



Activity Book



is a member of the
HEAT Club

This is me:

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of themselves or provide a photograph.



What does HEAT, of HEAT Club, stand for?

H _____

E _____

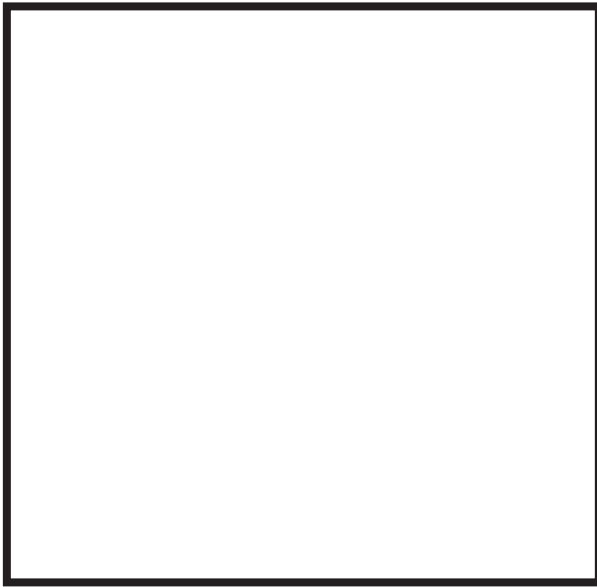
A _____

T _____

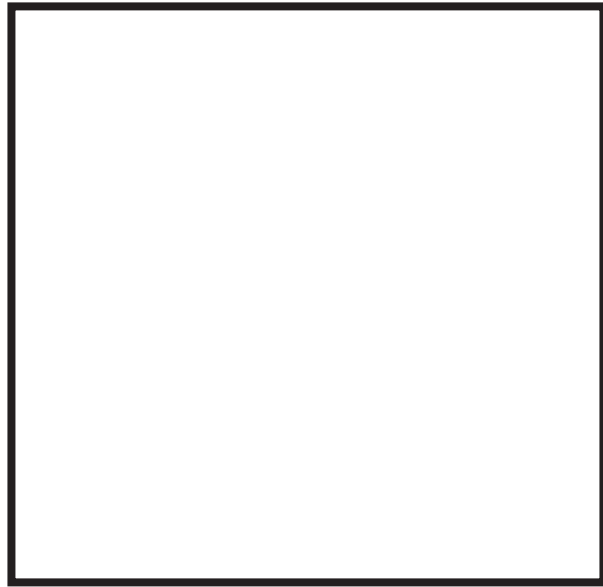


Healthy Eating, Active Time

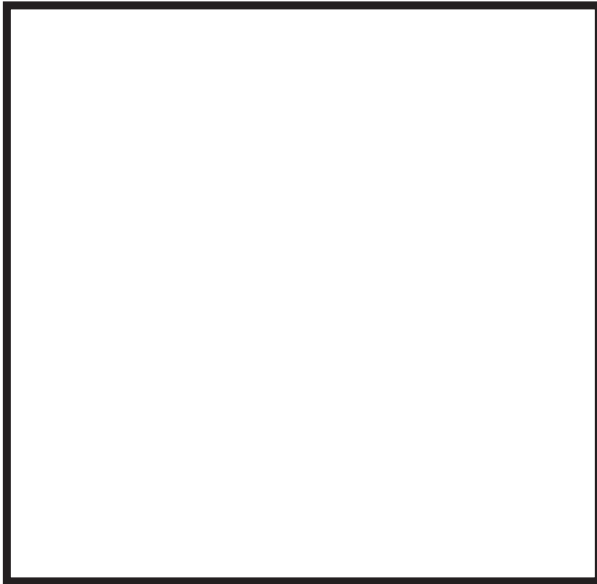
Write at least one example in each box.



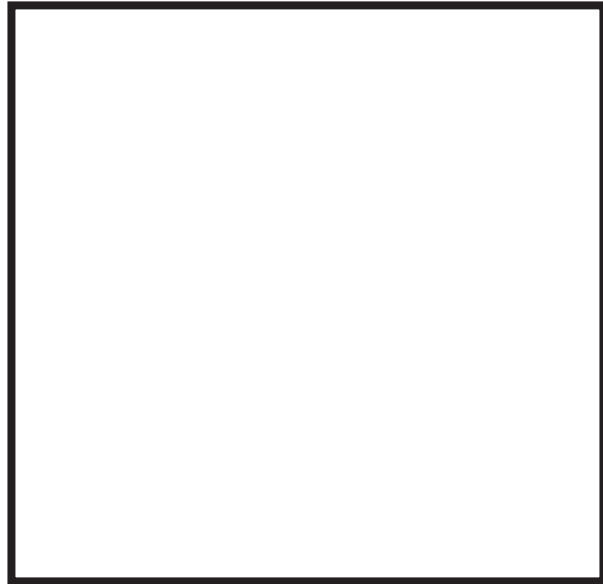
Healthy eating



Active time



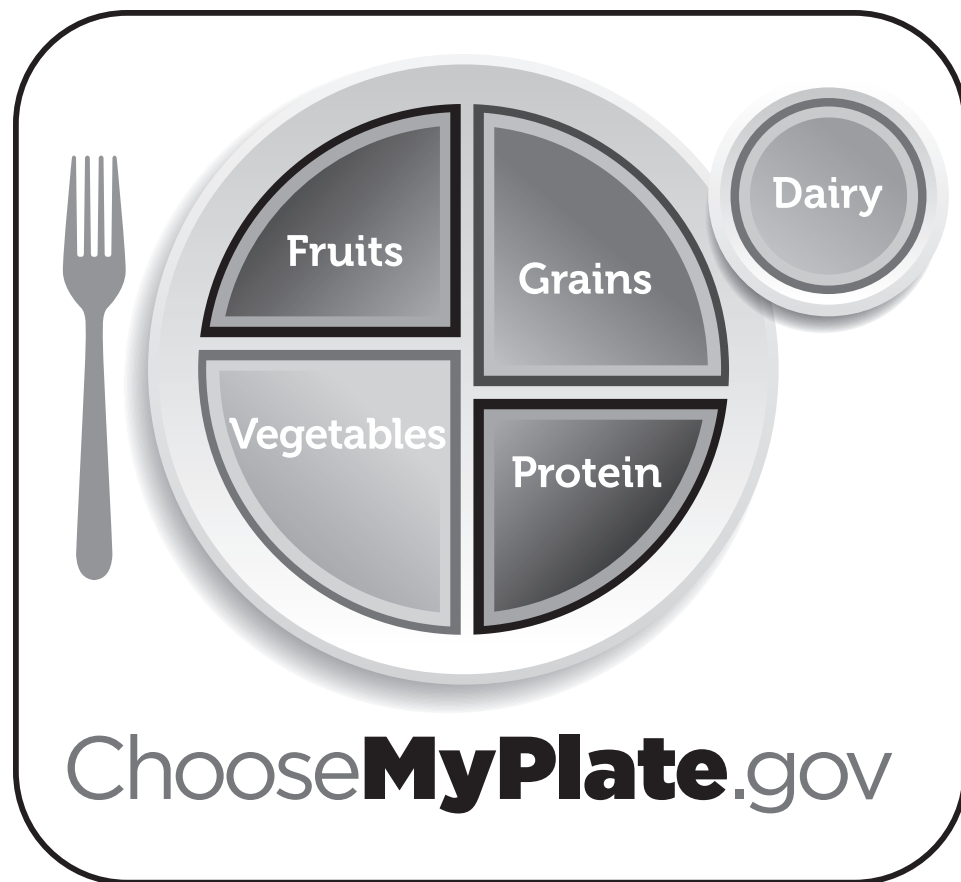
Not-so-healthy eating



Inactive time

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 1, Grade 2

Build a Healthy Meal With MyPlate



MyPlate logo from USDA's Center for Nutrition Policy and Promotion.

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 2, Grade 2

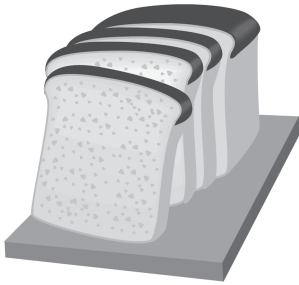


Grains Brainstorm!

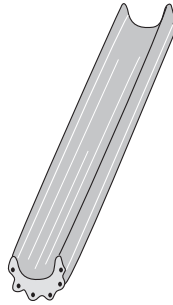
Write a list of foods that belong in the grains group.

