

Healthy Living Activities

for Grades 4 to 6



MACH Diabetes Prevention
Project for Children



National Aboriginal
Diabetes Association Inc.

DIABETES
MEDICINE BAG  TO LIFE!

Dear Parents, Caregivers and Educators:

Thank you for using this activity book to teach healthy eating and active living in an effort to help prevent Type 2 diabetes.

The incidence of Type 2 diabetes among Aboriginal youth is reaching epidemic proportions. The costs to individuals, families and our communities are enormous. The good news is that balanced eating and physical activity are key factors in reducing the risk of Type 2 Diabetes. It is imperative to reach children at an early age and educate them about this disease.

Like a pebble tossed in a pool of water, we hope that this resource provides the first few ripples that have a positive affect on children, and that those ripples increase as the children take home their new found knowledge and pass it on to their families. In the best case scenario, families then start creating a demand for easier access to healthier foods, start building a more active lifestyle within their communities and ultimately, we start reversing the rates of Type 2 diabetes.

Though the road may appear long, by taking one step at a time, we will reach our destination. This Activity Book developed for children in grades 4-6 is one of those steps. May you use it in good health.

Anita Ducharme

Executive Director

National Aboriginal Diabetes Association(NADA)

NADA Envisions Diabetes Free People.

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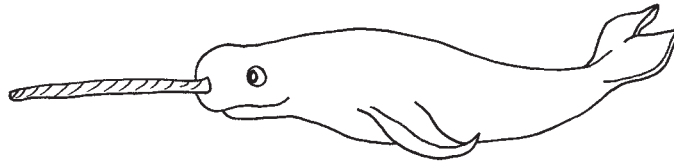
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Crossword #1 - Aboriginal Culture (2 pages)

Questions

ACROSS

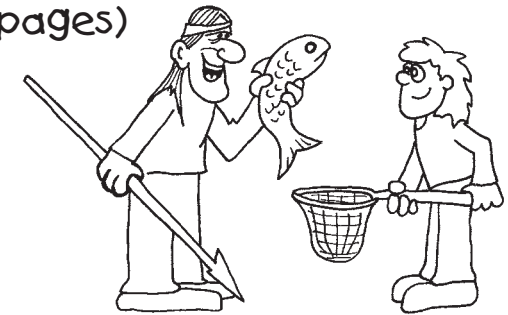
- 1.a There are three groups of Aboriginal peoples in Canada: First Nations, Métis and _____.
- 2.a These wise Aboriginal people teach others about Aboriginal culture and traditions.
- 3.a During this celebration, First Nations people gather together to dance, eat traditional foods and celebrate.
- 4.a Pemmican is a traditional Aboriginal food made from fat, dried meat and _____.
- 5.a This is one of Canada's most popular sports. It is played on ice and was inspired by First Nations.
- 6.a June 21 is National _____ Day.
- 7.a In the past, Aboriginal people had to hunt or trap animals for meat, and _____ berries and vegetables to make medicines.



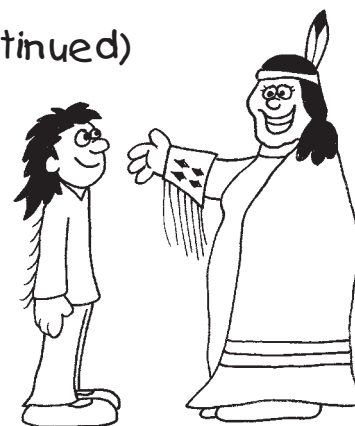
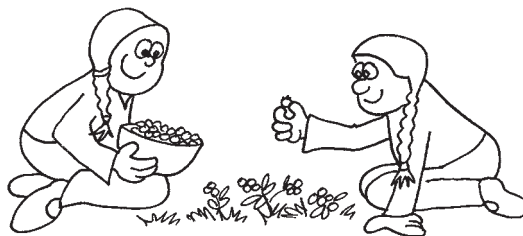
Questions

