

# MAKING HEALTHY CHOICES

Every day we make choices about what to eat and what activities to participate in. Do you make good, healthy choices most of the time?

When you have a choice of what to eat for breakfast or snack, here are some great things to choose from:

## BREAKFASTS

- \* Egg on wheat toast
- \* Yogurt and cut fruit
- \* Whole grain cereal and banana
- \* Whole grain pancakes or waffles and peanut butter

## Eating Out Options

Choose...

- Grilled meat instead of fried.
- Whole wheat bread instead of white.
- Steamed vegetables or sweet potato instead of fries or chips.
- Milk, water, or 100% fruit juice instead of soda.

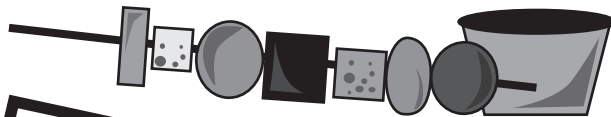
## SNACKS

- \* Apple slices with peanut butter
- \* Banana with almond butter
- \* Cheese and whole grain crackers
- \* Hard-boiled egg
- \* Carrots with a dip
- \* Hummus and pita bread
- \* Quesadilla on whole wheat tortilla

## Choosing to Be Active

Add more physical activity to your daily life by...

- Taking the stairs instead of elevators/escalators.
- Parking farther away from the building and walking to the door.
- Walking or riding your bike to school instead of getting a ride.
- Going for walks after dinner instead of sitting in front of the TV, computer or playing video games.



## SANDWICH KABOB

### Ingredients:

- Cubed whole grain bread
- Cubed or sliced, lean protein (turkey, roast beef, chicken, tofu, etc.)
- Cubed or sliced cheese (provolone, cheddar, swiss, jack, etc.)
- Cut veggies (lettuce, tomatoes, carrots, cucumbers, peppers, pickles, etc.)
- Dippers (mustard, salad dressing of choice, etc.)

### Directions:

Slide food onto a skewer, chopstick, or toothpick. Serve with a dipper and enjoy!

## RECIPE



**SPARK™**  
K-2

# Race with the SPARK Kids!

For every 10 minutes that you are active, color a circle with a letter in it. Copy the letter into the message line below. As you move along the track, you earn more letters to fill in. Ideas for being active are scattered along the trail. Keep active and reach the finish line to see what the SPARK Kids want you to know!

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START

P H Y S I C A L C T I V I T Y

Play catch

Jump rope

Hopscotch

Ride your bike

Play tag

Dance

Clean your room

FINISH

S I Y T