



Activity Book



is a member of the
HEAT Club

This is me:



What does HEAT, of HEAT Club, stand for?

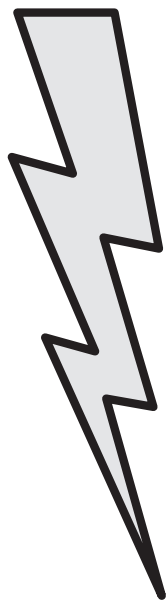
H _____

E _____

A _____

T _____





HEAT Club Brainstorm!

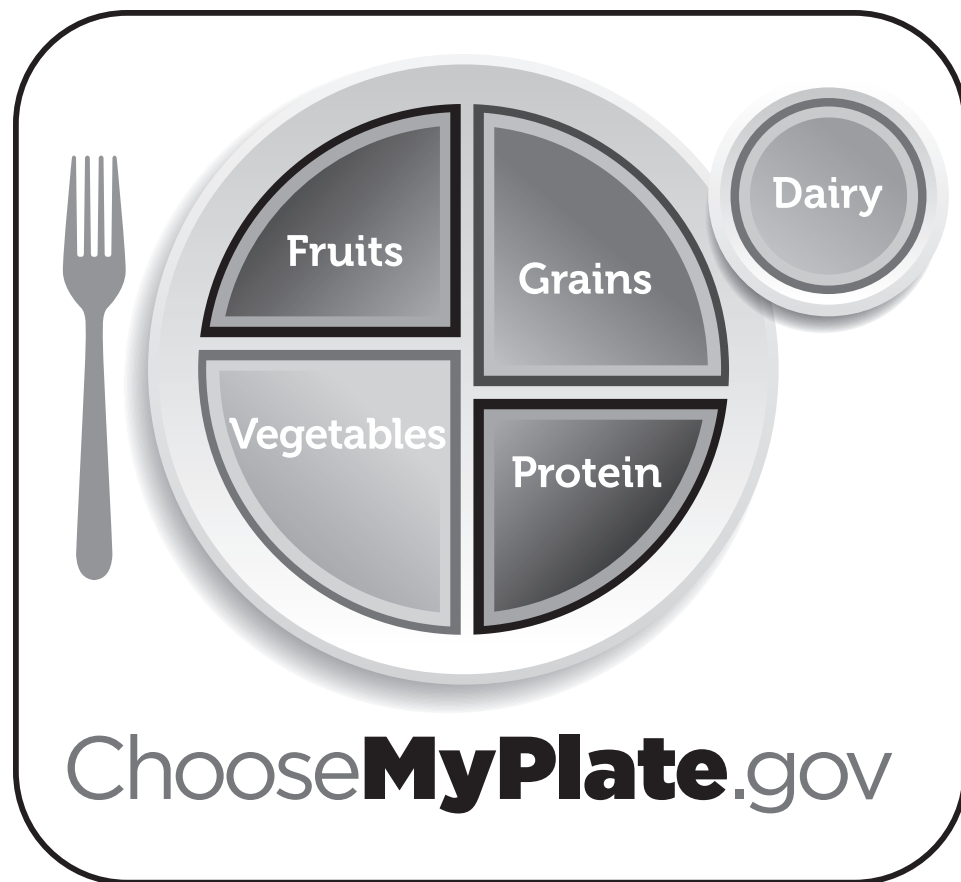


List examples of healthy eating and active time
in the columns below.

Healthy eating

Active time

Build a Healthy Meal With MyPlate



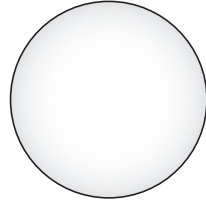
MyPlate logo from USDA's Center for Nutrition Policy and Promotion.

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 3

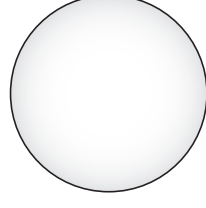
Draw a Healthy Meal

4

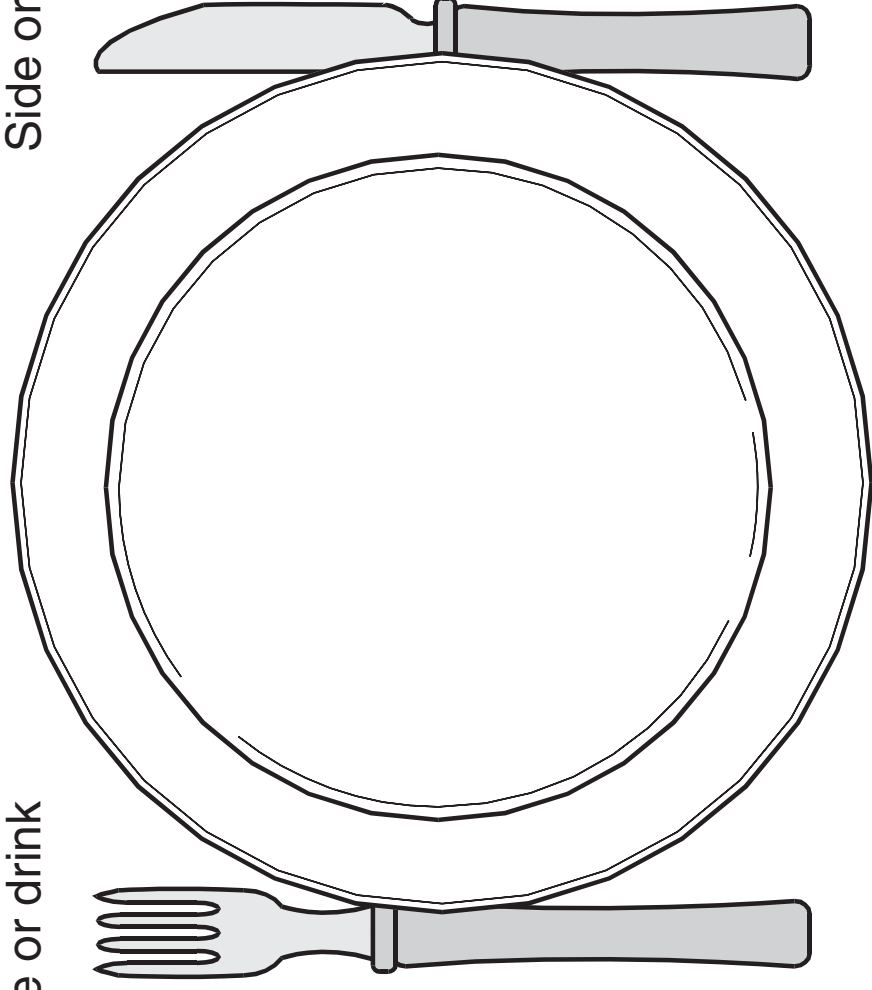
Draw a meal that contains foods from each food group. What is a healthy drink to go with this meal?



Side or drink



Side or drink



Go for the Grain!

Compare the food labels and circle three important nutrients that can be found in greater amounts in brown rice (a whole grain) than in white rice (not a whole grain).

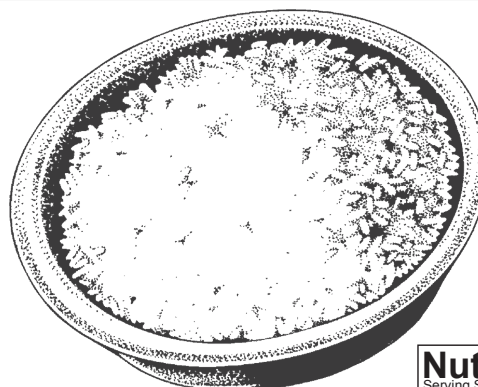
Brown rice



Nutrition Facts	
Serving Size 100 grams (100 grams)	
Servings per container 1	
Amount Per Serving	
Calories 111	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 2%
*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	

Ingredients: Long-grain brown rice

White rice



Nutrition Facts	
Serving Size 100 grams (100 grams)	
Servings per container 1	
Amount Per Serving	
Calories 151	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 5mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 2%
*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	

Ingredients: Long-grain rice enriched with iron (ferric orthophosphate) and thiamine (thiamine mononitrate)

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).

