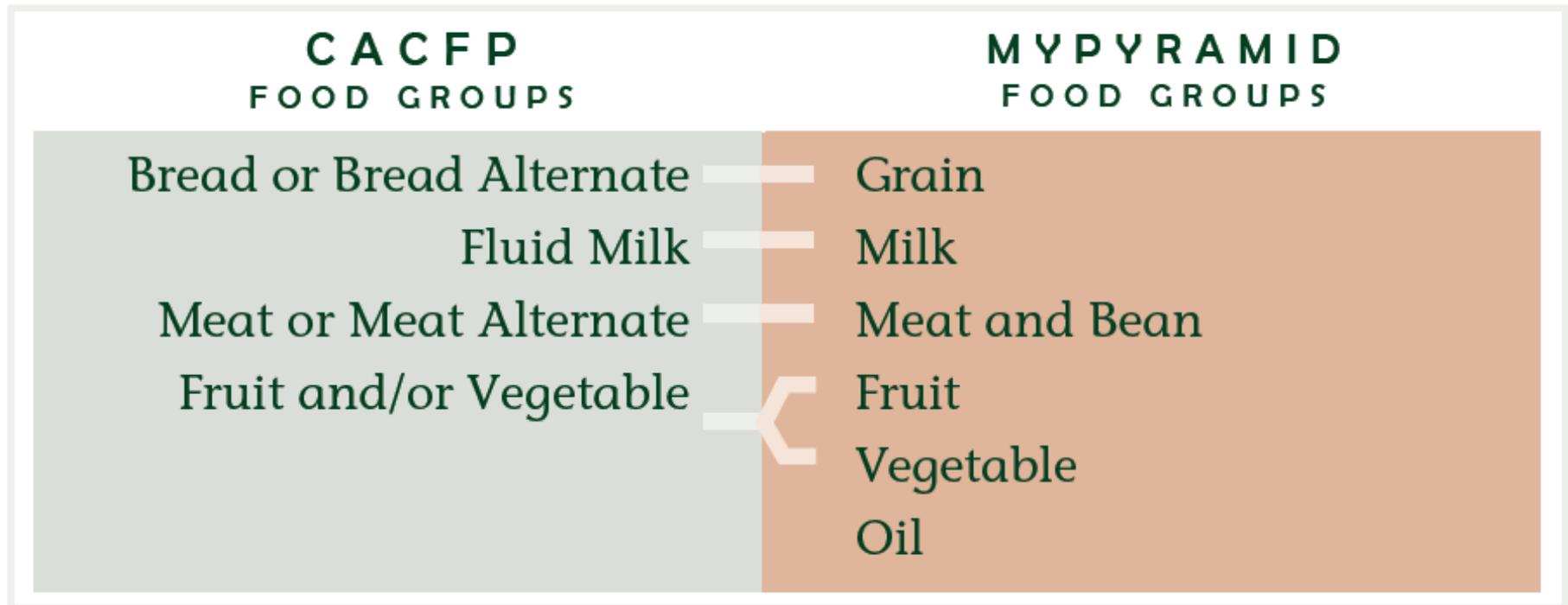
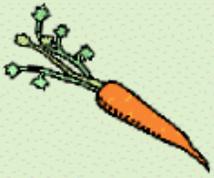


Figure 7a:



# CACFP

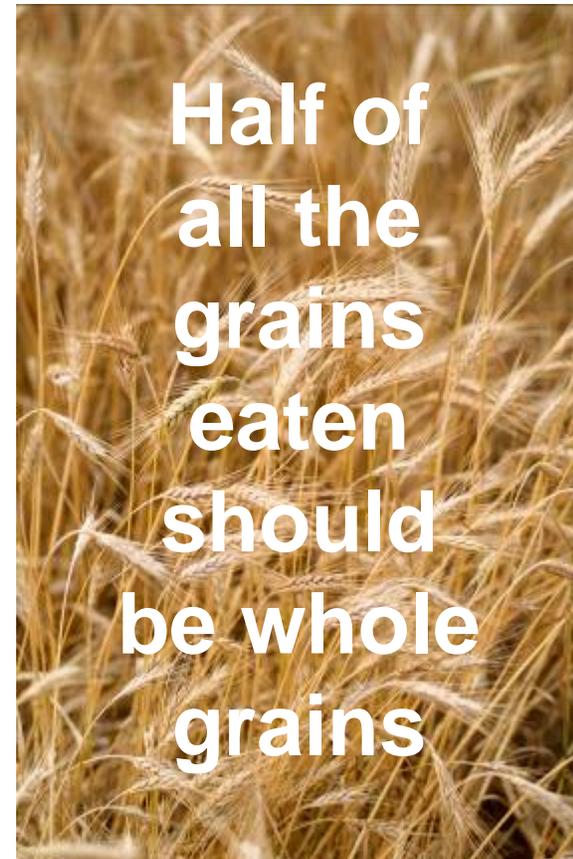
Bread or Bread

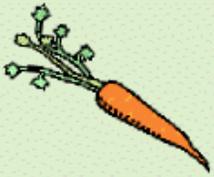
Alternate

- Enriched or fortified breads
- Encourages use of whole grain products

# My Pyramid

Grains



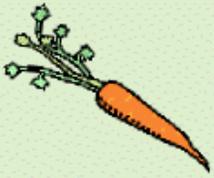


# Whole-grain means these ingredients are listed first

- Brown rice
- Bulgur
- Graham flour
- Oatmeal
- Whole-grain corn
- Whole oats
- Whole rye
- Whole wheat
- Wild rice





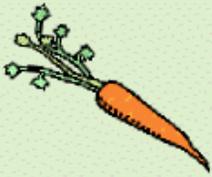


# Physical Activity and Nutrition for Alaska's Kids



## Menu Plan & Food Purchase

- Serve only whole grain breads, cereals, pancakes, & brown rice.
- Prepare all home made quick breads with whole grain flours.
- Serve whole grain pasta noodles, crackers, & pizza crust, when possible.
- Include whole grain products such as barely, quinoa, amaranth, millet, sorghum, and triticale when available.
- On the menu, list foods as whole grain



# Physical Activity and Nutrition for Alaska's Kids



## CACFP – Milk

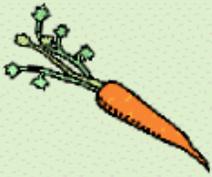
- Fluid milk
- In AK, reconstituted milk

~~– Yogurt  
– Cheese  
– Cottage Cheese~~

## My Pyramid- Milk

- Fluid Milk
  - 1% or less after age 2
- Yogurt
- Cheese
- Cottage Cheese





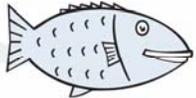
# Physical Activity and Nutrition for Alaska's Kids

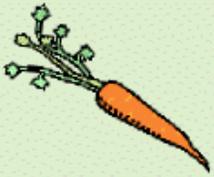


## CACFP

- Meat or Alternate
  - Lean meat (beef, pork, lamb, veal)
  - Poultry, Fish
  - Eggs
  - Legumes (Beans)
  - Peanut butter
  - Nuts
  - Cheese, Yogurt, Cottage Cheese

## MyPyramid

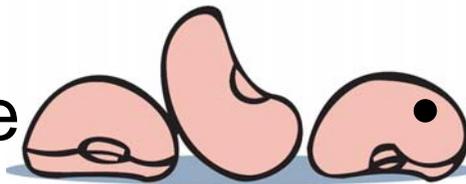
- Meat & Beans
  - Lean meat (beef, pork, lamb, veal)
  - Poultry, Fish 
  - Eggs
  - Legumes (Beans)
  - Peanut butter
  - Nuts
  - Game meat



## Legumes and Nuts

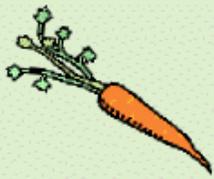
### Legumes

- low fat, high fiber, protein rich, delicious and nutritious meal
- low cost
- do not require refrigeration
- are shelf stable for many months



- Peanuts are a legume.
- Nuts and nut butters are creditable as a Meat Alternate.