Find the Grains

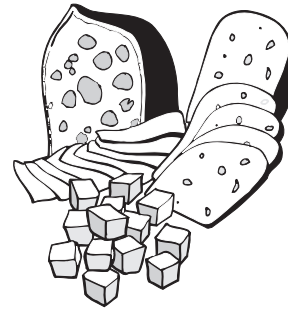
Circle each food in the grains group. Draw a star next to whole-grain foods.



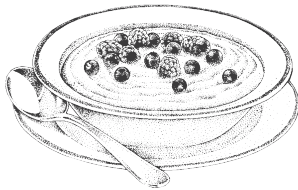
Whole-wheat bread



Celery



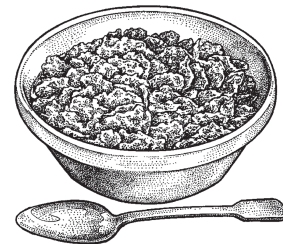
Cheese



Oatmeal



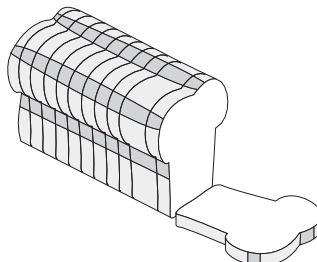
Pear



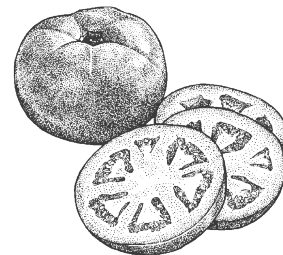
Whole-wheat cereal



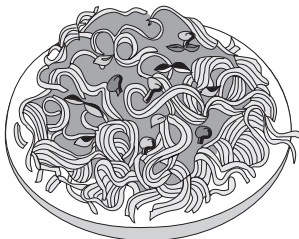
Salmon



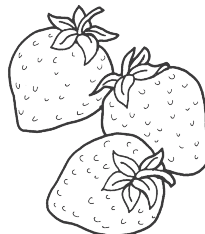
White bread



Tomato



Whole-wheat pasta



Strawberries



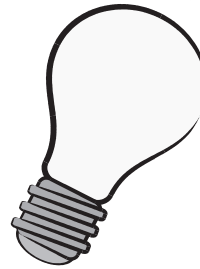
Brown rice

Serving Up Whole Grains



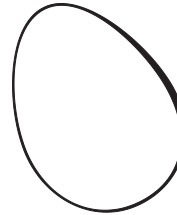
Think of these objects when estimating a one-ounce serving of grain foods.

A one-ounce serving of pasta or rice is about the size of . . .



A light bulb

A one-ounce muffin is about the size of . . .



A large egg

A one-ounce serving of bread is about the size of . . .



A smartphone

A one-ounce bagel is about the size of . . .

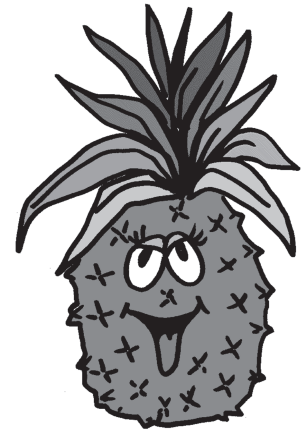


A hockey puck

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 3, Grade 2



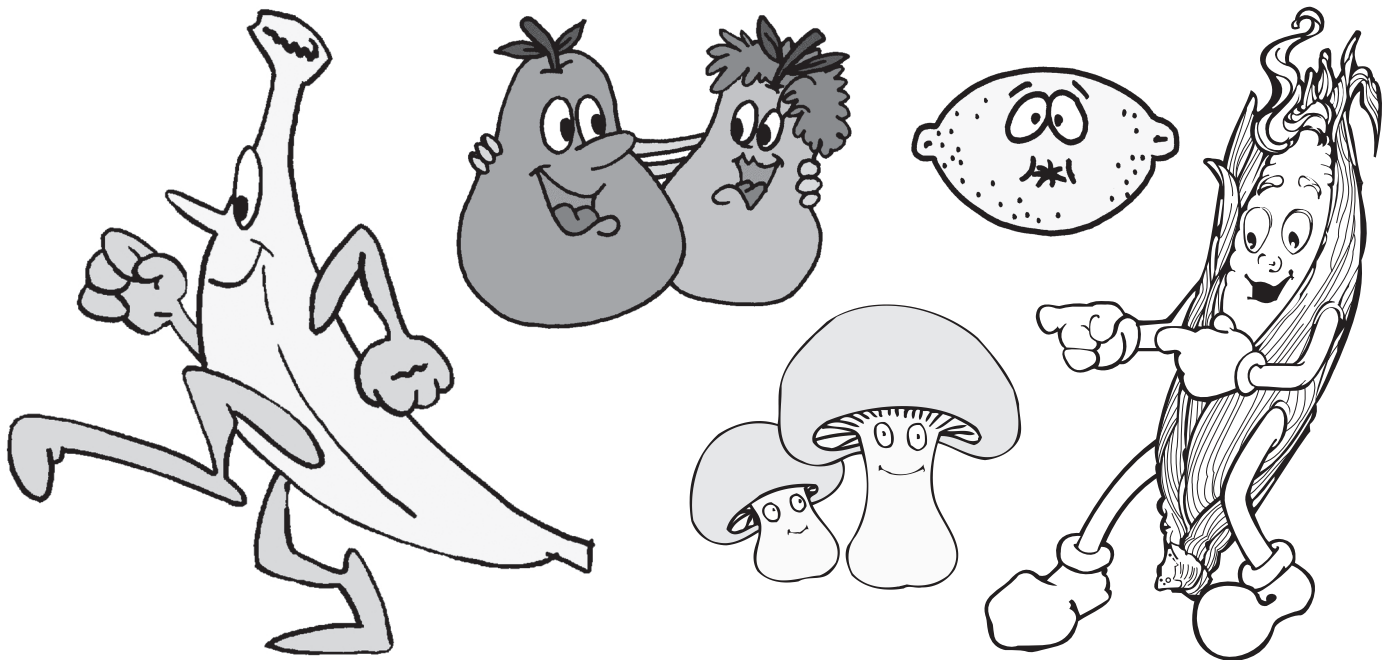
Fruits and Vegetables



1. Did you have any fruits or vegetables this morning at breakfast? Yes ☐ No ☐ If yes, which ones? _____

2. Did you eat any fruits or vegetables last night at dinner? Yes ☐ No ☐ If yes, which ones? _____

3. What is your favorite fruit? _____
What color is it? _____
4. What is your favorite vegetable? _____
What color is it? _____



Measurement Fun

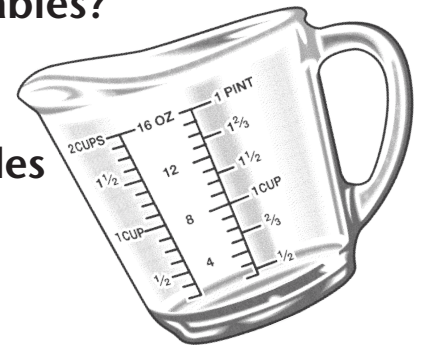
What counts as a MyPlate cup of fruits and vegetables?

