

***My Activity Book:
6 Weeks of Learning
and Fun!***



Week 2

Let's Eat Healthy!

INTRODUCTION FOR CAREGIVERS

The HCQU has designed 6 activity books to help people learn and grow in various ways. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, encouraging the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Ensure any necessary materials are available.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and encouragement along the way, especially when the person is making an effort to participate.

DAY 1 – WHAT TO DO BEFORE EATING

Hello everyone! This week we are going to talk about healthy eating and snacking.

Before you start, here are some things you should do before you prepare any snack or meal.

- **Wash your hands.**
- **Clean your work area before and after preparing food.**
- **Wash fresh fruits and vegetables.**
- **Ask someone else to prepare food if you are sick.**

The food you eat helps you to stay healthy and feel good. It is important to eat healthy food to keep your body working well and to keep you from getting sick. Making better food choices helps you feel your best. Some healthy foods fight off germs and infection!

Go to the next page for fun activity!

BEFORE EATING ACTIVITY

Circle all of the foods that you think are HEALTHY!



DAY 2 – THE 5 FOOD GROUPS

Today we are going to talk about the foods you should eat every day to help you feel great!

There are 5 food groups. Do you know what they are?



Fruits



Grains



Vegetables



Protein



Dairy

Go to the next page for a fun activity!

FOOD GROUPS ACTIVITY

Write or draw a picture of your favorite food in each food group. Ask for help if you need it.

(Fruits)



(Grains)



(Vegetables)





(Protein)

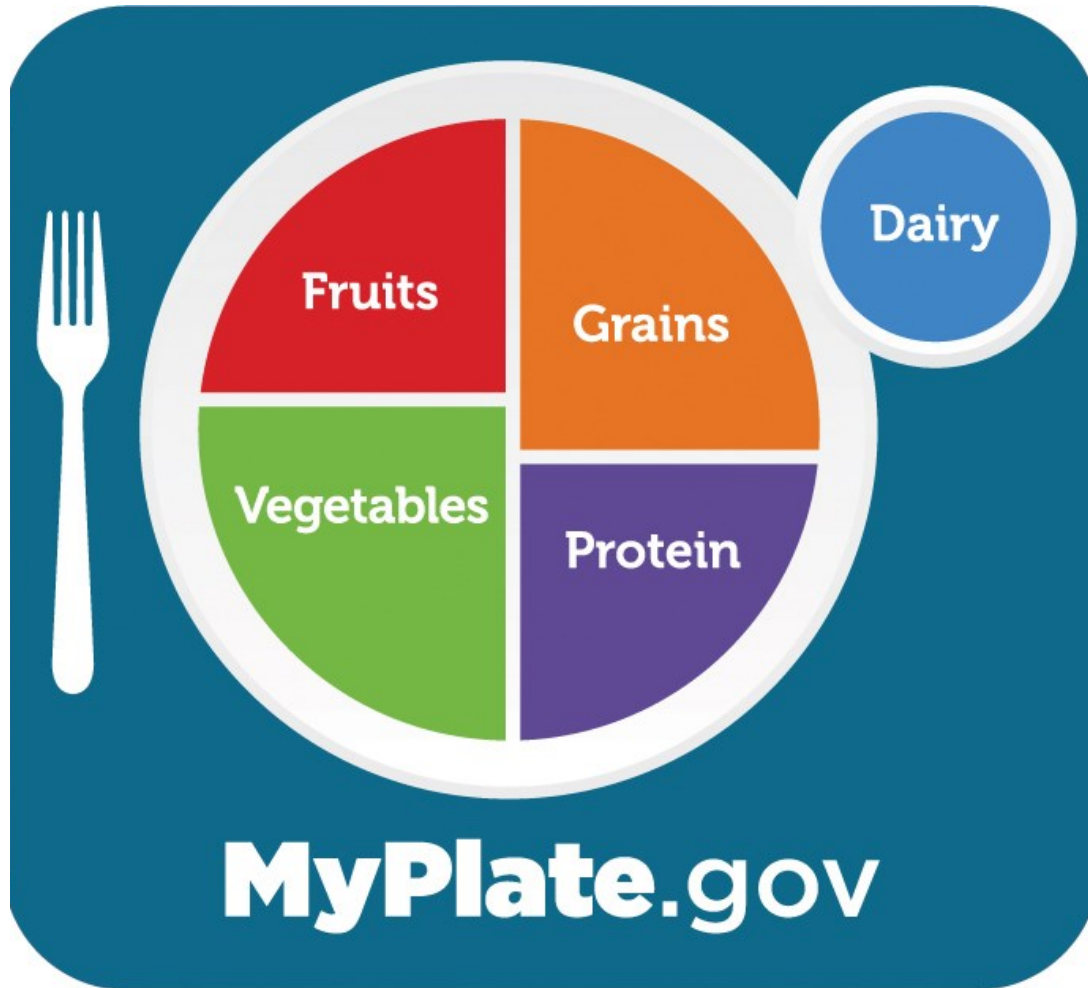


(Dairy)

HOW MUCH SHOULD I EAT FROM EACH FOOD GROUP?