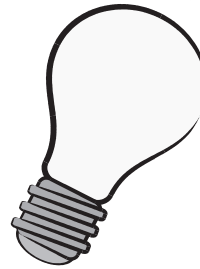
Lesson 3, Grade 3

Serving Up Whole Grains

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

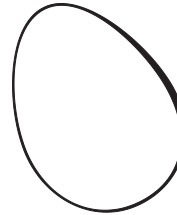


A one-ounce serving of pasta or rice is about the size of . . .



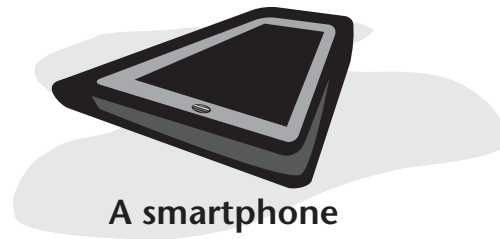
A light bulb

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

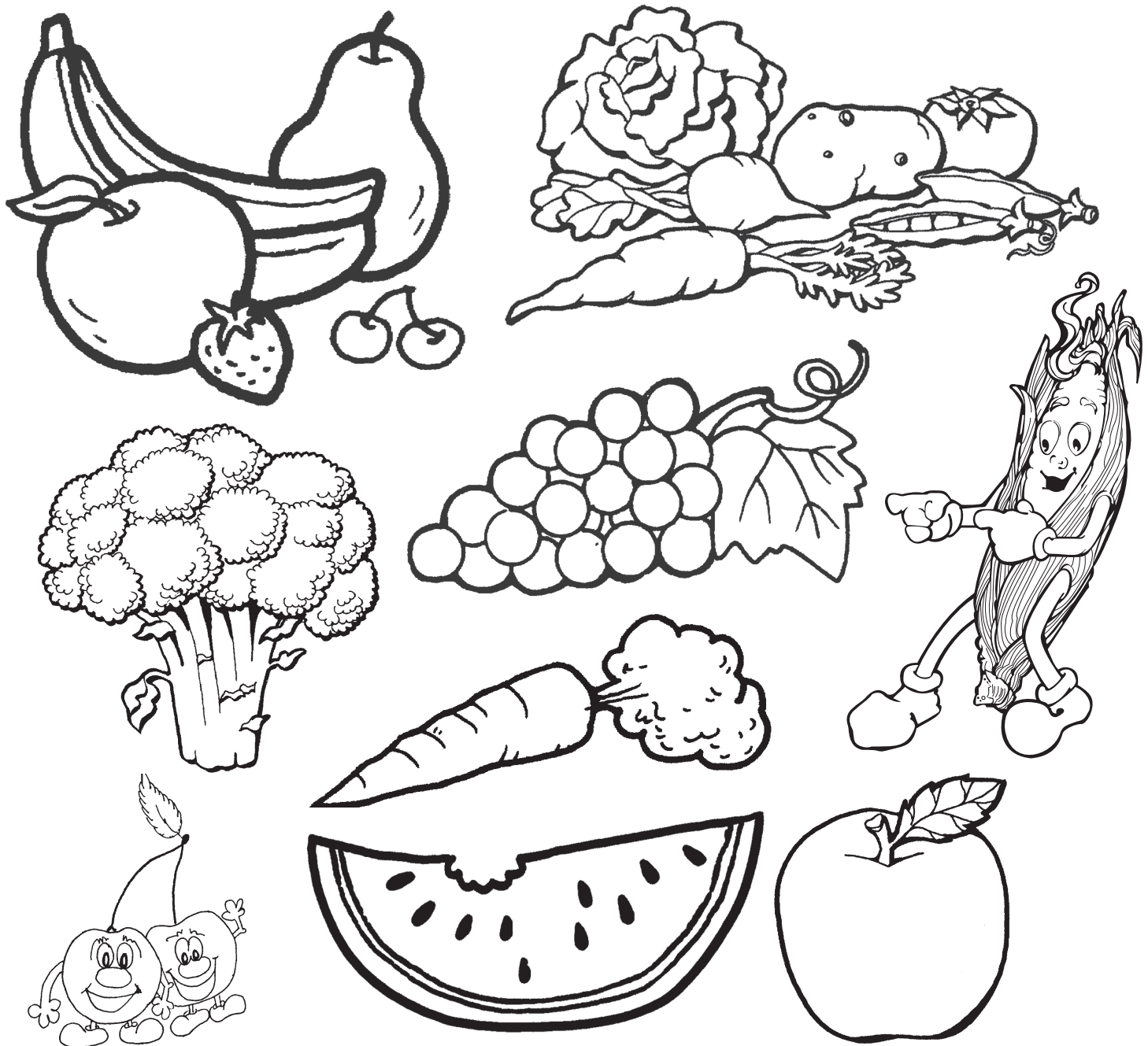
A one-ounce bagel is about the size of . . .



A hockey puck

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 3

Measurement Fun

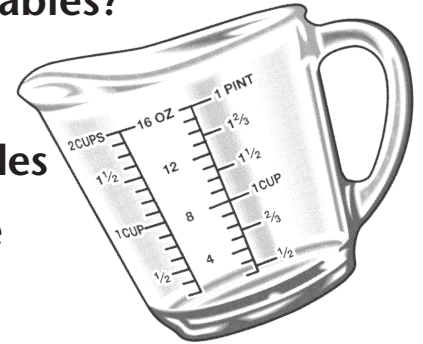
What counts as a MyPlate cup of fruits and vegetables?

1 MyPlate cup = 1 half cup of dried fruit

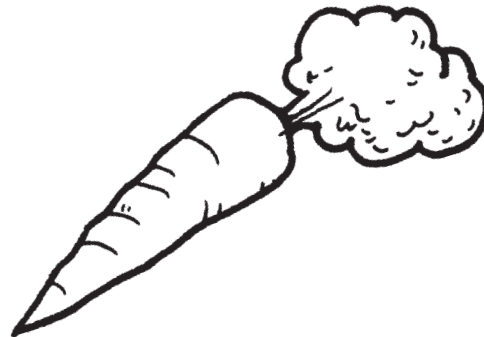
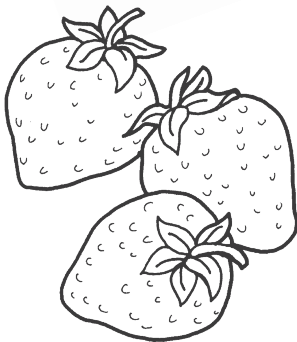
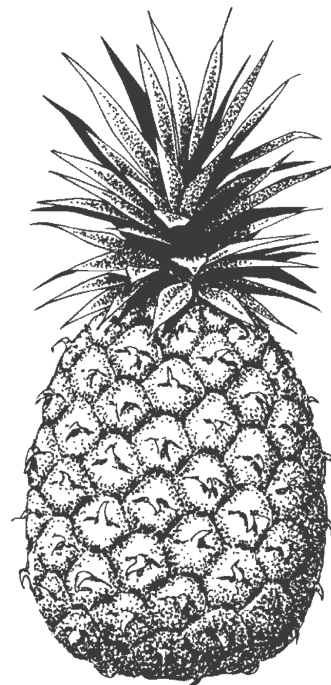
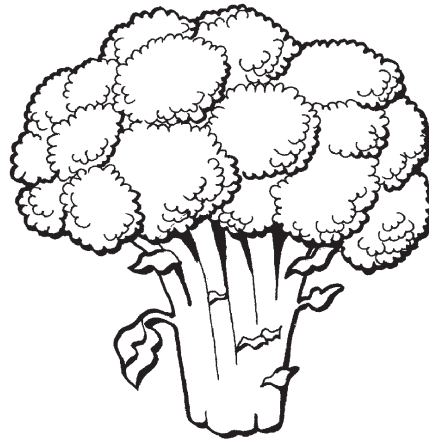
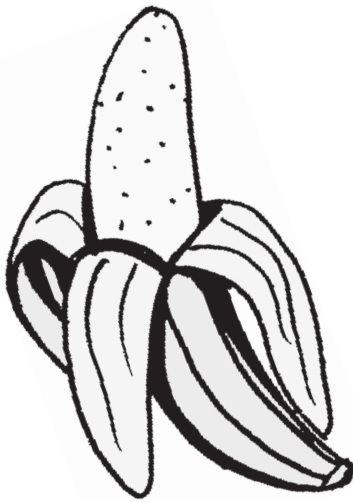
1 MyPlate cup = 1 cup of cooked or raw vegetables

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!