1 MyPlate cup = 1 half cup of dried fruit

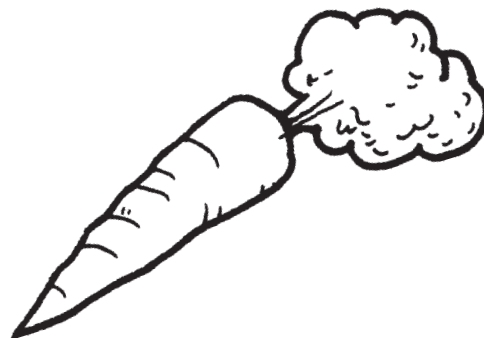
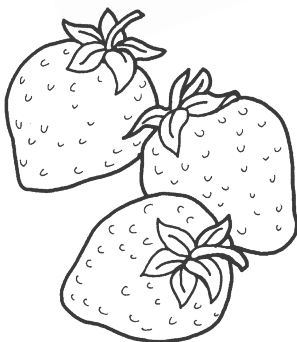
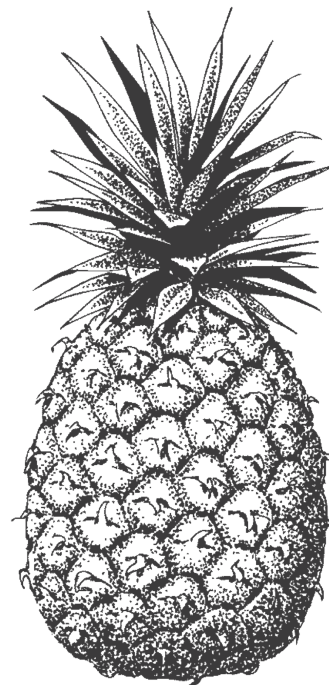
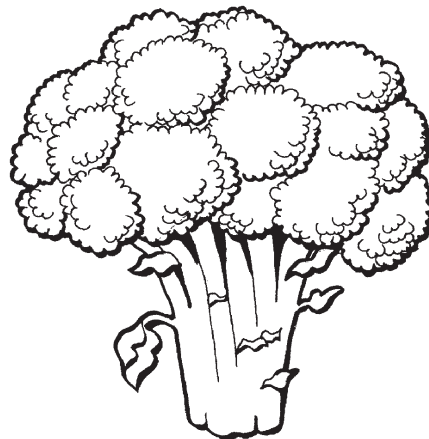
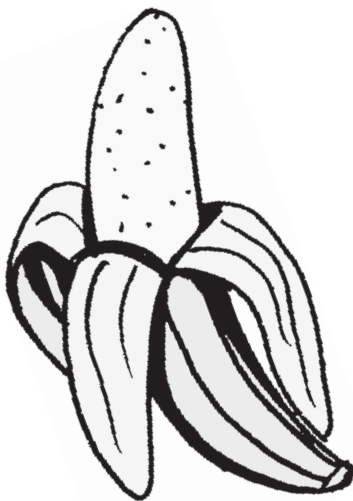
1 MyPlate cup = 1 cup of cooked or raw vegetables

1 MyPlate cup = 1 cup of 100 percent fruit juice

1 MyPlate cup = 2 cups of leafy vegetables



Remember to eat a variety of fruits and vegetables every day!



Measurement Fun

What makes a MyPlate cup? Draw a line to match the amount in the measuring cup with the fruits or vegetables that equals one MyPlate cup. Use page 8 for help.



1/2 cup



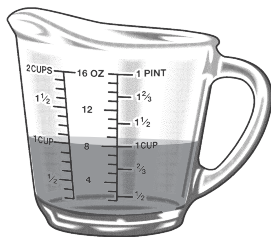
Leafy veggies such as lettuce or spinach



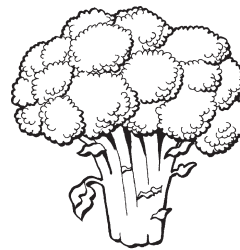
1 cup



Dried fruit such as raisins or apricots



1 cup



Cooked or raw veggies such as broccoli or carrots



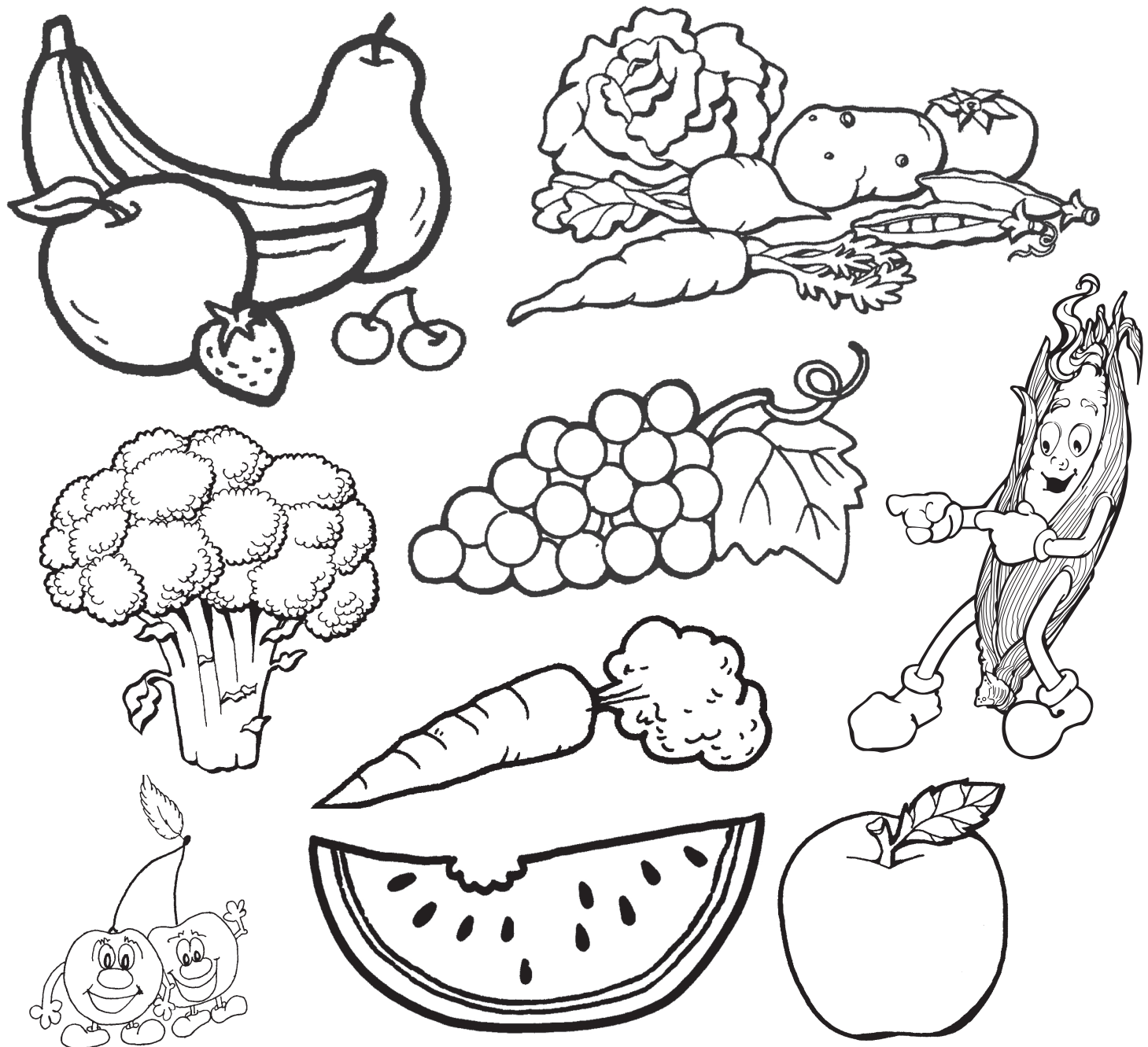
2 cups



100 percent juice

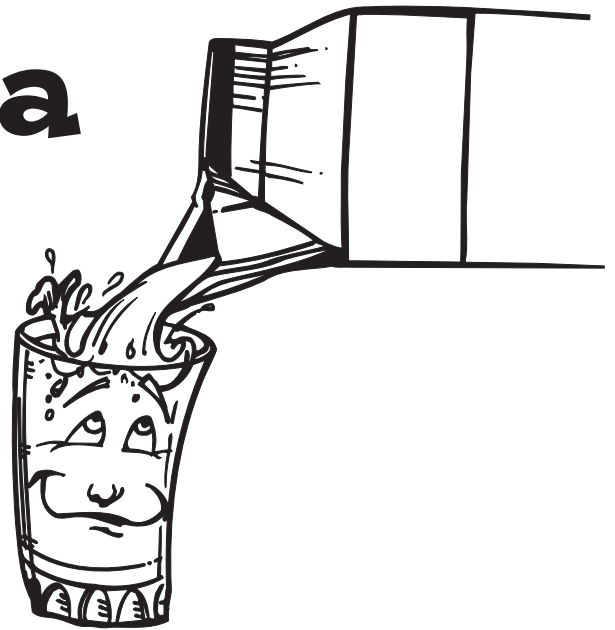
Coloring Page!

Eat a Rainbow of Fruits and Vegetables



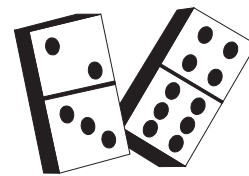
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 4, Grade 2

What Is a Cup of Dairy?



