

TSES and We Promote Health present
WE CAN: A Family Wellness Event
April Family Activity: Manage Energy In

Spend the month of April looking over session 3 in your Family Guide book (p. 31-47). If you didn't attend the event at school, look on our school website <http://tses.hcpss.org/> for a scanned version of the book pages. [If you don't have internet access, please contact the school for a hard copy.] Complete the activities below, then return this paper to school for Fitness Finders for the children in your family. (Parents, you can help out by doing the writing on this paper.)

Talk about questions 1 and 2 with your family. No need to write anything.

1. Look at the sample DASH eating plan p. 32-33. Talk to your family about:
 - a. What food groups are you eating enough from on average?
 - b. What **small steps** can your family take to make sure you are eating the appropriate foods and amounts from this eating plan?
2. Look at the Estimated Calorie Requirements on p. 34. Find out how many calories everyone in your family needs to maintain energy balance. Now look at the sample label on p. 36. After you understand the label, look at some of the labels of the food in your kitchen. **Are you surprised about the calories for the serving sizes of any of your favorite foods? How about the added sugars?**
3. Challenge your family to take **small steps** toward a healthier life. Write something you can try to change (or continue good habits) to improve your **Energy In** this month.

We will eat more GO foods like _____.

We will eat SLOW foods like _____ less often.

We will eat WHOA foods like _____ once in a while.

4. Look over p. 41-47. What is a substitution you can make?

We will eat _____ instead of _____.

- Check here if you would NOT like your responses shared on the announcements or the weekly newsletters.

Return this paper to your AM teacher to receive your Fitness Finders and your May Family Activities! Please contact Mr. Watts or Mrs. Glassband with any questions or concerns.