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 3

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



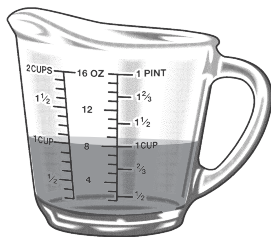
Leafy veggies such as lettuce or spinach



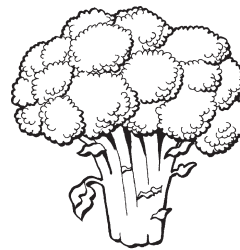
1 cup



Dried fruit such as raisins or apricots



1 cup



Cooked or raw veggies such as broccoli or carrots



2 cups

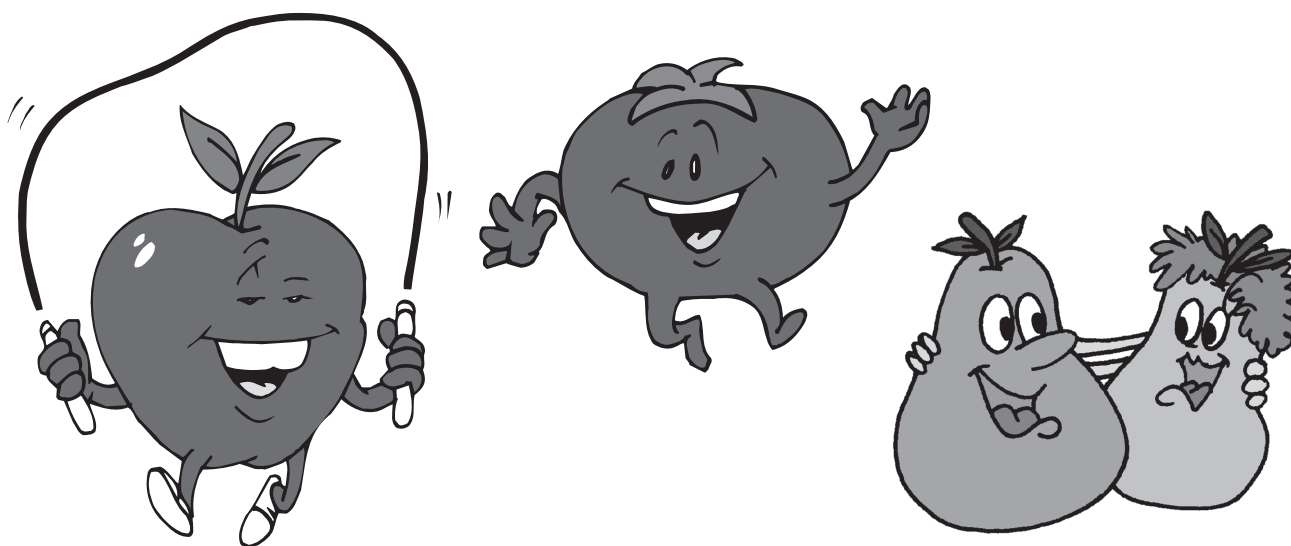


100 percent juice

How Many Fruits and Vegetables?

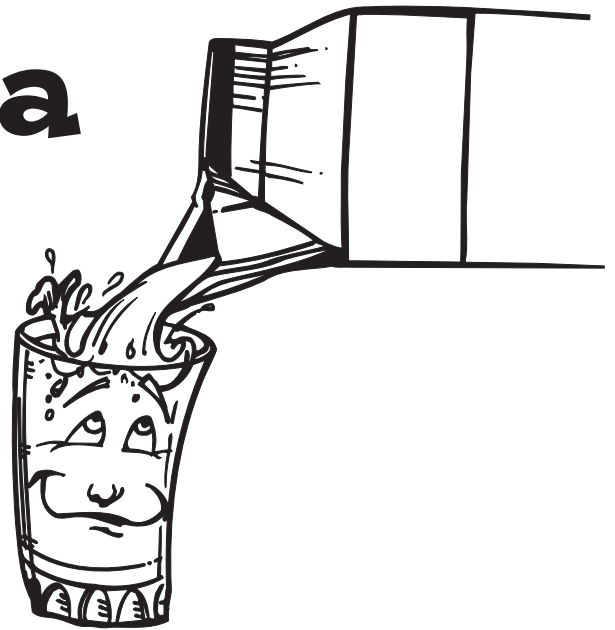
For each meal, list the amount of fruits and vegetables you ate yesterday. Then write the total number of cups on the last line.

	Fruits	Vegetables
Breakfast		
Morning snack		
Lunch		
Afternoon snack		
Dinner		
TOTAL		



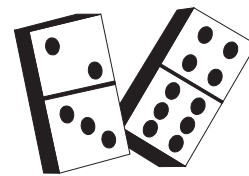
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 4, Grade 3

What Is a Cup of Dairy?



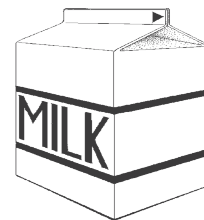
Think of these objects when estimating a cup of dairy products.

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



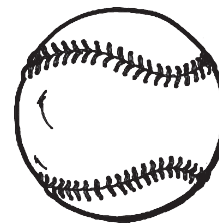
2 dominoes

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



Calcium and Fat Detectives

Which food has the most calcium? Which food has the most fat? Use your detective skills to find out.

Food	Calcium	Fat
Milk		
Cheese pizza		
Orange juice (orange cap)		
Corn		
Cereal bar		

or

Food	Calcium	Fat
Soda		
Peanut butter and jelly sandwich		
Orange juice (blue cap)		
Broccoli		
Cookie		

or

or

or

or

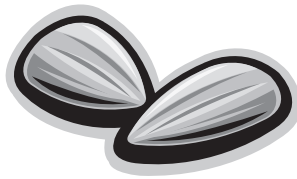
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 5, Grade 3

What Type of Protein?

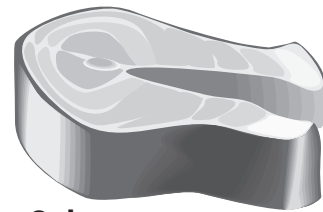
Draw a circle around animal protein sources and a square around plant protein sources.