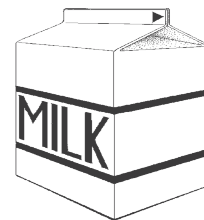
Think of these objects when estimating a cup of dairy products.

1-1/2 ounces of cheese is about the size of . . .



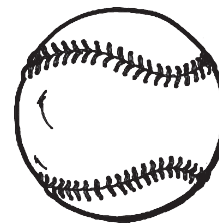
2 dominoes

1 cup of milk is about the size of . . .



1 small carton (8 oz.)

1 cup of yogurt is about the size of . . .



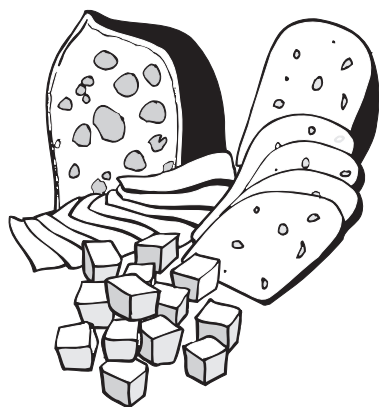
1 baseball

Label Detective

Find the differences in the food labels and circle each.

Nutrition Facts		
Serving Size 1 cup 245g (245 g)		
Servings per container 1		
Amount Per Serving		
Calories 83	Calories from Fat 2	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	1%	
Trans Fat		
Cholesterol 5mg	2%	
Sodium 103mg	4%	
Total Carbohydrate 12g	4%	
Dietary Fiber 0g	0%	
Sugars 12g		
Protein 8g		
Vitamin A	10% • Vitamin C	0%
Calcium	31% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Fiber		25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
©www.NutritionData.com		

Nonfat milk



Nutrition Facts		
Serving Size 1 cup 250g (250 g)		
Servings per container 1		
Amount Per Serving		
Calories 157	Calories from Fat 22	
% Daily Value*		
Total Fat 3g	4%	
Saturated Fat 2g	8%	
Trans Fat		
Cholesterol 8mg	3%	
Sodium 152mg	6%	
Total Carbohydrate 26g	9%	
Dietary Fiber 1g	5%	
Sugars 25g		
Protein 8g		
Vitamin A	10% • Vitamin C	4%
Calcium	29% • Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Fiber		25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
©www.NutritionData.com		

Low-fat chocolate milk

Nutrition Facts		
Serving Size 1 cup 244g (244 g)		
Servings per container 1		
Amount Per Serving		
Calories 146	Calories from Fat 71	
% Daily Value*		
Total Fat 8g		12%
Saturated Fat 5g		23%
Trans Fat		
Cholesterol 24mg		8%
Sodium 98mg		4%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		0%
Sugars 13g		
Protein 8g		
Vitamin A	5% • Vitamin C	0%
Calcium	28% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Fiber		25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
©www.NutritionData.com		

Whole milk



From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 5, Grade 2

Magnificent Milk

Write how much fat is in each type of milk; color each carton the correct color:

Red = whole

Blue = nonfat

Brown = low-fat chocolate



Type of milk: _____

Grams of fat = _____



Type of milk: _____

Grams of fat = _____



Type of milk: _____

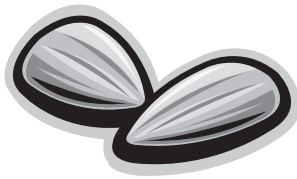
Grams of fat = _____

What Type of Protein?

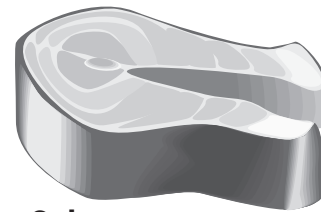
Draw a circle around animal protein sources and a square around plant protein sources.



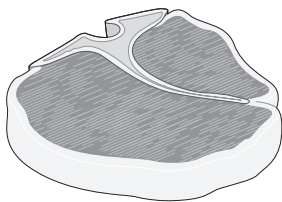
Tuna



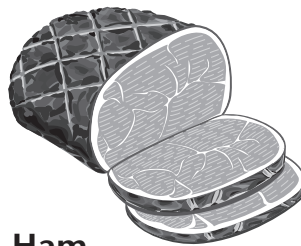
Almonds



Salmon



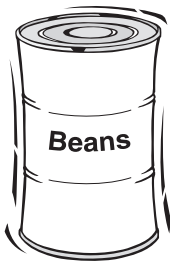
Pork chop



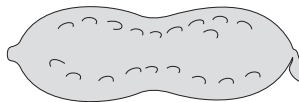
Ham



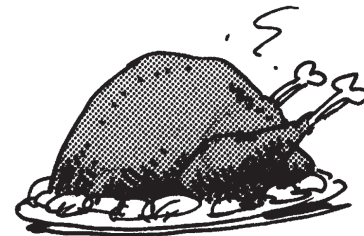
Peanut butter



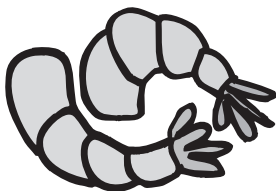
Black beans



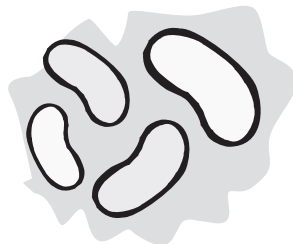
Peanut



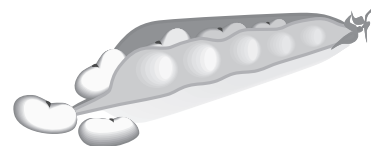
Turkey



Shrimp



Kidney beans



Soybeans

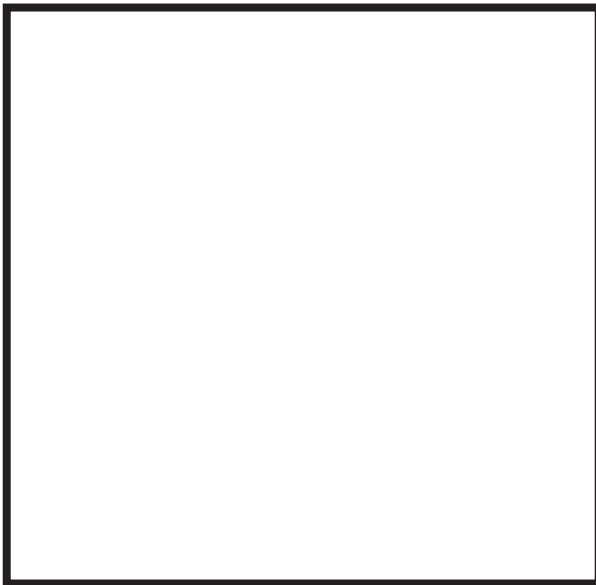
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 6, Grade 2



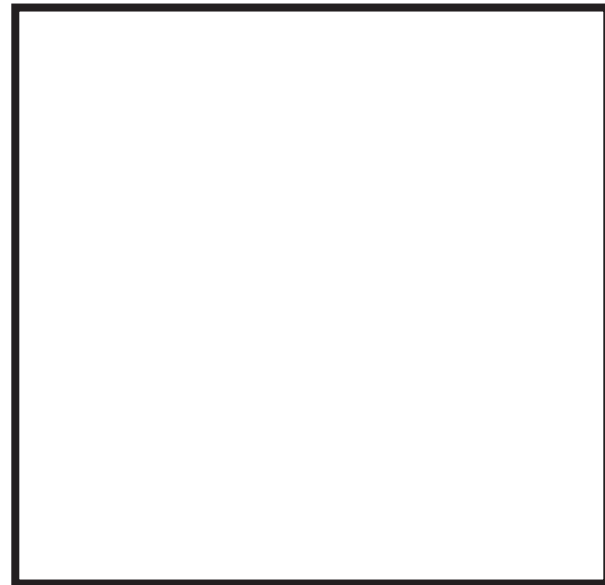
All Activities Count!



