



## Content Summary for ROR Healthy Eating Volunteer Readers

One or two of the “simple” messages outlined here can be introduced on the reading mat, when appropriate. Please use this document in conjunction with the “ROR Healthy Eating Dialogic Reading Guide”. Each book section has specific suggested messages listed. Since parent’s attitudes are key to making this work, the ROR Parent Educators developed a set of messages that are similar to those below to discuss as part of ROR Language and Literacy counseling.

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The world we live in makes it easy to gain an unhealthy amount weight!

- Fast food restaurants are everywhere
- Junk food is everywhere
- Safe parks for children to run and play can be hard to find
- Children watch lots of TV or play video games instead of being active.

**Here is a great basic guide:**

- Parents decide: What food is served. When food is served
- Children decide: Whether or not to eat. How much to eat
- It’s best to eat **3 meals and 2-3 snacks** a day but not in-between.
- **Don’t forget breakfast.** It’s very important.
  - It may seem strange, but people who eat breakfast weigh less than people who don’t eat anything in the morning.
  - You say you don’t like to eat breakfast. Maybe you are just not ready to eat when you first wake up. If you wake up slowly, ask mom to get you out of bed a little earlier so you can be awake enough to eat breakfast.
  - Maybe you don’t want to eat regular breakfast food in the morning. It really doesn’t matter if you eat a sandwich or leftovers from last night’s dinner; the important thing is to make time and to eat something healthy.

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- **Help your “grown up” get ready for mealtime—it’s fun!**
    - You (older children) can help make the shopping list. You (younger children ) can pretend to make a list or draw pictures of what needs to be bought at the store
    - At the store, ask your grown-up to let you choose the vegetable for dinner or a vegetable to add to a soup—maybe pick a new vegetable you have never tried.
    - You (preschoolers) can mix and pour to help make the food. You (older children) can measure ingredients.
    - You (Preschoolers and school age) can help set and clear the table.
    - You (older children) can clean, peel, or cut up vegetables if your grown-up says it’s OK
  - **Eat together as a family—whenever you can.**
  - **Talk together at mealtime** and have fun without the T.V on
  - **When you eat, start with small amounts of food. You can get more if you are still hungry**
    - Maybe your grown-up will let you (even preschoolers) serve yourself.
    - It’s important to pay attention to what and how much you eat.
  - **Slow down...**if you eat fast you may not know when you are full and you may eat too much.
    - It takes 20 minutes before your mind knows that your stomach is full.
  - **Eat food from the different food groups** each day
    - Grains: Bread, Oatmeal, Rice, Tortillas {Note: Learn to eat “brown”--rice, whole wheat bread, pasta, etc. but need to make sure it’s whole grain)
    - Vegetables
    - Fruits

- Milk—Cheese, Yogurt, Milk, low fat frozen yogurt
- Meat and Beans- meat without a lot of fat, eggs, nuts, fish, beans
- Oils—Olive oil, vegetable oil, butter
- **How to “divide” your plate** to eat healthy? (visual aid)
  - half of the plate should be vegetables; 1/4 fish, meat or chicken (or other protein); 1/4 whole grain like brown rice or whole wheat pasta or sweet potato
- **Eat healthy food when you are hungry. Stop eating as soon as you feel full.**
  - How does your stomach/tummy tell you when you are hungry?
  - How does your stomach/tummy tell you when you are full”?
  - You may have a hungry day and then a not so hungry day.

{**Note:** We would want to avoid praising a clean plate (as in How Do Dinosaurs Eat” A child should stop eating when he or she is full, rather than when the plate is clean.)}
- Everyone needs **5 vegetable and fruit servings in a day**—these foods keep us healthy!
  - Let’s “**eat the rainbow**”—Fruits and vegetables come in wonderful colors. What vegetable rainbow will you pick to eat? What rainbow fruits do you think you might eat? . {Note: The colors also represent different nutritional values: vitamins and minerals. Many fruits are eaten as vegetables}
    - Orange
      - ◆ Vegetables: acorn squash butternut squash, pumpkin (previous 3 are fruits eaten as vegetables!) carrots sweet potatoes
      - ◆ Fruits: orange, tangerine, cantaloupe melon
    - Green
      - ◆ Vegetable: dark green leafy lettuce, broccoli, zucchini (fruit), green peas, romaine lettuce, kale, spinach, collard greens, mustard greens, beet greens, turnip greens, bok choy
      - ◆ Fruit: Avocado, green plums, green apples

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- Red
    - ◆ Vegetable: red pepper, tomato (both fruits)
    - ◆ Fruits: watermelon, pink grapefruit, guava
  
  - Purple
    - ◆ Vegetable: beets, eggplant (fruit)
    - ◆ Fruit: Purple grapes, plum, blueberry,
  
  - Yellow
    - ◆ Vegetables: corn, yellow pepper, yellow squash (all three are really fruits)
    - ◆ Fruits: pineapple, banana
  
  - What is the difference between a fruit and a vegetable?
    - The difference is seeds! Tomatoes are actually a fruit that we eat as a vegetable!
  
