

GET HEALTHY NOW WORKSHEET

This worksheet is about healthy habits. Please complete the following activities (1–4). If you have any questions, please ask!

healthy habits every day

ACTIVITY: 1

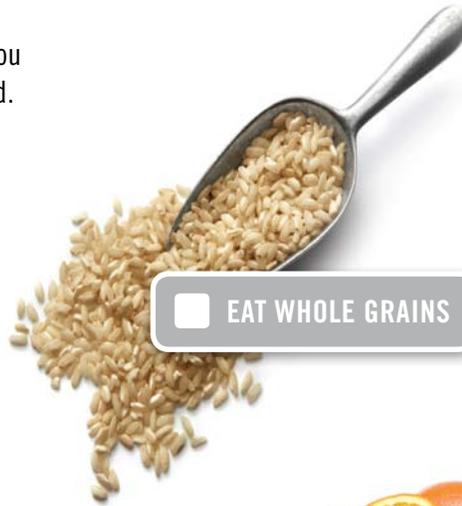
HEALTHY HABITS AND YOUR FAMILY!

DIRECTIONS:

Check (✓) all the healthy habits that you and your family do from the items listed.



CHOOSE LOWFAT MILK



EAT WHOLE GRAINS



EAT LOTS OF FRUITS & VEGETABLES



BE PHYSICALLY ACTIVE



DRINK WATER



LIMIT SWEETENED FOOD & DRINKS

TOTAL

HOW MANY HEALTHY HABITS DID YOU CHECK?

If you checked any you are off to a good start. To learn more about healthy habits . . . keep reading!

ACTIVITY:2

EAT A RAINBOW . . . OF FRUITS AND VEGETABLES!

DIRECTIONS:

In the lists below, circle all of the fruits and vegetables that you or your family usually eat. For any other fruits or vegetables that are not listed and that you or your family eat, please add them to each column under the correct color.



PURPLE/BLUE

RED

DARK ORANGE

YELLOW/ORANGE

GREEN

WHITE

Purple grapes	Tomatoes	Mango	Orange	Spinach	Onions
Plums	Watermelon	Sweet potatoes	Grapefruit	Collard greens	Garlic
Blueberries	Guavas	Cantaloupe	Papaya	Kiwifruit	Leeks
Purple cabbage	Cherries	Carrots	Nectarine	Romaine lettuce	Potatoes
Fresh figs	Strawberries	Apricots	Peach	Green peas	Banana
Purple eggplant	Beets	Butternut squash	Pears	Broccoli	Cauliflower
_____	Red apples	Yams	Tangerines	Green cabbage	Turnips
_____	Red onions	Acorn Squash	_____	Swiss chard	Jicama
_____	_____	_____	_____	Bok choy	_____
_____	_____	_____	_____	Celery	_____
_____	_____	_____	_____	Cucumbers	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

DIRECTIONS:

Using the chart that you filled out above, answer the following questions:

1

Which colors did you or your family eat the ***MOST?***

- Purple/Blue
- Red
- Dark orange
- Yellow/orange
- Green
- White

2

Which colors did you or your family eat the ***LEAST?***

- Purple/Blue
- Red
- Dark orange
- Yellow/orange
- Green
- White

3

Write below one new fruit or vegetable that you or your family could try this week.

WIC recommends eating a colorful variety of fruits and vegetables because each color provides different health benefits.

ACTIVITY:3

ANYTIME AND SOMETIME FOODS!

DIRECTIONS:

Please read the definitions below.

ANYTIME FOODS

Anytime foods are rich in certain nutrients.

We can eat them **every day**.

SOMETIME FOODS

Sometime foods are high in sugar, fat or salt.

We can eat them **once-in-a-while**.

Check (✓) all the **ANYTIME FOODS**.



LOWFAT MILK



PUNCH



CHIPS



ORANGE



WHOLE WHEAT BREAD



BROCCOLI



COOKIES



HOT DOG

WIC recommends eating more ANYTIME FOODS and fewer SOMETIME FOODS.

ACTIVITY:4

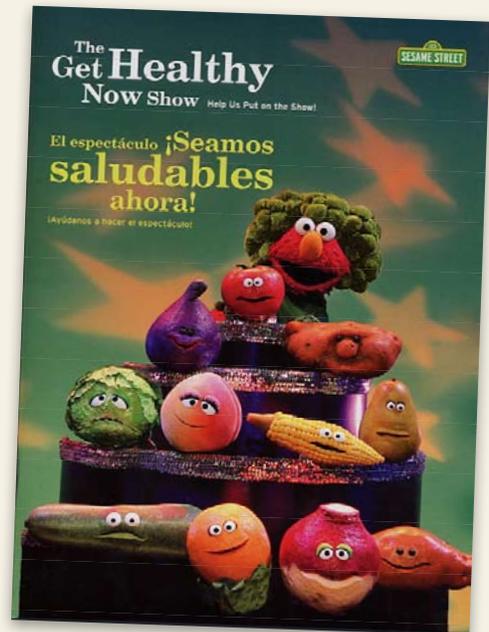
CHANGES IN WIC!

DIRECTIONS:

Read the list below that describes some of the changes happening in WIC. Check off all changes that are most exciting to you.

- New WIC checks for fruits, vegetables and whole grains (Coming October 2009)**
- Sesame Street and WIC working together to promote healthy habits for you and your family**
- Free Sesame Street DVD mini-kit:**
 - **A STORY BOOK** you can read with your child
 - **A MINI MAGAZINE** filled with tips, activities, and cut-apart recipes.
 - **A SESAME STREET DVD** featuring short videos and songs that talk about healthy habits.

Stay tuned for more changes in the coming months!



After completing these activities, what is one thing that you would consider doing differently for you and your family?



Need ideas or recipes for preparing fruits and vegetables?

Ask your WIC staff.

**THANK YOU
FOR PARTICIPATING
IN THIS ACTIVITY!**