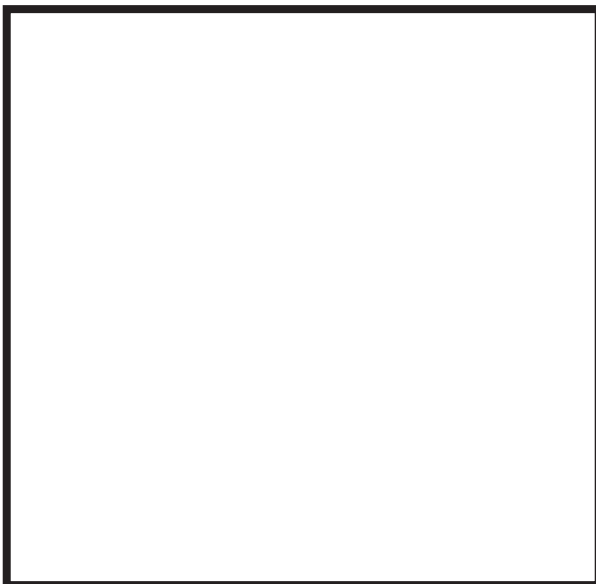
Draw an activity in each box that corresponds to the type of activity listed.



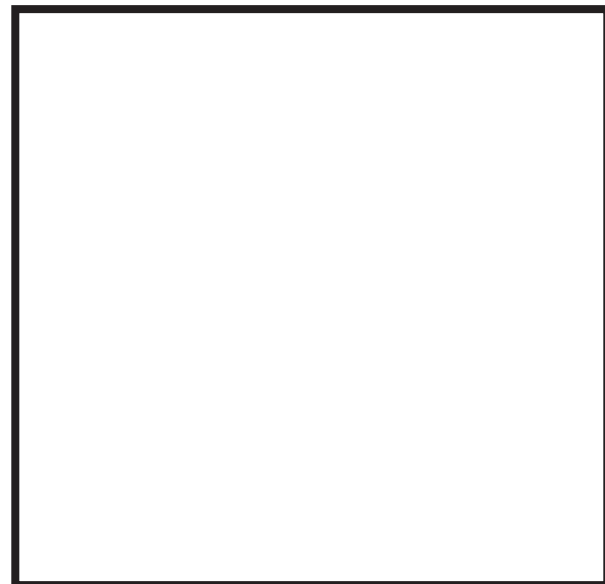
Chores



Play



Getting around (transportation)



Team sports or lessons

How Do You Feel?

Draw a line to match the following pictures of activities with the words that describe how you feel when doing them. Pictures and words can be used more than once.



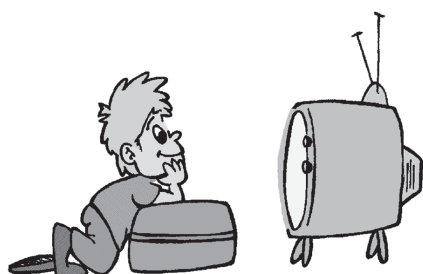
Energetic

Happy

Sleepy

Quiet

Bored



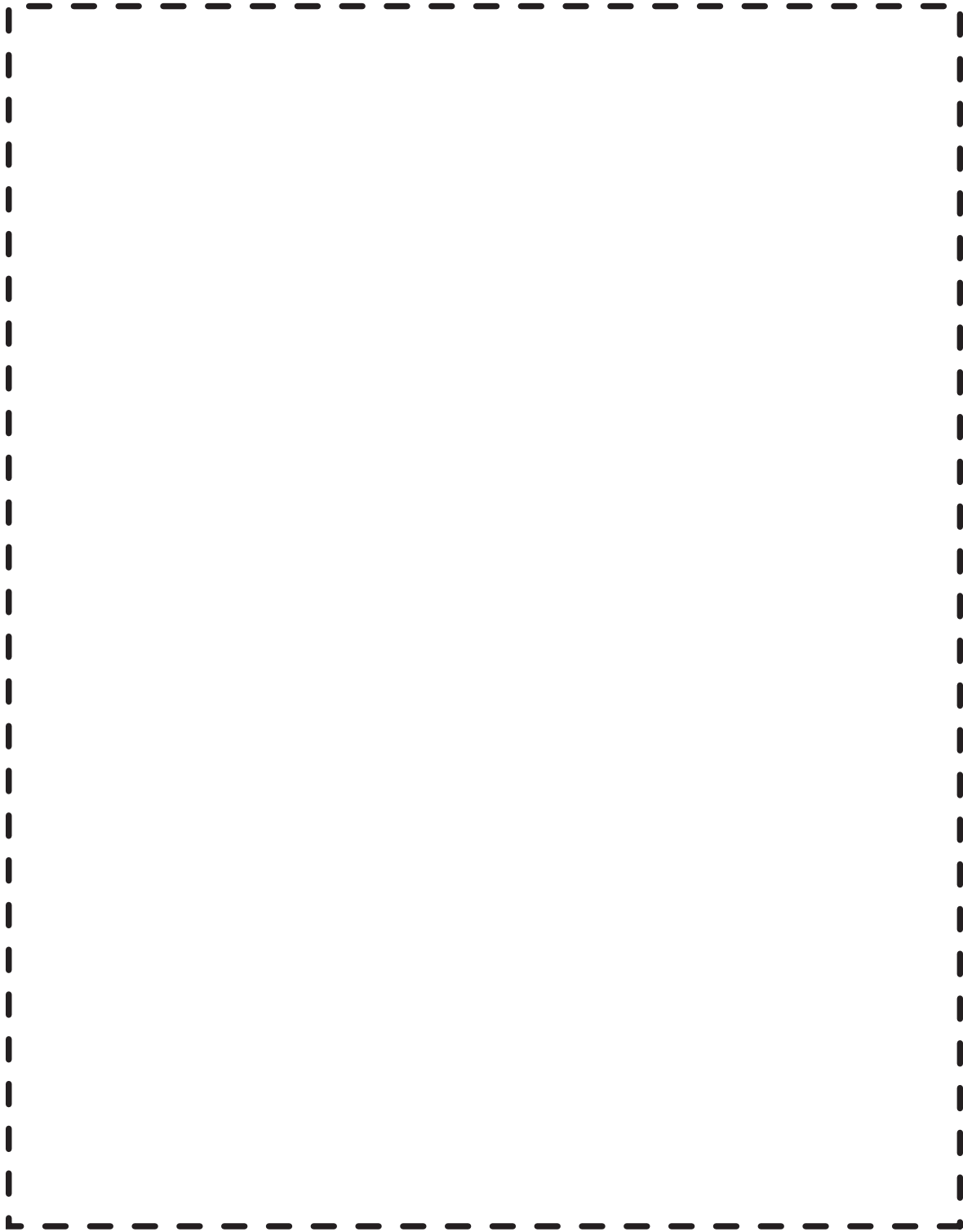
In good shape

Excited



My Favorite Moves

Draw your favorite activity. Then write about how you feel when you do that activity.

A large dashed rectangular box, intended for a student to draw their favorite activity and write about how they feel when they do it. The box is empty and occupies the central portion of the page.

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 8, Grade 2

Screen-Time Challenge

Yesterday, did you . . .

Number of hours

1. Watch TV shows or movies?

Yes ☐ No ☐

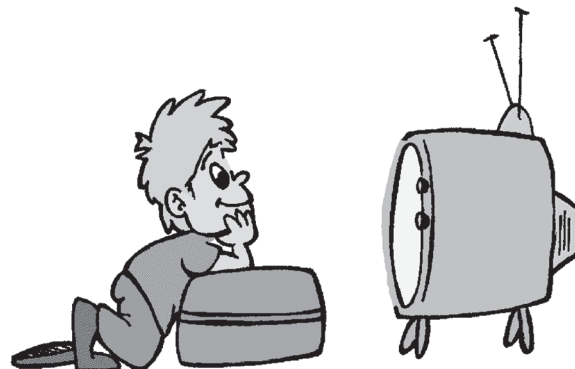
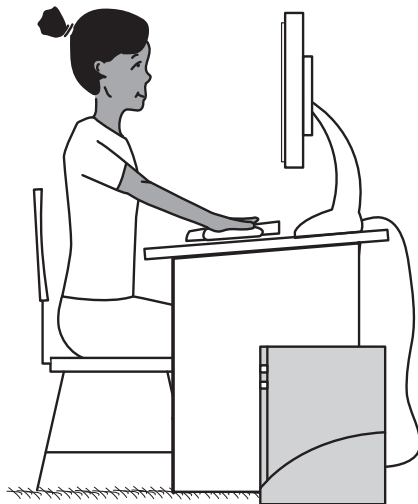
I watched _____ TV shows
and _____ movies.

