

## Passport to Million Dollar Health – Answers for Kids

### 1. How many cups of fruits and vegetables should you eat every day for good health?

**Answer:** Elementary-age children (K-5) need 2½ to 5 cups of fruits and vegetables every day. Did you know that you can use your hands as measuring cups? One cupped handful of fruits or veggies is about ½ cup. Two cupped hands held together equals about 1 cup.

### 2. What are three things you can do to increase the amount of fruits and vegetables in your daily meals and snacks?

**Answer:** To get more fruits and vegetables in your daily meals and snacks:

Meal/snack ideas:

- Add fruit, like strawberries, bananas or blueberries, to your unsweetened cereal at breakfast.
- Ask your parents to help you prepare some ready-to-eat fruits and vegetables to keep in the refrigerator or on the counter.
- Help fix a salad or other vegetable for dinner.
- Have fruit or fruit salad after dinner as a dessert.
- Snack on fruits and veggies.
- Slice fruit and use lowfat vanilla yogurt as a dip.
- Munch on dried fruit.
- Add fruits and veggies to foods you already eat.
- Replace the jelly on your peanut butter sandwich with fresh fruit slices.
- Add crunchy veggies to your sandwich.
- Add veggies to your favorite soup or pasta dish.
- Put chopped vegetables on a baked potato.
- Place a handful of rinsed grapes in a sandwich bag in the freezer. Take it out after two to three hours, and enjoy a fresh, cool, and healthy snack.
- Try baby carrots or carrot sticks, cherry tomatoes, cucumber slices, and celery sticks with lowfat ranch dressing.
- Make some trail mix using dried fruit and nuts for a quick snack that you can carry with you.
- Ask your parents to make a healthy smoothie using frozen fruit, 100% juice, and lowfat yogurt.
- If you're taking your lunch to school, have your parents add an apple, orange or canned fruit (in 100% juice).
- Make your dinner plate more colorful by adding different colored vegetables to it.

Other ideas:

- Plant a vegetable garden with your parent(s). Instead of only eating veggies from the store, you'll also eat food that you actually grew!
- On the weekends, help prepare fruits and vegetables that you can snack on during the week. Chop some veggies and put them in containers in the fridge. Make a fruit bowl for the counter.
- When you're grocery shopping with your parents, ask if you can choose 2 new fruits and/or vegetables to try this week.
- Make sure your parents know which fruits and vegetables you like. Be open to trying new fruits and vegetables so you can add more to your list of favorites.
- Bring fruits and vegetables as snacks during classroom celebrations to share healthy food you love with your friends and classmates.

**3. How many minutes of physical activity should you get every day for good health?**

**Answer:** Children and teens need at least 60 minutes of physical activity every day for good health. It's best if the activities are moderate to vigorous – the kind that make you breathe harder and sweat!

**4. What are three things you can do to increase the amount of physical activity you get every day?**

**Answer:** To increase the amount of physical activity you get every day, choose activities that you enjoy, such as:

- If you're watching TV, take an energy break during commercials and jump rope, run in place, do jumping jacks, or stretch your muscles!
- Take a walk to your friend's house, around your neighborhood, or even the mall. Make sure it's safe to walk and don't forget to ask your parent's permission!
- Join your school's walking club.
- Walk your dog – or ask a friend or neighbor if you can walk theirs.
- Do your chores around the house.
- Go rollerblading or skateboarding with friends.
- Play a sport in the park – soccer, kickball, baseball, softball, volleyball, basketball, or tennis.
- Go for a swim!
- Choose something active to do during recess at school, like playing tag with your friends or practicing your soccer or basketball moves.
- Ask your parents to walk you to school – or stop the car a couple of blocks away and walk from there.
- Go for a walk with your family.
- Check your local rec center for fun activities like swimming, soccer, or basketball. Sign up solo or with friends and get ready to have a ball getting

your physical activity! Or just grab a ball, flying disc, jump rope, or hula hoop and have some fun play time with those!

- Form two teams among your family and have some healthy competition doing relay races or playing a game of volleyball, tag, or softball.
- Dust off your bike, skates, or skateboard and get your body in motion! Always wear your helmet and other safety protection when using your equipment.
- Try hitting a tennis ball against a brick wall. Count how many times in a row you can hit the ball without missing. Then try to beat your own record.
- If basketball is your thing, try shooting hoops and see how many free throws you can sink.
- If you're into soccer, grab a ball and see how long you can keep it in the air using your feet, knees, and head.