  - Vegetables have many different parts.
    - Leaf: lettuce, spinach
    - Root: carrots, potatoes, beets, radishes, Jicama
    - Flower: broccoli, cauliflower
    - Stem/bulbs: celery, asparagus/garlic, onion
    - Podded vegetables (legumes): peas, beans
  
  - Ask your grown-up if you can pick the dinner vegetables or what goes into salads
  
  - Eating fruit is better for you/healthier than fruit juice {Note: the fiber will fill you up and is good for you}
  
  - More ways to eat fruits and vegetables
    - Vegetable and fruit ideas:
      - ◆ You can eat raw vegetables cut up as an afternoon snack (dip into salad dressing or a dip made with plain yogurt.)
      - ◆ Put vegetables in soup broccoli, carrot, squash.

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- ◆ Grate carrots, beets or zucchini to add to salads, pasta sauce, pita, wraps, muffins or sandwiches.
  - ◆ Cut up fruits for a snack.
  - ◆ Add berries or cut-up fruit to cereal or yogurt.
  - ◆ Use frozen berries, ripe bananas in smoothies.
- **Do you ever try new foods? You may need to try a new food lots of times before you learn to like them**
    - It's great if you can try new foods and eat new foods.
    - You don't have to eat certain foods or certain amounts of food.
    - Big brothers or sisters can help littler ones try new foods like Charlie did for Lola in "I Will Never, Not Ever Eat a Tomato"
- **Where do you get ideas about things you might want to eat?**
    - When you go shopping with your grown-up"
    - From the TV {Note: TV tries to make you buy things. These things may not be good for us}"
    - From your friends"
- **Snacks are little healthy meals—** they should be about the same time each day
    - Bring healthy snacks from home when you go out.
    - What do you think is a healthy snack? What do you think is "junk food". Here are some ideas of healthy snacks
      - Applesauce and whole grain toast
      - Cut up vegetables or fruit
        - ◆ .Apple or pear slices to dip in peanut butter
        - ◆ Yogurt and fruit

- Cheese strings
- Hard cooked egg on whole grain bread
- **What kind of meal do you eat that is special because it is a favorite in the country your family used to live in.** (Note: cultural differences-“Everyone Eats Rice”)
- **Mindless eating/mindless munching**
  - When you are eating while watching TV or a movie or playing video game, it is easy to eat too much. Your mind is busy so you don’t think about whether you are hungry or full. Keep your mind on your eating –don’t eat while doing other things!
- **Do you ever eat because you have nothing to do (bored)?**
  - Think, think, think! Am I really hungry?
  - Try to find something to do.
  - Make a list with your grown-up of all the things to do that are interesting or fun, instead of eating
    - Let’s make a list now!
- **Try drinking water instead of juice, soda or other sugary drinks.**  
**Drink low fat milk instead of whole fat milk** (if child is over 2 years old).
  - Water really makes your thirst go away plus it’s free!
    - Ideas:
      - ◆ Keep a pitcher of cold water in the fridge
      - ◆ Bring a filled water bottle from home
      - ◆ Drink water in your favorite cup, add a straw!
      - ◆ Add a slice of lemon or lime to the water.

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- Soda, juice, sports drinks and sugar-sweetened teas and coffee are loaded with sugar and calories. Kick the sugar habit!
    - ◆ The average 12 ounce can of juice drink contains 9 teaspoons of sugar
    - ◆ A coca-cola contains 10 teaspoons. If you drink one can each day you will gain 10 extra pounds in one year!
    - ◆ The small size (16 ounce) of Jamba Juice has about 17 teaspoons of sugar!!
  - Ideas:
    - ◆ Try not to fill up on drinks before eating
    - ◆ If you choose to drink juice, mix 100% juice with some water.
    - ◆ How much juice should you drink IF you drink juice? No more than 4 oz of juice for young kids or 12 oz for older kids in a day
  - **If you eat out—you can eat healthy if you really try**
    - –Fast food can be very unhealthy
    - The size is sometimes Supersized—try to share your food if it's big, so you don't eat too much
  - **How much time do you sit at a screen?** {Note: screen time=TV, DVD's, computer games, hand held devices. (1 hour or less a day suggested for children 2-5 years; 1-2 hours for school age children)}
    - Turn the T.V. off when the program is over.
    - Keep the T.V. off when you are eating.
    - Find other fun things to do at home
    - If you're going to watch TV or play computer games, break it up! "Pause" the game. Make commercial breaks count Here are some active and fun ideas:
      - Jumping jacks

