



Activity Book



is a member of the
HEAT Club

This is me:



What does HEAT, of HEAT Club, stand for?

H _____

E _____

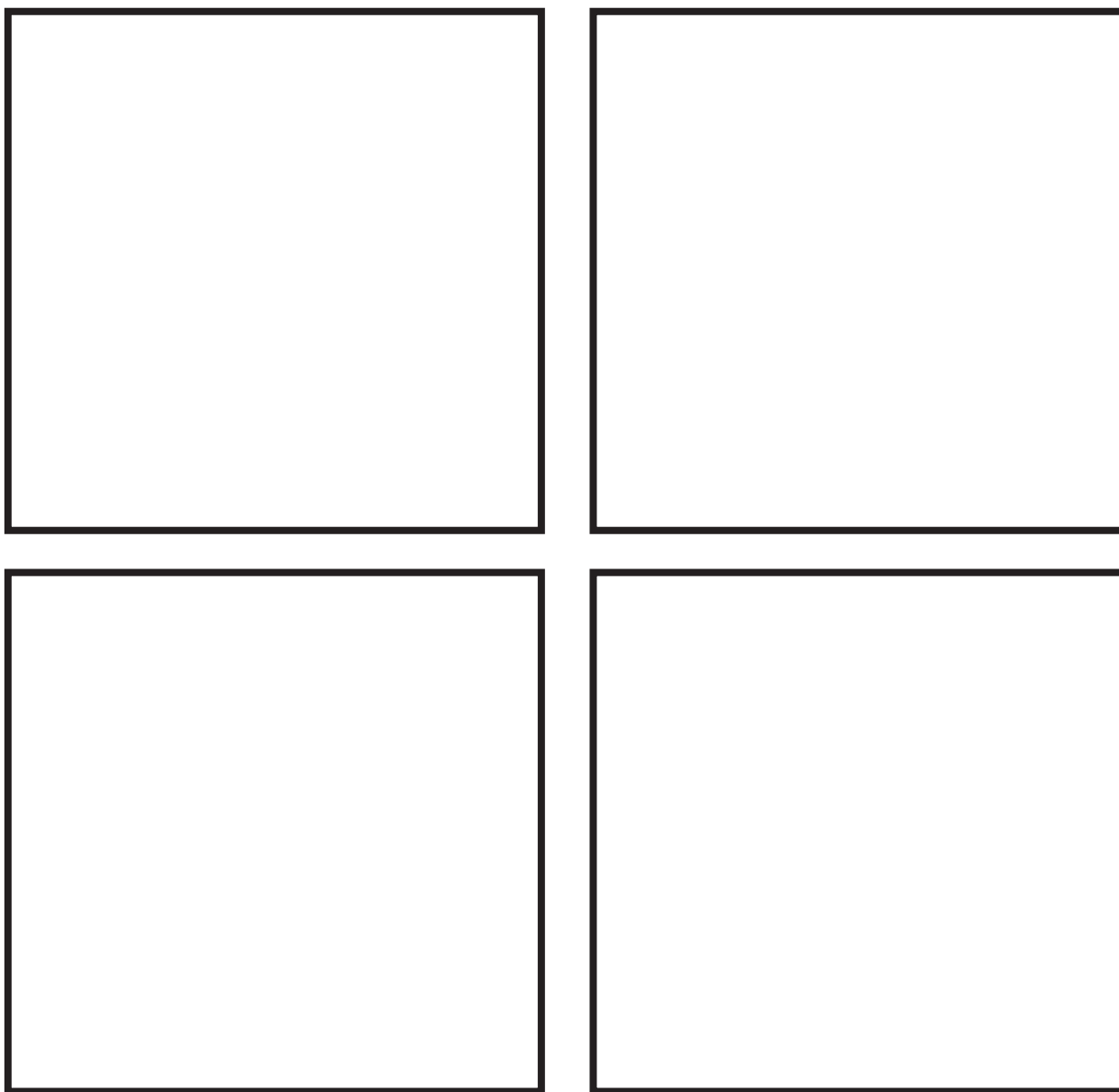
A _____

T _____



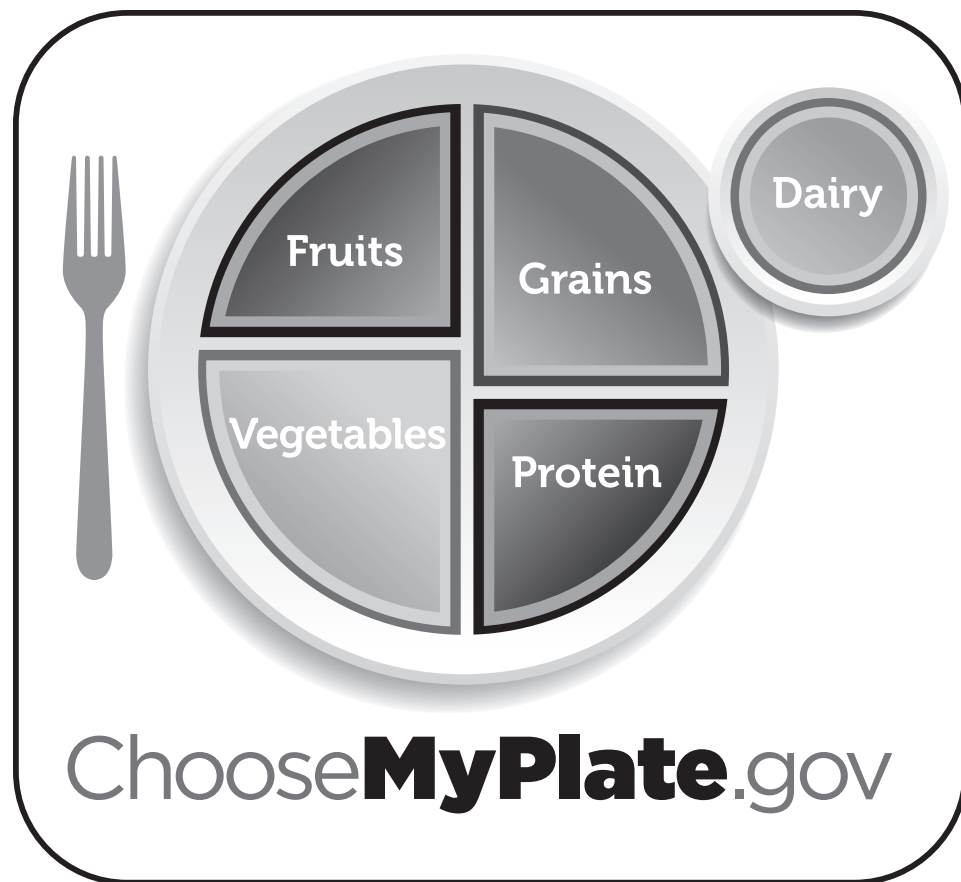
My Favorite Foods and Drinks

Draw your favorite foods and drinks. Make at least two of them healthy choices.

The form consists of four identical, empty square boxes arranged in a 2x2 grid. Each box is defined by a thick black border and is intended for a student to draw their favorite foods and drinks. The boxes are currently blank, providing a space for creative expression.