Soy beans, tofu, tempeh, soy burgers, or other soy products are not creditable.



# Physical Activity and Nutrition for Alaska's Kids



**New Guidelines from the  
State of Alaska Division of  
Public Health 907.269.8000**

## Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals\* for up to:

**24 POINTS PER WEEK** \* A meal size is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

Alaska fish is good for you. State health officials recommend that everyone eats fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems in unborn babies and young children. Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.

**PER MEAL 6 Points**  
AK halibut 20–39 pounds  
All store-bought AK halibut  
AK rougheye rockfish  
AK lingcod 30–39 inches  
AK black cod (sablefish)

**PER MEAL 8 Points**  
AK halibut 40–49 pounds  
Canned albacore tuna

**PER MEAL 12 Points**  
AK halibut 50–89 pounds  
AK lingcod 40–44 inches  
AK yelloweye rockfish

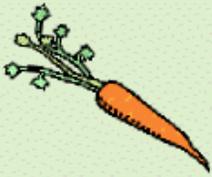
**PER MEAL 24 Points**  
AK halibut 90 pounds or more  
AK lingcod 45 inches or more  
AK salmon shark  
AK spiny dogfish

**PER MEAL 0 Points**  
**Unlimited amounts**  
All species of wild AK salmon  
AK halibut 20 pounds or less  
AK lingcod 30 inches or less:  
AK Pacific cod  
AK black rockfish  
AK walleye pollock  
Canned chunk light tuna  
AK Pacific ocean perch

Eat a variety of fish and other seafood as part of a balanced diet.

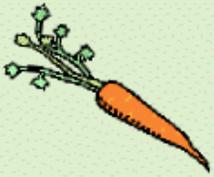
For more information:  
[www.epi.hss.state.ak.us/](http://www.epi.hss.state.ak.us/)  
(907) 269-8000



## Menu Plan & Prep

- Prepare meat, poultry, and fish from scratch.
- Use low-fat methods such as trimming all visible fat and removing skin.
- Cook meat and poultry by broiling, poaching, roasting, stewing, steaming, stir frying, or using the crock pot.
- Use vegetable oils for cooking meats.
- Serve low-fat and non-fat dairy
- Serve Alaskan fish more often
- Serve legumes as soups, salads, casseroles, etc
- Avoid processed meat products



# Physical Activity and Nutrition for Alaska's Kids



## CACFP

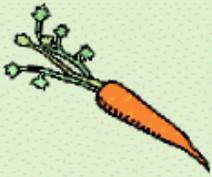
### Fruits and Vegetables

- Fresh, frozen or canned
- 100% juice
- Legumes (beans) and peas



## MyPyramid

- **Fruit**
  - Fresh, frozen or canned
  - 100% juice
- **Vegetables**
  - Fresh, frozen or canned
  - 100% juice
  - Legumes (beans) and peas



# Physical Activity and Nutrition for Alaska's Kids



## CACFP

### Fruits and Vegetables

- Fresh, frozen or canned
- 100% juice
- Legumes (beans) and peas



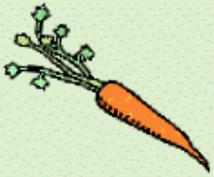
## MyPyramid

### Fruit

- Fresh, frozen or canned
- 100% juice

### Vegetables

- Fresh, frozen or canned
- 100% juice
- Legumes (beans) and peas

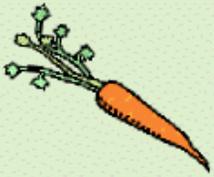


# Physical Activity and Nutrition for Alaska's Kids



## 7c: Comparing Juice to Whole Fruit

	1/2 Cup 100% Grape Juice	1 Cup Whole Grapes
Grams of Fiber	0	2
Calories	75	62
Grams of Sugar	19	15

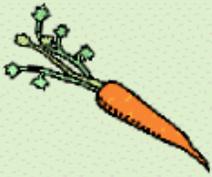


# Physical Activity and Nutrition for Alaska's Kids



**Avoid  
serving  
juice**





# Physical Activity and Nutrition for Alaska's Kids



CANNED IN WATER

CANNED IN HEAVY SYRUP

## Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving

**Calories** 24      **Calories from Fat** 1

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 3mg      0%

**Total Carbohydrate** 6g      2%

Dietary Fiber 1g      5%

Sugars 5g

**Protein** 0g

**Vitamin A** 11%      **Vitamin C** 5%

**Calcium** 0%      **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving

**Calories** 74      **Calories from Fat** 1

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 6mg      0%

**Total Carbohydrate** 20g      7%

Dietary Fiber 1g      5%

Sugars 19g

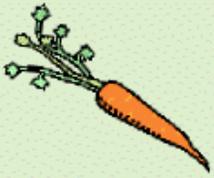
**Protein** 0g

**Vitamin A** 7%      **Vitamin C** 5%

**Calcium** 0%      **Iron** 1%

\*Percent Daily Values are based on a 2,000 calorie diet.

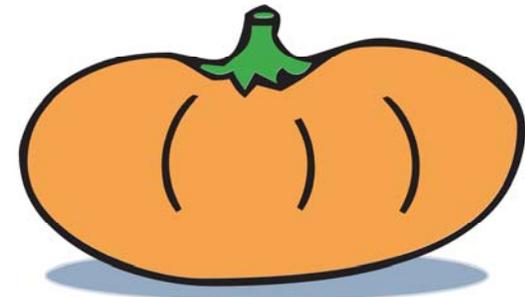
Figure 7d: Peaches

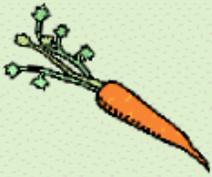


# Physical Activity and Nutrition for Alaska's Kids



The Dietary  
Guidelines  
discourage serving  
processed potatoes  
because they are  
high in fat and salt





# Physical Activity and Nutrition for Alaska's Kids



## CARROTS, CANNED

### Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving

**Calories 25**      **Calories from Fat 2**

% Daily Value\*

**Total Fat g**      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol 0mg**      0%

**Sodium 242mg**      10%

**Total Carbohydrate 6g**      2%

Dietary Fiber 5g

Sugars 2g

**Protein 1g**

**Vitamin A 223%**      **Vitamin C 5%**

**Calcium 2%**      **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet.

## CARROTS, FROZEN

### Nutrition Facts

Serving Size 100 grams (100g)

Amount Per Serving

**Calories 36**      **Calories from Fat 4**

% Daily Value\*

**Total Fat 0g**      1%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol 0mg**      0%

**Sodium 68mg**      3%

**Total Carbohydrate 8g**      3%

Dietary Fiber 3g

Sugars 5g

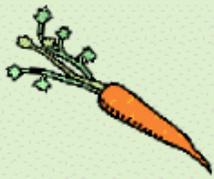
**Protein 1g**

**Vitamin A 225%**      **Vitamin C 4%**

**Calcium 4%**      **Iron 2%**

\*Percent Daily Values are based on a 2,000 calorie diet.

