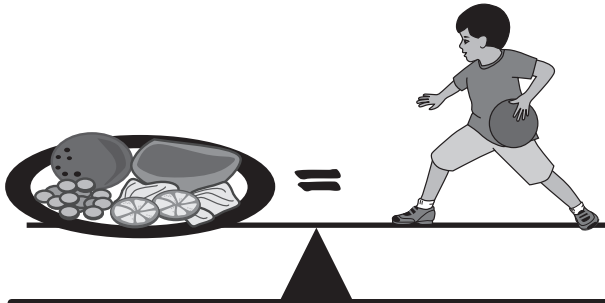


# Staying Healthy is a Balancing Act

When the amount of energy coming in to your body (NUTRITION) is equal to the amount of energy you burn (PHYSICAL ACTIVITY), you will maintain (stay the same) a healthy weight.

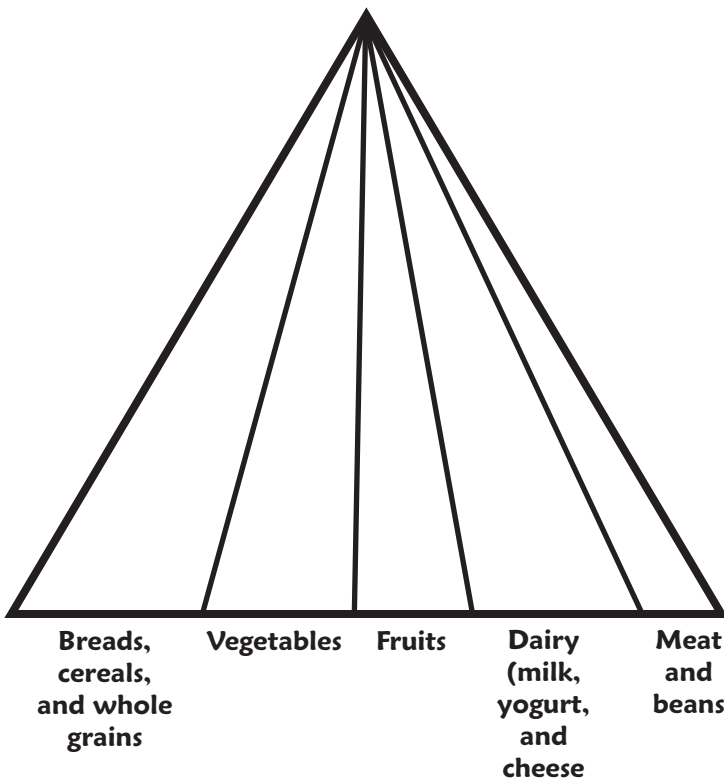


When the energy coming IN is greater than the energy going OUT, there is an imbalance. The excess energy (food) is stored in your body as fat.



## Energy In = Nutrition

All foods can fit into a healthy, balanced diet. A balanced diet includes moderate portions of foods from the 5 food groups every day. Draw your favorite food in each of these groups.



## Energy Out = Physical Activity

Physical activity burns the energy you eat and helps you maintain a healthy weight.

Try to be physically active for at least 60 minutes every day. Do activities you enjoy! Below are some ideas. Circle the ones you want to try.



Jumping rope



Playing tag games



Playing catch



Walking, jogging, or running

**READ ALL ABOUT IT!**


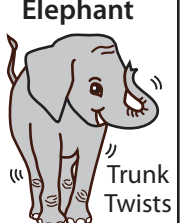
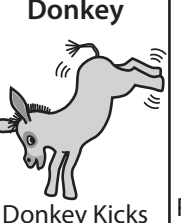


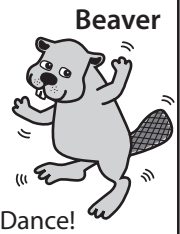
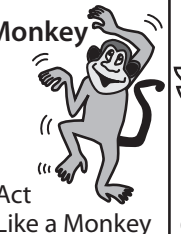


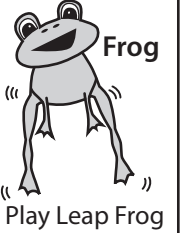
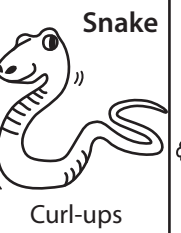


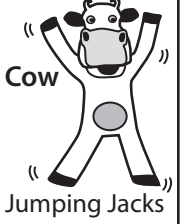
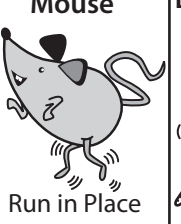