DOWN

- 1.d A knife used by Inuit women is called an ____ (pronounced oo-loo).
- 2.d Sometimes a _____ stick is used in a sharing or healing circle. It is passed around the circle and only the person holding it has the right to speak. All others must listen respectfully until it is their turn to speak their truth.
- 3.d This Meat and Meat substitutes food is high in protein and fibre. It's a plant that produces _____.
- 4.d Many years ago, some Aboriginal people used to catch animals by using a _____. Some Aboriginal people still catch their food this way.
- 5.d This is an Aboriginal bread.
- 6.d Inuit people who live a traditional life, eat blubber from a marine mammal called a _____.
- 7.d To travel on the lakes, Aboriginal people used kayaks and _____.
- 8.d A traditional Métis dance is called the _____ River Jig.
- 9.d A talking _____ is a way of providing a safe and respectful place for people to communicate.



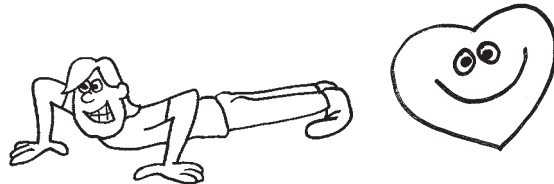
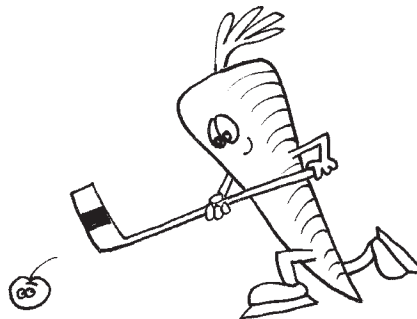
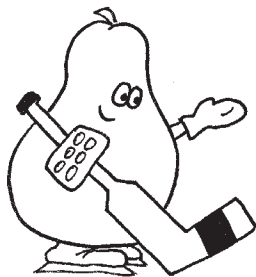
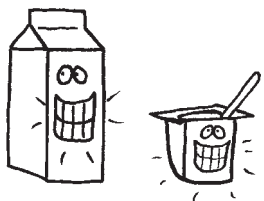
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Crossword #2 - Heart, Bones, Muscles & Physical Activity (2 pages)

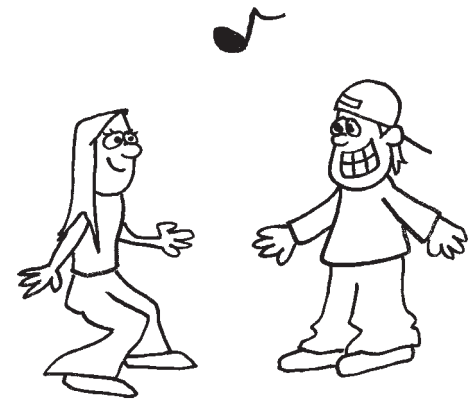
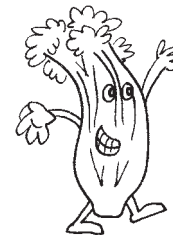
Questions ACROSS

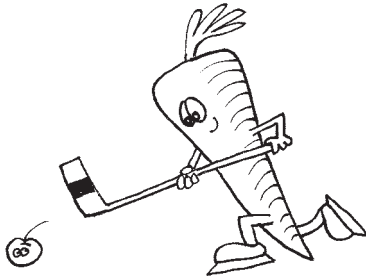
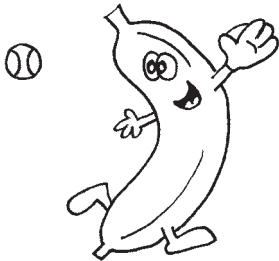
1. This "sometimes" food is a high-calorie source of energy found in foods such as meat, nuts, cheese, butter and oil.
- 2.a Eating a variety of foods from this food group will help to keep my heart healthy.
- 3.a This 'funny' bone is in my arm.
- 4.a My body needs eight glasses of this fluid every day.
- 5.a These bones form a cage that protects my heart and lungs.
- 6.a Stretching my muscles will help my _____.
- 7.a I can do this fun activity to help improve my cardiovascular endurance. It's something people often do at celebrations.