2. Play video games?

Yes ☐ No ☐

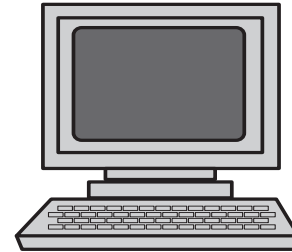
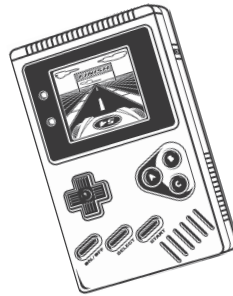
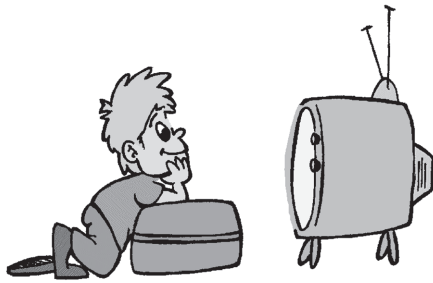
3. Use a computer or tablet?

Yes ☐ No ☐

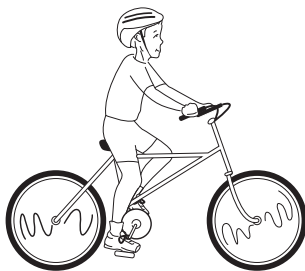


From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 9, Grade 2

Screen-Time Swap



Write or draw the physical activity you will do in place of screen time.









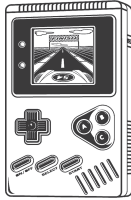
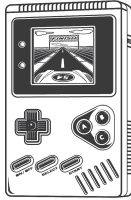
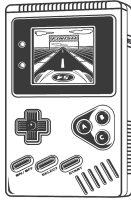
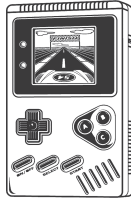


From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
Lesson 9, Grade 2

Track Your Screen Time!

Each time you watch TV, use a computer or tablet, or play a video game, draw an X through a matching picture. At the end of the day, write the total number for each screen and the total number of shows or games in the box. Note: If you only watch for part of an hour, you can use fractions to mark the time (for example: 1/2 hour, 1/4 hour, etc.).

Example: 

Screen				Totals
   				Total times: _____
Hours _____ Hours _____ Hours _____ Hours _____				Total hours: _____
Television				
   				Total times: _____
Hours _____ Hours _____ Hours _____ Hours _____				Total hours: _____
Computer or tablet				
   				Total times: _____
Hours _____ Hours _____ Hours _____ Hours _____				Total hours: _____
Video game				

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 9, Grade 2

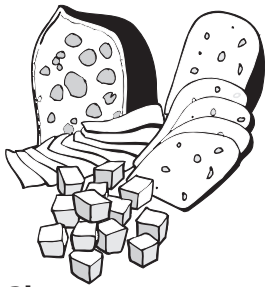
Staying in Balance



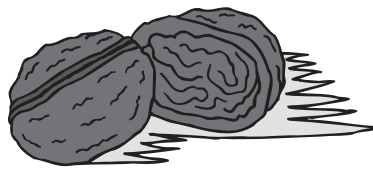
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
Lesson 10, Grade 2

Plant Fat or Animal Fat?

Put a circle around animal foods and a square around plant foods.



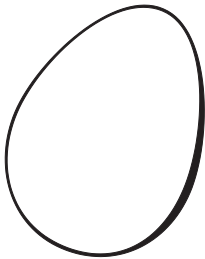
Cheese



Walnuts



Peanut butter



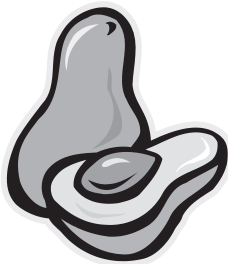
Egg



Tuna



Almonds



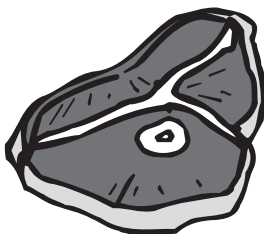
Avocado



Olive



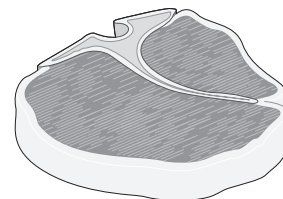
Whole milk



Steak



Sunflower seeds



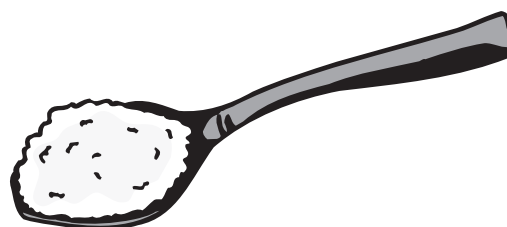
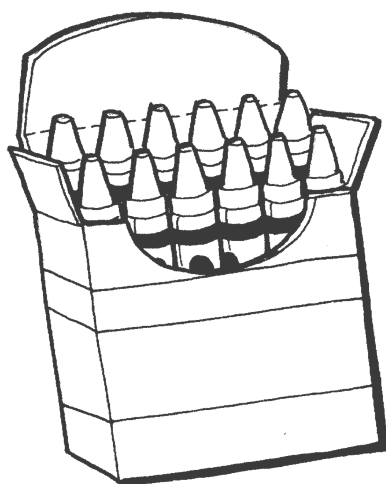
Pork chop


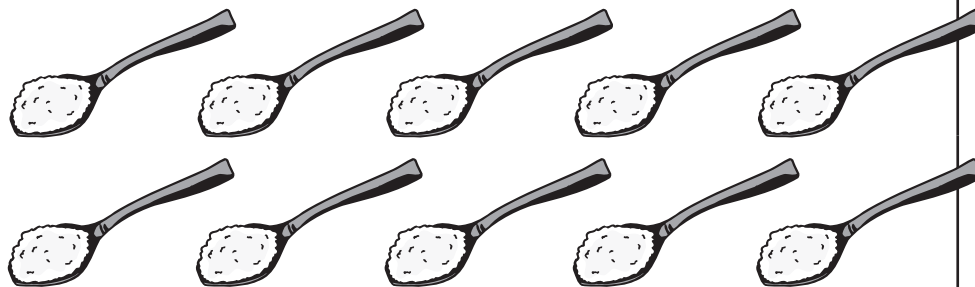

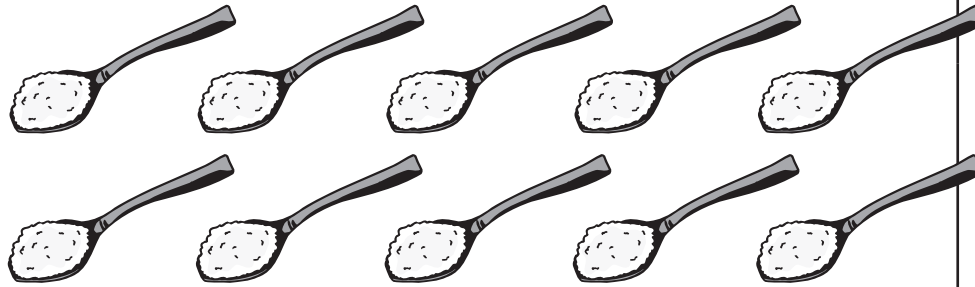
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
Lesson 11, Grade 2

How Much Sugar?

Count and color how many teaspoons of sugar are in each food.