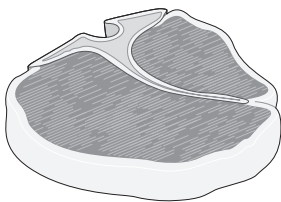
Tuna



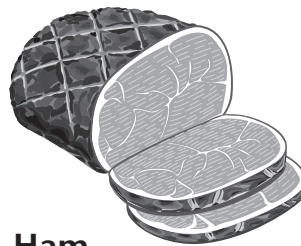
Almonds



Salmon



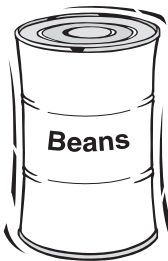
Pork chop



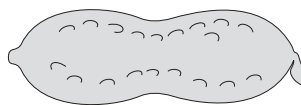
Ham



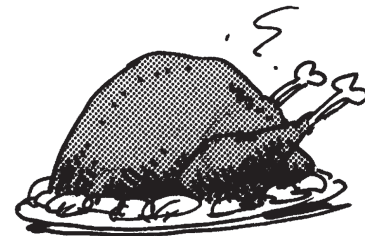
Peanut butter



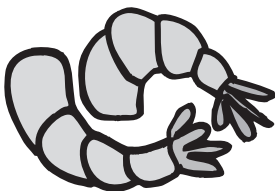
Black beans



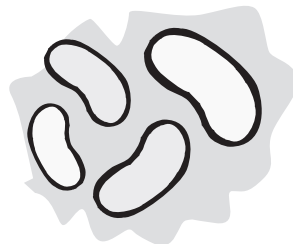
Peanut



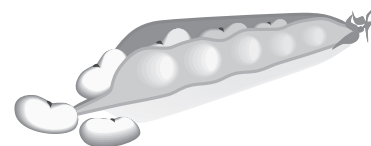
Turkey



Shrimp



Kidney beans



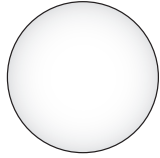
Soybeans

Build a Meal!

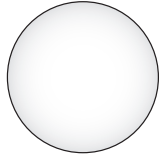
14

Pick a protein from the next page to add to each meal.

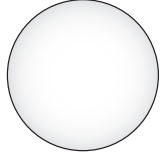
Side or drink



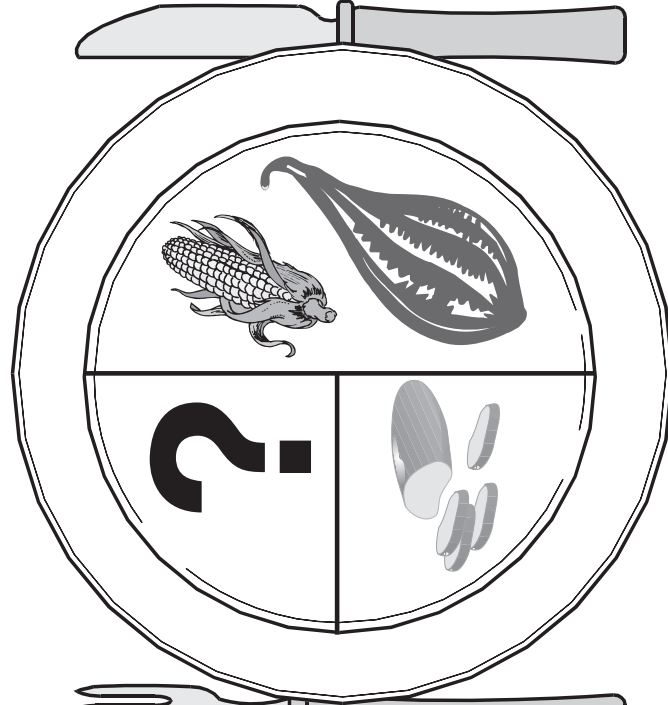
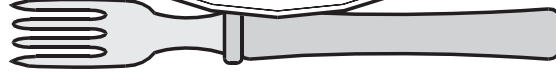
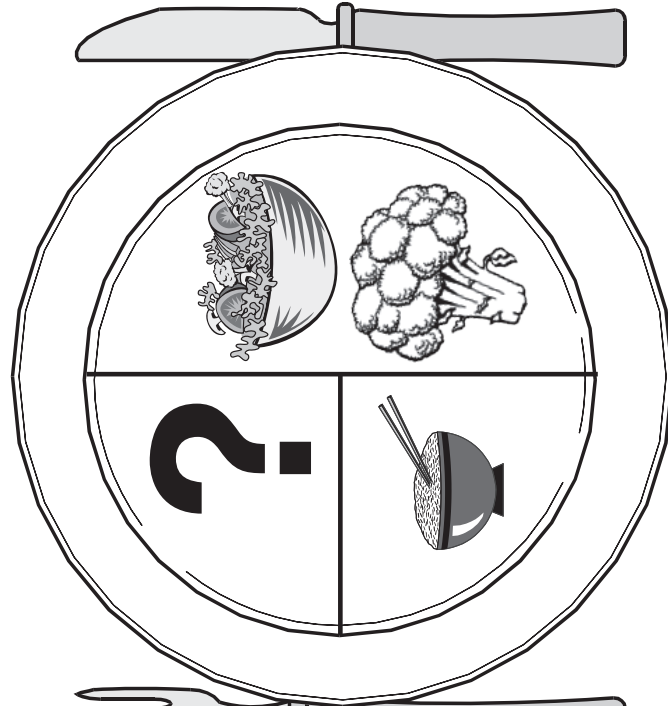
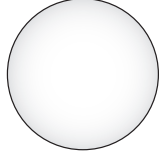
Side or drink



Side or drink



Side or drink



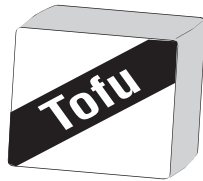
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).
Lesson 6, Grade 3

Pick a Protein

Cut out a plant protein and an animal protein to add to the meal on the previous page.



Tuna



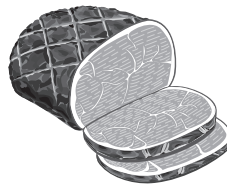
Tofu



Salmon



Pork chop



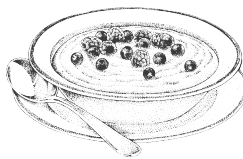
Ham



Peanut butter



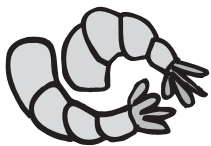
Black beans



Oatmeal



Turkey



Shrimp



Kidney beans



Mushrooms



A Healthy Day Word Mixer



Part 1

Write an object or activity of your choice next to each description.

1. A piece of furniture	
2. A body part	
3. A whole grain	
4. A dairy food	
5. A type of fruit	
6. An activity (past tense, ending in -ed)	
7. A plant or tree (plural)	
8. A noun (plural)	
9. Something that you can climb	
10. A type of fruit	
11. A type of vegetable	
12. An activity (past tense, ending in -ed)	
13. The name of an active game	
14. An activity (past tense, ending in -ed)	
15. The name of an active game	
16. A protein food	
17. A vegetable	
18. A whole-grain food	

A Healthy Day Word Mixer

Part 2

Add the words you chose in part 1 to the blanks in this paragraph; then read for a fun story.

When I woke up this morning, I got out of (1) _____ and brushed my (2) _____. Then I got dressed, went to the kitchen, and ate some (3) _____ with (4) _____ for breakfast. I also drank a glass of (5) _____ juice. After that, I grabbed my books and left for school. As I (6) _____ to school, I noticed lots of people doing active things around me. First I saw my neighbor planting (7) _____ in her yard. Then I passed the mail carrier walking down the street. He was delivering (8) _____. After that, I watched a firefighter climb a (9) _____ to get to the top of a building. When I got to school, I learned many interesting things. Later, it was snack time, so I took out a juicy, ripe (10) _____ to eat. It was so yummy and good for me! At lunchtime, I ate a sandwich and (11) _____. After lunch, we went outside for recess. I (12) _____ around and played (13) _____ with my classmates. After school, I (14) _____ home. First I did all of my homework and then I played (15) _____ with my friends until it was time for dinner. For dinner, I ate (16) _____, a (17) _____, and a piece of whole-grain (18) _____.

Did you have a healthy day?

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 3



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

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 3

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.