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 1

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 1

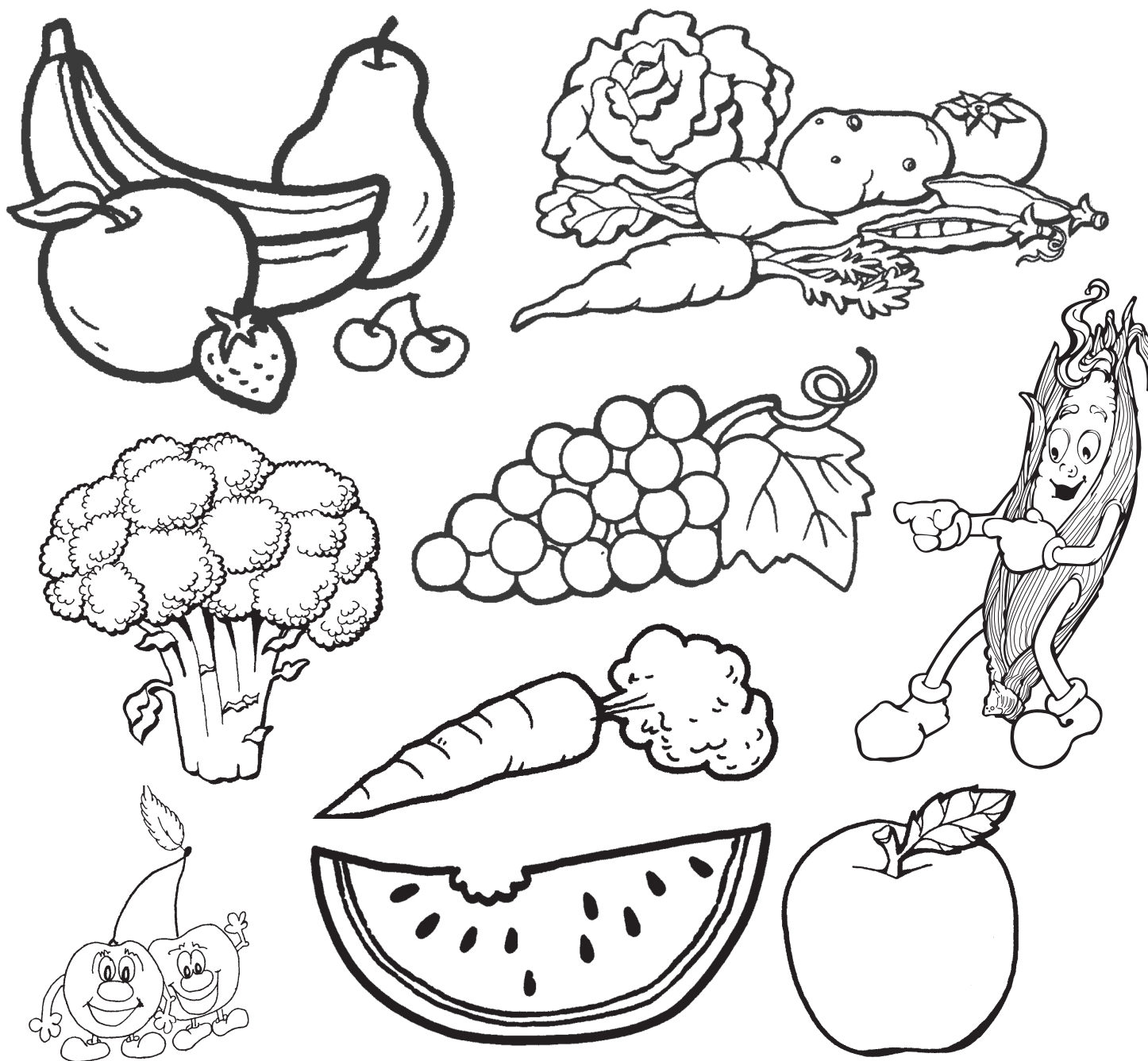


Grains Brainstorm!

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

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 1

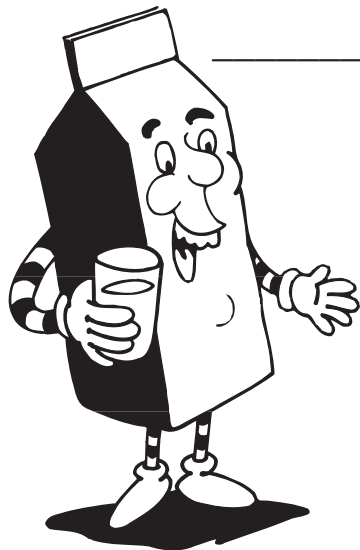
Daily Dairy

What dairy foods can you eat . . .
For breakfast?



As a snack?

For lunch?



For dinner?

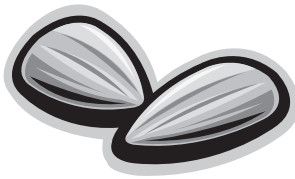
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 5, Grade 1

What Type of Protein?

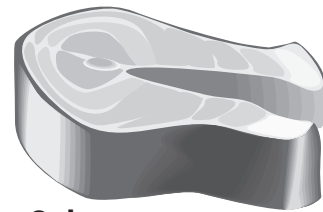
Draw a circle around animal protein sources and a square around plant protein sources.