DOWN

1. My heart is about the size of this body part when 'clenched'.
- 2.d This activity will help me to strengthen my stomach muscles.
- 3.d I can test my heart rate by touching my wrist to feel this.
- 4.d This is a muscle in my body that circulates my blood.
- 5.d Walking or running and drinking milk will help to make my _____ strong.
- 6.d This is a vessel in my body that carries blood with oxygen.
- 7.d This is a red coloured fluid in my body that carries nutrients and oxygen.
- 8.d Keeping an activity or nutrition ____ will help me to keep track of my progress.





Forty Fantastic Activities (3 pages)

- Draw and colour pictures of people doing the activities named on the cards (on the following page).
- Cut out the cards and use them for the following activities.

Group Activities

Charades

- Break into two teams and use the cards to act out the activity.

Obstacle Course

- Create an obstacle course using the cards. At each station do the activity stated on the card OR when the leader shouts 'stop', everyone freeze and act out the activity on the card.
Try this in the classroom, gymnasium or outside.

Group Activity/Field Trip

- Choose an activity each week or month that your class/group could participate in together.

Individual Activities

Grouping

- Group the cards into indoor and outdoor activities, activities for each of the four seasons or activities that promote endurance, flexibility or strength. Try to add one more activity that would fit into each group.
- Note: some activities will not fit into these categories or may fit into more than one. Use this activity to talk about the many different ways of being active and the health benefits that it offers.

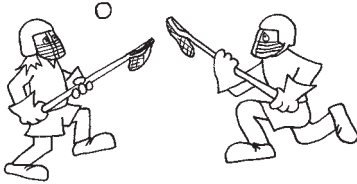

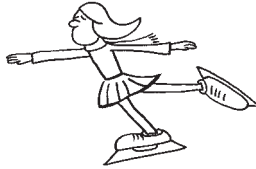
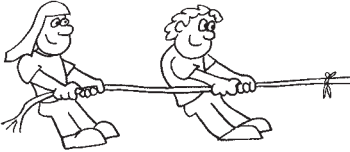
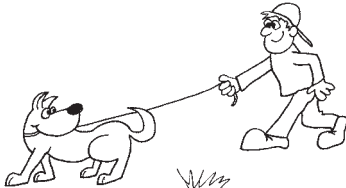
Setting Goals

- Choose one activity, maybe one that you have never tried, and commit to doing it within a set period of time.


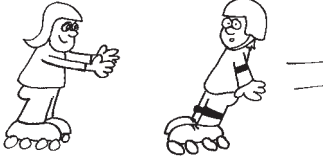

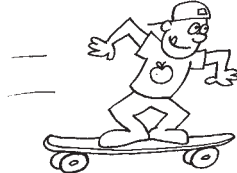

Creative Writing

- Choose one activity that you have done before and write a story about it. What motivated you to do it? How did it make you feel? Was it fun? How did it benefit you? Share your story with your class, friends and family.

Forty Fantastic Activities (continued)

<p>Lacrosse</p> 	<p>Fishing</p>	<p>Horseback Riding</p> 	<p>Hunting</p>	<p>Cooking</p>
<p>Swinging</p>	<p>Tag</p>	<p>Hopscotch</p>	<p>Gardening</p>	<p>Skating</p> 
<p>Canoeing</p>	<p>Tug-of-War</p> 	<p>Baseball</p>	<p>Snowshoeing</p>	<p>Drumming</p>
<p>Badminton</p>	<p>Tobogganing</p>	<p>Water Fight</p>	<p>Bowling</p>	<p>Walk the Dog</p> 

Forty Fantastic Activities (continued)

Swimming 	Playing in Leaves	Dancing	In-line Skating 	Berry Picking
Kite Flying	Hiking	Football	Running	Soccer
Golfing	Basketball 	Hide and Seek	Skipping	Skateboarding 
Skiing	Medicine Picking	Bike Riding 	Jigging	Volleyball

Make Every Day a 4 Colour Day (2 pages)

Identify which foods help you to GO, GLOW or GROW. Then choose your favourite food and draw it in the corresponding section of the wheel on the next page. Colour the pictures.