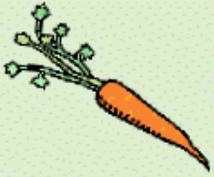
Figure 7e: Carrots



# Physical Activity and Nutrition for Alaska's Kids



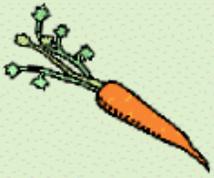
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	White <b>Banana</b>	Blue/Purple <b>Raisins</b>	Red <b>Frozen Strawberries</b>	Orange/Yellow <b>Canned Apricots</b>	Dark Green <b>Green Apple</b>
SNACK	Dark Green <b>Cucumber Coins</b>	Red <b>Red Bell Pepper Sticks</b>	Orange/Yellow <b>Carrot Sticks</b>	Blue/Purple <b>Purple Cabbage Slaw</b>	Blue/Purple <b>Tundra Picked Blueberries</b>
LUNCH	Red and Blue/Purple <b>Baked Red Potatoes with Canned Prunes</b>	Orange/Yellow and Dark Green <b>Mashed Sweet Potatoes with HoneyDew Melon</b>	White and Red <b>Mashed Turnips and Pickled Beets</b>	Orange/Yellow and Dark Green <b>Broccoli and Canned Pineapple</b>	White and Dark Green <b>Cauliflower and Canned Green Pears</b>



## Menu Plan & Food Purchase

- Serve a fruit and a vegetable at lunch
- Avoid serving processed potatoes as vegetables
- Serve fresh and frozen vegetables more often
- Do not add salt or fat when cooking vegetables.
- Serve a variety of colorful fruits and vegetables
- Serve juice rarely and only as a snack
- Serve canned fruit packed in water or its own juice.
- Make your own fruit sauce by blending frozen or canned fruit
- Serve sliced fruit.

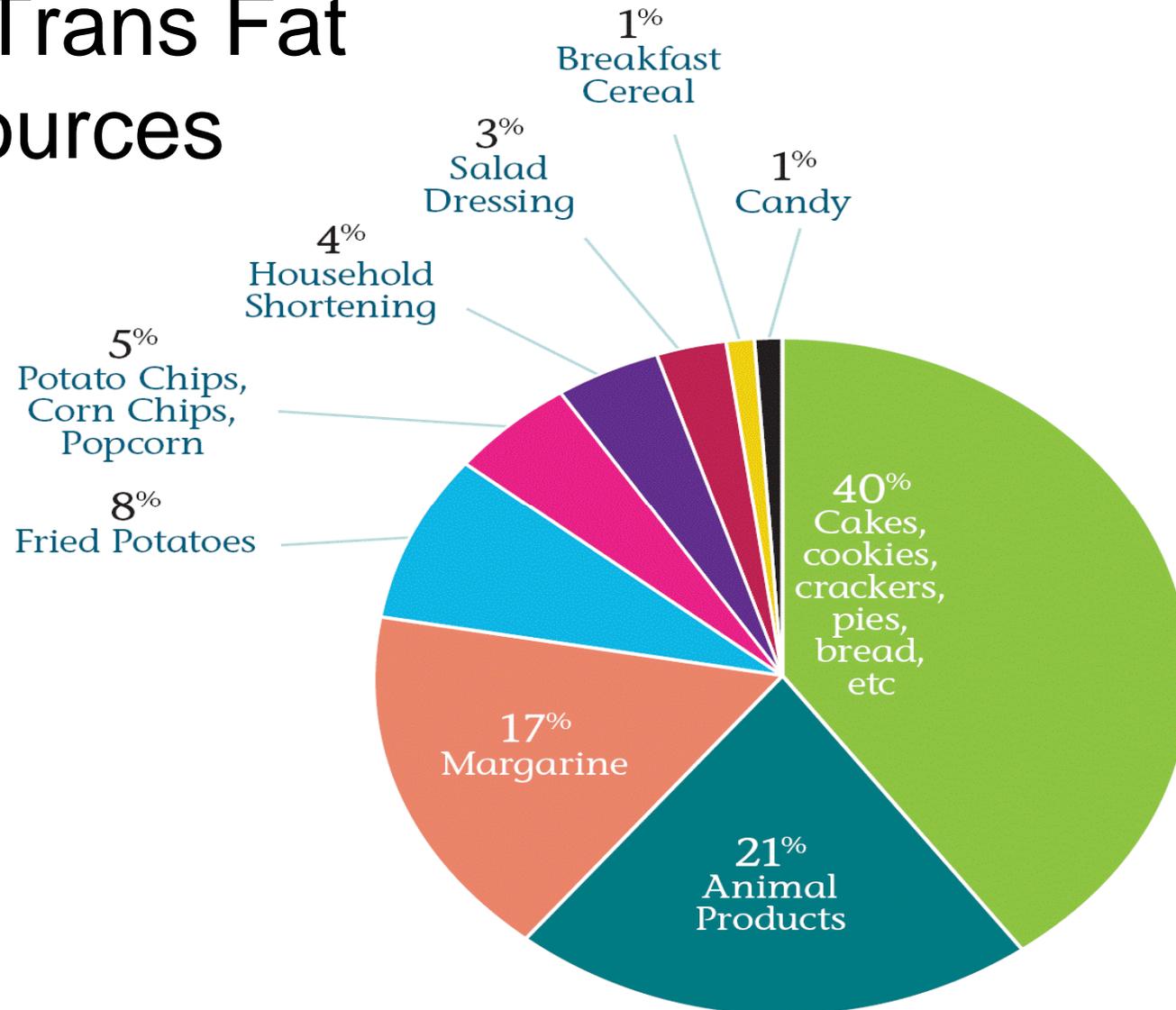


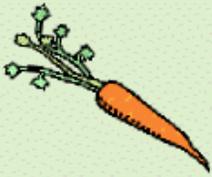


# Physical Activity and Nutrition for Alaska's Kids



Figure 7h: **Trans Fat Sources**





# Physical Activity and Nutrition for Alaska's Kids



## Menu Plan & Food Purchase



- *Hydrogenator used to partially hydrogenate vegetable oils to create trans fats*

- Purchase food with zero *trans* fat
- Reduce the number of foods served made with partially hydrogenated vegetable oil

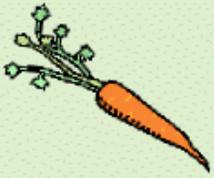


Figure 7i: **Sneaky Names for Sugar**

High fructose  
corn syrup

Corn  
sweetener

Malt syrup

Glucose

Corn syrup

Lactose

Fructose

Sucrose

Brown sugar

Maltose

Molasses

Honey

Invert sugar

Dextrose

Fruit juice  
concentrates

Syrup

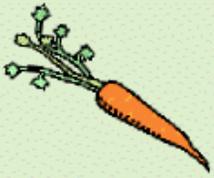
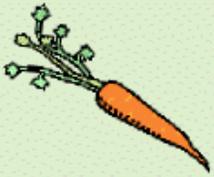


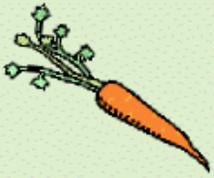
Figure 7i: **Sneaky Ingredient List**

**Ingredients:** Whole grain wheat, **sugar**, salt, **corn syrup**, canola and/or rice bran oil, **brown sugar syrup**, trisodium phosphate, natural flavor.