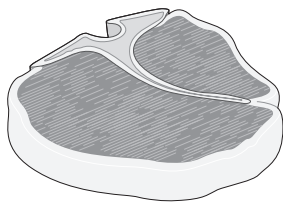
Tuna



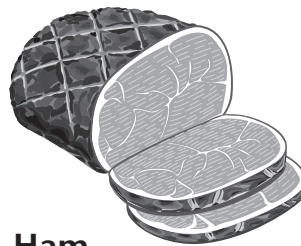
Almonds



Salmon



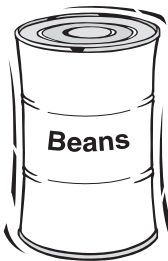
Pork chop



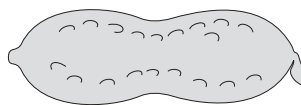
Ham



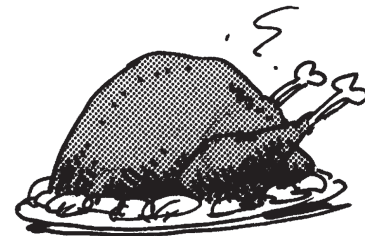
Peanut butter



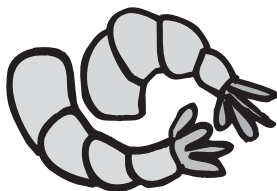
Black beans



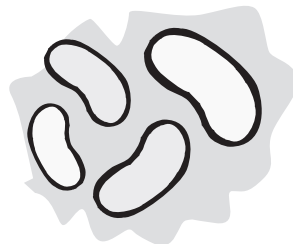
Peanut



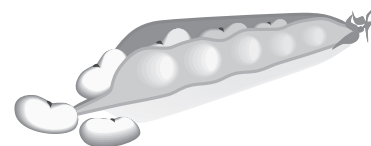
Turkey



Shrimp



Kidney beans



Soybeans



All Activities Count!



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

A large, empty rectangular box with a thick black border, intended for drawing an activity related to chores.

Chores

A large, empty rectangular box with a thick black border, intended for drawing an activity related to play.

Play

A large, empty rectangular box with a thick black border, intended for drawing an activity related to getting around (transportation).

Getting around (transportation)

A large, empty rectangular box with a thick black border, intended for drawing an activity related to team sports or lessons.

Team sports or lessons

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 7, Grade 1

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.