1) _____



2) _____



3) _____



4) _____



5) _____



6) _____



7) _____



8) _____



9) _____



10) _____



11) _____



12) _____



13) _____

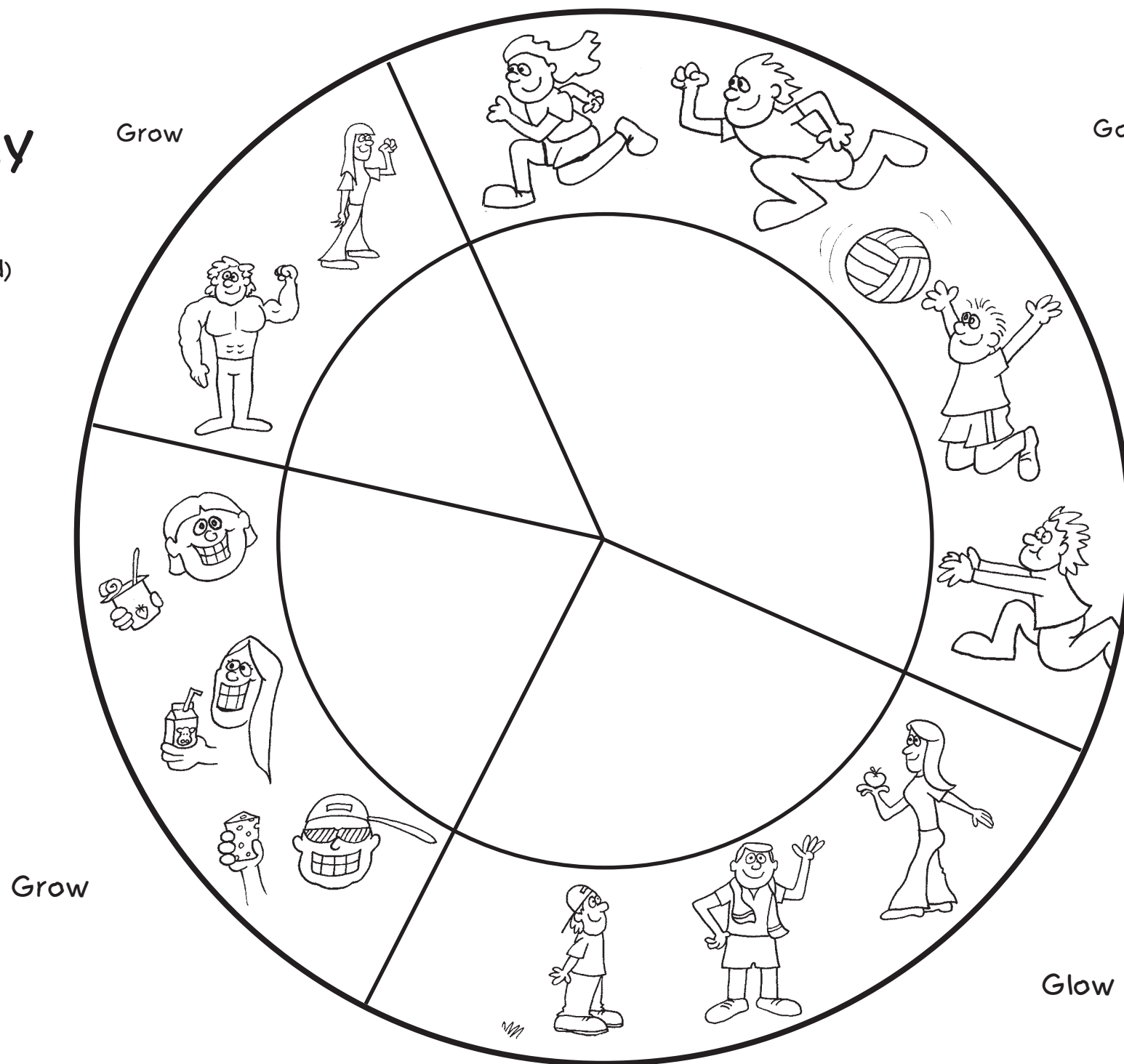


