

# Eat Well. Stay Fit.

This unit encourages children to take care of themselves by eating healthy foods and exercising. To introduce the unit, you may want to show the video or read the book *D.W., the Picky Eater*. Share the background information below with your students as you do the activities on page 3.

## Background Information

**Food.** Food is the fuel your body uses to move, grow, and repair itself. When you're hungry or thirsty, your body is telling you that it needs food. A healthy diet includes a balance of nutritious foods. (See the Good Food for Kids pyramid.) Different types of food help your body do different things.

- Carbohydrates (such as grains and starchy vegetables) are burned for energy.
- Protein (such as eggs and meat) helps your body grow and repair cells.
- Vitamins and minerals also help your body stay healthy. For example, calcium helps build strong bones. Vitamin E protects skin cells.

**Exercise.** Exercise helps your body become strong and remain healthy. When you exercise, your blood flow increases. This helps your heart and lungs work more efficiently. It also increases the amount of oxygen that goes to your brain and the rest of your body. Exercise can help you think better, feel more relaxed, and live a longer, healthier life.

**Out-of-shape kids.** 13% of American children are now overweight. Kids are less active today than in past generations. They spend much of their free time watching TV and playing computer games. In some neighborhoods, kids can't go out to play on their own because of safety concerns. Being overweight and out-of-shape puts kids at an increased risk for health problems, including type 2 diabetes and heart disease. Type 2 diabetes is a condition that requires medication. If gone untreated, it can lead to complications with eyes, heart, and blood pressure.

**Healthy habits.** Schools and aftercare programs can help kids develop healthy habits by serving nutritious snacks, limiting the availability of unhealthy foods, and making active play an important part of the day. Limiting TV time will also help kids stay fit. Get in the habit of turning off the television when a show is over and doing something active for fun!

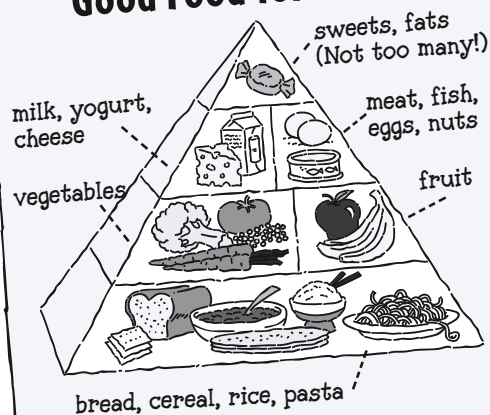
The American Academy of Pediatrics recommends that kids spend no more than 1-2 hours a day in front of a TV or computer.

### D.W.,<sup>TM</sup> the Picky Eater

D.W. will not be allowed to go to Grandma Thora's birthday dinner unless she learns to eat healthy meals. It's up to Arthur to get D.W. to eat her spinach before time runs out. Watch the video and read the book.



### Good Food for Kids



Children need to eat a balanced variety of healthy foods.



# Activities

**Eating well.** Draw a simple food pyramid poster (see page 2). Read a book about healthy eating (see Read All about It), or watch the video *D.W. the Picky Eater*. Let children draw or cut out pictures of their favorite foods and attach the pictures to the appropriate sections of the food pyramid. Ask: *In which sections are most of your favorite foods?* Talk about keeping a good balance between healthy foods and sweet or high-fat foods. Have children think of healthy foods they like that fit in sections that are fairly empty, particularly fruits and vegetables. Add new food pictures to the poster. Remind kids that it is important to eat whole fruits, not just drink fruit juice.

**Kid cuisine.** Give children the responsibility for planning healthy class snacks. The Eating Well activity (above) will help them think of good choices. An easy, nutritious recipe, Arthur's Open-Face Sandwiches, is provided on the Family Activity Sheet (pages 4-5). Kids' cookbooks often have other good suggestions for healthy, no-bake snacks.

**Get up and move!** Fit plenty of "stretch and move" breaks into your day. Do the Hokey Pokey, play Simon Says, Follow the Leader, or a non-competitive version of musical chairs where everyone squeezes in. Schedule time for outdoor play as well. Let students take turns suggesting favorite active games. Yoga stretches are a great way to ease cramped muscles or warm up before a game.

Step 1



*Angry Cat.* Arch up your back, put your chin down, and hiss!

Step 2



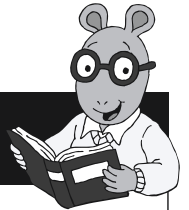
*Happy Cat.* Arch your back down, put your chin up, and purr.

**Our favorite games.** Watch *The Good Sport* or another ARTHUR™ show. Talk about the ways the kids in ARTHUR enjoy getting exercise. Create a class book with directions for playing students' favorite sports and games. Send copies home to share with families. Visit the ARTHUR Web site at [pbskids.org/arthur/grownups/partyideas/games](http://pbskids.org/arthur/grownups/partyideas/games) for new active game ideas such as Brain's Tidal Wave and Pal's Bubble Stomp.

**Health fair.** Organize a family health fair or participate in a community walk or health-related event. Give each child a *Hooray for Health!* certificate (provided on page 30). You may also want to distribute *Hooray for Health!* stickers, available from SmileMakers at [www.smilemakers.com](http://www.smilemakers.com)

**Family activities.** Send home copies of the recipe, Arthur's Open-Face Sandwiches and the Tips for Parents and Kids. English and Spanish versions are provided on pages 4-6. Chinese, Vietnamese, and Tagalog versions are available on the ARTHUR Web site: [pbskids.org/arthur/grownups](http://pbskids.org/arthur/grownups)

## Read All about It



### HEALTHY EATING

*Allie the Allergic Elephant: A Children's Story of Peanut Allergies* by Nicole S. Smith

*Mama Provi and the Pot of Rice* by Sylvia Rosa-Casanova

*Vegetable Soup* by Lois Ehlert  
(Also available in Spanish: *A sembrar sopa de verduras*)

*Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers & Up* by Mollie Katzen and Ann Henderson

*Child of Mine* by Ellyn Satter (A book for parents on feeding kids well)

### EXERCISE

*A Yoga Parade of Animals: A First Picture Book of Yoga for Children* by Pauline Mainland

Don't miss  
*The Good Sport.*  
It's all about Michelle  
Kwan, the Olympic  
figure skater,  
and me!