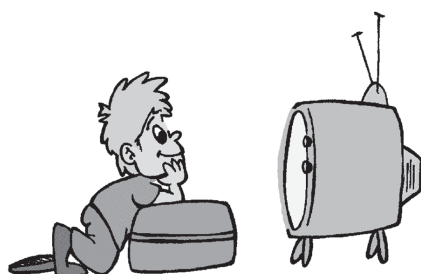
Energetic

Happy

Sleepy

Quiet

Bored



In good shape

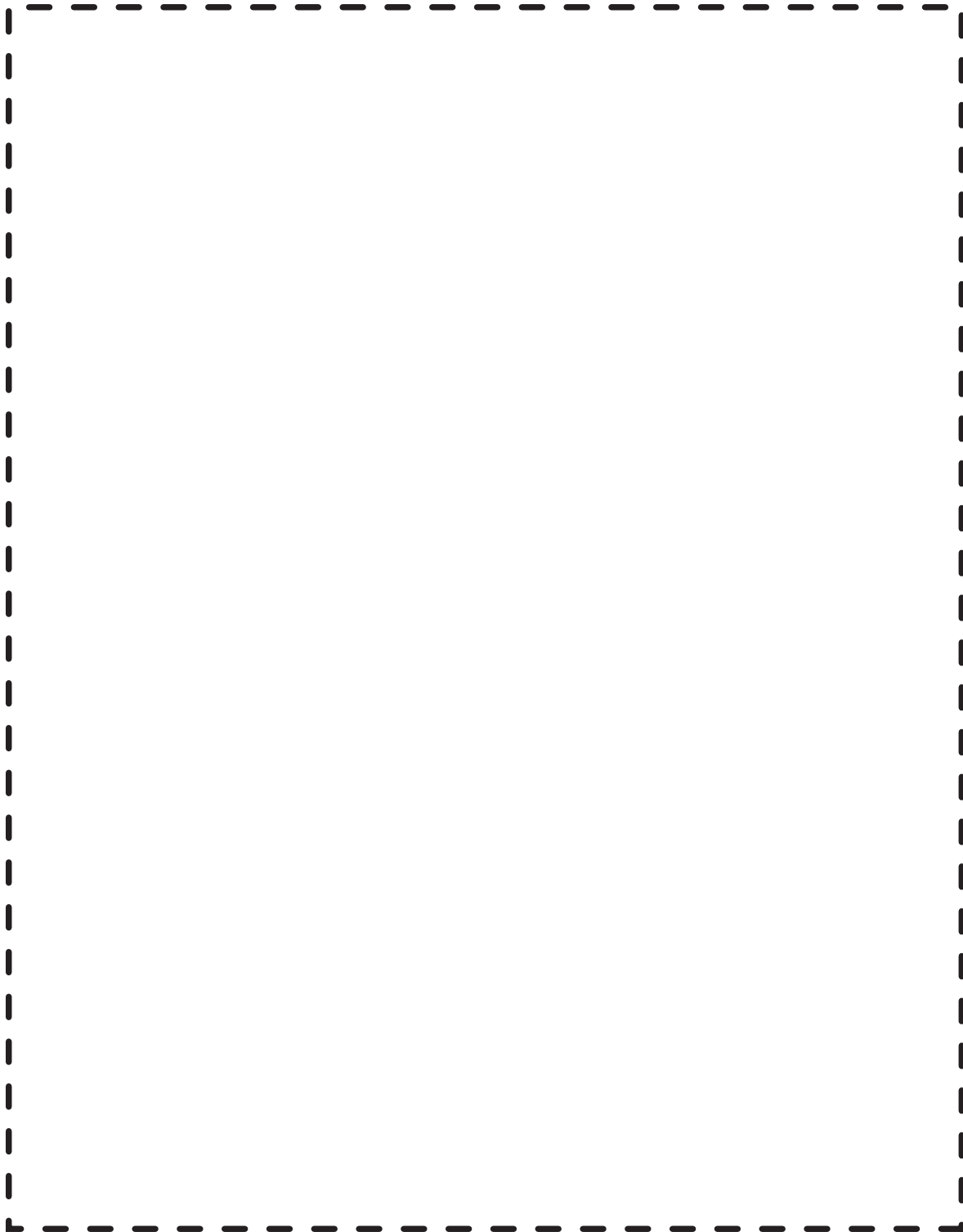
Excited



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 3

My Favorite Moves

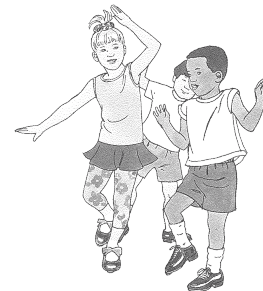
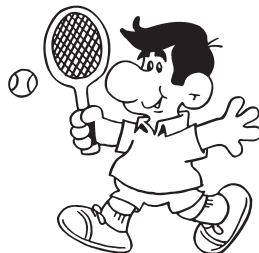
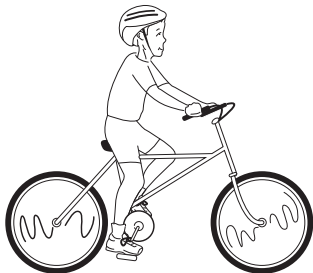
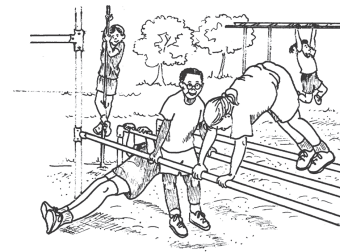
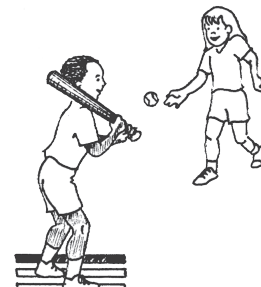
Draw your favorite activity. Then write about how you feel when you do that activity.

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 3

Active-Time Choices

Circle in green the activities you like. Draw a red line through the ones you don't like.



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 3



Active-Time Choices



Choose one activity you like from the previous page and one you do not like. Write about why you like or do not like these activities and how they make you feel.

I like _____

because _____

I do not like _____

because _____

Now select a new activity you would like to try and explain why.

I would like to try _____

because _____



Screen-Time Challenge

Yesterday, did you . . .

Number of hours

1. Watch TV shows or movies?

Yes ☐ No ☐

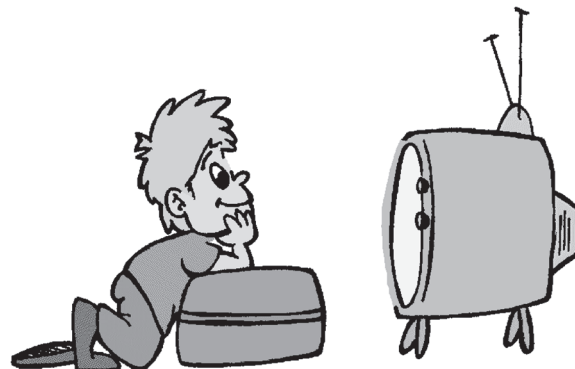
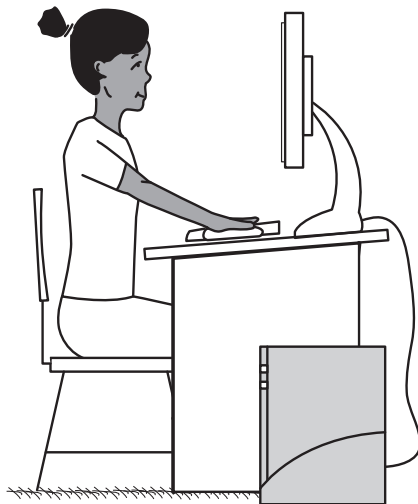
I watched _____ TV shows
and _____ movies.