4 grams of sugar = 1 teaspoon



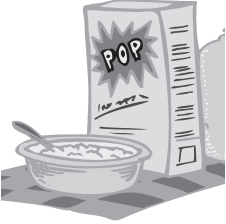
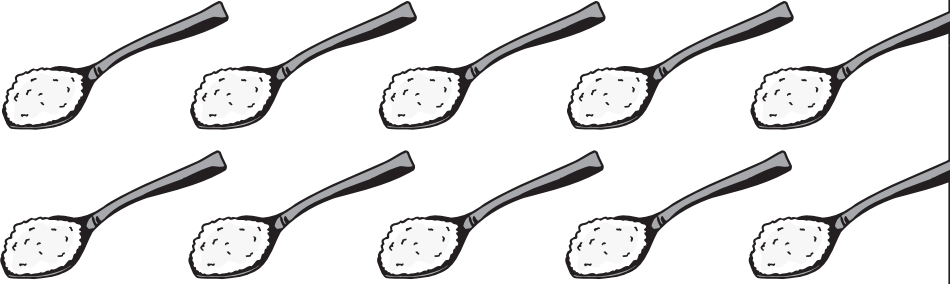
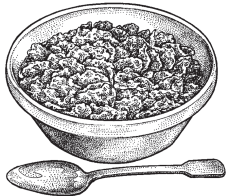
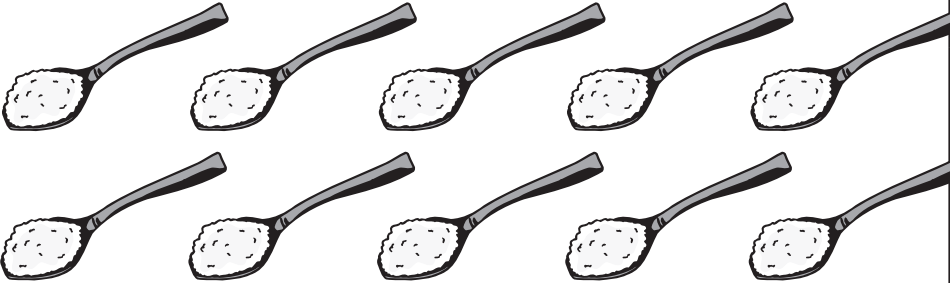

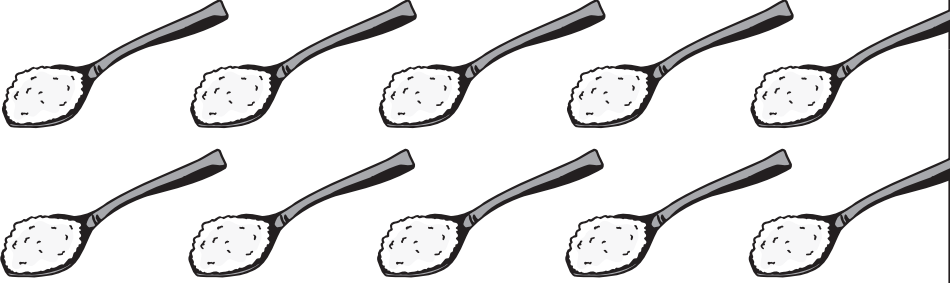
Food	Grams of sugar	Teaspoons of sugar
 One can of cola	40 grams =	
 One cookie	6 grams =	

(continued)

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Lesson 12, Grade 2

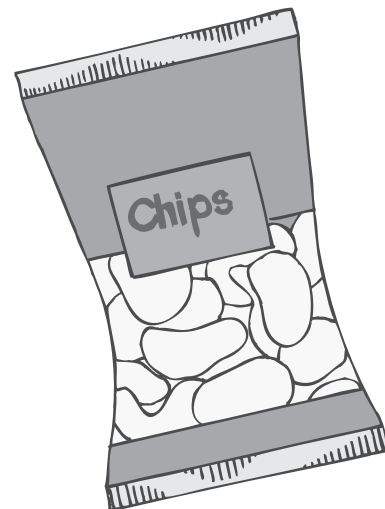
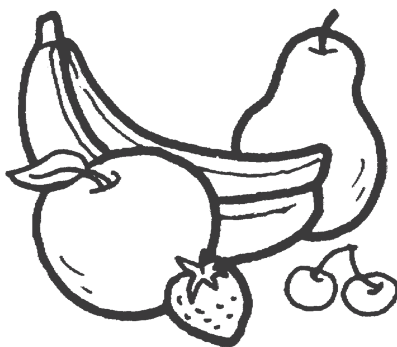
How Much Sugar? (continued)

Food	Grams of sugar	Teaspoons of sugar
 One bowl of sugary cereal	12 grams =	
 One bowl of nonsugary cereal	2 grams =	
 One doughnut	14 grams =	

Track Your Snack!

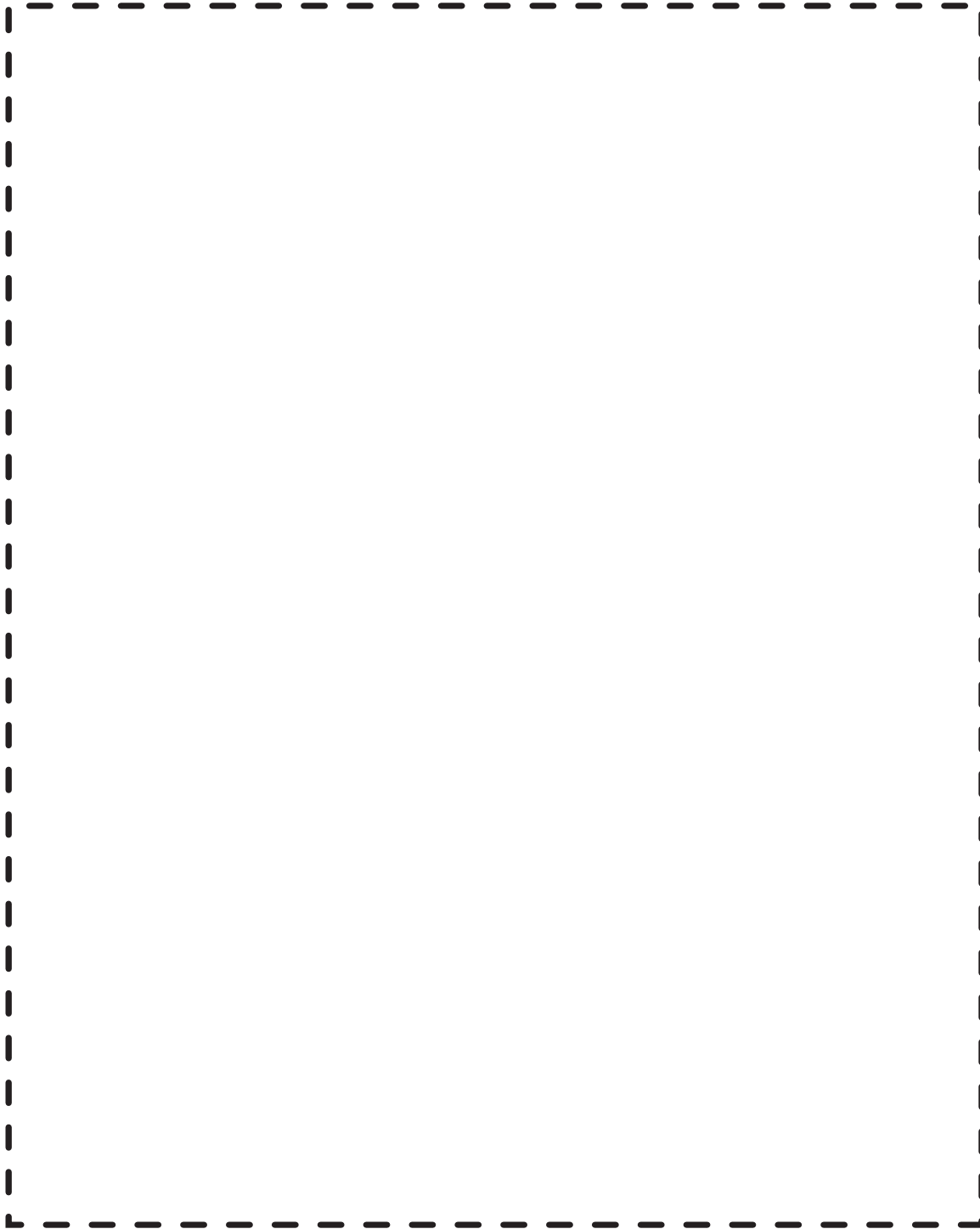
List five snacks. Mark with an X whether it is a healthy (everyday) snack or a not-so-healthy (sometimes) snack.

Snack	Healthy (everyday)	Not-so-healthy (sometimes)
1. _____	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	<input type="checkbox"/>	<input type="checkbox"/>



Super-Smart Snacking

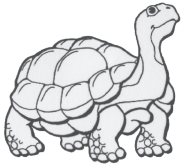
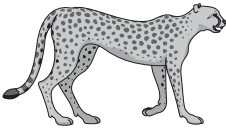

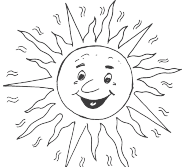



Draw your favorite healthy snack.