14) _____



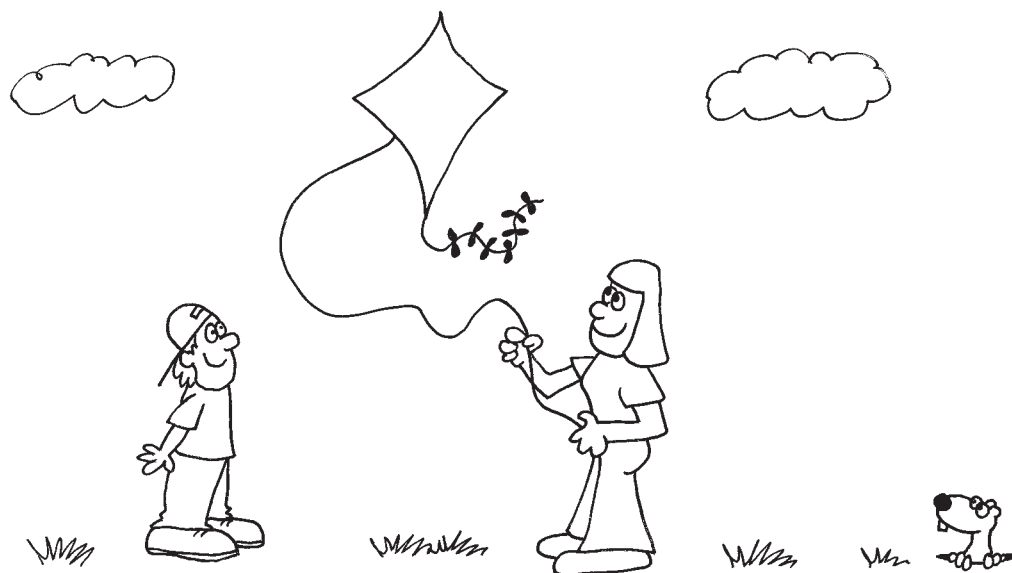
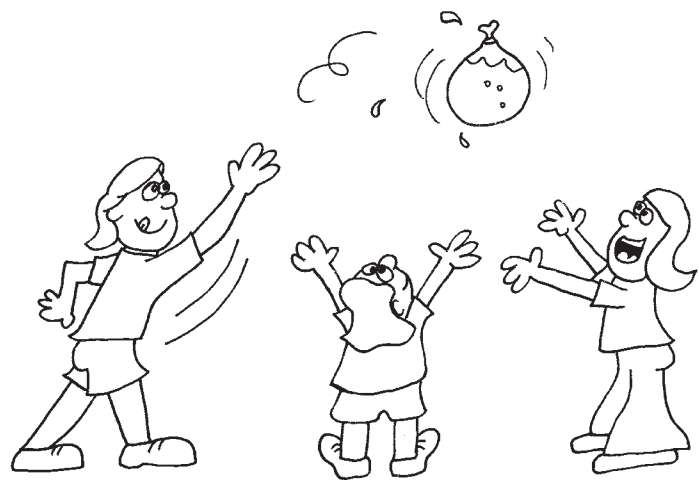
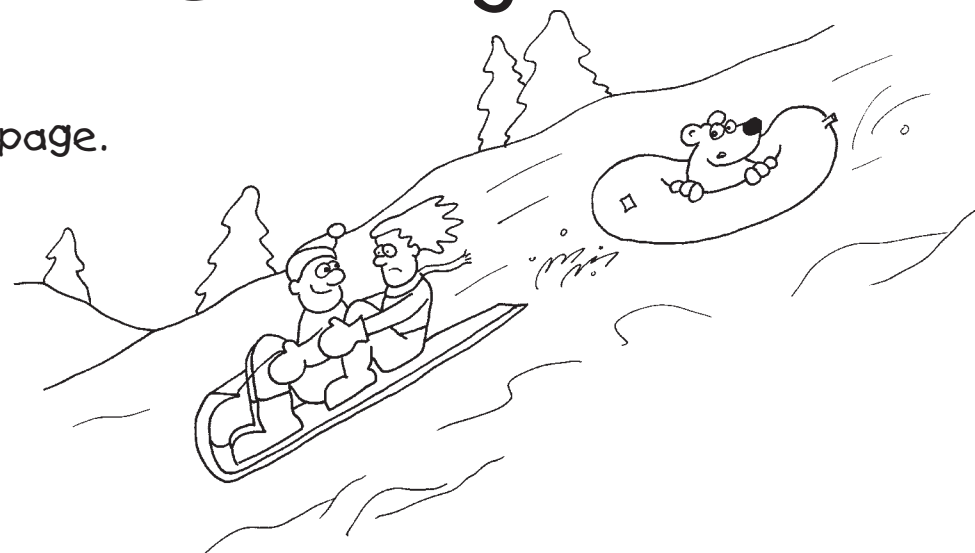
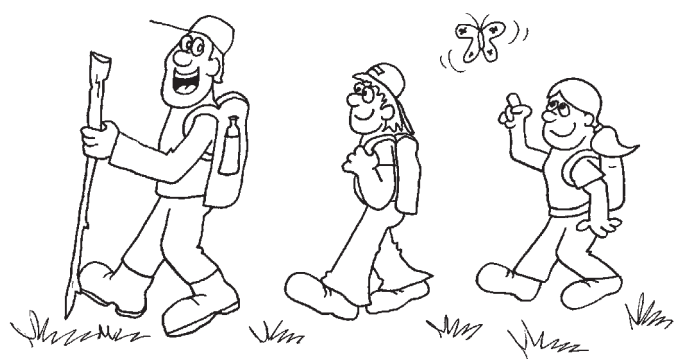
15) _____

