

Live 5-2-1-0

Activity & Resource Toolkit

Your Guide to Raising Healthy Children



supporting the
Live 5-2-1-0
campaign by

SCOPE
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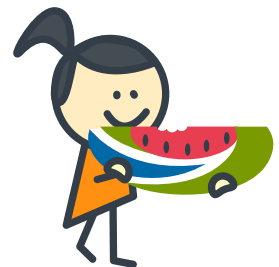
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Section 1

Introduction



What is Live 5-2-1-0?

The world of proper nutrition and physical activity can be confusing and overwhelming at times. Live 5-2-1-0 simplifies this information into four easy-to-remember guidelines:



Enjoy-

FIVE or more vegetables & fruits every day

Power down-

no more than **TWO** hours of screen time a day

Play actively-

at least **ONE** hour each day

Choose healthy-

ZERO sugar-sweetened drinks

Information from across Canada shows that 1 in every 3 children are overweight or obese. In BC, over 200,000 children aged 2 to 17 years are obese or overweight. The consequences of obesity such as Type 2 diabetes, high blood pressure and even cancer are affecting the lives of our children and youth. There is a real risk that children and youth today will live shorter lives than their parents and grandparents.

We know that when children grow up in an environment where healthy living is a part of daily life, that they are much more likely to grow up and be healthy adults.

The actual 5-2-1-0 guideline has been used by many different organizations all over the world. This version of the guideline came from the partnership between the Sustainable Childhood Obesity Prevention through Community Engagement (SCOPE) project at BC Children's Hospital and its original pilot communities of Abbotsford, Prince George and Chilliwack. We believe that by sharing this guideline with our community we will be able to support all those people who are directly and indirectly influencing the health and well-being of our children.



Enjoy – FIVE or more vegetables and fruits every day

- Choose vegetables and fruit for snacks most of the time. Avoid snacks high in sugar, fat and salt.
- Try beginning dinner with a salad or raw vegetables.
- Keep a bowl of fruit out for the kids to grab as an easy snack.
- Children are healthier when they eat with their family – eat dinner together.
- Introduce new foods to your children but remember, it may take many attempts before they enjoy a new taste.
- Get the whole family involved with preparing and cooking food.

Power down – no more than TWO hours of screen time a day

- Power down TVs, video games, computers and other electronics and power up family games, outings and activities.
- Enjoy quality family time during meals: turn off the TV, and focus on each other.
- Keep board games, books and puzzles on hand as an alternative to TV.
- Post the drop-in swim, skate and gymnasium schedules on the fridge for quick reference.
- Schedule “outdoor” time each day. Keep a bag of play and sport equipment handy to bring outside.



Play actively – at least ONE hour each day

- Children need to move and play as much as possible; provide the space and time for active play.
- Choose fun, active family outings such as ice skating or playing games at the park.
- Teach children basic sports skills like throwing, running and jumping.
- Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.
- Involve children in household chores such as washing the car, walking the dog or vacuuming.
- Walk or roll to school, to the store or to the park whenever possible.

Choose healthy – ZERO sugar sweetened drinks

- Get your calories from healthy foods and your liquids from water.
- Avoid sugar sweetened beverages, like pop and fruit punch. They provide little nutritional value and are packed with calories.
- Offer children water throughout the day. Try fresh slices of lemon or cucumber to add a refreshing flavour to water.
- Plain milk is a healthy alternative to sugary drinks. Refer to Canada’s food guide to learn how much milk and milk alternatives your child needs each day.
- Real, unsweetened fruit juice can be offered as an occasional treat. Be sure to limit juice to one small glass (125 ml).
- Pack a reusable water bottle in your child’s lunch or sports bag.
- Caffeine, energy and sports drinks are not recommended for children.

How to use this toolkit

This toolkit is designed so that you can use all of it, or just pieces of it. There is no order to follow, simply find the activities or resources that interest you and use them. It is an electronic document which allows us to update it on a regular basis as we find more great stuff to include. So, keep checking back to make sure you have the most current copy (check the date on the front cover).

The 5-2-1-0 guideline is geared towards 5–12 year old children. The bulk of this toolkit is dedicated to that age group, however, we have also included some resources for the 0–4 age group, as we recognize that it is never too early to teach and adopt healthy behaviours.

This toolkit can be used by parents who are looking for fun ways to teach their children about healthy living, teachers who are looking for new ideas to bring into their classroom, recreation staff who are leading children’s programs and want to incorporate healthy living activities, fitness professionals who are working with children, healthcare professionals who are helping parents create a healthier lifestyle for their family, or anyone else who wants to teach others how to live healthy.

What's In Each Section

This toolkit is separated into a number of sections including separate sections for younger and older children. The activities in the sections are likely to be best suited for children in that age range, however, you can use any of the activities, from any section, that you feel are appropriate. And many of the activities can be adapted to play in different spaces (i.e. background, field, gymnasium, ice rink etc.).

- **Section one** is the introduction. You are already here!
- **Section two** includes resources that are designed for children aged 0–4 years.
- **Section three** includes activities and resources that are designed for children aged 5–12 years. Each activity is labeled with which part (s) of the 5-2-1-0 guideline that it teaches.

- **Section four** includes a variety of health champions and their stories on how they live 5-2-1-0. Our hope is that within these local role models children will find someone they can relate to and be inspired by.
- **Section five** includes 51 tips that you can use in social media blasts, newsletters, websites etc. Share the tips with your networks to help spread the word on raising healthy children.
- **Section six** includes ideas on lots of different ways that you can take raising healthy children a step further and get involved in your community.

Acknowledgements

The original version of this Toolkit was created by Healthy Abbotsford through its partnership with SCOPE, and supported by the efforts of many valuable community partners.

- Abbotsford Early Childhood Committee
- Abbotsford Heat
- Abbotsford Sports Council
- City of Abbotsford Parks, Recreation & Culture staff
- Fraser Health
- Fraser Valley Regional Library
- Pacific Sport Fraser Valley
- School District No. 34
- Sustainable Childhood Obesity Prevention Through Community Engagement (SCOPE)
- University of the Fraser Valley

Section 2

0-4 Years Old



Infants, Toddlers and Preschoolers

Setting the stage for a Live 5-2-1-0 Child!

- Live 5-2-1-0 simplifies information on proper nutrition and physical activity into four simple guidelines for children.
- Achieving 5-2-1-0 on most days of the week will help children grow healthy and strong.
- While “Live 5-2-1-0” is an appropriate goal for children aged 5–12, the guideline needs to be adjusted slightly for children aged 0–4.

Move More!

- While 1 hour a day of active play has health benefits for all children, more is always better!
- When children are very young and developing movement skills such as crawling, walking and running they need plenty of space and time to practice. Children 0–4 years old need 180 minutes (or 2 and a half hours) of active play each day for optimal health benefits.
- Read the Canadian Physical Activity Guidelines for the Early Years (children aged 0–4): http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_early_years_en.pdf

Sit Still Less!







- To allow infants and toddlers time to be active, it’s also important to limit the time they spend being sedentary during waking hours. This includes prolonged sitting or being restrained for more than one hour at a time (for example, in a stroller, high chair or car seat).
- Screen time, including TV, computers and hand held devices such as smart phones and tablets are not recommended for children under 2 years and should be limited to less than 1 hour per day for children 2–4 years old.
- Read the Canadian Sedentary Behaviour Guidelines for the Early Years (children aged 0–4): http://csep.ca/CMFiles/Guidelines/CSEP_SBGuidelines_early-years_en.pdf

Build up to 5!






- By the time a child is 4 years old they should be aiming for 5 servings of vegetables and fruits each day. 2–3 year olds should be aiming for 4 servings per day.
- Visit the Best Chance website (<http://www.bestchance.gov.bc.ca/>) for healthy eating information for infants and toddlers.



Resources

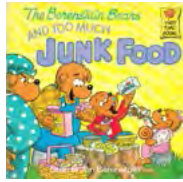
Title/Resource Link	Description	Preview
<p>Move™ Family Resource—LEAP</p> <p>http://decoda.ca/children-families/leap-bc/move/</p>	<p>This resource provides 40 activities in a beautifully illustrated book. Move is designed to promote physical movement patterns in infants and toddlers.</p>	
<p>Hop™ Family Resource — LEAP</p> <p>http://decoda.ca/children-families/leap-bc/hop/</p>	<p>This resource includes 50 fun-filled activities and ideas for play that integrate physical movement, oral language, early literacy and healthy eating.</p>	
<p>The Food Flair™ Early Learning Practitioners Resource —LEAP</p> <p>http://decoda.ca/children-families/leap-bc/food-flair/</p>	<p>This resource contains information about nutrition, healthy eating and food-related topics, along with recipes and fun activities.</p>	
<p>Canadian Physical Activity Guidelines for the Early Years—CSEP</p> <p>http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_early-years_en.pdf</p>	<p>This one page document clearly explains how much physical activity infants and toddlers need and examples of activities you can try.</p>	
<p>Canadian Sedentary Behaviour Guidelines for the Early Years—CSEP</p> <p>http://csep.ca/CMFiles/Guidelines/CSEP_SBGuidelines_early-years_en.pdf</p>	<p>For healthy growth and development, caregivers should minimize the time young children spend being sedentary during waking hours. Here are some tips and tricks.</p>	
<p>Physical Activity Line—PAL</p> <p>http://physicalactivityline.com/</p> <p>Toll Free: 1-877-725-1149</p>	<p>The PAL is British Columbia's primary physical activity counselling service & your FREE resource for practical & trusted physical activity & healthy living information.</p>	

Resources

Title/Resource Link	Description	Preview
<p>The Best Chance http://www.bestchance.gov.bc.ca/</p>	<p>This website is filled with practical information, useful tools and resources for women, expectant parents, and families with babies and toddlers up to 3 years of age.</p>	
<p>HealthLink BC http://www.healthlinkbc.ca/ Dial 8-1-1</p>	<p>Information on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Or call 8-1-1 to speak with a nurse or dietitian.</p>	
<p>Strong Start http://www2.gov.bc.ca/gov/topic.page?id=F652EE0BCB224DC4A51BE9765B50817D</p>	<p>StrongStart BC early learning programs provide school-based early learning services for adults and their young children, aged birth to five, at no cost to families.</p>	
<p>Raising Healthy Kids Day By Day - YMCA http://www.ymca.ca/media/94838/ymca_rhk_calendar_eng.pdf</p>	<p>A Daily Calendar with 365 easy ways to eat healthier as a family and get more physically active.</p>	
<p>Raising Healthy Kids On The Go - YMCA http://www.ymca.ca/media/94844/ymca_rhk_cards_eng_2014.pdf</p>	<p>Use these cards with your kids to talk about healthy eating and physical activity, then see how your talk can turn into action.</p>	

Reading suggestions

The following books focus on the healthy habits promoted in the 5-2-1-0 guideline. They can be found at your local library branch. For additional book recommendations, please contact your local library.



