



Healthy Kids

Encouraging Kids with Non-Food Rewards in School

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives to offering food as a reward to individual students or entire classes.

- Read a book
- Sit by friends
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Sing a silly song together
- Eat lunch outside as a class
- Earn coupons for a drawing
- Listen to music while working
- Make deliveries to the office
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher or principal
- Be a helper in another classroom
- Eat lunch outdoors with the class
- Eat lunch with a teacher or principal
- Start and maintain a vegetable garden
- Dance to favorite music in the classroom
- Listen with a headset to a book on audiotape
- Be first in line when the class leaves the room
- Get a “free choice” time at the end of the day
- Have a teacher perform special skills (i.e. sing)
- Have a teacher read a special book to the class
- Earn a 5 minute chat time at the end of the hour
- Take a trip to the treasure box (filled with stickers, pencils, erasers, book-marks, etc.)

Adapted from

Steps to a Healthier Rochester,
Olmsted County Public Health 2006



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Ten TV-Less Activities for kids:

1. Hold a jump rope contest.
2. Take the dog for a brisk walk. Don't have a dog? Take the teddy bear for a stroll instead.
3. Use colored chalk to create a sidewalk picture.
4. Don't let rainy days put a damper on fun. Turn up the radio and dance inside.
5. Start a "100" walking club. Who's first in your family to walk 100 times up and down the sidewalk or the stairs in your house?
6. Play a game of tag or kickball in the playground, park or backyard.
7. If there's snow, make a snowman or go sledding
8. On warm days, go inline skating or ride bikes. (don't forget to use your helmet and pads)
9. Enjoy a hike in a nearby park or forest preserve. Find 10 points of natural interest to enjoy as you hike.
10. Host a neighborhood bicycle wash outside - or a dog wash instead!



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Clever Ways to get Children to Eat Vegetables

- Let your child grow it.
- Let your child help you pick it out at the grocery store.
- Let your child help you prepare it for eating. Young children can help shell peas, snap beans, separate broccoli florets and wash lettuce.
- Try serving it a different way. Serve it raw if you usually cook it, lightly steamed if you usually serve it raw, perhaps even pureed in a soup.
- Find out which type of vegetable your preschooler prefers – fresh, frozen or canned.
- Try serving raw vegetables with a dip.
- Put parmesan cheese or melted cheese on top.
- Give it a funny name.
- Serve it when she is hungry, not when she is filled up on other food.
- Seat him next to a child who loves vegetables and let peer pressure make it magic. Eat it yourself, with obvious enjoyment.
- Do not assume he will never like it. Some children take longer than others to feel comfortable with certain foods, so let it reappear occasionally.
- Do not overcook vegetables. Overcooking causes many vegetables to lose texture, color, flavor and some valuable nutrients.
- Serve cooked vegetables in bite-sized pieces. Cut after cooking to preserve nutrients.
- Do not make eating the vegetables an issue. Avoid the clean plate clubs – they only make children more determined not to eat the dreaded vegetable.

Adapted from

Missouri dept. of Health,
Child and Adult Care Food Program



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Cooking with your Child

Having children help cook is a great way to encourage them to make healthy food choices, and learn valuable skills that they will use throughout their lifetime. As soon as a child shows interest in helping, allow him/her to do what they can in the meal preparation. Below are age-appropriate activities for children in the kitchen. (Remember, all children develop at different rates, this is a general 'guide')

Age 2-3

- Wash vegetables
- Shuck corn
- Unload dishwasher
- Wipe table
- Put toast in toaster
- Tear lettuce
- Shape meatballs, burgers, etc.
- Peel bananas (if top is cut)
- Place things in trash
- Clear own place setting

Age 3-4

- Break eggs into bowl
- Measure and mix ingredients
- Open packages
- Knead and shape dough
- Turn pancakes (with help)
- Pour cereal, milk, water
- Make sandwiches
- Toss salads
- Wash baking utensils

Age 5

- Make cakes from mix
- Use blenders (close help)
- Make pancakes (with help)
- Set and clear table
- Load dishwasher



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50 Snack Attack Ideas for Children

