

Family Name: _____ Teacher(s) _____

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

Spend the month of June looking over the information about making good food choices at tses.hcpss.org. under Small Steps: Family Wellness Challenges. Complete the activities below, then return this paper to school for Fitness Finder charms (APPLE) 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 _____.

Return this paper to your AM teacher to receive your APPLE Fitness Finder Charm.
Please contact Mr. Watts or Mrs. Glassband with any questions or concerns.