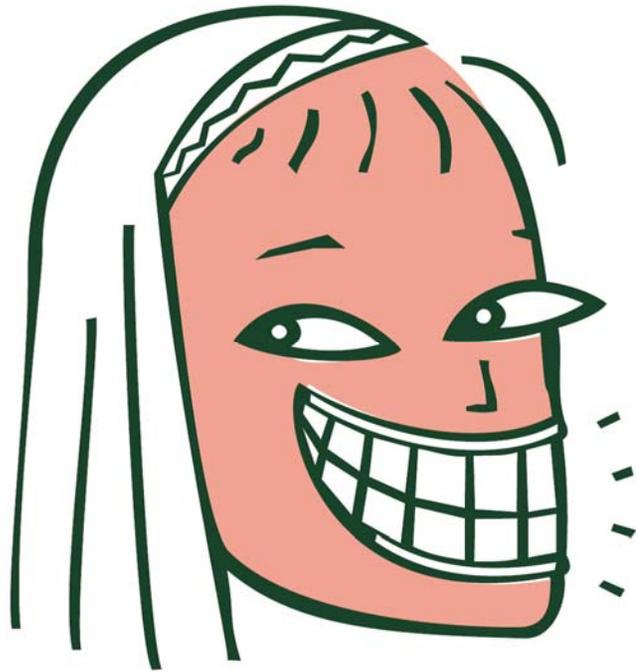


## **Menu Plan & Food Purchase**

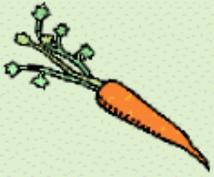
- **Avoid foods with sugar listed as one of the top three ingredients or listed several times**
- **Do not allow added sugar, syrup or sweeteners added at the table**
- **Do not serve sweet foods such as baked products or candy**



# Physical Activity and Nutrition for Alaska's Kids



Serving  
nutritious food  
to children will  
help kids grow  
up healthy and  
strong.



# Physical Activity and Nutrition for Alaska's Kids

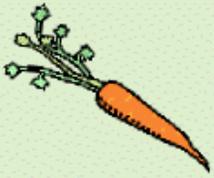


# Serving Traditional Food

Section 3: Module 8

---





# Physical Activity and Nutrition for Alaska's Kids

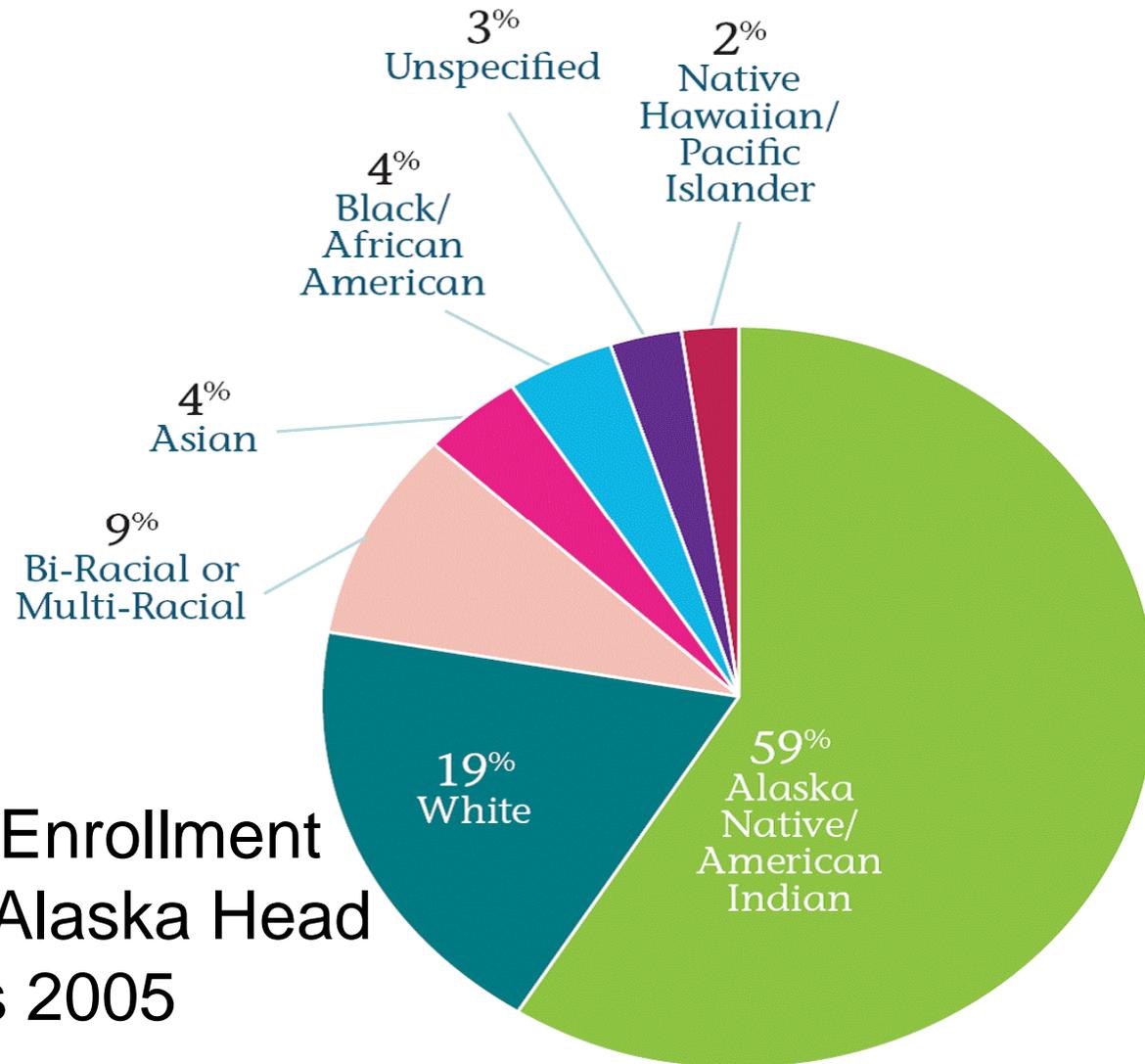
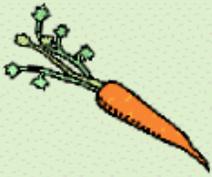
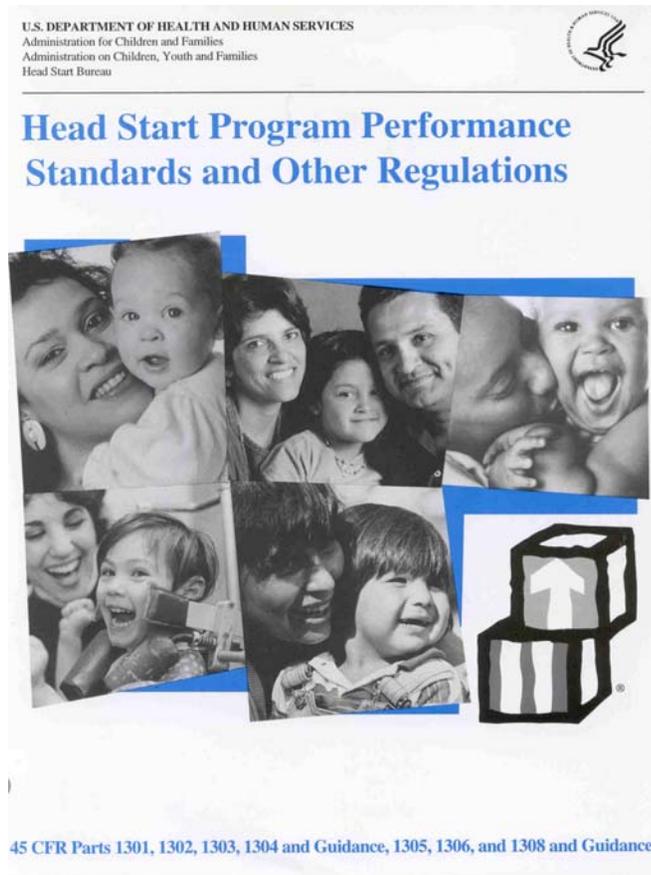


Figure 8a: Total Enrollment by Ethnicity in Alaska Head Start Programs 2005

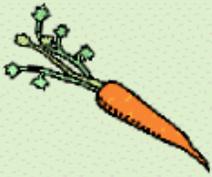


# Physical Activity and Nutrition for Alaska's Kids



## Performance Standard 1304.23 (b)(1) Nutritional Service

- (1) ..... Also, the nutrition program must serve a variety of foods which consider cultural and ethnic preferences and which broaden the child's food experience.