2. Play video games?

Yes ☐ No ☐

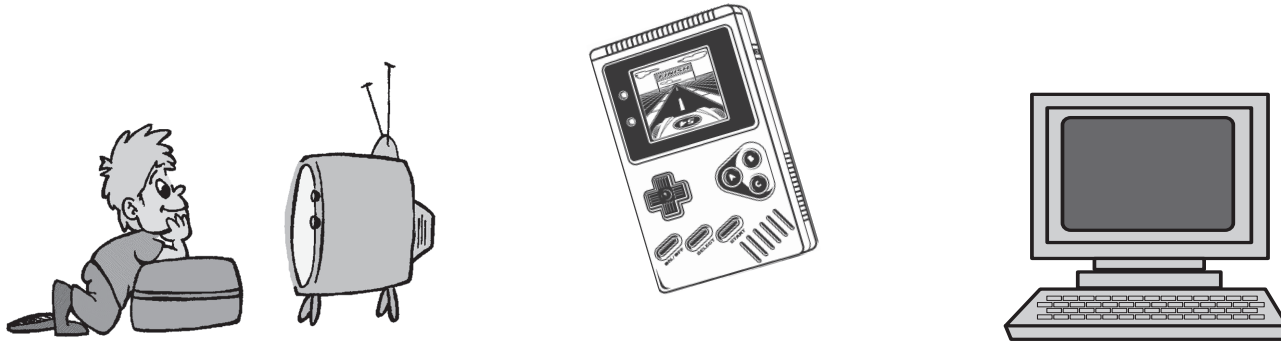
3. Use a computer or tablet?

Yes ☐ No ☐

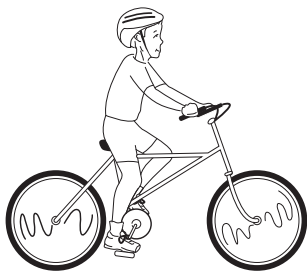


From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 9, Grade 3

Screen-Time Swap











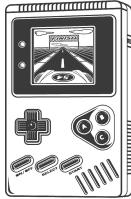
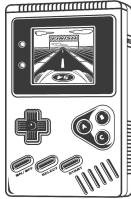
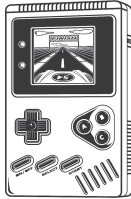
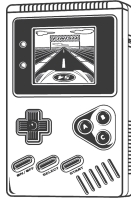
Write or draw the physical activity you will do in place of screen time.



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 3

Staying in Balance

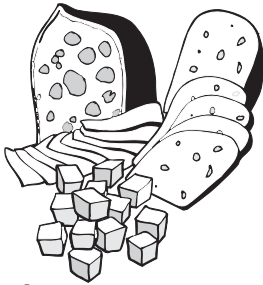


From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

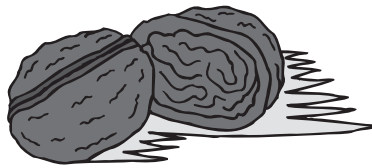
Lesson 10, Grade 3

Plant Fat or Animal Fat?

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



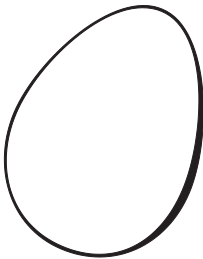
Cheese



Walnuts



Peanut butter



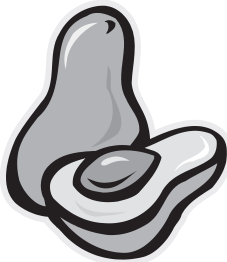
Egg



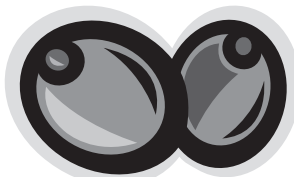
Tuna



Almonds



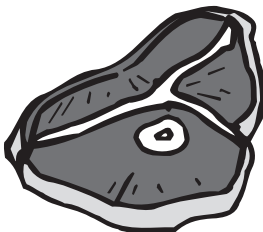
Avocado



Olive



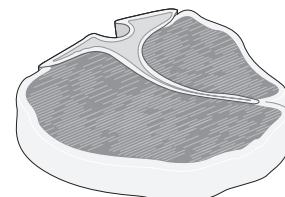
Whole milk



Steak



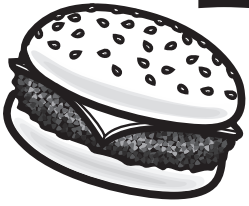
Sunflower seeds



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 3

Heart-Healthy Swaps



Suggest ways to replace these foods (which contain unhealthy fats) with healthier options.

Food item	Heart-healthy swap
Butter	
French fries	
Whole milk	
Cheeseburger	
Onion dip (made with sour cream)	
Bologna	



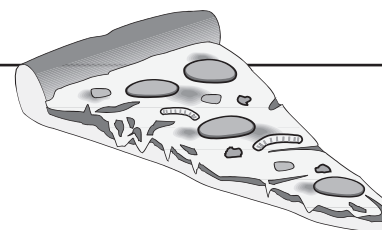
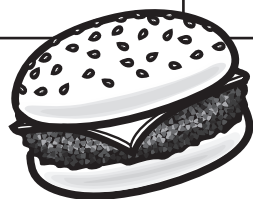
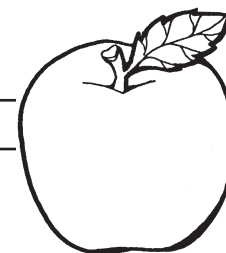
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics).

Lesson 11, Grade 3

Find the Fat!

Look over the sample school lunch menu below. Circle in red the foods that contain animal fat; circle in green the foods that contain plant fat.

Day	Menu
Monday	Chicken nuggets <i>or</i> Rib nuggets BBQ sauce Whole-wheat roll Apple
Tuesday	Meatball sub <i>or</i> Egg and cheese on an English muffin Steamed carrots Peaches
Wednesday	Slice of pizza <i>or</i> Chicken patty on a bun Garden salad Pineapple Cranberry Jell-O
Thursday	Roast turkey and gravy <i>or</i> Cheeseburger on a bun French roll <i>or</i> Peas Mashed potatoes <i>or</i> Apples and cream
Friday	Bean taco boat <i>or</i> Hot dog in a bun Lettuce, tomato, and cheese <i>or</i> Broccoli Salsa <i>or</i> Cantaloupe wedges



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 3

Find the Sugar!

Read each food label and highlight the line that shows the amount of sugar in each food. Compare each food and rank them in order from the least amount of sugar to the greatest amount of sugar.

Chocolate cake

Nutrition facts	
Calories	235
Total fat	11g
Carbohydrate	35g
Sugar	33g
Protein	3g



Soda

Nutrition facts	
Calories	155
Total fat	0g
Carbohydrate	40g
Sugar	40g
Protein	0g



Oatmeal cookie

Nutrition facts	
Calories	81
Total fat	18g
Carbohydrate	69g
Sugar	25g
Protein	1g



Low-fat fruit yogurt

Nutrition facts	
Calories	168
Total fat	2g
Carbohydrate	32g
Sugar	32g
Protein	7g



Orange juice

Nutrition facts	
Calories	110
Total fat	0g
Carbohydrate	27g
Sugar	24g
Protein	2g



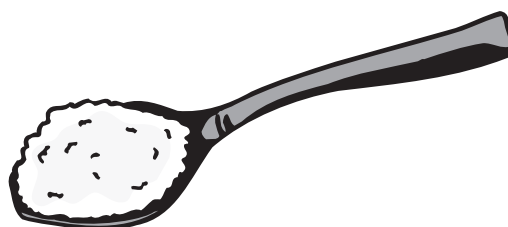
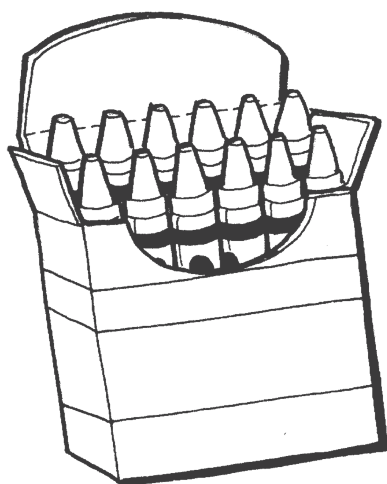
Sugar Content Rankings