Make Every Day a 4 Color Day (Continued)



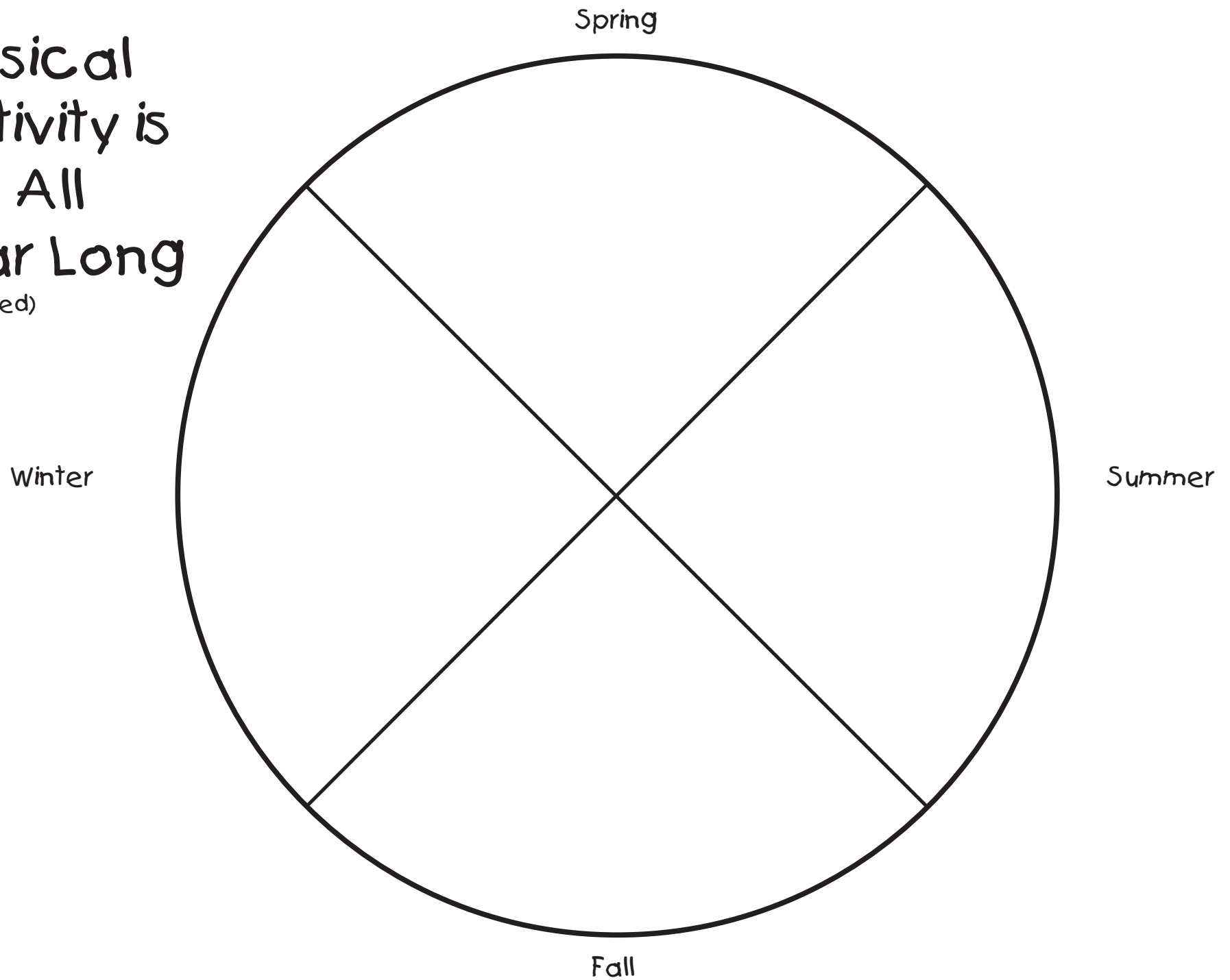
Physical Activity is Fun All Year Long (2 pages)