# Physical Activity and Nutrition for Alaska's Kids



DEPARTMENT OF  
ENVIRONMENTAL CONSERVATION



18 AAC 31

Alaska Food Code

As amended through December 1, 2004

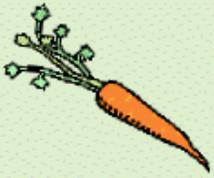
Frank Murkowski  
Governor

Kurt Fredriksson  
Acting Commissioner

SLIDE

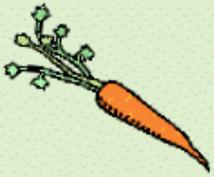
4

MODULE  
EIGHT



# Serve Traditional Foods

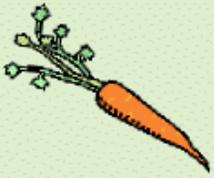
- **Enlist community support for regular service of traditional foods**
  - Parents
  - Food service staff
  - Local fisherman, hunters, and gathers
- **Learn the Alaska Food Code regulations**



# Traditional Foods are Healthy

- Good nutrition
- Exercise
- Affordable food
- Preserve cultural heritage
- Are natural
- Do not contain additives or preservatives
- Good source of nutrients

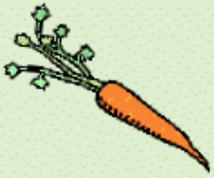




# Nutrients Children Need

- Protein-builds muscle
- Calcium-strong bones and teeth
- Vitamin A-helps fight infections, vision health, healthy skin
- Vitamin C- Fights infections, helps body use iron, heals wounds, prevents cancer
- Iron- provides energy, improves learning



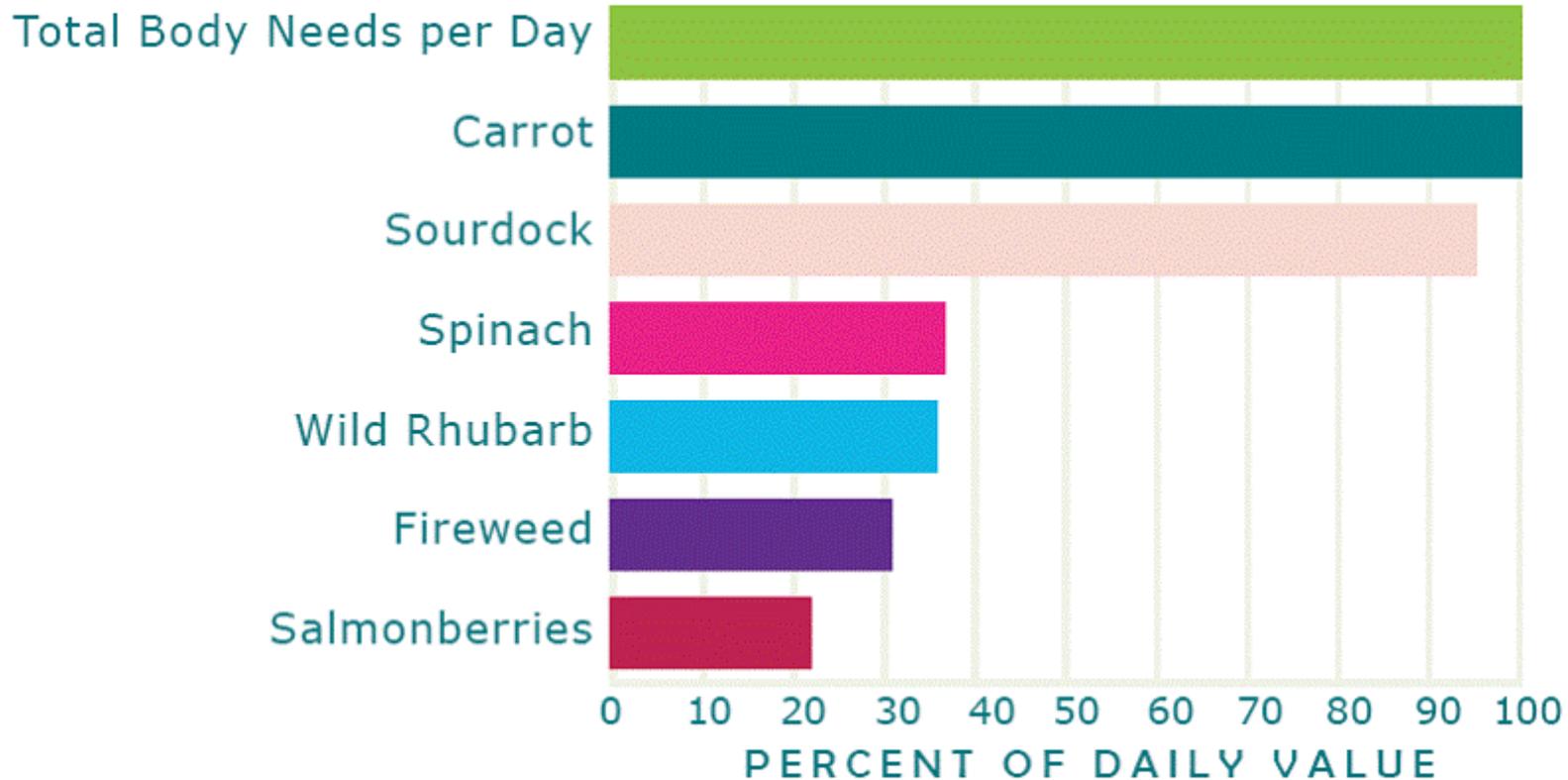


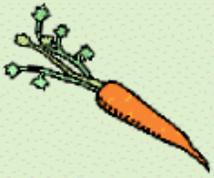
# Physical Activity and Nutrition for Alaska's Kids



