



Discovery Health Night: Family Take Home Activity

Follow Your Food

Objective: You will be able to follow what you eat to see if you're eating healthy.

Materials: Nutrition chart

Procedure:

1. Put this chart in a place you will see it every day (refrigerator, bedroom door, etc.)
2. Each day, record the amount of servings you eat in each food category. Also record the amount of exercise you do every day. Take tallies or write the number in each square.
3. At the end of the week, add up the totals.

Nutrition Chart

	Mon.	Tues.	Wed.	Thurs.	Fri.	Total
Grains						
Vegetables						
Fruits						
Milk						
Meat and Beans						
Oils						
Exercise Minutes						

Discussion:

Did you meet the nutritional requirements that your body requires?

7-10 year-olds require: Grains: 5 oz, Vegetables: 2 cups, Fruits: 1.5 cups, Milk: 2 cups, Meat & Beans: 5 oz

Did you complete the exercise requirements for your body?

Children are supposed to have about 60 minutes of exercise per day.

Resources: <http://www.mypyramid.gov>