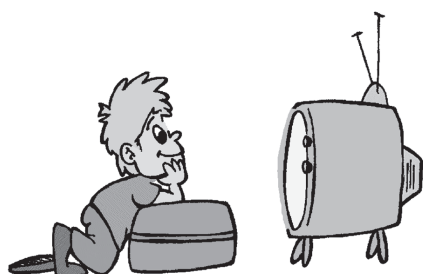
Energetic

Happy

Sleepy

Quiet

Bored



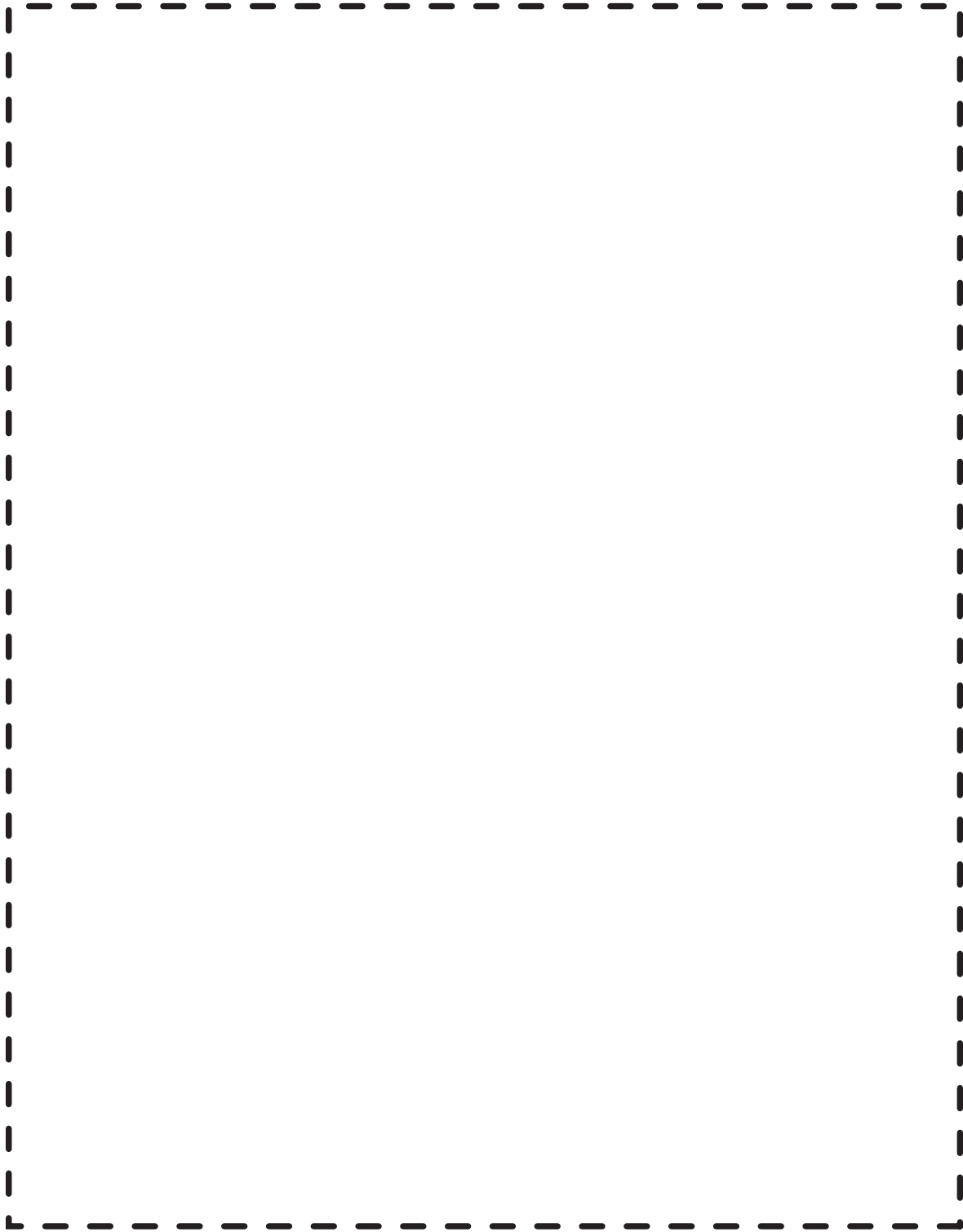
In good shape

Excited



My Favorite Moves

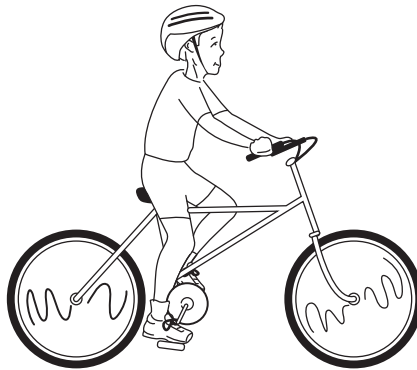
Draw your favorite activity. Then write about how you feel when you do that activity.

A large rectangular area defined by a dashed line, intended for a student to draw their favorite activity and write about how they feel when they do it.

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 1

Get Moving!

Circle the activities you would like to do instead of screen time. In the center, write about or draw other ideas for staying active.

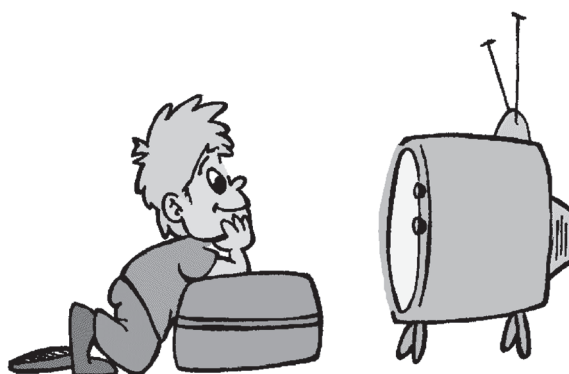


Screen-Time Challenge

Circle the answer to each of the following questions.

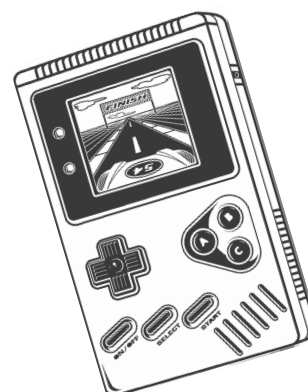
Yesterday, did you watch TV . . .

- | | | |
|-------------------------|-----|----|
| 1. Before school? | Yes | No |
| 2. After school? | Yes | No |
| 3. While eating dinner? | Yes | No |
| 4. After dinner? | Yes | No |



Yesterday, did you play video games . . .