Figure 8b: **Vitamin A in Selected Raw Food**

1/2 cup Servings



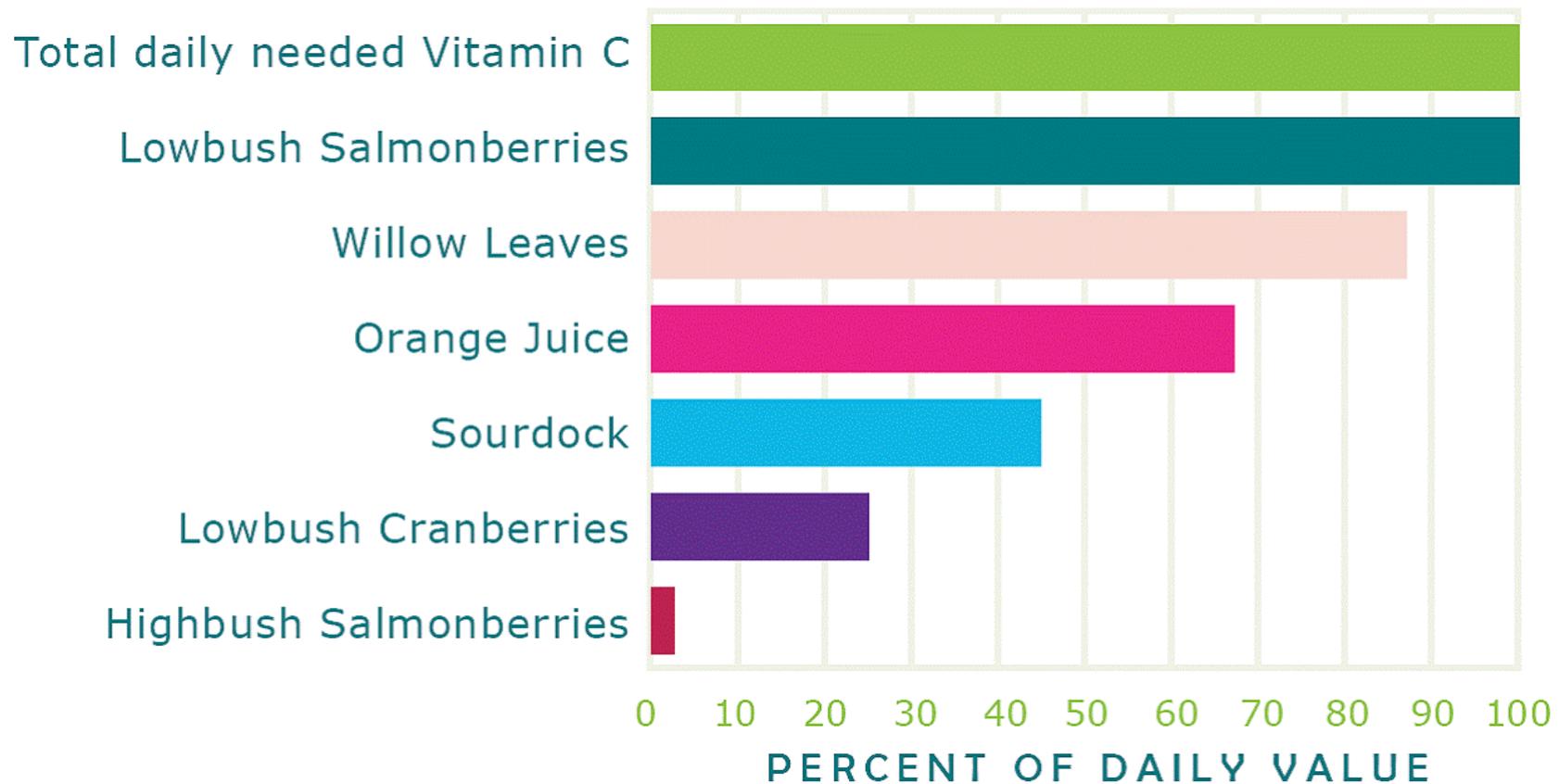


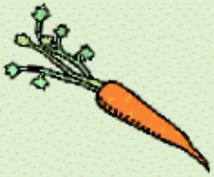
# Physical Activity and Nutrition for Alaska's Kids



Figure 8c: Vitamin C in Selected Raw Foods

½ cup Servings





# Physical Activity and Nutrition for Alaska's Kids

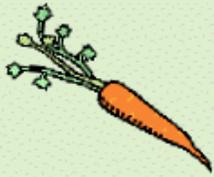


## Health Benefits of Traditional Diet



### Alaska fish and sea Mammals

- Rich in Omega-3 fats
- Rich in unsaturated fats
- Sea mammals are high in iron, A and D



# Physical Activity and Nutrition for Alaska's Kids



## Guide to Eating Fish for Alaska Women and Children

Mix and match your fish meals\* for up to:

**24 POINTS  
PER WEEK**

\* A **meal size** is 6 ounces (uncooked weight) for adults and 3 ounces for children age 12 years and under.

PER MEAL  
**6  
Points**

AK halibut 20–39 pounds  
All store-bought AK halibut  
AK roughey rockfish  
AK lingcod 30–39 inches  
AK black cod (sablefish)

PER MEAL  
**8  
Points**

AK halibut 40–49 pounds  
Canned albacore tuna

PER MEAL  
**12  
Points**

AK halibut 50–89 pounds  
AK lingcod 40–44 inches  
AK yelloweye rockfish

PER MEAL  
**24  
Points**

AK halibut 90 pounds or more  
AK lingcod 45 inches or more  
AK salmon shark  
AK spiny dogfish

**A**laska fish is good for you. State health officials recommend that everyone eats fish at least twice a week. All fish contain some level of mercury, a toxic metal that can harm the developing nervous systems in unborn babies and young children.

Women who are or can become pregnant, nursing mothers and children 12 and under should follow these guidelines to limit their mercury intake. Everyone else can eat as much seafood as they like.

PER MEAL  
**0  
Points**

### Unlimited amounts

All species of wild AK salmon  
AK halibut 20 pounds or less  
AK lingcod 30 inches or less  
AK Pacific cod  
AK black rockfish  
AK walleye pollock  
Canned chunk light tuna  
AK Pacific ocean perch

Eat a variety of fish and other seafood as part of a balanced diet.



For more information:  
[www.epi.hss.state.ak.us/](http://www.epi.hss.state.ak.us/)  
(907) 269-8000



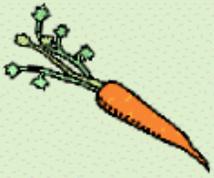
## Alaskan Fish & Mercury

- Good News! All species of Alaska wild salmon have very low mercury levels
- Please check with the State of Alaska, Division of Public Health Web site or by call 907-269-8000 to learn the mercury current fish consumption guidelines.