The Berenstain Bears and Too Much Junk Food

by Stan and Jan Berenstain

Mama Bear starts a campaign to convince her family that they are eating too much junk food.



The Busy Body Book: A Kid's Guide to Fitness

by Lizzy Rockwell

An easy-to-understand overview of all the body's systems and how they work together to enable you to "move fast, lift heavy things, and walk or run for miles."



Dudley: The Little Terrier That Could

by Stephen Green-Armytage

Dudley is a small dog who decides to become an "athlete dog." Stretching exercises, weight lifting, and even chin-ups help turn him into a strong and fast dog, who can soar through the air to catch frisbees and balls. The colour photographs featuring Dudley in action show how a little guy can do amazing things.



Eat, Run, and Live Healthy

by Karen W. Olson

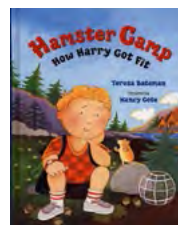
When Nurse Ellen visits Annie Calf Robe's classroom, the children learn about the importance of healthy foods and staying active.



From Head to Toe

by Eric Carle

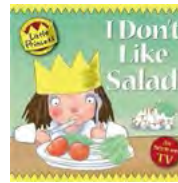
Can you wave your arms like a monkey and wiggle your hips like a crocodile? Imitate each of the actions demonstrated by a bunch of energetic animals, and you will be exercising your whole body "from head to toe!"



Hamster Camp: How Harry Got Fit

by Teresa Batemann

Concerned about Harry's weight gain and lack of exercise, his pet hamster arranges for him to spend a month at a unique camp, where Harry is transformed into someone who understands that eating right and staying in shape can be fun.



I Don't Like Salad!

by Tony Ross

The Little Princess has decided she doesn't like salad – especially tomatoes. But when she is given some seeds of her own and sees the first shoots of her tomato plant appear, she changes her mind!



I Will Never Not Ever Eat a Tomato

by Lauren Child

A fussy eater decides to sample the carrots after her brother convinces her that they are really orange twiglets from Jupiter.

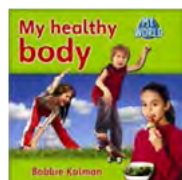
Reading suggestions



Keeping Well

by Leon Read

Keeping Well by Leon Read Describes what people can do to stay healthy, discussing the importance of such things as exercising, eating right, washing hands, and bathing.



My Healthy Body

by Bobbie Kalman

Young children demonstrate ways that they keep their bodies healthy, including exercising, drinking plenty of water, eating good foods, keeping clean, and having regular visits to the doctor and dentist.



Night of the Veggie Monster

by George McClements

Every Tuesday night, while his parents try to enjoy their dinner, a boy turns into a monster the moment a pea touches his lips.



Shake A Leg!

by Constance Allen

Okay, everybody (as Grover would say), it's time for some exercise. So shake a leg—and every other limb—to get warmed up for some fitness and fun. Toddlers will have a good giggle as the Sesame Street monsters try different

routines to get in shape. And they can follow along and get a kid-sized workout—if they don't fall down laughing instead!



It's Okay to Be Different

by Todd Parr

Illustrations and brief text describe all kinds of differences that are okay, such as "It's okay to be a different color," "It's okay

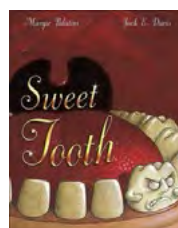
to need some help," "It's okay to be adopted," and "It's okay to have a different nose".



Showdown at the Food Pyramid

by Rex Barron

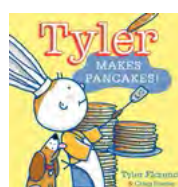
When snack foods take over the food pyramid and make it collapse, members of the various food groups have to work together using the Great Food Guide to rebuild it."



The Sweet Tooth

by Margie Palatini

Stewart's loud, obnoxious sweet tooth constantly gets him into trouble, until Stewart uses a healthy diet to take control of the situation.



Tyler Makes Pancakes!

by Tyler Florence

Tyler wakes up eager to make pancakes for his family, but first he and his dog go to the market, where Mr. Jones tells them about the ingredients and where they come from. Includes a recipe for blueberry pancakes and facts about some of the foods mentioned.



Wiggle

by Doreen Cronin

Wiggles and giggles are encouraged from morning to night through the rhyming text and humorous illustrations. It is a book you just can't sit still for!



Keep Healthy!

by Angela Royston

Presents information on how to prevent getting sick, including washing hands, taking all medicines as prescribed, and covering one's mouth when coughing or sneezing.

Section 3

5–12 Years Old





Activity 1 **Basket or Can?**

Key Messages

Knowing which foods are healthy and which are not helps us make healthier food choices.

Objectives

To engage children in identifying healthy food choices.

Preparation

You will need:

- Fake foods, healthy and unhealthy options (or pictures of foods)
- Basket
- Small garbage can
- Open space (ice rink, gymnasium, back yard field, family room, etc.)

Description of Activity

Place the basket and the garbage can in 2 different places in the space you are using. Spread the fake food randomly on the ground and have the children, one at a time, choose a piece of food and put it into the healthy basket or the junk food garbage can.

This can be done as a relay or as a group activity. While children are waiting for their turn you could have them do something active that is appropriate for the space that you are using (ie. Stand on one leg, flap their arms like a bird, jump 10 times etc. – you could change the waiting activity each time the next child takes their turn).





Activity 2

Healthy Food, Junk Food

Key Messages

Knowing which foods are healthy and which are not helps us make healthier food choices.



Objectives

To engage children in identifying healthy food choices.

Preparation

You will need:

- Laminated pictures of health and unhealthy foods mounted to wooden sticks
- Open space (ice rink, gymnasium, backyard, field etc.)

Description of Activity

Have all the children at one end of the space you are using. When you hold up a picture of a healthy food they walk/skate/skip forward. When you hold up a picture of an unhealthy food they freeze. The goal is to make it to the other side of the space.

Modification – when you hold up a picture of something healthy the children move their body any way they want. If the next picture is also healthy they keep moving doing something different. They keep doing this until you hold up something unhealthy and then they freeze.





Activity 3

Different Activities for Different Parts

Key Messages

Knowing how the body moves is an important step to being more physically active.

Objectives

To engage children in identifying a variety of ways that they can move each part of their body.

Preparation

You will need:

- Copies of the “Different Activities for Different Parts” handout (next page)
- Something to write with for each child and a surface for them to write on

Description of Activity

This activity is best done in partners or small groups. Children can start with any body part that is listed on the handout. The goal is to brainstorm at least 3 different movements or activities that they can do with that body part. After they have written down movements/activities for all the body parts they then go through and do each movement/activity. When they have finished all the movements/activities for a certain body part they color that part of the picture in.



Activity 3 Handout

Different Activities for Different Parts

Your body moves in many different ways and you need different body parts to do different activities. Try and list at least 3 different activities you can do with each body part labelled below. Then do each of those activities and colour in that body part when you are done.

HEAD

SHOULDERS

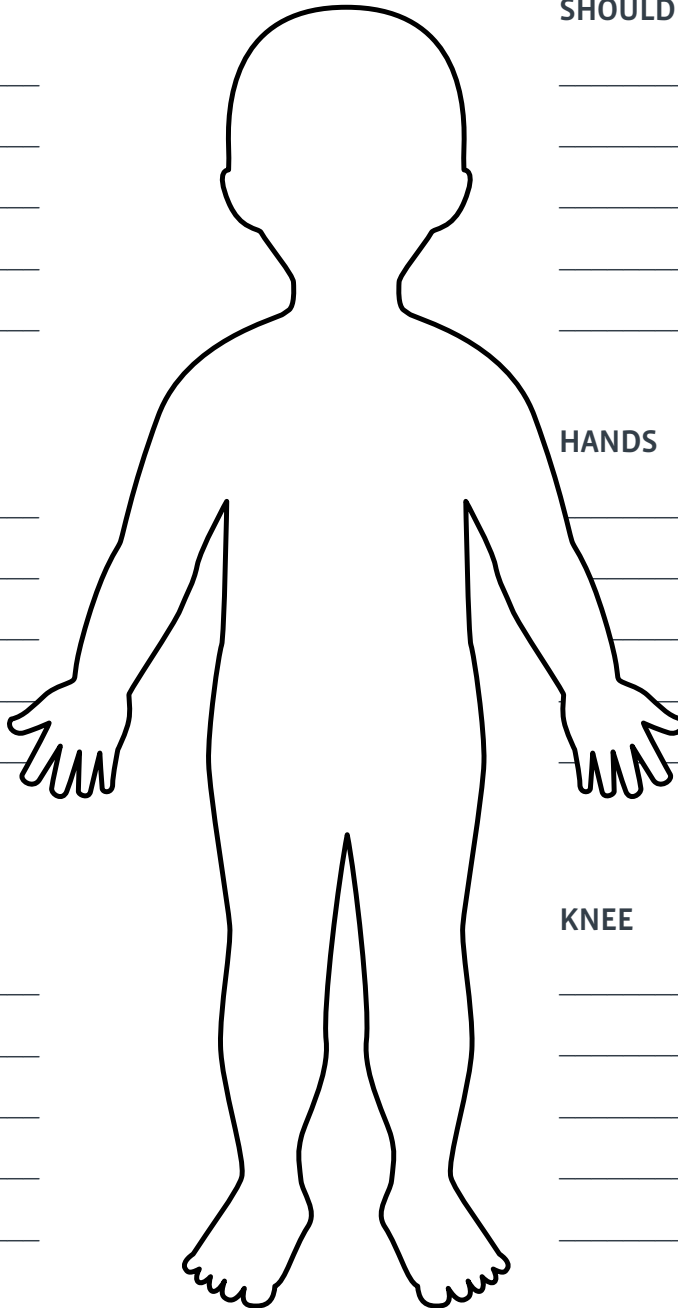
ARMS

HANDS

LEGS

KNEE

TOES





Activity 4 **Picture You**

Key Messages

Knowing what activities children enjoy doing is an important step to helping them be physically active.