The plate in this picture can help you to remember to eat from the 5 food groups at each meal. It can help you make sure that you eat enough from each food group throughout the day. Your caregiver can help you learn more about this by visiting this website:

[MyPlate.gov](https://www.MyPlate.gov)



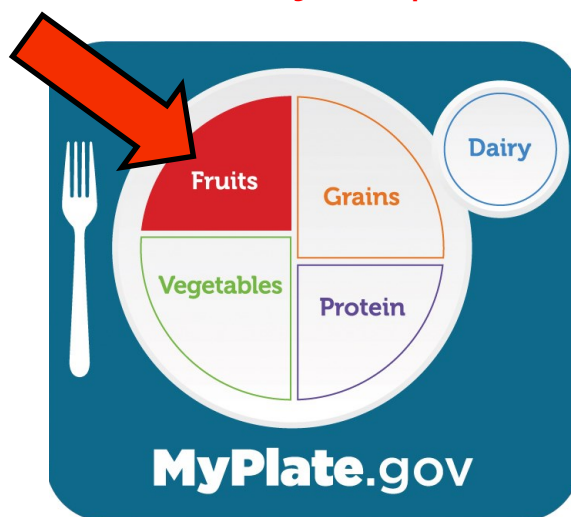
DAY 3 – FRUITS

Fruits can make you feel very good! They have lots of vitamins and minerals that give your body energy. Fruits are a good choice for a snack, especially when you want something sweet.

What are some of your favorite fruits?



The **red** section of the **MyPlate** picture shows how much fruit you should have on your plate at every meal.



Go to the next page for fun activity!

FRUITS ACTIVITY



Find grocery store advertisements or magazines no one needs. Look for pictures of your favorite fruits and cut them out. Paste the pictures of your favorite fruit on this page.

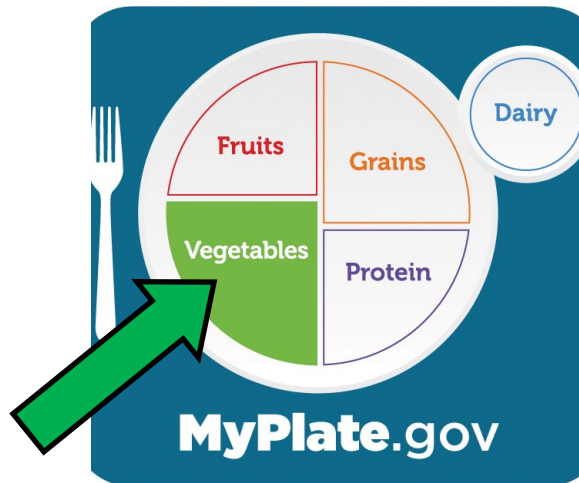
- If you want, you may draw your favorite fruits instead.

DAY 4 – VEGETABLES

Vegetables help your heart and skin to stay healthy. They have many vitamins and minerals. Vegetables can help your body fight infection. You will feel better if you eat them everyday.



The **green** section of the **MyPlate** picture shows how many vegetables you should have at every meal.



Go to the next page for a fun activity!

VEGETABLES ACTIVITY



Find grocery store advertisements or magazines no one needs. Look for pictures of your favorite vegetables and cut them out. Paste the pictures of your favorite vegetables on this page.

- If you want, you may draw your favorite vegetables instead.

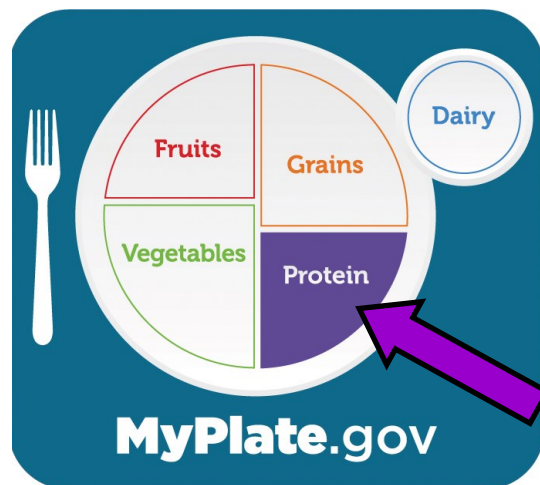
DAY 5 – PROTEIN

Protein builds muscles and helps you feel better! It makes your hair shiny, makes your nails stronger, and helps keep you from getting sick. Protein foods include meats, beans, fish, cheese, and eggs.



What are your favorite protein foods?