- | | | |
|-------------------|-----|----|
| 1. Before school? | Yes | No |
| 2. After school? | Yes | No |
| 3. After dinner? | Yes | No |



Yesterday, did you use the computer . . .

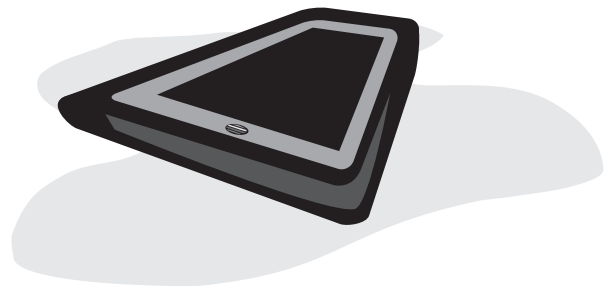
- | | | |
|-------------------|-----|----|
| 1. Before school? | Yes | No |
| 2. After school? | Yes | No |
| 3. After dinner? | Yes | No |



(continued)

Yesterday, did you use a smartphone or tablet . . .

- | | | |
|-------------------|-----|----|
| 1. Before school? | Yes | No |
| 2. After school? | Yes | No |
| 3. After dinner? | Yes | No |



My screen-time challenge goal:

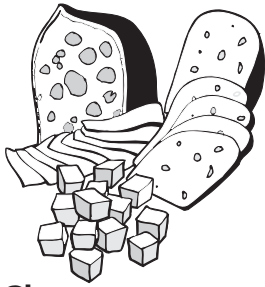
Staying in Balance



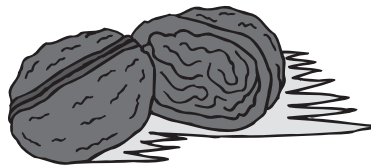
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 10, Grade 1

Plant Fat or Animal Fat?

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



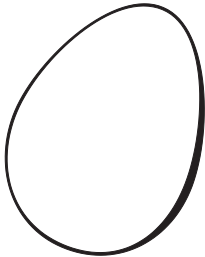
Cheese



Walnuts



Peanut butter



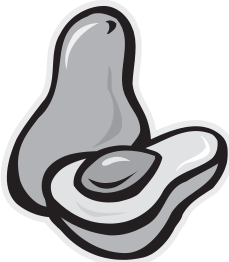
Egg



Tuna



Almonds



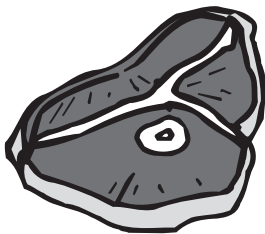
Avocado



Olive



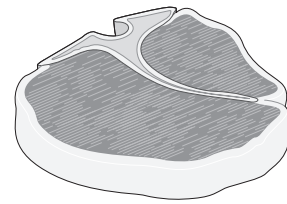
Whole milk



Steak



Sunflower seeds



Pork chop

Happy Heart



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 1

Choosing Foods for a Happy Heart

Cut out the heart healthy foods on this page and put them in the Happy Heart on page 16.



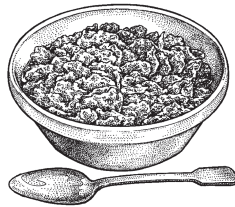
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Lesson 11, Grade 1

What Do You Eat?

For each meal or snack, circle the foods you like to eat.