Objectives

To engage children in identifying indoor and outdoor activities that they enjoy doing.

Preparation

You will need:

- Copies of the “Picture You” handout (next page)
- Something to write with for each child and a surface for them to write on

Description of Activity

This activity can be done individually or in partners. Have the children complete the handout, drawing pictures of themselves doing a favorite indoor and a favorite outdoor activity.

Modification – instead of drawing, children could make a collage of activities they like doing.

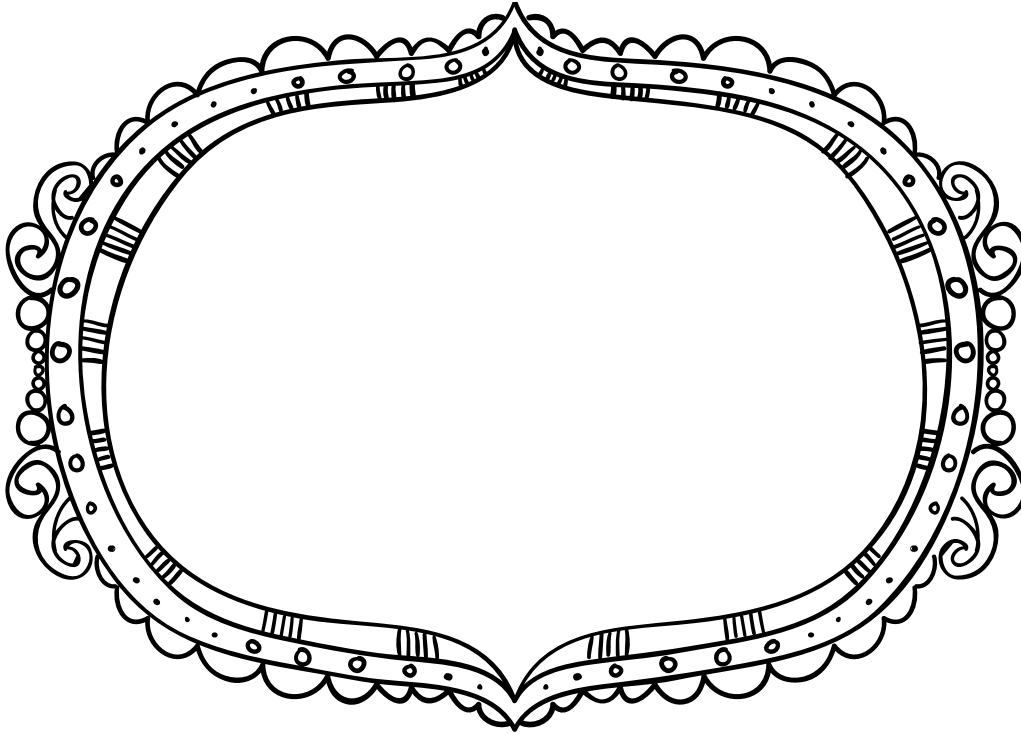


Activity 4 Handout

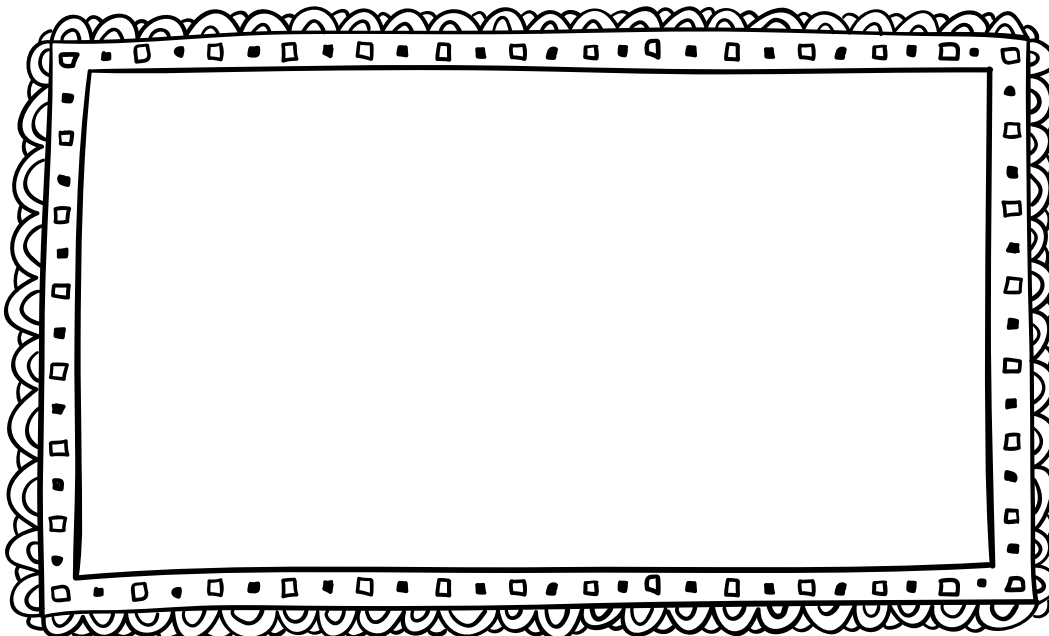
Picture You

It is always fun to get out and be active! What types of physical activities do you like to do in your spare time?

Draw a picture of you doing your favorite indoor physical activity below.



Draw a picture of you doing your favorite outdoor physical activity below.





Activity 5

Money Doesn't Matter

Key Messages

Knowing what free physical activity options are available removes any perceived financial barrier to being more physically active.

Objectives

To engage children in identifying free opportunities to be physically active in their community.

Preparation

You will need:

- Copies of the “Money Doesn’t Matter” handout (next page)
- Something to write with for each child and a surface for them to write on

Description of Activity

This activity can be done individually, in partners, small groups or as a homework assignment. Have the children complete the handout, brainstorming all the things they can think of that are physically active and free in their community.

Encourage the children to share the list with their parents so that they are aware of the opportunities that exist.



Activity 5 Handout

Money Doesn't Matter

Visit facilities in your community, look online, check the newspaper, program guides and whatever other media you can think of to compile a list of activities or events that are happening around you that are free. See if you can fill out this whole sheet! Then talk to your parents about it: let them know what types of activities you would enjoy doing and see if you can get involved!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



Activity 6 **Healthy Hero**

Key Messages

Having healthy role models to look up to is important for the healthy development of children.

Objectives

To have children think about a healthy role model and what it is that makes them healthy.

Preparation

You will need:

- Copies of the “Healthy Hero” handout (next page)
- Something to write with for each child and a surface for them to write on

Description of Activity

This activity can be done individually or in partners. Have the children complete the handout, brainstorming all the things that make their hero a health hero. They could then share their hero with the rest of the group.

Encourage the children to talk to their parents about who their healthy hero is and what makes them healthy.



Activity 6 Handout

Healthy Hero

Research someone (an athlete, celebrity, parent, teacher, or public figure) whom you admire for living an active and healthy lifestyle. Briefly describe them, explain why you chose them to be your Healthy Hero, and discuss what you could learn from them.

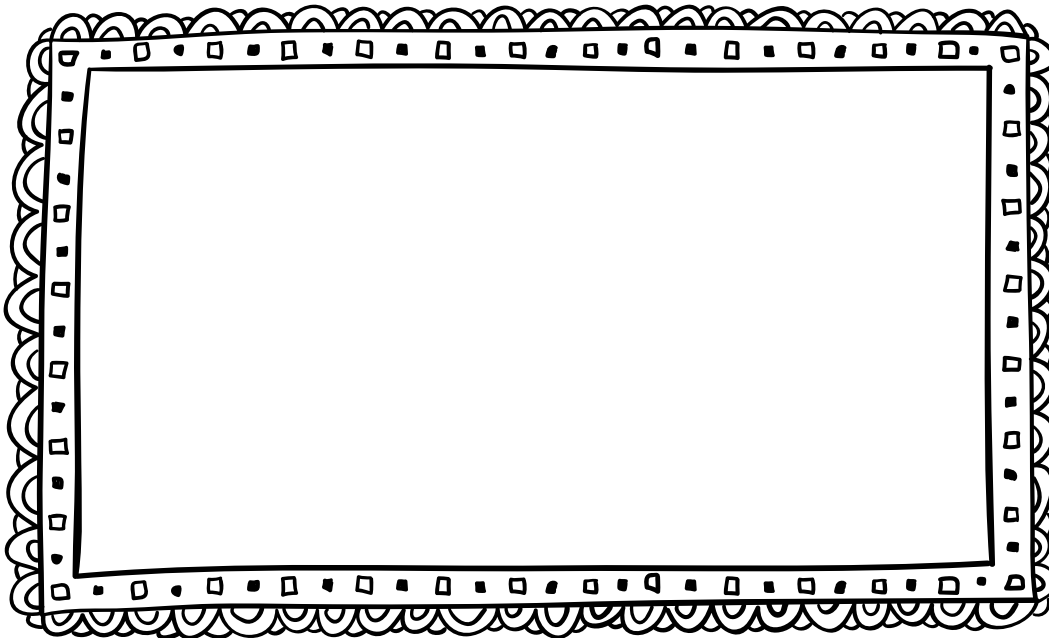
My Healthy Hero's name is: _____

Who is he/she? _____

Why is he/she your hero? _____

What could you learn from him/her? _____

Draw a picture of him/her being active in the box below.





Activity 7

Step Away From the Screen

Key Messages

To have children realize that it is not healthy to spend more than 2 hours per day in-front of a screen.

Objectives

To have children brainstorm a variety of fun things that they can do instead of sitting in-front of a screen.