The **purple** section of the **MyPlate** picture shows how much protein you should have at each meal.



Go to the next page for a fun activity!

PROTEIN ACTIVITY

Circle the protein foods on this page.



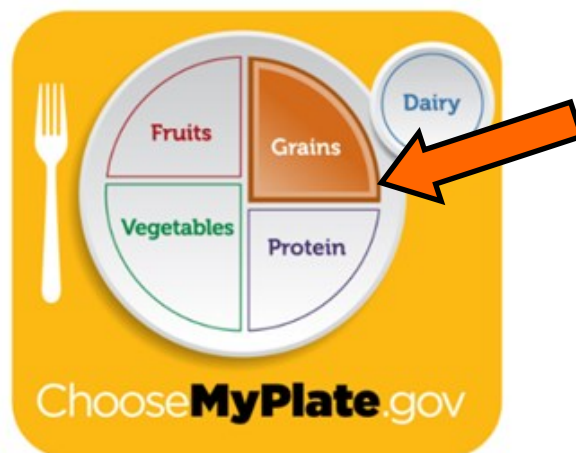
DAY 6 – GRAINS

Grains give your body fiber and energy. They help to keep the inside of your body working as it should. Eating too much from this food group, or any food group, can cause you to gain weight, so make sure to eat only the amount recommended in the My Plate sections.



What are some of your favorite grain foods?

The **orange** section of the **MyPlate** picture shows the amount of grains you should have at each meal.



Go to the next page for a fun activity!

GRAINS ACTIVITY



Most people like pasta! Pasta is made from a grain. Draw your favorite pasta noodle here! Is it a shell noodle? A spring noodle? A spaghetti noodle?

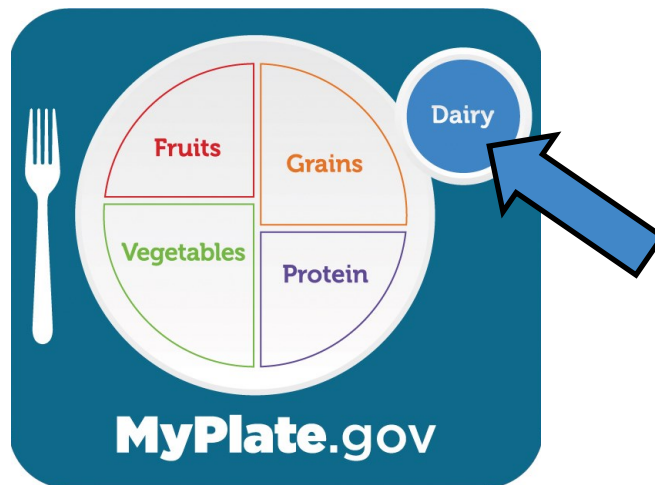
DAY 7 – DAIRY

Dairy foods help to keep your bones and teeth strong and healthy. Examples of dairy foods are milk, yogurt, and cheese.

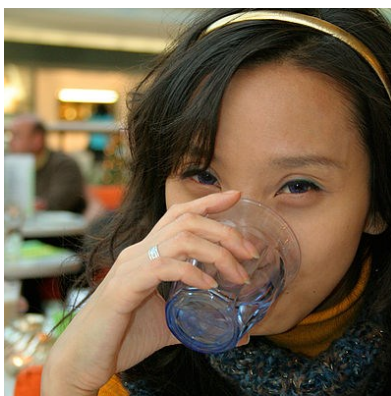


What are some of your favorite **dairy** foods?

The **blue** section of the **MyPlate** picture shows how much dairy you should have at each meal.



HEALTHY DRINKS



Water helps you stay healthy and feeling good. Your bones can get stronger by drinking milk. Drink water every day, instead of soda pop. Your body will feel better when you do!

Fruit juices can be healthy too. Make sure they are 100% juice with no added sugar, and drink only a small amount daily. Some people make fruit smoothies by mixing milk and fruit in a blender.

Go to the next page for a fun activity!

DAIRY AND OTHER HEALTHY DRINKS ACTIVITY

Circle the drinks that are healthy for you.



HEALTHY SNACKS

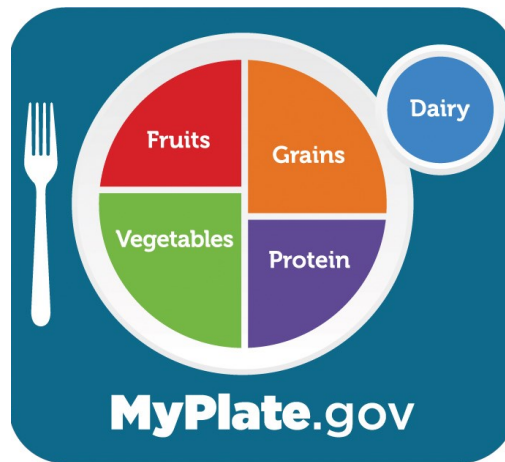
Healthy snacks give your body vitamins and minerals. They help you to feel full in between meals and give you energy to keep you going all day. You will not feel hungry so often if you eat healthy snacks.



