

Healthy Children, 
Healthy Weights 

Ring of Fun

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Funded by Ohio Department of Health's Office of Healthy Ohio, Community Wellness and Obesity Prevention Program.



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Thank you for being a part of
Healthy Children, Healthy Weights.

Please hang the Ring of Fun in your classroom for quick
ideas on building Healthy Children!

Topics

Healthy Activity	Healthy Weights
Healthy Snacks	Healthy Gardening
Healthy Drinks	Healthy ABC's



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Key Messages of Healthy Children, Healthy Weights

- **Increase Physical Activity and Decrease TV time!**
 - Children should get 60 minutes of physical activity a day
- **Make Snacks Count**
 - Snacks should be nutritious “mini meals”
- **Take Time For Meals**
 - Eat as a family as often as possible
 - Allow children to be involved in meal preparation
- **Water first for thirst!**
 - Drink water and milk instead of high calorie drinks
 - Limit juice intake
- **Promote a healthy body image with children**
 - Build children up through positive words



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Self Control Song

Sing at circle time with scarves or during parachute time.

**I go fast, fast, fast.
Fast, fast, fast is the way I go,
And then I stop!
Put it on hold,
I've got self control.**

**I go slow, slow, slow.
Slow, slow, slow is the way I go,
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From *Songs of Resilience* by David Kisor through Children, Inc.



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Healthy Physical Activity

Fruit Basket

Divide children into 4 groups and have them move into each corner of the gym or play area. Give each group a fruit name such as apples, oranges, bananas and peaches.

Call two of the fruit names and those groups run and change places. The groups maintain the same name throughout the game.

When you call 'Fruit Basket' all of the children run and sit in the center of the gym or play area.

From <http://www.teachingideas.co.uk/pe/contents.htm>



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Healthy Physical Activity

Family Meals

Mealtimes are a great time for adults to be positive role models for children!

Tips for family meals

- **Allow children to help prepare meals.** It gives them ownership of the meal and they get excited to eat what they have made.
- **Let children decide how much to eat.** They know when they are hungry and when they are full.

- **Do not use dessert as a reward for finishing vegetables.** It puts more emphasis on dessert and makes the child think that vegetables taste bad.
- **Eat the vegetables and healthy foods yourself.** If children see you eating it, they will want to eat it too.
- **Turn off the TV during mealtime.**



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Healthy Weights

Edible Sculptures

Always sanitize cooking area and have children wash their hands before handling food.
Raisins and cranberries are choking hazards for children under the age of 4.

INGREDIENTS

Variety of cut up fruits
Dried cranberries, raisins

ALSO NEEDED

Toothpicks

DIRECTIONS

1. Give each child an assortment of cut up fruits and dried fruits
2. Allow them to create edible sculptures with toothpicks and the fruit



Healthy Snacks

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Healthy Snacks

Power Barbells

Always sanitize cooking area and have children wash their hands before handling food.

Chunks of cheese and pretzels are choking hazards for children under the age of 4.

INGREDIENTS

Block of cheese or
cheese cubes

Pretzel sticks

DIRECTIONS

1. On a cutting board, cut the block of cheese into small chunks
2. Place one chunk of cheese on each side of the pretzel stick to make a mini 'power bar'
3. Enjoy!

Recipe from Cheryl Barber, Mary Longo, Anita Pulay, and Kirk Bloir at the Ohio State University Extension



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Healthy Snacks

Scoopy the Salad

Always sanitize cooking area and have children wash their hands before handling food.
Raw vegetables are a choking hazard for children under the age of 4.

INGREDIENTS

Lettuce leaves
1 cup of cottage cheese
Selection of favorite fresh vegetables

- Cherry tomatoes
- Alfalfa sprouts
- Olives, broccoli
- Peas, beans
- Green or red bell pepper slices

DIRECTIONS

1. Place a lettuce leaf on a plate
2. Scoop cottage cheese on the lettuce leaf with an ice cream scoop
3. Decorate the cottage cheese with vegetables to design a face, animal, character or colorful design
4. Serve immediately or place in the refrigerator until serving time as a salad or light lunch.

From *Cooking Art* by MaryAnn F. Kohl and Jean Potter



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Healthy Snacks

Ways to Make Water Fun!

- Add food coloring to the children's water or add when making ice cubes (make sure you tell the parents)
- Have children drink out of a "special" cup that is only to be used for water!
- Use fun ice cube designs or add small fruit pieces to get children excited about drinking water!
- Use other names for water like "agua" or H₂O
- Most importantly... drink water yourself! They look up to you!



Healthy Drinks

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