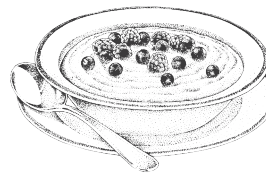
Breakfast



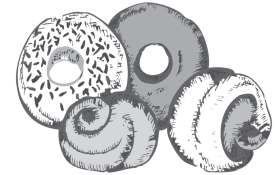
Cereal



Banana



Oatmeal



Doughnuts

Lunch



Nachos & cheese



Sandwich



Salad

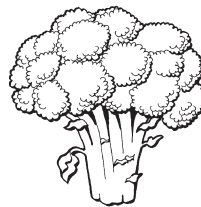


Green beans

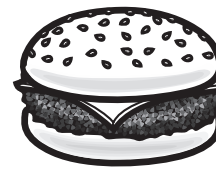
Dinner



Pasta



Broccoli



Cheeseburger

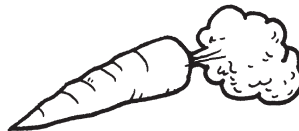


Fish

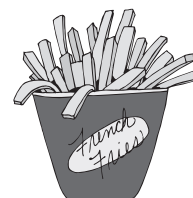
Snack



Yogurt



Carrot



French fries



Apple

Dessert



Cookies



Ice cream



Grapes



Cake

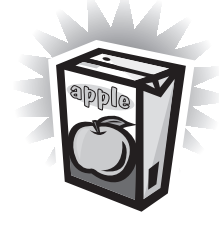
Drink



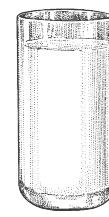
Water



Soda



100% fruit juice



Skim milk

My Favorite Snacks

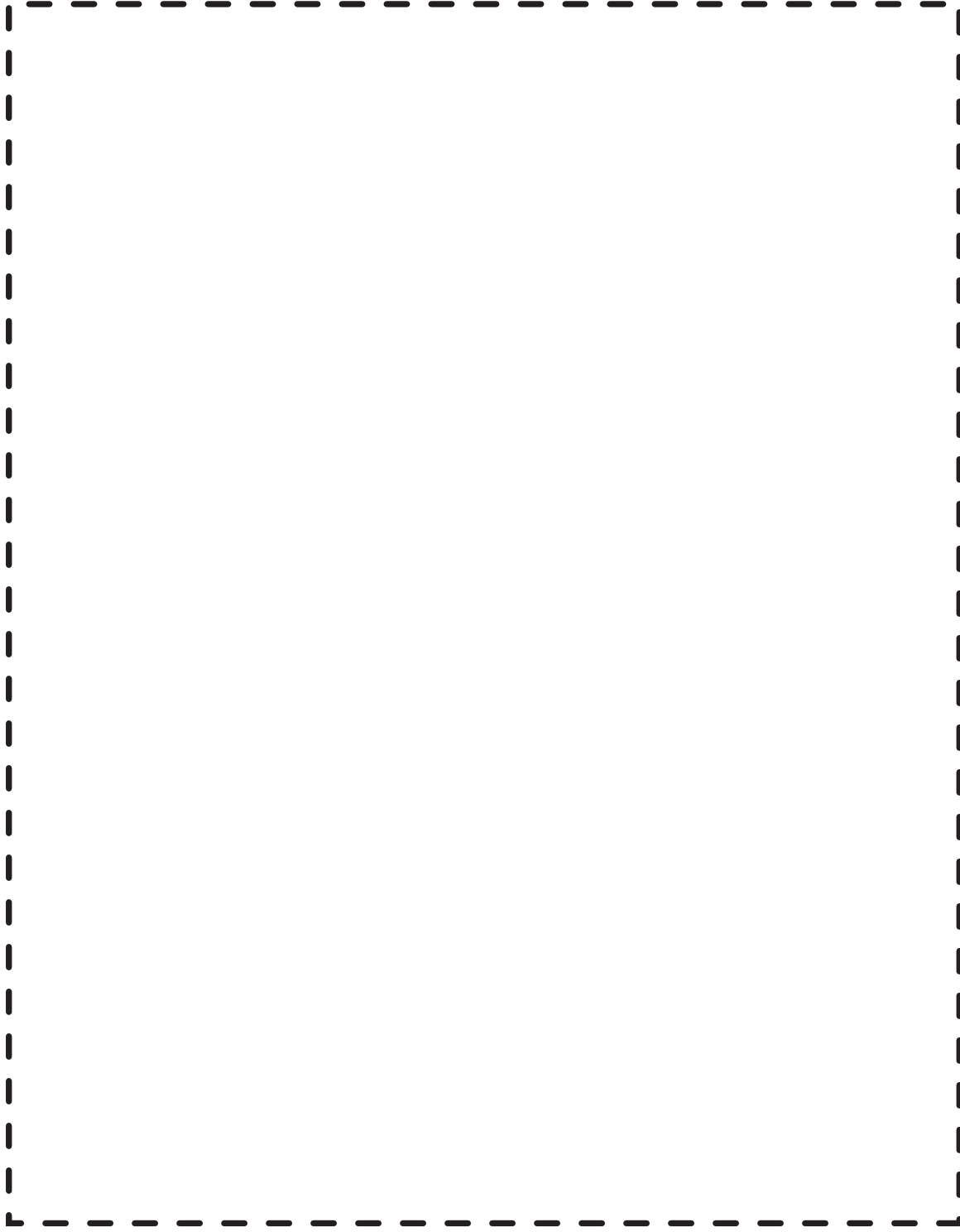
Draw your favorite snacks in the box.