Preparation

You will need:

- Copies of the “Step Away From the Screen” handout (next page)
- Something to write with for each child and a surface for them to write on

Description of Activity

This activity can be done individually, in partners or in small groups. Have the children complete the handout, brainstorming all the things that they can do that don't involve the use of a screen. They could then share their ideas with the rest of the group (have each child share one thing, keep going around the room until there are no more new ideas).



Activity 7 Handout

Step Away From the Screen

There are so many different activities you could do instead of spending your time sitting in front of a screen. It is recommended that you spend no more than 2 hours of screen time each day (this includes TVs, computers, smart phones, tablets, video games etc.). So what are you going to do with the rest of your day? You have 3 minutes to quickly write down as many activities as you can think of that you could do instead of being in front of a screen. Try to think of at least 15 – GO!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____



Activity 8 Healthy Shopping

Key Messages

Knowing which foods are healthy and which are not helps us make healthier food choices.

Objectives

To engage children in identifying healthy food choices at the supermarket.

Preparation

You will need:

- Copies of the “Healthy Shopping” handout (next page)



Description of Activity

Each child is given a copy of the Healthy Shopping handout. The goal is to brainstorm all the healthy things that they could buy at the supermarket that they would enjoy eating.

This activity is also great to do as a family or can be shared with the parents afterwards. Knowing what healthy foods children want to eat can make shopping healthy a whole lot easier.



Activity 8 Handout

Healthy Shopping

Fill out this shopping list of healthy food items you would buy for yourself at the store.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____



Activity 9 **Vegetable Detective**

Key Messages

Eating at least 5 servings of fruit and vegetables every day is essential to stay healthy.

Objectives

To have children try a variety of different vegetables to see what they like and what they don't.

Preparation

You will need:

- Copies of the “Vegetable Detective” handout (next page)

Description of Activity

Each child is given a copy of the Vegetable Detective handout. The goal is to try a new vegetable and write a review about it.

This activity is also great to do as a family or can be shared with the parents afterwards. Knowing what healthy foods children like and dislike can make shopping healthy a whole lot easier.

Modification – you could also have the child research the vegetable, perhaps where it is grown, a recipe that uses it, where it was first discovered, does it have any other uses etc.



Activity 9 Handout

Vegetable Detective

There are thousands of different vegetables in this world; surely no one person has tried them all! For this assignment, you will have to go to the grocery store with your parents and buy a new type of vegetable that you have never tried before, cook it up with one of your meals and write a review about it.

Name of vegetable: _____

What did it taste like?

What was its texture like?

Which foods do you think it would go well with?

What are the health benefits of this vegetable?

Thumbs up or thumbs down?





Activity 10 **Vegetable Alphabet**

Key Messages

Eating at least 5 servings of fruit and vegetables every day is essential to stay healthy.

Objectives

To have children learn about a variety of different vegetables to see what they might like to try.

Preparation

You will need:

- Copies of the “Vegetable Alphabet” handout (next page)

Description of Activity

Each child is given a copy of the Vegetable Alphabet handout. The goal is to try think of a different vegetable for each letter of the alphabet. This can be done individually by the child or as a group brainstorming activity.

This activity is great to do as a family or share in a group. As parents it is easy to get into the routine of buying the same vegetables over and over. This activity reminds us of some other options.



Activity 10 Handout

Vegetable Alphabet

Try and list one vegetable that starts with each letter of the alphabet!

A: _____

N: _____

B: _____

O: _____

C: _____

P: _____

D: _____

Q: _____

E: _____

R: _____

F: _____

S: _____

G: _____

T: _____

H: _____

U: _____

I: _____

V: _____

J: _____

W: _____

K: _____

X: _____

L: _____

Y: _____

M: _____

Z: _____

How many did you think of? _____



Activity 11 **What's for Dinner?**

Key Messages

Understanding what foods are healthy and which are not is critical to making healthy food choices.

Objectives

To have children look at a meal and identify what is healthy and how the meal could be made healthier.

Preparation

You will need:

- Copies of the “What’s for Dinner?” handout
- A meal that you are preparing for dinner
- Copy of Canada’s Food Guide – as a reference, if needed.

Description of Activity

Each child is given a copy of the What’s for Dinner handout. The goal is for the child to help make dinner and in the process identify different food groups, how healthy the meal was and what could be changed to make it healthier.



Activity 11 Handout

What's for Dinner?

Help your parents make dinner tonight and fill out this worksheet to see how healthy your meal is. Discuss with your parents how it could be made healthier, and use this discussion to help answer the following questions.

What did your family have for dinner?

How many food groups were a part of your meal? List the different food groups you ate.

List all of the ingredients in your meal.

How healthy do you think your meal was? (circle one)

Not Healthy

Moderately Healthy

Healthy

Very Healthy

How would you make it healthier?

More Activities!



Title/Resource Link	Description	Preview
<p>Veggies and Fruit the color way tracking chart — Action Schools! BC</p> <p>http://actionschoolsbc.ca/resources/HEAR/#36</p>	<p>Teach children about the importance of eating a variety of fruits and veggies by tracking the colors they are eating each day.</p>	
<p>Veggies and Fruit by colour category chart— Action Schools! BC</p> <p>http://actionschoolsbc.ca/resources/HEAR/#37/z</p>	<p>See the variety of fruit and veggie options in each color category.</p>	
<p>My vegetables and fruit diary—Action Schools! BC</p> <p>http://actionschoolsbc.ca/resources/HEAR/#31/z</p>	<p>Keep track of the healthy fruits and veggies you eat.</p>	
<p>Availability chart of BC grown vegetables</p> <p>http://actionschoolsbc.ca/resources/HEAR/#16/z</p>	<p>Check out when vegetables are in season in BC.</p>	
<p>Snack information and Activity Sheets—School Fruit and Vegetable Nutrition Program</p> <p>http://www.sfvnp.ca/for-teachers-2.php</p>	<p>A collection of fact sheets to help teach children about various fruits and vegetables. How they grow, where they grow, fun facts etc.</p>	
<p>5 a day Bracelets—Let's Go 5-2-1-0</p> <p>http://www.letsgo.org/wp-content/uploads/K5Tab04D14-5-a-day-bracelets.pdf</p>	<p>Learn how to use bracelets to keep track of your 5 servings of veggies and fruits each day.</p>	

More Activities!



Title/Resource Link	Description	Preview
<p>Dried Fruit Coloring Sheet—Let’s go 5-2-1-0</p> <p>http://www.lets-go.org/wp-content/uploads/K5Tab04D04-More-Matters-Coloring-Sheet-Dried.pdf</p>	<p>Coloring sheet to teach children how much fresh fruit it takes to make ½ cup of dried fruit.</p>	
<p>Fruit Coloring Sheet—Let’s Go 5-2-1-0 (Fruits and veggies, more matters)</p> <p>http://www.lets-go.org/wp-content/uploads/K5Tab04D05-More-Matters-Coloring-Sheet-Fruit.pdf</p>	<p>Coloring sheet teaching children about how big a portion of fruit is.</p>	
<p>Fruit and Veggies coloring sheet—Let’s Go 5-2-1-0 (Fruits and veggies, more matters)</p> <p>http://www.lets-go.org/wp-content/uploads/K5Tab04D06-More-Matters-Coloring-Sheet-Fruits-and-Veggies.pdf</p>	<p>Coloring sheet showing various ways that you can get fruits and vegetables.</p>	
<p>Eat at least five fruits and vegetables a day—Let’s Go 5-2-1-0</p> <p>http://www.lets-go.org/wp-content/uploads/K5Tab04D26-Eat-at-least-five-fruits-and-vegetables-a-day.pdf</p>	<p>Tips and tricks on how to eat more fruits and vegetables.</p>	
<p>Fruits and vegetables year-round—Let’s Go 5-2-1-0</p> <p>http://www.lets-go.org/wp-content/uploads/K5Tab04D40-To-Have-Fruits-and-Vegetables-Year-Round.pdf</p>	<p>Learn how to eat fruits and vegetables year round by choosing frozen or canned.</p>	
<p>Encourage Children to Eat More Fruits and Veggies—Let’s Go 5-2-1-0 (Fruits and veggies, more matters)</p> <p>http://www.lets-go.org/wp-content/uploads/K5Tab04D46-Encourage-Kids-to-Eat-More-Fruits-and-Veggies-COLOR.pdf</p>	<p>Tips and tricks on how to eat more fruits and vegetables.</p>	

More Activities!



Title/Resource Link	Description	Preview
<p>Step Away From Your Screen— Let's Go 5-2-1-0</p> <p>http://www.letsgo.org/wp-content/uploads/K5Tab08D02-Step-Away-from-the-Screen-COLOR.pdf</p>	<p>Fun ideas on how to decrease the amount of time children spend in front of screens.</p>	
<p>Turn on the Fun— Let's Go 5-2-1-0</p> <p>http://www.letsgo.org/wp-content/uploads/K5Tab08D09-Limit-Recreational-Screentime.pdf</p>	<p>Fun ideas on how to decrease the amount of time children spend in front of screens.</p>	
<p>Promote Healthy Viewing Habits — Let's Go 5-2-1-0</p> <p>http://www.letsgo.org/wp-content/uploads/087HCTab06bD2-Promote-Healthy-Viewing-Habits.pdf</p>	<p>A Tip sheet on how to help your children develop positive TV and computer habits.</p>	
<p>Unplugged Activities—Let's Go 5-2-1-0</p> <p>http://www.letsgo.org/wp-content/uploads/K5Tab08D11-Unplugged.pdf</p>	<p>Examples of things that you can do instead of watching the TV.</p>	
<p>Take Control of Screen Time — Let's Go 5-2-1-0</p> <p>http://www.letsgo.org/wp-content/uploads/K5Tab08D12-Take-Control-of-TV.pdf</p>	<p>Tips and Tricks for reducing screen time.</p>	



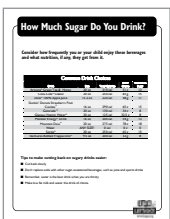


More Activities!



