

Fact Sheet Links

The following Fact Sheets are all available at the Food and Fun After School website (www.foodandfun.org/?p=learn/parents/info&subject=Handouts):

Hydration (English, Spanish, Chinese)

www.foodandfun.org/resources/pdf/handouts/Hydration.pdf

Activate Your Family (English, Spanish, Chinese)

www.foodandfun.org/resources/pdf/handouts/Get%20Moving.pdf

Healthy Fats (English, Spanish, Chinese)

www.foodandfun.org/resources/pdf/handouts/Fat.pdf

Fruits and Vegetables (English, Spanish, Chinese)

www.foodandfun.org/resources/pdf/handouts/Fruits%20and%20Veggies.pdf

Super Snacks (English, Spanish)

www.foodandfun.org/resources/pdf/handouts/Super%20Snacks.pdf

Take Control of TV (English, Spanish)

www.foodandfun.org/resources/pdf/handouts/Tune%20Out%20TV.pdf

Eat More Whole Grains (English, Spanish, Chinese)

www.foodandfun.org/resources/pdf/handouts/Whole%20Grains.pdf

Sleep (English, Spanish)

www.foodandfun.org/resources/pdf/handouts/Sleep.pdf

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).