It can be hard to stay active when you are at home most of the time. Unhealthy treats should be limited because they can cause weight gain. Save unhealthy treats and snacks for special times.



MAKE A HEALTHY PLATE ACTIVITY

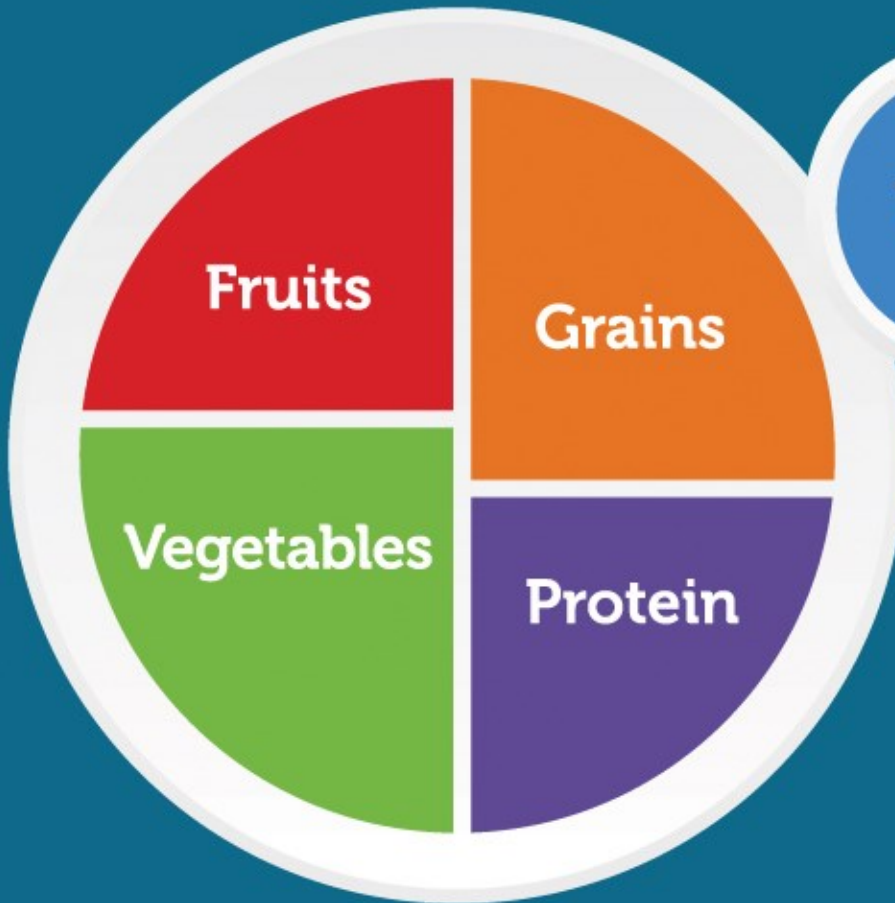


Use what you learned about healthy eating and snacking to make your own healthy meal, choosing foods from the 5 food groups.

Directions for activity:

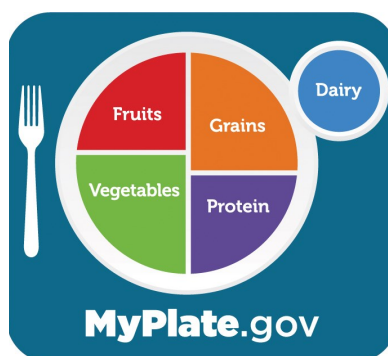
1. Cut out the pictures of food on the next page, (page 21) or look for pictures of food in magazines and grocery store advertisements.
2. Paste the pictures onto the picture of the plate from [MyPlate.gov](https://www.myplate.gov) on page 22.
3. You can draw pictures of your favorite foods from each food group onto the plate, too.
4. Be creative! Make it your own.
5. Talk with your caregivers about healthy snack choices. Look in your refrigerator and cupboards to find healthy snacks.





MyPlate.gov

RESOURCES FOR YOU AND YOUR CAREGIVERS



[MyPlate.gov](https://www.MyPlate.gov)

This website has information, guidelines,
and fun activities to learn more about
healthy eating.

REFERENCES

Dietary Guidelines for Americans. (2020). Dietary Guidelines for Americans. <https://dietaryguidelines.gov/>

United States Department of Agriculture (USDA). (n.d.). MyPlate. <https://www.myplate.gov/>



For additional information regarding this activity book or
any of our physical or behavioral health trainings,
contact

Acentra Health SW PA Health Care Quality Unit

[hcqu.kepro.com](https://www.hcqu.kepro.com)

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