Title/Resource Link	Description	Preview
<p>ParticipACTION's Bring Back Play! ground http://www.bringbackplay.mobi/en/search/</p>	<p>A website (and app) where you can find all the fun, active games you used to play. Games passed from kid to kid, generation after generation.</p>	
<p>ParticipACTION's Teen Challenge—Inspiring Stories https://www.participaction.com/teen-challenge/success-stories/</p>	<p>These are real stories, about innovative and creative ways that teens are getting active.</p>	
<p>Canadian Physical Activity Guidelines—Children 5 to 11 years http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_child_en.pdf</p>	<p>Gives details on how much physical activity children need, examples of activities and the benefits of physical activity.</p>	
<p>Activity Log—Active For Life http://activeforlife.com/wp/wp-content/uploads/2012/12/ActivityLog_V3.pdf</p>	<p>Sometimes it can be difficult to tell if your kids are getting enough physical activity. This printable activity log makes it easy for them to keep track.</p>	
<p>Skills Builder—Active For Life http://activeforlife.ca/kids-skills-builder/</p>	<p>Not sure what kinds of movements your child should be able to do at their age? This easy to use tool shows you just that.</p>	

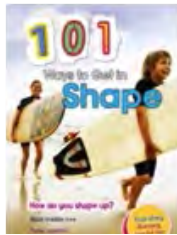
More Activities!



Title/Resource Link	Description	Preview
<p>Sugary Drink Sense—Healthlink BC http://bcfsg.dietitians.ca/default.aspx</p>	<p>Create your own fact sheet about sugary drinks. You can customize it to the topics you want to learn more about.</p>	
<p>Sports and Energy Drinks—Let's Go 5-2-1-0 http://www.letsgo.org/wp-content/uploads/K5Tab05D17-Sports-and-Energy-Drinks-COLOR.pdf</p>	<p>Information on sports and energy drinks and whether or not children should drink them.</p>	
<p>How Much Sugar Do You Drink?—Let's Go 5-2-1-0 http://www.letsgo.org/wp-content/uploads/K5Tab05D15-How-Much-Sugar-Do-You-Drink.pdf</p>	<p>Most adults and children don't know just how much sugar they drink. This handout helps you figure it out.</p>	
<p>Water is Fuel for Your Body—Let's Go 5-2-1-0 http://www.letsgo.org/wp-content/uploads/K5Tab05D13-Water-is-Fuel-for-Your-Body.pdf</p>	<p>Ever wonder why you need water? This information sheet will teach you why.</p>	
<p>Find the Sugar—Let's Go 5-2-1-0 http://www.letsgo.org/wp-content/uploads/K5Tab05D07-Find-the-Sugar-and-Answer-Key-DOUBLE-SIDED.pdf</p>	<p>A word find where children have to locate all the various names for sugar.</p>	

Reading Suggestions

The following books focus on the healthy habits promoted in the 5-2-1-0 guideline. They can be found at your local library branch. For additional book recommendations, please contact your local library.



101 Ways to Get in Shape

by Charlotte Guillain

Full of fun and useful tips and facts that will help you develop your life skills and also save the planet.



Annie Pitts, Artichoke

by Diane deGroat

When Annie and her third grade class put on a play about nutrition, it has more surprises than the teacher expected.



Diet and Health

by Alison Dalgleish

A book for teenagers on the basic hygiene guidelines that help people to look good and feel healthy, with advice on healthy eating and exercise.



Health

by Celeste A. Peters

Explains why maintaining good health is important and some of the diseases that can adversely affect one's health.



Make Good Choices: Your Guide to Making Healthy Decisions

by Heather E. Schwartz

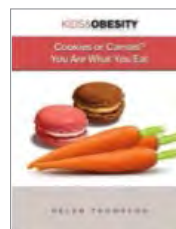
An introduction to making healthy choices, including the dangers of tobacco, alcohol, and drugs.



Bigger Isn't Always Better: Choosing your Portions

by Rae Simons

This book encourages readers to develop their inner lives as much as their physical selves and to take responsibility for their own health and eating habits.



Cookies or Carrots? You Are What You Eat

by Helen Thompson

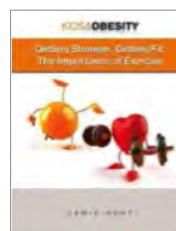
Through a holistic approach, this book helps readers understand the food pyramid and the need for physical activity.



Does Television Make You Fat? Lifestyle and Obesity

by Rae Simons

Focusing on obesity prevention in older elementary school children, this book presents information on healthy lifestyles in a conversational manner.

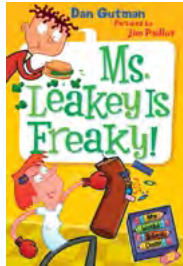


Getting Stronger, Getting Fit: The Importance of Exercise

by Jamie Hunt

Explaining in plain terms how you can make healthy choices and get in shape, this book will help readers understand the importance of physical activity.

More Reading Suggestions



Ms. Leakey Is Freaky!

by Dan Gutman

Ella Mentry School hires a health teacher who tries to force the children to eat healthy foods and exercise, whether they want to or not.



Safety

by Carol Ballard

Discusses how to stay safe in many different situations, including at home, while swimming, and playing. The book also explains the importance of safety for overall health.



The Second Life of Abigail Walker

by Frances O'Roark Dowell

Bullied by two mean girls in her sixth-grade class, a lonely, plump girl gains self-confidence and makes new friends after a mysterious fox gently bites her.



Smoking and Quitting: Clean Air for All

by the Centre for Addiction and Mental Health

Addresses common concerns children have when people they know and love smoke cigarettes. Helps to open a dialogue about smoking between teachers, parents, other caregivers, family members, and children.



Snack Attack: Unhealthy Treats

by John Burstein

Provides information and advice for making healthy snack choices and avoiding the commonly available junk food choices.



Stay Fit! How You Can Get in Shape

by Matt Doeden

Discusses the importance and benefits of physical fitness, including the physical fitness cycle, how to eat right, different components of fitness, assessing fitness, and exercise.

Other Organizations to Check Out

There are so many organizations out there that provide fantastic resources that help support raising healthy children. This section highlights some of the organizations that provide free, online access to their information and resources.

SCOPE & Live 5-2-1-0

SCOPE is the initiative behind the Live 5-2-1-0 message in BC, and supported the development of this toolkit as well as other Live 5-2-1-0 resources and tools for community stakeholders and families. SCOPE is a co-initiative of BC Children's Hospital and the UBC Department of Pediatrics, and partners with communities across BC to help promote healthy weights among children. SCOPE provides the expertise, support and tools that local decision-makers need to make the healthy choice the easy choice for children. For more free, downloadable Live 5-2-1-0 resources and tools, and stories from other communities sharing Live 5-2-1-0, check out our website!

www.live5210.ca



Action Schools! BC

Action Schools! BC is a best practices model designed to assist elementary and middle schools in creating individualized action plans to promote healthy living while achieving academic outcomes and supporting the international comprehensive school health approach. It promotes the creation of inclusive and diverse daily physical activity, physical education and healthy eating opportunities throughout the school. The Action Schools! BC framework for action, focused on six Action Zones, integrates the efforts of teachers, administrators, families and community practitioners to provide more opportunities for more children to make healthy choices more often.

www.actionschoolsbc.ca



HealthLink BC

On this site, you will find medically-approved information on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. You can also search the online Directory to find health services near you.

Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays, you can speak to a dietitian and at night there are pharmacists available to answer your medication questions.

www.healthlinkbc.ca



Physical Activity Line

The Physical Activity Line is British Columbia's primary physical activity counselling service & your FREE resource for practical & trusted physical activity & healthy living information.

Call 1-877-725-1149 to talk to a qualified exercise professional or visit www.physicalactivityline.com.



Childhood Obesity Foundation

The Childhood Obesity Foundation is dedicated to identifying, evaluating and promoting best practices in healthy nutrition and physical activity to reduce the prevalence of childhood obesity. They support two innovative programs, MEND and Shapedown. Visit the website for more information.

www.childhoodobesityfoundation.ca



60 Minute Kids Club

The 60 Minute Kids' Club (60MKC) is a fun and engaging program designed to get children from K - Gr. 6 excited about making healthy choices. 60MKC is a collaborative community that has created a free school challenge program and online tool designed to provide kids with the guidance, support, accountability and incentives necessary to take healthy actions and Live 5-2-1-0 everyday. The 60MKC online tool uses the Live 5-2-1-0 message to help kids track daily health behaviours. Visit their website to learn more.

www.60minkidsclub.org



LEAP BC™

LEAP BC™ is a set of resources that promotes healthy child development and was created by 2010 Legacies Now, with support from the Province of British Columbia. LEAP BC™ integrates Literacy, Education, Activity and Play, and is designed for families, caregivers and early learning practitioners who engage with young children.

<http://decoda.ca/children-families/leap-bc>



Let's Go!

Let's Go! is helping kids and families eat healthy and be active. We understand it's important to have a consistent message about healthy habits where you live, learn, work and play. So we partner with teachers, doctors, child care providers, and community organizations to help share the same four healthy habits of "5 2 1 0" everyday.

www.letsgo.org



Dietitians of Canada

We educate Canadians by providing trusted nutrition information to them and health professionals. We do this through our public website, our annual Nutrition Month Campaign and easy access to the expertise of dietitians.

www.dietitians.ca



Screen Smart

Screen Smart is a program for elementary schools, designed for children in grades K-7. It aims to: 1) Increase awareness among students (and their families) of how much time students spend in front of screens 2) Reduce students' recreational screen time to less than 2 hours per day (or maintain that level if already achieved).

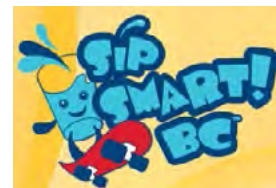
www.screensmartschools.ca



Sip Smart

Sip Smart! BC™ is a new, educational program that helps teach children in grades 4 to 6 about sugary drinks and about making healthy drink choices. Sip Smart! BC™ was created and developed by the BC Pediatric Society and the Heart and Stroke Foundation with funding from the BC Healthy Living Alliance.