1. Bunch of grapes
2. Peanut butter and sliced bananas
3. Sunflower seeds
4. Whole-wheat toast, spread with applesauce and topped with cinnamon
5. Frozen banana
6. Celery with peanut butter and topped with raisins
7. Hard-cooked egg
8. Sesame bread sticks
9. Vegetable juice
10. Half a grapefruit
11. Sparkling mineral water with fruit juice
12. Baked apple
13. Half a cantaloupe with ice cream
14. Tangerine
15. Yogurt topped with fresh or canned peaches
16. Cheese slices with crackers
17. Dried fruit: apples, apricots, pears, raisins, prunes, figs, papaya
18. Bagel with cream cheese
19. Waffle with peanut butter
20. GORP – Good old raisins and peanuts
21. Slice of cheese and a piece of apple
22. Hot apple juice with cinnamon and nutmeg
23. Chow mein noodles
24. Popcorn
25. Raw veggies with dip
26. Shredded wheat or rice cereal with milk
27. Carrot juice
28. Handful of almonds
29. Banana with wheat germ
30. Tossed salad
31. Cottage cheese and fruit sprinkled with cinnamon
32. Banana topped with yogurt and cinnamon
33. Open-faced lettuce and tomato sandwich
34. Baked potato with cottage cheese
35. Kosher dill pickle
36. Glass of milk
37. Peanut butter on crackers
38. Orange slices and shredded coconut
39. Toasted English muffin with cheese
40. Raw zucchini stripes
41. Watermelon wedge
42. Cup of vegetable soup
43. Peanut butter on whole wheat bread
44. Shredded whole wheat cereal with sliced fruit and milk
45. Carrot-raisin salad
46. Frozen yogurt
47. Fruit or vegetable kabob (a variety of small pieces on toothpicks)
48. Frozen fruit juice bars
49. Frozen grapes
50. Refried beans on tortillas

Adapted from

Utah State Health Department



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How Much is a Serving?

Compiled by Jen Brewer RD
foodmoodmotherhood.com

Count as One Serving if Child is:

Food Group	1 Year Old	2 Year Old	3 Year Old	4 Year Old	5 Year Old
Breads, Cereal, Rice or Pasta 6 Servings/Day	1/2 slice bread 2 T. cooked cereal	1/2 slice bread 2 T. cooked cereal, rice or pasta 1/4-1/3 cup ready to eat cereal (1/3 oz)	1/2- 3/4 slice bread 4 T. cooked cereal, rice or pasta (1/3 cup) 1/3-1/2 cup ready to eat cereal (1/2 oz) 4 crackers	1/2- 1 slice bread 4 T. cooked cereal, rice or pasta (1/3 cup) 1/3-1/2 cup ready to eat cereal (1/2 oz) 4 crackers	1 slice bread 4 T. cooked cereal, rice or pasta (1/3 cup) 1/2 cup ready to eat cereal (1/2 oz) 4 crackers
Fruit 2-4 Servings/Day	2 T. cooked fruit 1/4 - 1/2 fresh fruit (1/4 cup) 1/2 cup juice	2 T. cooked fruit 1/4- 1/2 fresh fruit (1/4 cup) 1/4 cup juice	3 T. cooked fruit (1/4 cup) 1 med. fresh fruit (1/2 cup) 1/2 cup juice 3 T. dried fruit	4 T. cooked fruit (1/3 cup) 1 med. fresh fruit (1/2 cup) 1/2 cup juice 3-4 T. dried fruit	5 T. cooked fruit 1 med. fresh fruit (1/2 cup) 1/2 cup juice 3-4 T. dried fruit (1/4-1/3 cup)
Vegetables 3-5 Servings/Day	2 T. cooked vegetables 1/2 cup juice	2 T. cooked vegetables 1/2 cup juice	3 T. cooked vegetables (1/4 cup) 1/2 cup juice 3 small pieces raw	4 T. cooked vegetables (1/3 cup) 1/2 cup juice 4 small pieces raw	5 T. cooked vegetables 1/2 cup juice 5 small pieces raw
Meat, Poultry, Fish, Eggs, Nuts or Dry Beans 2-3 Servings/Day	1 oz. meat, poultry, fish 1 egg	1 oz. meat, poultry, fish 1 egg 1 T. peanut butter	1 1/2 oz. meat, poultry, fish 1/2 cup cooked dry beans 1 egg 3 T. peanut butter	1 1/2 oz. meat, poultry, fish 1/2 cup cooked dry beans 1 egg 3 T. peanut butter	1 1/2 oz. meat, poultry, fish 1/2 cup cooked dry beans 1 egg 3 T. peanut butter
Milk, Yogurt, or Cheese 3 Servings/Day	1/2-3/4 cup whole milk 1/4-1/2 oz. cheese	1/2-3/4 cup whole milk or lowfat milk or yogurt 1/4-3/4 oz. cheese	3/4 cup whole milk or lowfat milk or yogurt 1/2-1 oz. cheese	3/4- 1 cup lowfat or skim milk or yogurt 1 - 1 1/2 oz. cheese	3/4- 1 cup lowfat or skim milk or yogurt 1 1/2 oz. cheese
Fats, Oils and Sugars	Use Sparingly	Use Sparingly	Use Sparingly	Use Sparingly	Use Sparingly