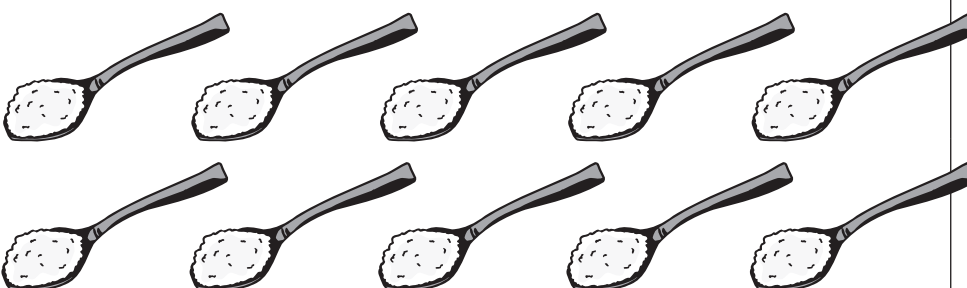

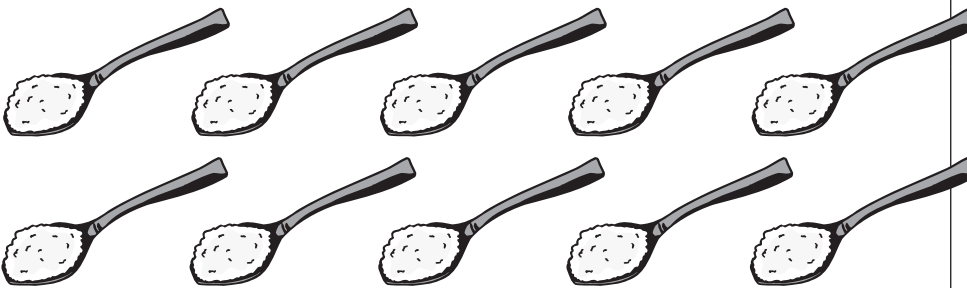
1. _____
2. _____
3. _____
4. _____
5. _____

How Much Sugar?

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

4 grams of sugar = 1 teaspoon


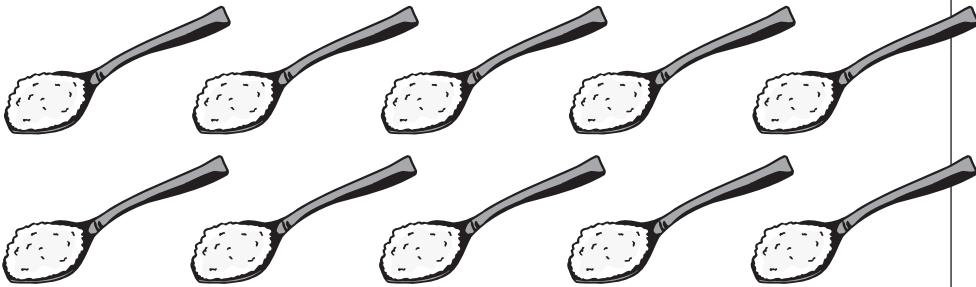
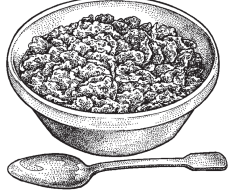
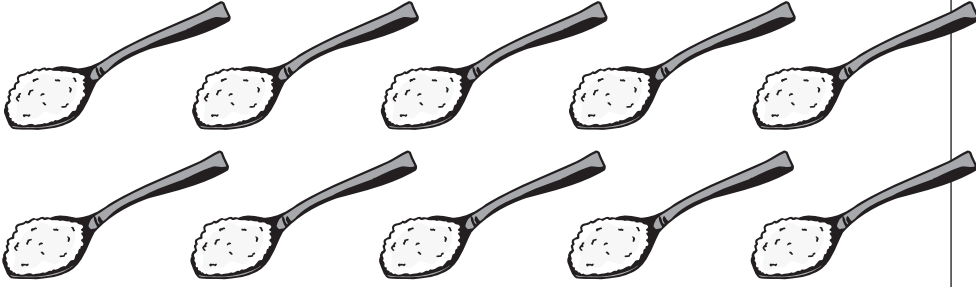

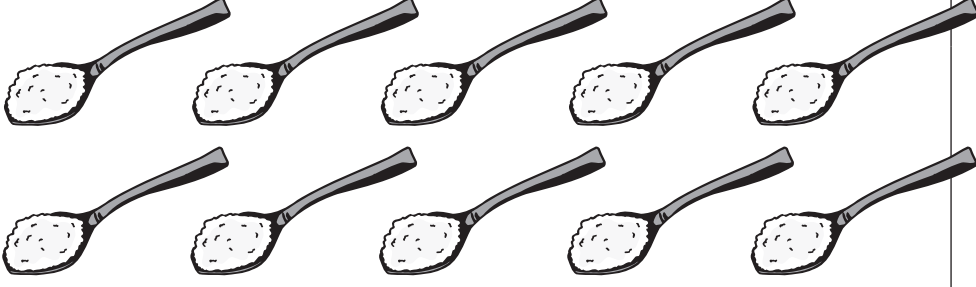


Food	Grams of sugar	Teaspoons of sugar
 One can of cola	40 grams =	
 One cookie	6 grams =	

(continued)

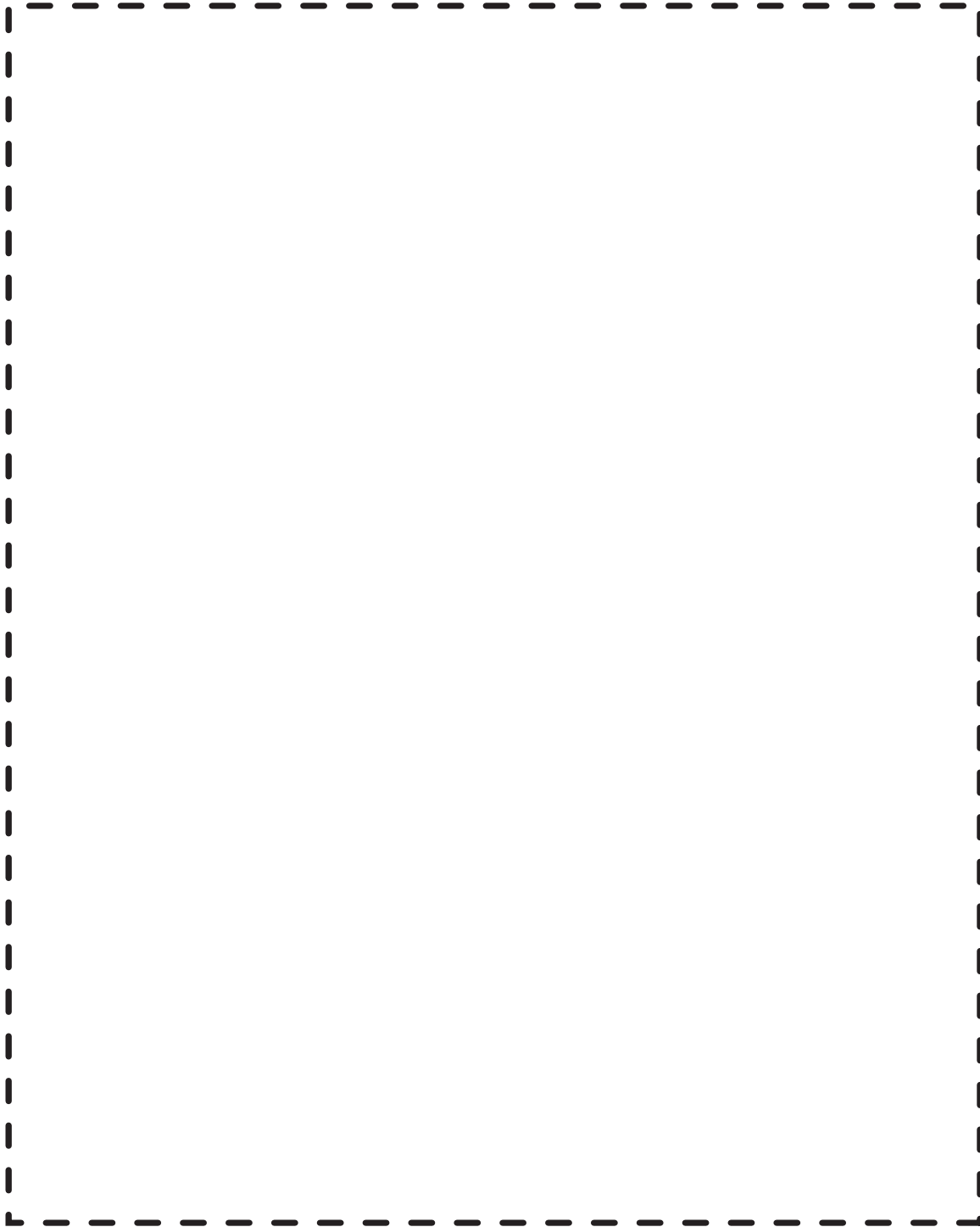
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 12, Grade 3