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- Dancing
  - Racing up and down the stairs
  - Sit-ups
  - Stretching
  - Jogging in place
  - Push-ups
  - **Be active everyday**—go for a walk, turn on the music and dance
    - Moving more and sitting less is good for your body, your mind and how you feel!
    - Being active keeps you strong!
      - Start with small changes –baby steps--even start with 10 minutes a day. You can be active for longer each day
  - **Getting enough sleep is important**
    - Sleep puts energy back in your body
    - Kids who get enough sleep have less of a chance to be heavy

- **Healthy Food and Not Healthy Food**

{**Note:** Saying some food is “good” and some is “bad” can be confusing to young children. Some foods are healthy and some are not. Sometimes we say foods like candy are bad but then give them for special occasions, which are good times. This is confusing to children.}

- Here is another way to look at different foods that might be easy to talk about while discussing a book (from KidsHealth.Org.)

## **Go, Slow, and Whoa! A Kid's Guide to Eating Right**

Lots of kids want to know which foods to eat to be healthy. Most kids don't need to be on diets, but here's something kids **can** do to eat healthier: Learn the difference between **Go**, **Slow**, and **Whoa** foods.

You probably know that foods fit in different categories.

- grains
- vegetables
- fruits
- milk and dairy products
- meat, beans, fish, and nuts
- oils

But now, foods can be classified in three groups: Go, Slow, and Whoa. { In 2005, the U.S. National Heart, Lung, and the National Institutes of Health } suggested kids start thinking about whether foods are **Go foods**, **Slow foods**, or **Whoa foods**.

### **Go Foods**

These are foods that are good to eat almost anytime. They are the healthiest ones. Example: skim and low-fat milk.

### **Slow Foods**

These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them several times a week. Example: waffles and pancakes.

### **Whoa Foods**

These foods should make you say exactly that — Whoa! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods. Example: French fries.

Below you'll find a chart of Go, Slow, and Whoa foods.

As you use the chart, you might have questions about what some of the words mean. We've provided some definitions below the chart to explain things like "extra-lean," "trans fats," and "whole grains." Be sure to show the chart to your mom and dad, too. Then everyone in the family can learn when to say Go and when to say Whoa!

The chart is below:

Food Group	GO	SLOW	WHOA
	(Almost Anytime)	(Sometimes)	(Once in a While)
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat (such as butter) or sauces	All vegetables in added fat and sauces	Any vegetable fried in oil, such as French fries or hash browns
		Oven-baked fries	
		Avocados (fruit!)	
Fruits	All fresh and frozen fruits Canned fruits packed in juice	100% fruit juice	Fruits canned in heavy syrup
		Fruits canned in light syrup	
		Dried fruits	
Breads and Cereals	Whole-grain breads, pitas, and tortillas	White bread and pasta that's not whole grain	Doughnuts, muffins, croissants, and sweet rolls
		Taco shells	Sweetened breakfast cereals
	Whole-grain pasta, brown rice Hot and cold unsweetened whole-grain breakfast cereals	French toast, waffles, and pancakes	Crackers that have hydrogenated oils (trans fats)
		Biscuits	
		Granola	
Milk and Milk Products	Skim and 1% milk	2% milk	Whole milk
	Fat-free and low-fat yogurt	Processed cheese spreads	Full-fat cheese
	Part-skim, reduced-fat, and fat-free cheese		Cream cheese
	Low-fat and fat-free cottage cheese		Yogurt made from whole milk
Meats and Other Sources of Protein	Beef and pork that has been trimmed of its fat	Lean ground beef	Beef and pork that hasn't been trimmed of its fat
	Extra-lean ground beef	Broiled hamburgers	Fried hamburgers
	Chicken and turkey without skin	Chicken and turkey with the skin	Fried chicken
	Tuna canned in water	Tuna canned in oil	Bacon
	Fish and shellfish that's	Ham	Fried fish and