SLIDE

11

MODULE  
EIGHT



## Health Benefits of Traditional Diet

- **Traditional game meats**

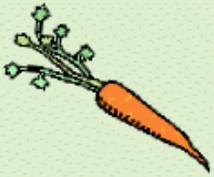
- Low in cholesterol and saturated fat



- Saturated fat is linked to heart disease

- High in iron

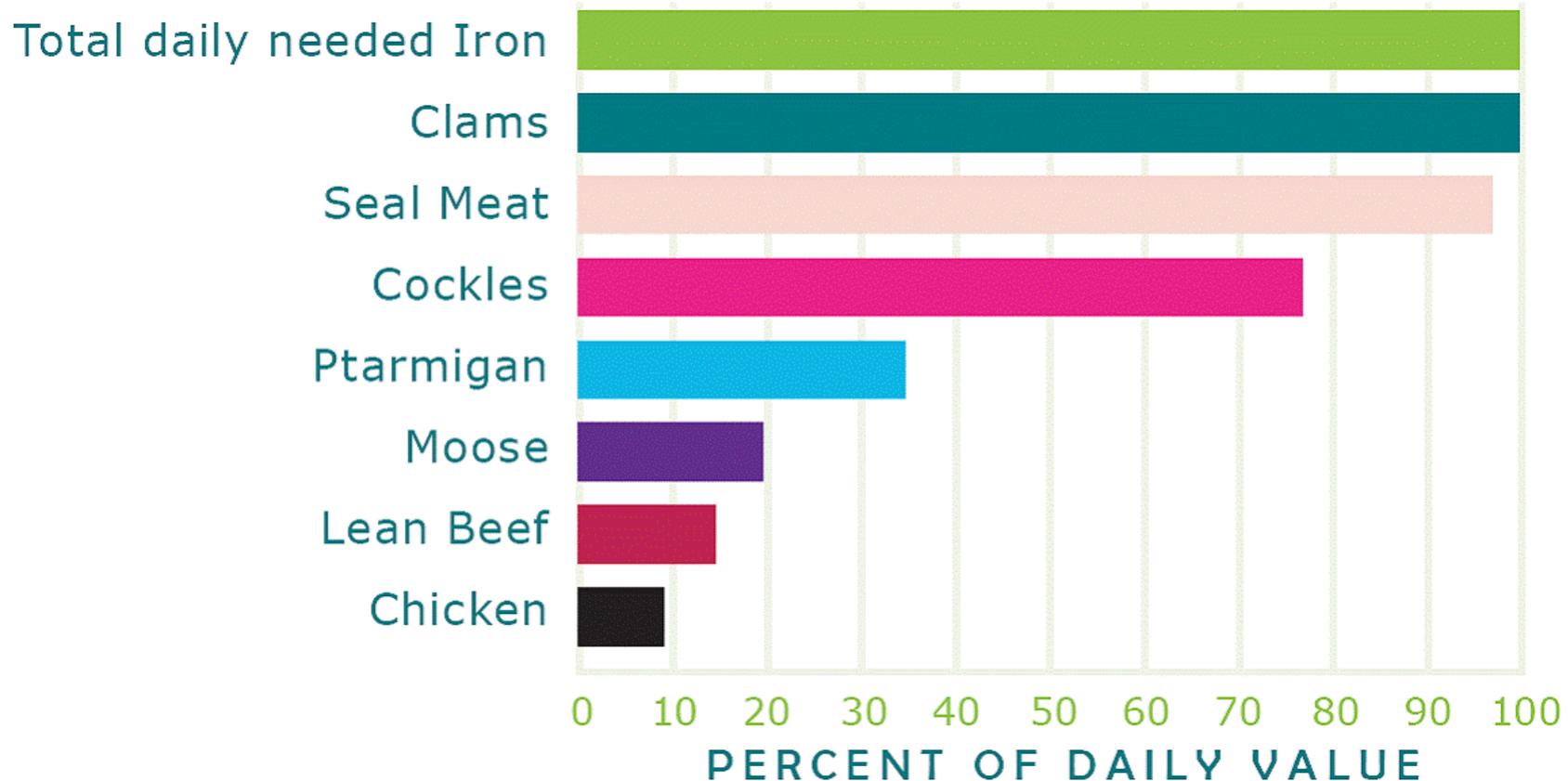


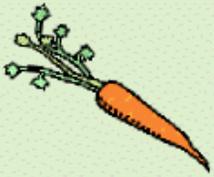


# Physical Activity and Nutrition for Alaska's Kids

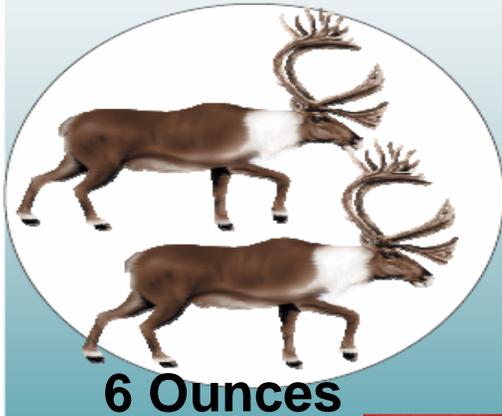


Figure 8d: **Iron Selected Meat**  
3 ounces portion

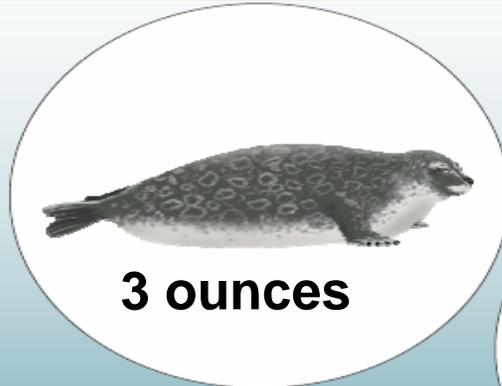




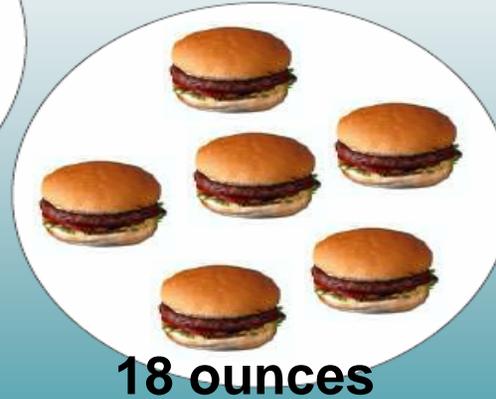
# Physical Activity and Nutrition for Alaska's Kids



6 Ounces



3 ounces

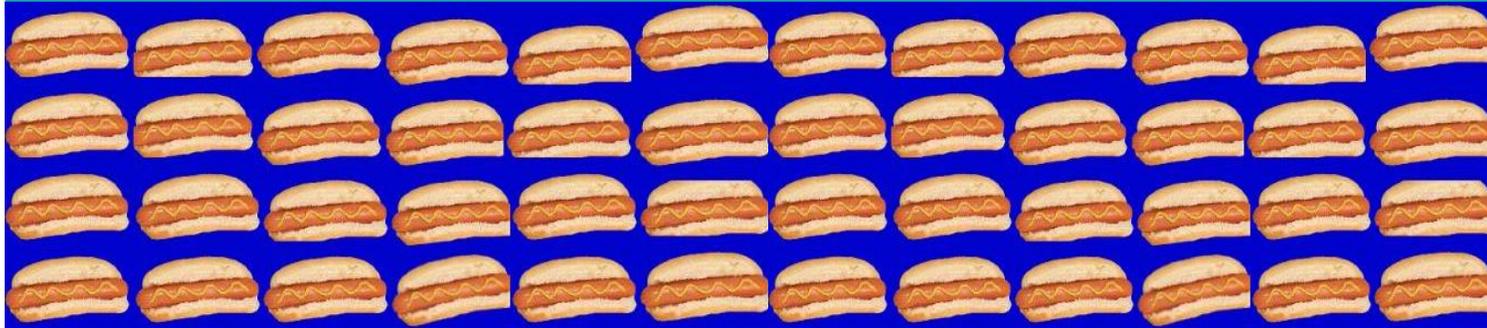


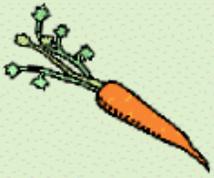
18 ounces



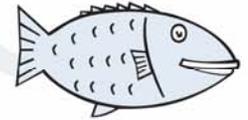
how many hotdogs?

**IRON 56 hot dogs**

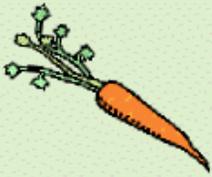




# Physical Activity and Nutrition for Alaska's Kids

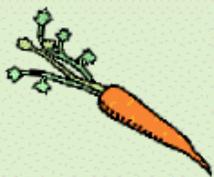


Children would benefit  
nutritionally from eating more  
traditional foods.



# Community Meeting

- **Head Starts will want to assess**
  - The capacity of their food service staff and kitchen
  - If the kitchen is designed for cooking from scratch
  - If the food service staff have enough time allotted to cook from scratch.
- **If the kitchen and food service staff can**
  - Enlist community support



# Physical Activity and Nutrition for Alaska's Kids



# Community Meeting

To increase  
interest and  
knowledge about  
donating  
traditional foods  
to Head Start!