<http://dotcms.bcpeds.ca/sipsmart>



Section 4

Healthy Living Champions



Tiffany Matteazzi

Javelin Thrower, Team Canada



I eat lots of vegetables and some fruits each day to give my body the proper nutrition so that I can perform at my optimal rate. When I don't eat enough fruit and vegetables I notice that I have lower energy and find it difficult to train and compete at a high level.

I have a very short off season, where I am free to do any type of exercise that I want. My favorite type of physical activity is boot camp style workout classes at my local gym (Great West Fitness). This style of workout pushes me to my limits and challenges me to push past those limits.

Growing up, my parents always kept water with us, where ever we went. They made sure to limit my pop/juice intake to only at birthdays or special occasions. I am so glad that my parents instilled in us the habit to drink water because of all the benefits it does for my health.

A piece of advice I will share is to try and think of your body as a car and your food as fuel, if you don't put the proper fuel into your car, it will break down.

Michael Mason

High Jumper, Team Canada



Eating lots of vegetables and fruit helps me stay light and improves my energy for training. When I don't eat enough fruits and vegetables I often feel tired and have digestion problems.

Although juice and pop can be a treat on occasion, I don't think it should ever be a substitute for water. I think there is just too much sugar in juice and pop for it to be a healthy alternative.

When I'm not training or competing I enjoy reading and drawing or doing some other kind of artistic activity.

I think that kids should eat smaller, healthier meals frequently throughout the day rather than eating three big meals (breakfast, lunch, dinner). If you eat healthy foods often (especially vegetables), it satisfies your body's needs so you don't get hungry and want to snack on junk food. I would also suggest that kids always choose the healthy food option first and participate in daily physical activity that they enjoy, as it will keep their bodies and their minds healthy.

Carter Bancs

Hockey Player, Abbotsford Heat



Definitely one of the most important things is eating right and making sure we get a lot of meals in throughout the day. It's very tough to keep your weight up during the season because we play so much and practice so much, so you really need to be cautious about that. You got to make sure you're getting good breakfasts, lots of fruits and veggies, and lots of protein and carbs too and that's what we kind of learned that over the years working with nutritionists. The other thing is sleeping really well! We've got to take care of our sleep and make sure we're getting our eight or nine hours in every night.

Obviously hydration is very key! We try to start hydrating a couple of days before we even play a game. We drink tons of water, it's amazing how much better it makes your body feel. As you get into the second and third periods, if you're not hydrating throughout the whole game, you'll find out that your brain doesn't function as well when you're dehydrated. So, that's something I've learned to do.

Section 5

Spread the word with social media



Spread the Word with Social Media

Social media is an amazing way to help spread the word about raising healthy children. Whether it is through your personal accounts and/or through your organization accounts, social media is an instant, interactive way to spread information.

In this section you will find a variety of social media blasts that you can use to get your whole online community thinking about the health and well-being of children. The last column includes optional links to additional resources for that blast. The blasts are separated into the 5-2-1-0 categories, feel free to copy and use them in any order!

Graphic files of these tips can be downloaded from live5210.ca/resources for use in newsletters, posters and other print and web resources.

5

Enjoy—Five or more vegetables & fruits every day

Blast #5-1 Choose vegetables and fruits for snacks most of the time.

Keep a bowl of fruit on the counter to grab as an easy snack.

Blast #5-2 Choose vegetables and fruits for snacks most of the time.

www.weightymatters.ca

Avoid pre-packaged fruit snacks (they are high in sugar) – even if they say "all natural" or "unsweetened".

Blast #5-3 Choose vegetables and fruits for snacks most of the time .

Have washed and cut-up vegetables in the fridge so they are ready to eat.

Blast #5-4 Get the whole family involved with preparing and cooking healthy food.

www.epicurious.com

Take the children to the store and let them pick out a new vegetable or fruit they would like to try.

Blast #5-5 Vegetables and Fruits on a Budget.

Frozen vegetables and fruits make an easy addition to meals or treats. Buy in large bags for the best deal.

Enjoy – FIVE or more vegetables & fruits every day

5

Blast #5-6 Vegetables and Fruits on a Budget.

www.bcfarmfresh.com

When you can, buy produce which is in-season. It will taste better and cost less.

Blast #5-7 Vegetables and Fruits on a Budget.

Avoid purchasing pre-cut vegetables and fruits as they are more expensive than un-cut produce.

Blast #5-8 Ways to use Produce Before it Spoils.

Freeze, can or dry your leftover fruits/vegetables to enjoy later.

Blast #5-9 Ways to use Produce Before it Spoils.

Add unused vegetables to soup before they spoil and freeze the leftovers.

Blast #5-10 Ways to use Produce Before it Spoils.

www.epicurious.com

Puree the unused vegetables together and freeze the puree to use in a soup or sauce later on.

Blast #5-11 Ways to use Produce Before it Spoils.

Chop up all the veggies left in your fridge and put them into an omelette.

Blast #5-12 Ways to use Produce Before it Spoils.

Store your produce in see through containers in the fridge. That way you know what you have.

Power down – no more than TWO hours of screen time a day**Blast #2-1 Power down TVs, video games, computers and other electronics.**

Take photographs (inside, outside, friends, family – anything you like) and make them into an album.

Blast #2-2 Power down TVs, video games, computers and other electronics.

Play a board game with your family. If you don't own any games ask your friends if they have any you could borrow.

Blast #2-3 Power down TVs, video games, computers and other electronics.

Go to the library and find a great book to read.

Blast #2-4 Power down TVs, video games, computers and other electronics.

Enjoy quality family time during meals: turn off the TV and focus on each other.

Blast #2-5 Power down TVs, video games, computers and other electronics.

Go to your local art gallery.

Blast #2-6 Power down TVs, video games, computers and other electronics.

www.participaction.com

Invent a new game and play it as a family.

Blast #2-7 Power down TVs, video games, computers and other electronics.

Talk to your family members and make a family tree.

Power down – no more than TWO hours of screen time a day

- | | | |
|--------------------|--|--|
| Blast #2-8 | Power down TVs, video games, computers and other electronics. | www.participaction.com |
| | Schedule “outdoor” time each day. Keep a bag of play and sport equipment handy to bring outside. | |
| Blast #2-9 | Power down TVs, video games, computers and other electronics. | |
| | Make puppets out of old socks and have a puppet show. | |
| Blast #2-10 | Power down TVs, video games, computers and other electronics. | |
| | Make your own cook book! Go through cookbooks and write down your favorite recipes. | |
| Blast #2-11 | Power down TVs, video games, computers and other electronics. | www.pinterest.com |
| | Re-organize/re-decorate your room. | |
| Blast #2-12 | Power down TVs, video games, computers and other electronics. | |
| | Create sidewalk art with chalk. | |
| Blast #2-13 | Power down TVs, video games, computers and other electronics. | |
| | Write a letter to a friend or family member. | |

Play actively - at least ONE hour each day

Blast #1-1	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Walk to a local park and play on the playground equipment.</p>	
Blast #1-2	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Schedule “outdoor” time each day. Keep a bag of play and sport equipment handy to bring outside.</p>	<p>www.participaction.com</p>
Blast #1-3	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Go for a walk outside and learn about the local trees and flowers. Get a book from the library to help you identify the different varieties.</p>	
Blast #1-4	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Post the drop-in swim, skate and gymnasium schedules on the fridge for quick reference for when you want to go out and do something.</p>	
Blast #1-5	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Go for a family walk or hike.</p>	
Blast #1-6	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Teach children basic movement skills like throwing, running and jumping.</p>	<p>www.activeforlife.ca</p>
Blast #1-7	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.</p>	
Blast #1-8	<p>Children need to move and play as much as possible; provide the space and time for active play.</p> <p>Involve children in household chores such as washing the car, walking the dog or vacuuming.</p>	

Play actively - at least ONE hour each day

Blast #1-9 Children need to move and play as much as possible; provide the space and time for active play.

Go outside and do yard work (raking leaves, mowing the lawn, pulling weeds). Make a game of it.

Blast #1-10 Children need to move and play as much as possible; provide the space and time for active play.

Walk or roll to the park and then once you are there, play on the equipment!

Blast #1-11 Children need to move and play as much as possible; provide the space and time for active play. www.hastebc.org

Walk or roll to school – find other families in your neighborhood that you can walk with.

Blast #1-12 Children need to move and play as much as possible; provide the space and time for active play.

Walk or roll to the store.

Blast #1-13 Children need to move and play as much as possible; provide the space and time for active play. www.decoda.ca

Playing games is one of the best ways to keep children active.

Choose Healthy – ZERO sugar-sweetened drinks



Blast #0-1 **Get your calories from healthy foods and your liquids from water.**

www.eatrightontario.ca

Caffeine, energy and sports drinks are not recommended for children. Scan the code for more information on energy drinks.

Blast #0-2 **Get your calories from healthy foods and your liquids from water.**

www.healthyfamiliesbc.ca

Avoid sugar sweetened beverages, like pop and fruit punch. They provide little nutritional value and are packed with calories. Scan the code to learn more about sugary drinks.

Blast #0-3 **Get your calories from healthy foods and your liquids from water.**

Real, unsweetened fruit juice can be offered as an occasional treat. Be sure to limit juice to one small glass (125 ml).

Blast #0-4 **Get your calories from healthy foods and your liquids from water.**

Plain milk is a healthy alternative to sugary drinks. Refer to Canada's food guide to learn how much milk and milk alternatives your child needs each day.

Blast #0-5 **Get your calories from healthy foods and your liquids from water.**

Pack a reusable water bottle in your child's lunch or sports bag.

Blast #0-6 **Get your calories from healthy foods and your liquids from water.**

Offer children water throughout the day. Try fresh slices of lemon or cucumber to add a refreshing flavor to water.

Blast #0-7 **Get your calories from healthy foods and your liquids from water.**

Keep a container of water in your fridge so cold water is always available.



Choose Healthy – ZERO sugar-sweetened drinks

Blast #0-8 **Get your calories from healthy foods and your liquids from water.**

To help your child drink less sugar from drinks:
Start slowly by switching one less healthy drink to a healthier drink each day.

Blast #0-9 **To help your child drink less sugar from drinks:**

Buy smaller sizes of drinks.

Blast #0-10 **To help your child drink less sugar from drinks:**

Pour smaller servings, setting aside the rest of a container for the next time.