	been baked, broiled, steamed, or grilled		shellfish	
	Beans, split peas and lentils	Low-fat hot dogs	Chicken nuggets	
	Tofu	Canadian bacon	Hot dogs	
	Egg whites and substitutes	Peanut butter	Lunch meats	
		Nuts	Pepperoni	
		Whole eggs cooked without added fat	Sausage	
			Ribs	
			Whole eggs cooked with added fat	
Sweets and Traditional Snacks*		Ice milk bars	Cookies, cakes, and pies	
		Frozen fruit-juice bars	Cheesecake	
		Low-fat frozen yogurt	Ice cream	
		Low-fat ice cream	Chocolate candy	
		Fig bars	Chips	
		Ginger snaps	Buttered microwave popcorn	
		Baked chips		
		Low-fat microwave popcorn		
	Pretzels, Pirate Booty, Veggie chips (no bad fats)			
Butter, Ketchup, and Other Stuff That Goes on Food	Ketchup	Vegetable oil**	Butter	
	Mustard	Olive oil	Stick margarine	
	Fat-free creamy salad dressing	Oil-based salad dressing	Lard	
	Fat-free mayonnaise	Low-fat creamy salad dressing	Salt pork	
	Fat-free sour cream	Low-fat mayonnaise	Gravy	
	Vinegar		Low-fat sour cream	Regular creamy salad dressing
			Soft margarine	Mayonnaise
		Sour cream		
			Cheese sauce	

			Cream cheese dips
Drinks	Water	2% milk	Whole Milk
	Fat-free and 1% milk	100% fruit juice	Fruit drinks with less than 100% fruit juice
		Sports drinks Diet soda Diet Lemonade or ice tea	Regular soda Sweetened iced teas and lemonade

*\*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited in order to not exceed one's daily calorie requirements.*

*\*\*Vegetable and olive oils contain no saturated or trans fats and can be consumed daily, but in limited portions to meet daily calorie needs.*

### Definitions to Know

**Added fats or sauces:** You'll see that vegetables are on the Go list, but only when they're prepared without added fats or sauces. That means they are steamed, boiled, baked, or grilled without adding butter, other oils, or sauce.

**Light syrup and heavy syrup:** Fresh and frozen fruits are on the Go list because they don't contain added sugar. But sometimes canned or packaged fruits are packed in syrup. Light syrup is OK, putting those fruits on the Slow list. But heavy syrup is really sugary, so those kinds of fruits are on the Whoa list.

**Whole grains:** Whole grains contain more fiber and nutrients than white flour, which is used to make white bread, pasta, and lots of other stuff. Instead, look for foods that contain these ingredients:

- whole wheat
- whole-grain corn
- oatmeal
- whole oats
- graham flour
- brown rice

**Trans fats:** Hydrogenated oils fall into this category. This kind of oil is used in crackers and snack foods, but it's been found to be very unhealthy for your heart. Some products are now advertising that they have 0 trans fats.

**Types of milk:** Milk comes in more varieties than just white and chocolate! Skim milk and 1% milk have the least fat, so they're on the Go list, while 2% milk has a little more fat, so it's on the Slow list. Whole milk has the most fat, so it's on the Whoa list.

**Extra-lean and lean beef:** Your mom or dad probably decides which kind of ground beef to get at the store. Ground beef is used to make hamburgers, meatballs, taco filling, and other foods kids like. But there's more than one kind of ground beef. Stores sell it with different amounts of fat in it. The healthiest kind — extra-lean — has the least amount of fat, so it's on the Go list. Lean ground beef has a little more fat, so it's on the Slow list. Regular ground beef has the highest percentage of fat, so it's on the Whoa list.

Now that you know the difference between Go, Slow, and Whoa foods, you can smart choices for healthy eating!

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### **Miscellaneous messages:**

- **Sweets as reward**
  - Giving a child sweets, when he or she feel sad can teach a child to eat when he or she is not hungry. This may cause the child to ignore body signals of fullness and overeat.
  - Rewarding with sweets also lets your child think sweets or dessert foods are better than other foods. For example, telling your child “no dessert until you finish your vegetables” may make them like the vegetable less and the dessert more
  
- **The Problem of “Dessert”**
  - •Not a required part of meal planning though
  - •Not necessary at every meal
  - •Not a reward or bribe for eating other foods
  - •OK to use fruit, yogurt, cheese
  - •OK for celebrations
  
- **Note of Caution:**
  - When you focus on the short-term payoff as a motivator, for kids make sure you don't fall into the trap of stressing appearance rather than overall health and a sense of well-being.