

Activities To Do With Your Kids

Finger Jello

Children can help make this easy, healthy snack. Parents handle the boiling water.

2 envelopes unflavored gelatin, 2 boxes of flavored gelatin. Preschool children mix powders together. Parents add 2 cups boiling water. Stir until dissolved. Pour into small pan. Chill until firm. Let children cut into shapes with cookie cutters. Now enjoy!

Frozen Ants

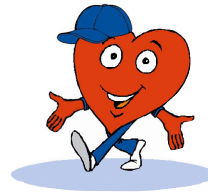
Ask your Kindergarten child to peel a banana and cut into two or three small pieces with a plastic knife. Spread peanut butter on each piece then roll each piece in raisins. Wrap loosely in waxed paper and freeze. Your young child may want to eat right away so have more than one banana available.

Counting Groceries

Have your youngster help you put the groceries away. At the same time, give him/her practice with counting. Examples: Ask, "How many carrots did I buy? How many bars of soap? How many cans of soup? How many boxes of cereal?"

For more fun indoor and outdoor activities go to:

<http://www.preschoolrainbow.org/parent.htm>



CARDIAC Kinder Project

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*Working
Together to
Improve Your
Child's Health*

*A component of the
CARDIAC research
projects*

Tel: 304-293-1149

Helping Your Child Achieve a Healthier Lifestyle



- Limit use of special food as a reward. Choose a special activity or non-food item as a gift for reaching a goal.

- Support your child with verbal praise and encouragement.

- Participate in exercise and ac-

tivities with your child as often as possible.

- Work on controlling your own weight if you also need to shed a few pounds.
- Help your child set goals he or she will be able to reach. If your child cannot exercise for a full 20 minutes, set a goal of 10-15 minutes and add 2-5 minutes to the time after one week.
- Allow your child to be flexible with choices to avoid burnout and frustration.

Reducing Your Caloric Intake—Foods to Limit

- Soda
- Fried foods
- Sweets
- Extra servings
- Snacks
- Eating away from home

Substitutions

Here are some ways to reduce calories by substituting high-caloric foods:

- Drink tea, water, sugar-free drinks (0 calories per 12 oz.) instead of regular soda/cola (150 calories)
- Eat small-sized French Fries (260 calories) instead of large-sized portions (460 calories).
- Eat popcorn, carrot and celery sticks (30 calories per serving) instead of potato chips, snack crackers, and cookies (150 calories per serv-



Increase your daily exercise and physical activity. Take walks with your children often.

ing).

- Eat fruits (60-80 calories per serving) instead of a chocolate bar (220 calories).
- Eat a popsicle or sorbet (80-100 calories per serving) instead of ice cream (up to 250 calories per half cup).

Other Ways to Cut Calories

- Snack on an orange and a banana instead of candy bars, brownies, and cookies.
- Replace 1 cup of sweetened applesauce with 1 cup of unsweetened applesauce.
- Select 1 cup of home-style baked beans instead of an equal serving of baked beans and franks.
- Replace 2 biscuits with 2 dinner rolls.
- Grill a cheese sandwich with nonstick cooking spray instead of margarine.
- Cut the peanut butter on your sandwich from 2 tablespoons to 1 tablespoon.
- Order 2 slices of cheese pizza instead of 2 slices of pepperoni pizza.
- Replace 2 brownies with 2 fig bars.
- Eat a turkey sandwich instead of a chicken salad sandwich.
- Eat 1 hot dog instead of 2.
- Shred 2 ounces of fat-free cheddar cheese on nachos instead of regular cheddar.
- Spread 1 tablespoon of all-fruit jam on toast instead of butter.