Blast #0-11 **Get your calories from healthy foods and your liquids from water.** www.bcpeds.ca/sipsmart

The average can of pop has 10 teaspoons of sugar. The recommended daily limit for sugar (from all food/drink) is 13 teaspoons.

Blast #0-12 **Get your calories from healthy foods and your liquids from water.**

Fruit smoothies can be high in calories and added sugar. Buy the smallest size of the one with the most fruit and least sugar.

Blast #0-13 **Get your calories from healthy foods and your liquids from water.**

Add a little bit of juice to club soda for a fizzy drink that is low in sugar.

Section 6

Taking it a step further



Taking it a Step Further

If you want to take raising healthy children a little bit further than the activities that have been included in this toolkit then this section is for you!

Here, you will discover the many small things you can do to make your community a healthy place to live, work and play. Whether you are a parent, student, business owner, educator, health professional or community leader, find out how to improve the health of your community.

The ideas are separated into four categories:

1. Individuals
2. Organizations
3. Childcare
4. Schools

Individuals

Adults

Organize a Walking Group - Bring together your friends, family and neighbours

Walking is one of the cheapest and easiest ways to become more physically active. However many people may not feel safe walking alone or just don't like walking without some company.

If you like to walk and want to help others enjoy the benefits of walking in a safe and motivating environment try starting your own walking group.

Anyone can be a walk leader. It can be as simple as bringing together friends, family and neighbors or volunteering with an organization such as SportMed BC's SunRun walk/run clinics (<http://www.sportmedbc.com/programs/sportmed-runwalk/program-information>).

To help you start your own group this Walk Leader Handbook (http://walkbc.ca/sites/default/files/walkbc/BCRPA_Walk_Leader_Handbook.pdf) contains the tools you need to be a successful Walk Leader in your community. The ideas in this book outline how to create and maintain or enhance an effective and enjoyable walking group.

Loan your Land for a Community Garden— Give others the chance to grow healthy fruits and vegetables

As our communities grow, living spaces are getting smaller. Many families live in small apartments or townhouses with little outdoor space for gardening. Community gardens are a great way to give everyone access to grow their own fruits and vegetables.

If you have more space than you know what to do with, consider loaning out your land for a community garden. This can be as simple as providing a garden for local friends and family to share or you can go as far as to lend land to your local community garden organization.

For information on the benefits of community gardens and tips on how to create one in your community, check out this great resource: http://www.nanaimocommunitygardens.ca/docs/dig_it_toolkit.pdf



Promote a Walkable Community—A healthy city is a walkable city

Walking is one of the best ways to enjoy your community and be physically active. Communities with wide sidewalks, safe streets, beautiful landscaping, outdoor spaces and inviting storefronts encourage residents to get out of the car and explore their city.

Let your community leaders know that you want a walkable community.

The first step is to educate yourself on what makes a city walkable. These resources will help you find the information you need to determine just that:

<http://www.physicalactivitystrategy.ca/index.php/beat/links/>

<http://www.walkon.ca/welcome>

Armed with the facts take a look at your community and think of ways to improve the walkability. Maybe you need a new crosswalk, or safer sidewalk. Once you know the needs of your community begin to write letters to your local government, attend city hall meetings or volunteer with community committees to get your message out.

Be patient as change takes time but hopefully you can help your community move in the right direction.

Ditch the Same Old Dinner Party Idea—Plan active get togethers with friends and family

Have you ever noticed that our social lives tend to revolve around food? Dinner parties, popcorn at the movie theatre, meetings over coffee or lunch.

Encourage your social circle to explore new ways to socialize by adding fun and exciting activities that incorporate physical activity or healthy eating.

Here are some ideas of things you can do as a group:

- Throw a yoga party! Hire an instructor to teach a class in the comfort of your own home. Invite your friends and enjoy trying something new and active.
- Explore the Outdoors. Find a great new trail or park to meet up with your friends. Start a friendly game of touch football or for something

a little more laid back go for a walk or play a game of bocce.

- Convince your friends to sign up for a fitness class. There are many classes that run once or twice a week and can be a fun weekly outing with friends.
- Try a night out dancing. If you're not sure how to dance, find a local studio and invite your friends to learn with you.
- Join a local activity club. Find a special interest group like a hiking or running group and join up with friends. Websites like www.meetup.com have many local activity groups open to new members. Facebook and local running stores are also great places to find activity groups.

Volunteer in Your Community—Your time is one of the most valuable gifts you can give

Many local organizations work tirelessly to improve the health and wellbeing of your community. This work would not be possible without the generous help of volunteers.

Volunteer at the food bank, help out at a community event or lend a hand at a charity close to your heart. There are many ways to volunteer in your community.

Get out, meet new people and support good causes. Your community will thank you!



Parents

Make Getting to School More Fun—Start a walking school bus or bicycle train

Getting to school isn't normally something that children would consider fun. Let's change that! Children need to move their bodies and what better time to do that than on the way to school where they will be sitting for the next 6-7 hours?

Start a walking school bus or Bicycle Train and provide a safe alternative to driving and allow children to incorporate physical activity into their day.

A Walking School Bus or Bicycle Train is a group of children walking or cycling to school with one or more adults. It can be informally planned when two or three families take turns walking or cycling with their children to school or it might be a more formally developed and organized program with specific stops, specific participants and volunteer Walking School Bus or Bicycle Train leaders.

For tips on how to start a Bicycle Train:

<http://www.hastebc.org/resources/how-organize-bicycle-train>

For tips on how to start a Walking School Bus:

<http://www.hastebc.org/resources/how-organize-walking-school-bus>

Set up a Carpool—Work together to create more time for everyone

Has your life turned into a professional driving service for your children? Are they so busy with activities that it feels like you are always planning how to get everyone where they need to get to?

If your children are involved (or want to be involved) in a sport or recreation activity talk to parents of other children who are already involved about setting up a carpool.

Carpooling allows you more flexibility in your schedule and may make it easier for your child to be involved in more activities without demanding more of your time.

Create an environment where your family can flourish—Get to know your neighbors

Knowing your neighbors is fundamental in creating an environment where your children and your family can flourish.

An easy way to bring the neighbors together is to plan a neighborhood event. This is a great way for your family to meet people in your neighborhood and to have some fun while doing it!

Here are some ideas to get you started:

1. neighborhood potluck - share your favorite, healthy recipes. Why not add in a group walk or game of tag in the park after dinner?
2. block party – games, relay races, healthy food and conversation. A great way to interact with your community.

Safe Places to Play—Create a community that encourages play

Playing is one of the best ways for children to be physically active, learn new skills and have fun!

It's important that children have safe places to play.

Set-up different games/activities in your front/back yard and invite children from your neighborhood over to play! Your children meet new children, you get to meet new parents and everyone gets to be a part of a community that encourages play.

Start a Playgroup—Create a social network for you and your children

As a parent do you sometimes feel alone? Do you crave adult conversations? With all the demands of being a parent it can be difficult to meet and spend time with other adults.

Start a playgroup! Playgroups are a great way for you to meet other parents and for your child to interact with other children.

In your playgroup consider having a focus of healthy snacks and physical activity. Each parent could take a turn in bringing a healthy snack and as a group you can brainstorm ways to be physically active. Going for a walk, swim, playing games in the backyard are all fun ways to be active. Not sure how to set-up a playgroup? For some tips to get you started: <http://www.mommysavers.com/stay-at-home-moms/starting-a-playgroup/>

Help Schools Encourage Physical Activity and Healthy Eating—Offer to be a part of the solution

How much time does your child spend in school? Consider that they are at school for 6-7 hours per day, 5 days per week. Schools have a unique opportunity to shape and influence our children. Does your child's school participate in programs that encourage physical activity and healthy eating?

If so, get involved. If not, talk to the school about being a part of programs like those below this that encourage healthy living for children and youth.

<http://www.actionschoolsbc.ca>

<http://www.atmybest.ca>

Understand Your Family's Relationship with Food—Learn how poor eating habits affect your family's health

Watch a 20 minute video of Jamie Oliver, a world famous chef, talking about what is currently going on with families and food: <http://www.youtube.com/watch?v=jlwrV5e6fMY> It is a powerful message that will cause you to stop and really think about the food choices that you are making.

There are lots of tools to support you and your family in making healthier choices. Here are some of our favorites:

- Go on a farm tour, bakery tour or a tour of your local meat shop - most local food producers are more than happy to take you and your family on a tour and show you how their products are made.

- Check out this animation which highlights some of the changes to how our food is processed: <http://www.thematrix.com/>
- Build your own family cookbook with this free online tool: <http://bettertogetherbc.ca/kid-friendly-recipes/cookbook-creator>
- Download some free tools from Jamie Oliver's website: <http://www.jamieoliver.com/foundation/>

No Garden, No Problem!—Grow veggies in containers

Growing your own vegetables is a great way to eat healthy without spending a lot of money. It is also a unique opportunity for your family to learn more about growing healthy food and to have a greater appreciation for fresh produce.

Canadian Gardening has some great resources on how to grow vegetables in containers. Whether it's an apartment balcony, a backyard patio, an urban rooftop, or even the edge of a driveway, all you need is a space with a few hours of sunlight to grow container veggies. Access these free articles here: <http://www.canadiangardening.com/gardens/fruit-and-vegetable-gardening/no-garden-no-problem-grow-veggies-in-containers/a/1456>



Children

Get Out and Play—Create fun memories with your friends

Instead of sitting watching TV with friends as a way to have fun and relax why not go outside and have fun?

Walking, hiking, biking, playing Frisbee, skateboarding – there are so many things to do! Challenge your friends to come up with new activities or games, whoever comes up with the best one gets bragging rights!

Get Active at Recess—It will make the rest of your day better

You've been sitting at a desk all morning; it's time to get moving. Instead of just standing or sitting around with your friends play a game or go for a walk. When you are active it is a lot easier to pay attention when you get back to class and you won't feel as restless.

Start Your Own Activity Club—Don't wait for someone else to do it

Is there an activity that you would love to do but there just aren't any opportunities to do it? Don't wait for someone else to pull it together, make your own opportunities!