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 =	

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 3

Listen to Your Body

After doing each of these activities, feel how your heart rate and your breathing change. Write what you feel in the boxes to the right.

Activity	Heart rate	Breathing
Sitting for one minute 		
Stretching for two minutes 		
Running for two 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 3

Eat Smart and Play Hard Reporter

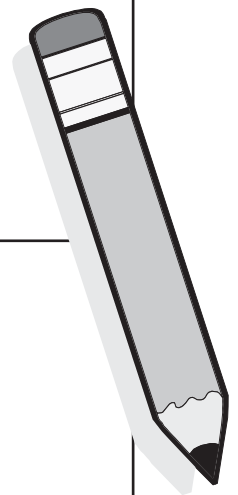
Reporter's name: _____

Ask your subject the following questions and write the answers in the space provided.

1. What did you have for breakfast?	
2. Did you walk or bike to school?	
3. What did you eat for a snack today?	

(continued)

4. What did you eat for lunch?	
5. Did you have gym class or recess today?	
If yes, what did you do?	
6. What did you do after school yesterday?	
7. Did you watch TV today?	
If yes, how many shows did you watch?	



HEAT Club Goals

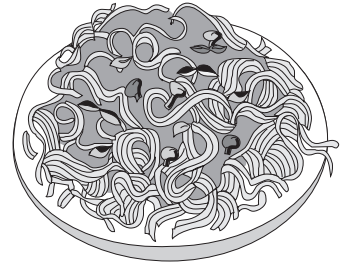
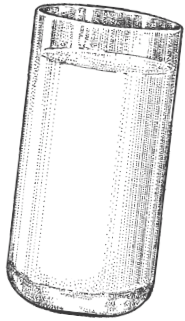
List three healthy-eating goals and three physical activity goals that you would like to achieve to make your day even better. Circle one healthy-eating goal and one physical activity goal to try first. Once you meet these goals, move on to the others.

Healthy eating	Physical activity
1.	1.
2.	2.
3.	3.

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 3

MyPlate Café

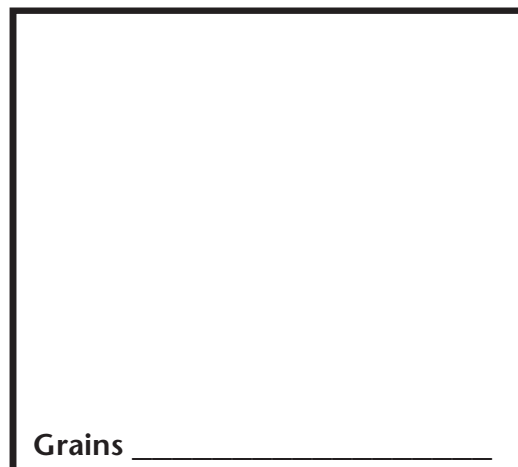
Create a restaurant menu with healthy options for breakfast, lunch, and dinner. Be sure to include choices from all the MyPlate groups.



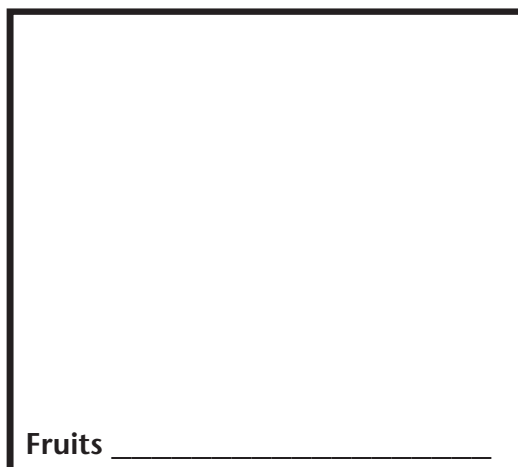
From C. Economos, J. Collins, E. Hennessy, D. Hudson, and L. Marcotte, 2014, *The Healthy Eating and Active Time Club Curriculum* (Champaign, IL: Human Kinetics). Lesson 16, Grade 3

Draw Your Favorite Food in Each Food Group

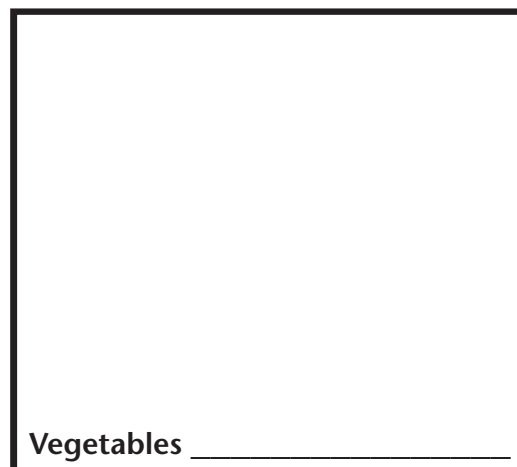
Can you name one healthy thing that each of these foods does for your body? Write it in the blank provided. Pick your favorite food from each food group and draw a picture of it in that group's box.



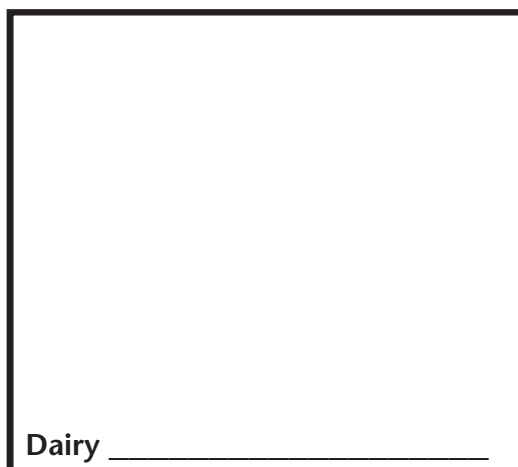
Grains _____



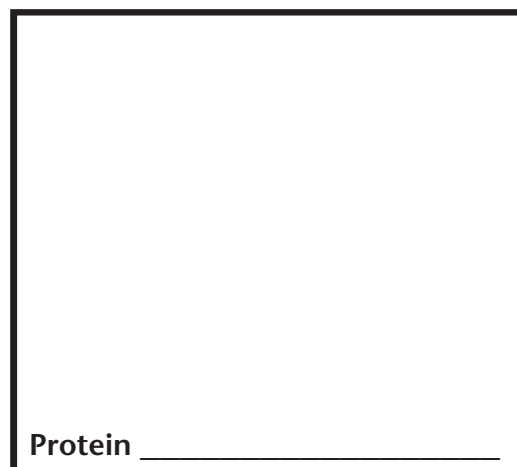
Fruits _____



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 3

Congratulations, HEAT Club graduate!

Name: _____

Date: _____



Signature: _____

Signature: _____

Date: _____

Date: _____