A large rectangular box with a dashed border, intended for a student to draw their favorite snacks inside.

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 1

My Favorite Healthy Snacks

Draw your favorite *healthy* snacks in the box.

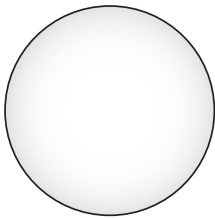
A large rectangular box with a dashed border, intended for a student to draw their favorite healthy snacks inside.

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 1

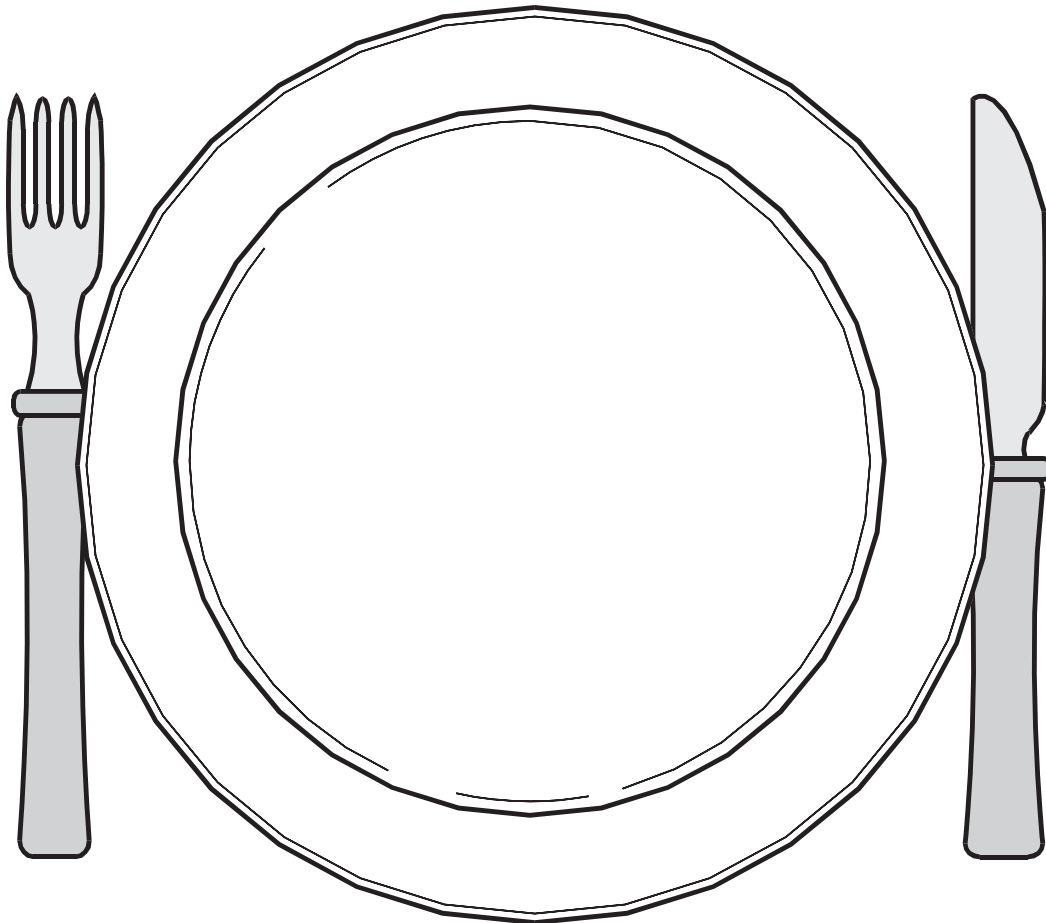
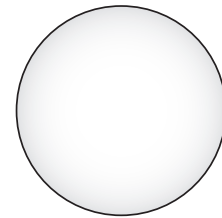
My Healthy Meal

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



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 15, Grade 1

Congratulations, HEAT Club graduate!

Name: _____

Date: _____



Signature: _____

Signature: _____

Date: _____

Date: _____