Physical Activity and Nutrition  
for Alaska's Kids



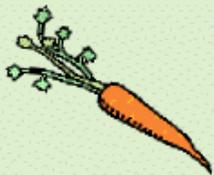
## Presentations



SLIDE

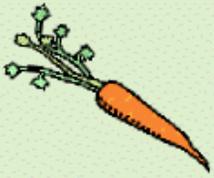
17

MODULE  
EIGHT



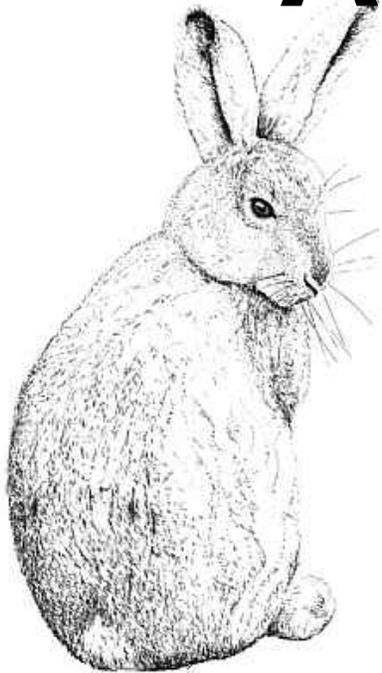
# Physical Activity and Nutrition for Alaska's Kids



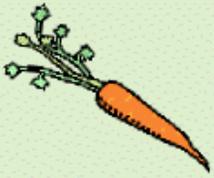


# Alaska Food Code

- What can be donated
- What is prohibited
  - Planning
  - Harvest
  - Transportation
  - Receipt and storage
- Preparation and processing



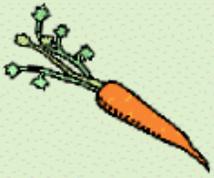
© ADF&G



## Edible Nontoxic Berries!

- Cranberries
- Blueberries
- Fireweed
- Rosehips
- Dandelions
- Wild Currants
- Salmonberries





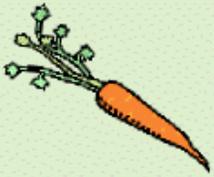
# Physical Activity and Nutrition for Alaska's Kids



## Traditional Wild Game Meat!



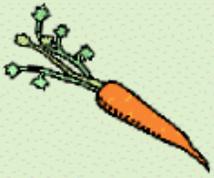
- Fish
- Hare
- Duck
- Goose
- Moose
- Beaver
- Muskrat
- Reindeer
- Caribou
- Sea Mammals



## RESTRICTED FOODS

- Unpermitted Shellfish
- Fox
- Polar Bear
- Walrus
- Bear
- Seal and Whale Oil
- Fermented Fish
- Home-canned foods
- Vacuum-sealed foods
- Fermented Game
- Unpermitted smoked/dried Fish

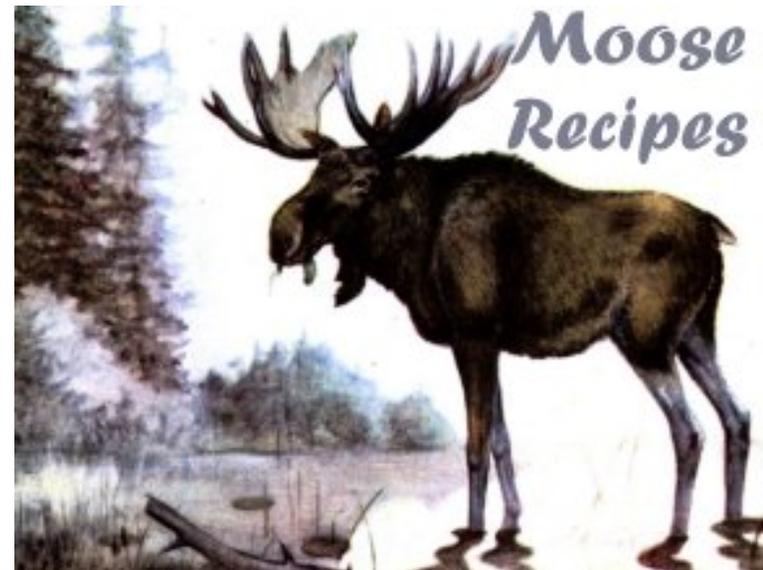


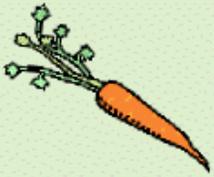


# Harvest

## Reasonable determination

- That the animal was not diseased
- The food was butchered, dressed, transported, and stored to prevent properly
- Food will not cause a significant health hazard or potential for human illness

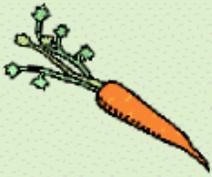




## Ask Questions about Donation

- Was it a healthy animal?
- Was animal eviscerated within an hour of harvest?
- Was meat chilled to below 41°F?
- Was meat covered?
- Was meat kept separate from non-food items?
- Was meat kept cold during transport and storage?





# Physical Activity and Nutrition for Alaska's Kids



## Receipt and Storage



### Donation

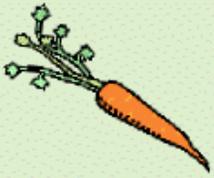
- Whole, gutted, gilled and in quarters or roasts

### Maintain Records

- Donation date
- Person donating
- Type of food

### Storage

- Packaged to prevent contamination
- Kept at proper temperature
- Labeled and stacked in designated area
- Raw wild game stored below all other foods



# Physical Activity and Nutrition for Alaska's Kids



Keep Frozen

Donated Caribou  
Roast

Hunter: Trent Carson

NOT AN INSPECTED  
PRODUCT

Cook all parts of game  
meat to an internal  
temp of 165°F for  
15 seconds

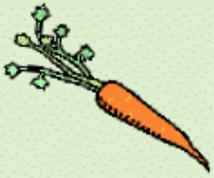
Figure 8e:

## Label for Donated Caribou

SLIDE

26

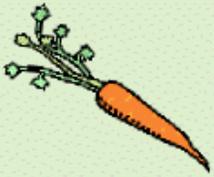
MODULE  
EIGHT



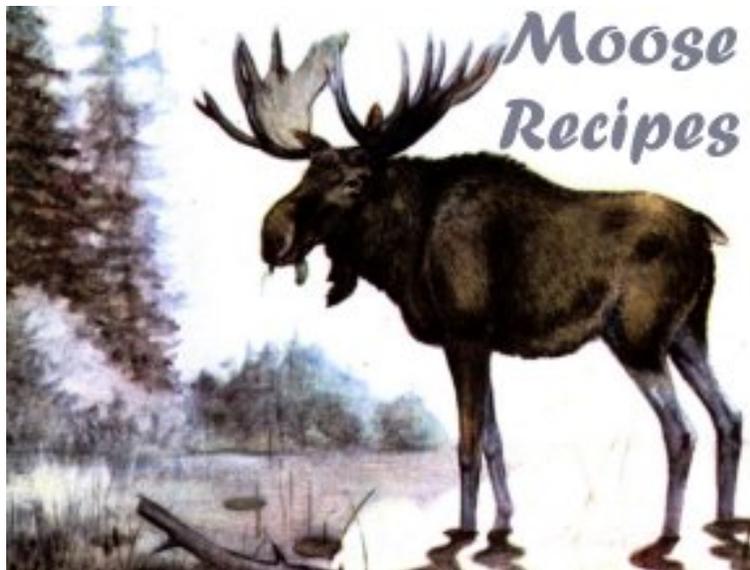
# Prevent Cross-Contamination

- Keep donated foods separate by space and time
- Clean and sanitize prior to and following processing

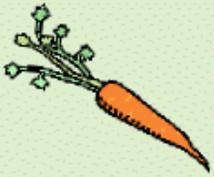




# Cooking Game Meat



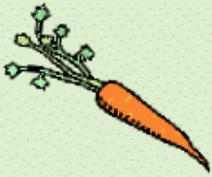
- Thaw seafood or meat in refrigerator or during cooking process
- Cook game meat to 165° F
- Cook seafood to 145° F
- Hold meat at 140° F prior to service
- Avoid cooling and reheating meats



# Recipes

- From community members
- In published Alaska Native Foods cook books
- Can substitute traditional foods
  - 1# moose = 1# beef





## What We Learned



- The nutritional benefits of traditional foods
- Determining capacity to prepare traditional foods
- How to involve the community
- A Review of the Alaska Food Code