What kind of activities do you love to do? Encourage other children to join you! This is a great way to spend time with your friends, meet new friends and have fun!

You could start a skateboarding club, running club, ultimate Frisbee club, the possibilities are endless! Get the word out through Twitter, Facebook or any other of your favorite social media sites.



Organizations

Display Healthy Living Messages— Help spread the word

Does your organization have some empty advertising real estate? Use your community spaces (bulletin boards, walls, doors, etc.) to promote messages about physical activity, healthy eating and living tobacco free.

To get more Live 5-2-1-0 resources to display in your space, such as posters, banners and fact sheets, visit live5210.ca/resources.

Become a ParticipACTION Teen Challenge Community Host—Help youth fight the inactivity crisis

The ParticipACTION Teen Challenge, works to get teens moving across the country by breaking down barriers that prevent teens from getting active. The program was designed to create a "for youth, by youth" physical activity movement to help young Canadians between the ages of 13-19 to become more active. What they need is the support, like equipment, facilities and resources. That's where you come in.

So why become a Community Host? Membership is free. The Teen Challenge can increase your organization's visibility and profile among youth, draw them to new or existing programs offered by your organization, and help build active leaders of tomorrow.

More information from the ParticipACTION website: <http://www.participaction.com/teen-challenge/>

Organize a Community Challenge—With these resources it's easy!

Challenges are a great way to motivate people to do something different. They can range from a physical activity challenge to a healthy cooking challenge.

As a community organization you have a unique ability to connect with people in your community. Start a community challenge of your own, with the resources below it's easy!

This website has challenges that are already in place that members of your community can participate in for free: <http://www.sparkpeople.com/myspark/challenge.asp>

To help promote your challenge download free poster templates from ParticipACTION: <http://www.participaction.com/resources-partners/toolkit/browse/>

Be a health champion and help us spread the word.

Start a Children in the Community Kitchen Program—Help children develop lifelong skills

The key message in the KICK (Children in the Community Kitchen) Program Toolkit is that children are very able to be in the kitchen. It is important that children develop lifelong skills around cooking, nutrition, and healthy living and that an enjoyment of food and physical activity is created.

Lessons focus on supporting and encouraging young cooks by allowing them to complete all tasks in the kitchen by themselves in an age appropriate manner.

Parents, teachers, youth group leaders, and health care educators will find this toolkit easy-to-use and filled with “kid-tested and approved” activities that aim to increase children’s knowledge, skills and self-confidence so that they can make healthier lifestyle choices: <http://www.contactsouthsimcoe.ca/kick-toolkits.php>

Not convinced? Watch this video of Jamie Oliver, world famous chef, talking about food and our health: <http://www.youtube.com/watch?v=jlwrV5e6fMY>

Start a Community Kitchen—Bring people together through healthy cooking

Good things happen when people gather to cook for themselves, and for each other. They make new friends. They expand what they know about nutrition. They eat better.

Learning basic kitchen skills helps people provide for themselves while saving money. They develop the spirit of teamwork, because the dishes that each community kitchen makes are divided among its members at the end of each kitchen session – everyone goes home with the feeling of a job well done, and with well-made food for that evening or days to come. (or longer still, when dishes can be frozen.)

To learn how to start a community kitchen : <http://www.freshchoicekitchens.ca/community-kitchen-resources/starting-a-kitchen>

Childcare

Become a Healthier Childcare Facility—Simple ideas to integrate literacy, education, activity and play

LEAP BC supports early learning practitioners through professional development opportunities and by providing comprehensive resources, including activity cards that integrate Literacy, Education, Activity and Play.

Developed by 2010 Legacies Now, these activity cards promote healthy child development by integrating physical movement, healthy eating, oral language and early literacy.

Download the activity cards for free: <http://decoda.ca/children-families/leap-bc/>

Teach Children About Healthy Living—Here are four simple steps

Preschools and daycares play an important role in teaching a child good eating habits and how to live an active life. Active and healthy children learn better and develop healthy habits that can last their whole lives.

It is important that children of all ages maintain a healthy balance of energy in and energy burned off as children who become obese before 6 years of age are likely to stay obese throughout childhood. They also have a 50% increased risk of becoming an obese adult. Canadian Council of Food and Nutrition.

You have a unique opportunity to shape the lives of the children in your care for the better.

To learn more about the four simple steps that the Childhood Obesity Foundation recommends you can do to support the healthy development of children: <http://www.childhoodobesityfoundation.ca/preSchoolsAndDaycares>

Be a No TV Daycare—Show that you are truly committed to the healthy development of children

Parents want programs that are truly committed to the health and well-being of their child. Show your commitment by walking the talk and getting rid of the TV.

Current recommendations are that children should not engage in more than 2 hours of screen time (computers, TVs etc.) per day. Given the amount of time that children spend in daycare being a ‘no TV’ daycare is a great opportunity to support less screen time.

Play First then Lunch—More fun for the children, less headache for the teacher

Developed by Action Schools BC, Play First then lunch has lots of benefits:

- improves behaviour on the playground and in the classroom,
- children are quieter and calmer, and focused on eating rather than thinking about getting outside to play
- children return to the classroom more quickly and are settled and ready to learn

For more information go to http://www.actionschoolsbc.ca/sites/default/files/resources/AS!%20BC%20Play%20First%20Lunch%20Toolkit_0.pdf

Get the Children Moving—Burning off extra energy prevents them from bouncing off the walls

What happens when children don't move enough? They start to bounce off the walls!

Create an environment in your centre where children get to burn off some of that extra energy. Not only will they be more attentive during your other activities but you will also be a big part of them getting enough physical activity during the day. Daily physical activity is essential to healthy child development.

Need some ideas for when you have small spaces, limited equipment or bad weather? Here is a great resource from Saskatchewan's Ministry of Education: <http://www.education.gov.sk.ca/ELCC/active-solutions5>

Schools

Start a Health Leadership Committee—Give children a chance to get involved

By getting children to help with school healthy living initiatives not only do you get some help but the children get valuable experience. Think about starting a Health Leadership Committee (HLC) where children can develop their leadership, planning and communication skills and assist in activities that promote the health of other children.

A HLC is similar to a student council except that their focus is on the health of their school. Here are some ways that the HLC could be involved in the school:

1. Lead recess activities for younger children. For ideas: <http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/playground-circuits>
2. Develop an Action Schools BC School Action Plan—a sample action plan can be found at <http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/action-plans>
3. Members can help encourage children to get involved with different events and activities that the school offers.

Students can also create a School Nutrition Action Committee to focus on healthy food choices at their school. For tips and ideas on how to set up a SNAC, check out this resource: http://smarterlunchrooms.org/sites/default/files/2b_organize_snac_team_for_teachers_and_admin.pdf

Spark a Love for Sport—Help children discover activities they enjoy

We know that children who participate in sports are more likely to be active as adults. Does your school spark a love for sport in the children?

Here are a few ideas to help spark a love for sport in your school:

4. Set-up a SportFit Challenge—SportFit helps connect children and youth to the activities that are right for them through eight easy

and fun physical activity stations and one fast online questionnaire. To access the tools go to: http://www.sportfitcanada.com/take_the_challenge

5. Have teachers become certified to teach the Run, Jump, Throw program—This FUNdamentals program teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events. It is designed for boys and girls ages 6-12, has progressions for older athletes, and can be adapted for special needs.
6. Run, Jump, Throw skills form the basis of all land based sport and as such, RJT provides a strong foundation for success in all sports and physical activities, which allows participants to develop a positive self image and be the best they can be.

To learn more about this program: <http://www.bcathletics.org/TrackAndField/LTADPrograms/run-jump-throw/>

Get Free Fruits and Veggies for your School Improve health and concentration

The BC School Fruit and Vegetable Nutritional Program is part of ActNowBC, an initiative to improve the health of BC children and families.

Participation in this Program is at NO COST to your school throughout the school year. Children and school staff will receive a fresh fruit or vegetable snack twice a week every other week.

Eating the recommended amounts of fruits and vegetables improves children's health and improves children's ability to concentrate. The fresh and nutritious fruits and vegetables to be served in the Program will be grown in BC, subject to availability.

For more information from the BC Agriculture in the Classroom Foundation: <http://www.aitc.ca/bc/index.php?page=applications-2>

Start a Growing Chefs Program—Unite children, chefs, growers and educators

Growing Chefs is a non-profit society that unites chefs, growers, educators and community members in a food sustainability project.

As the chefs mentor your children and help them to grow their own indoor vegetable gardens, they lead the class through a series of lessons.

Each lesson uses a combination of discussions, games, and activities to cover themes as diverse as urban agriculture, vegetable exploration, nutrition, garden crafts, and foods around the world.

For more information: <http://www.growingchefs.ca/teachers-program-info>

Create a School Garden—Food, First Hand!

Teaching children about farming, agriculture and healthy food can be difficult. What if you could have them experience it first hand? School gardens are an excellent way to teach children about the food they eat. Children have the opportunity to grow fruits and vegetables, and they learn first hand about different foods.

For some tips on how to start a school garden: <http://www.myhealthschool.com/gardens/starting.php>

Make a Difference with Daily Physical Activity—All children need at least one hour per day

According to the Childhood Obesity Foundation approximately 26% of Canadian children ages 2-17 years old are currently overweight or obese. Obesity rates continue to increase into adulthood (<http://www.childhoodobesityfoundation.ca/statistics>).

Schools are one of the most influential places for children and youth. There is a huge opportunity to make a difference with daily physical activity.

All children need at least 1 hour of physical activity but preferably up to several hours everyday. Here are some ways to help your children get active during the school day

- Register as an Action School and utilize the Action Schools! BC resources: <http://www.actionschoolsbc.ca/content/home.asp>
- Have your teachers participate in the Action Schools! 5-2-1-0 Workshop
- Give children plenty of space for unstructured play during recess and lunch
- Break-up a long class with a quick activity break
- Encourage children to walk to school by providing safe routes to school or organizing a walking school bus

- Teach children about physical activity in the classroom and lead by example
- Organize fun activity days
- Introduce children to different types of activities so they can find the ones they love. Try nontraditional activities such as yoga or ultimate
- Offer a variety of sports and games and be sure to include fun non competitive games





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