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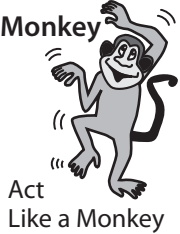
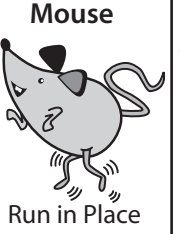
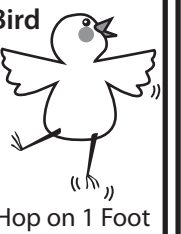
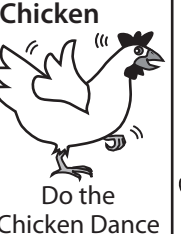
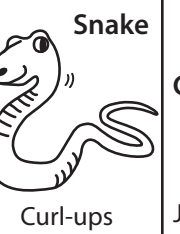
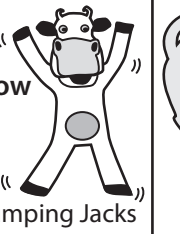

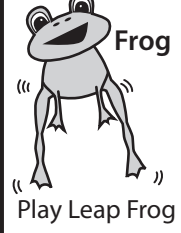


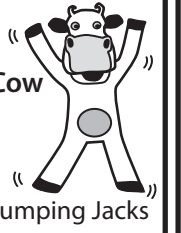
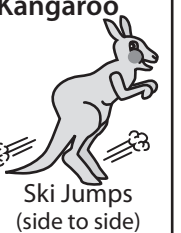
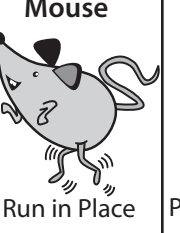




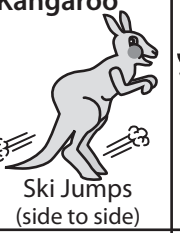

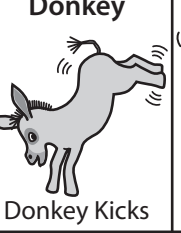

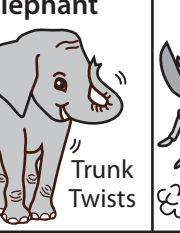
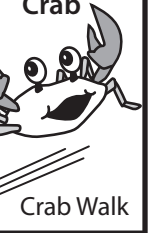


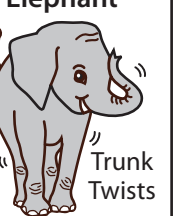

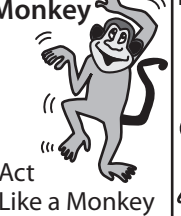
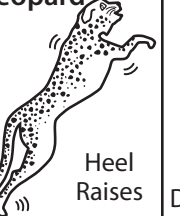
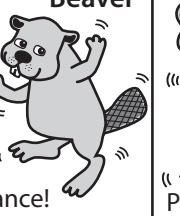
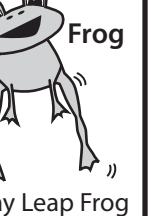
Good Enough to Eat: A Kid's Guide to Food and Nutrition  
by Lizzy Rockwell

**SPARK™**  
K-2

# ANIMAL ACTION BINGO

- \* Play with 2 or more people.
- \* The first player chooses an animal on their card, and all players do the activity in that animal's box.
- \* Start by doing the activity 5 times (or for 5 seconds). Each time you play, increase the number by 5.
- \* Once you have completed an animal's activity, cover the box with a marker (a coin or button).
- \* Then the next player chooses a new animal activity on their card.
- \* The first player to get 4 in a row, column, or diagonal scores a BINGO!
- \* How many times can you play Animal Action BINGO this month?

 Crab Walk	 Trunk Twists	 Donkey Kicks	 Puppy Dog Run
 Hamstrings Stretch	 Dance!	 Act Like a Monkey	 Do the Chicken Dance
 Jump and Spin	 Play Leap Frog	 Curl-ups	 Ski Jumps (side to side)
 Hop on 1 Foot	 Jumping Jacks	 Run in Place	 Heel Raises

 Heel Raises	 Act Like a Monkey	 Run in Place	 Hop on 1 Foot	 Do the Chicken Dance	 Curl-ups	 Jumping Jacks	 Hamstrings Stretch
 Play Leap Frog	 Crab Walk	 Curl-ups	 Jumping Jacks	 Ski Jumps (side to side)	 Run in Place	 Puppy Dog Run	 Jump and Spin
 Puppy Dog Run	 Hamstrings Stretch	 Ski Jumps (side to side)	 Do the Chicken Dance	 Donkey Kicks	 Hop on 1 Foot	 Trunk Twists	 Crab Walk
 Jump and Spin	 Donkey Kicks	 Trunk Twists	 Dance!	 Act Like a Monkey	 Heel Raises	 Dance!	 Play Leap Frog