From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 13, Grade 2

Listen to Your Body

After doing each of the three activities, feel how hard you are breathing, how fast your heart is beating, and how cool or warm your body feels. Check the box under the picture that shows how you feel.

Activity	Breathing and heartbeat		Body temperature	
				
	Slow	Fast	Cool	Warm
Easy stretching 				
Walking for one minute 				
Jumping for three minutes 				

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 14, Grade 2

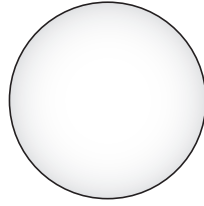
HEAT Club Cartoon!

Draw a cartoon showing a HEAT Club day from beginning to end.

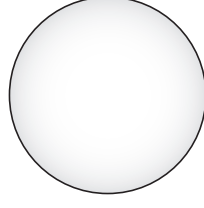
Morning	Afternoon	Night

Draw a Healthy Meal

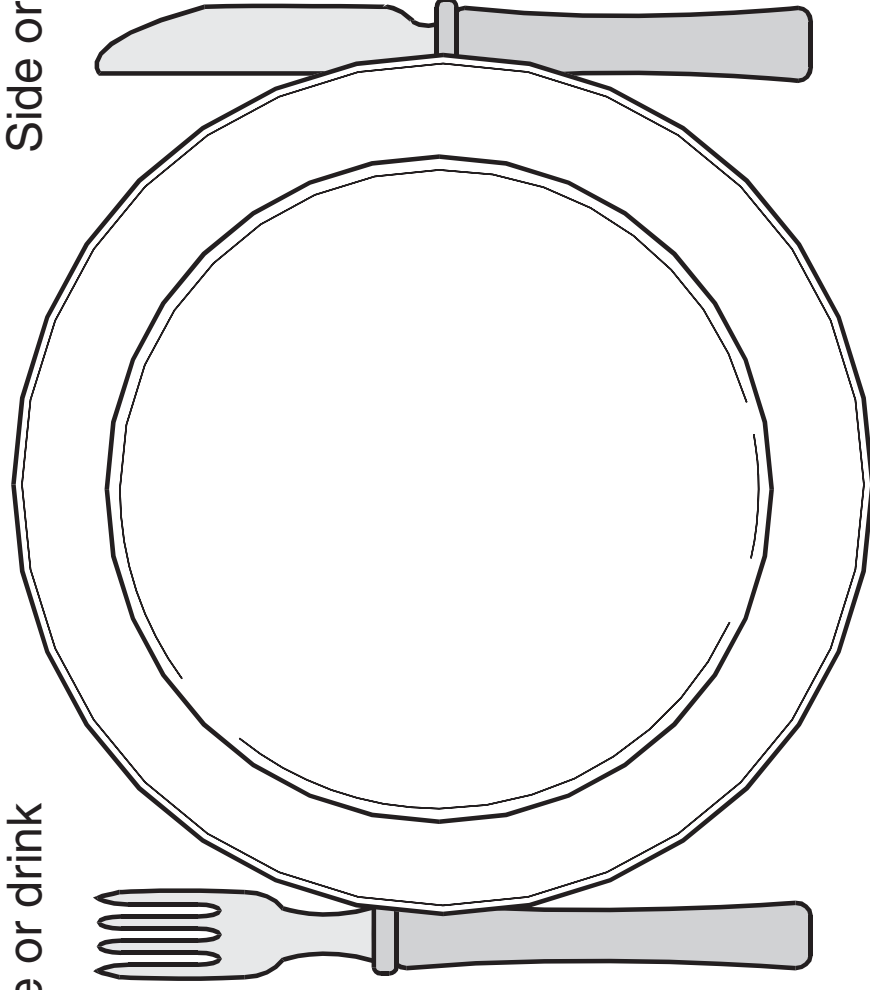
Draw a meal that contains foods from each food group. What is a healthy drink to go with this meal?



Side or drink

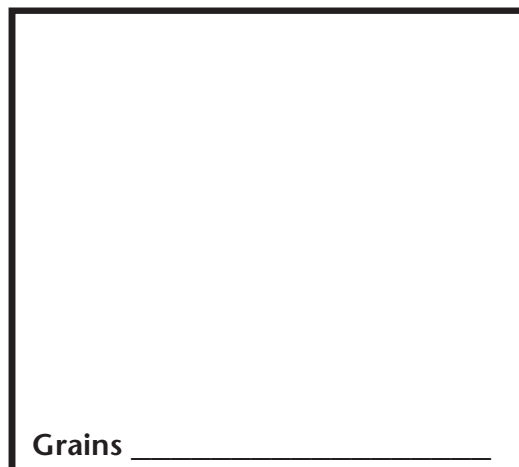


Side or drink

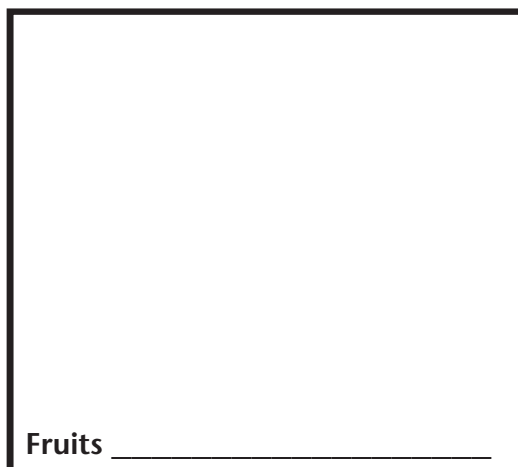


Draw Your Favorite Food in Each Food Group

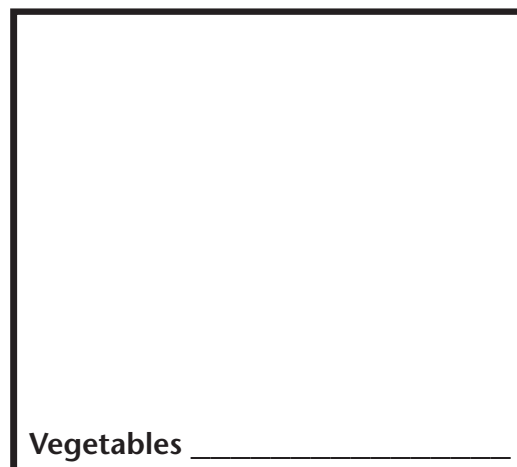
Can you name one healthy thing that each of these foods does for your body? Write it in the blank provided. Pick your favorite food from each food group and draw a picture of it in that group's box.



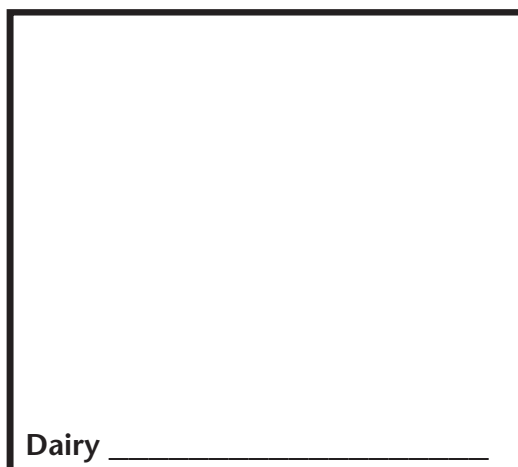
Grains _____



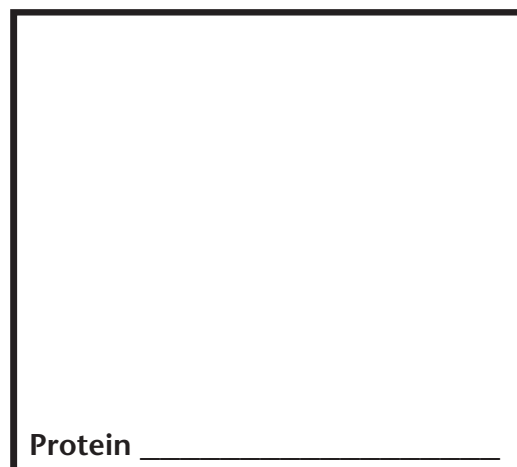
Fruits _____



Vegetables _____



Dairy _____



Protein _____

From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 16, Grade 2

Congratulations, HEAT Club graduate!

Name: _____

Date: _____



Signature: _____

Signature: _____

Date: _____

Date: _____