Draw your favourite seasonal activities in the corresponding sections of the wheel on the next page.
Below are some examples.



Physical Activity is Fun All Year Long

(continued)



Active at Recess (2 pages)

Here are some fun activities to try at recess time!

Hopscotch

Flag football

Building a snowman

Baseball

Building snow forts

Marbles

Hide & Seek

Soccer

Using play structures

Sliding

Swinging

Races

Tetherball

Juggling

Tag

Baseball

Soccer

Skipping

Basketball

Volleyball



Challenges:

1. Add at least 5 more activities to this list.
2. Try to do at least 5 of these activities in the next week.
3. Borrow sporting equipment from your school for your next recess (like balls, baseball gloves, lacrosse sticks, snow shoes, cross country skis, a rope for a Tug-of-War, a kite, etc.).
4. Ask recess monitors to arrange games and activities at recess time OR you can arrange them yourself.
Be sure to involve all students!
5. Try to do a fun activity every recess. It will make you feel good and give you energy to learn better in school.

Active at Recess (continued)

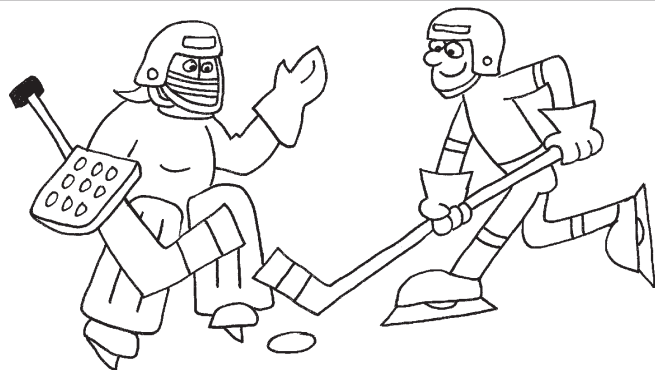
Read through the activities on the previous page.
Then answer the following questions.

1. Which of these activities can you do in the summer?

2. Which of these activities can you do in the winter?

3. Which of these activities can you do all year long?

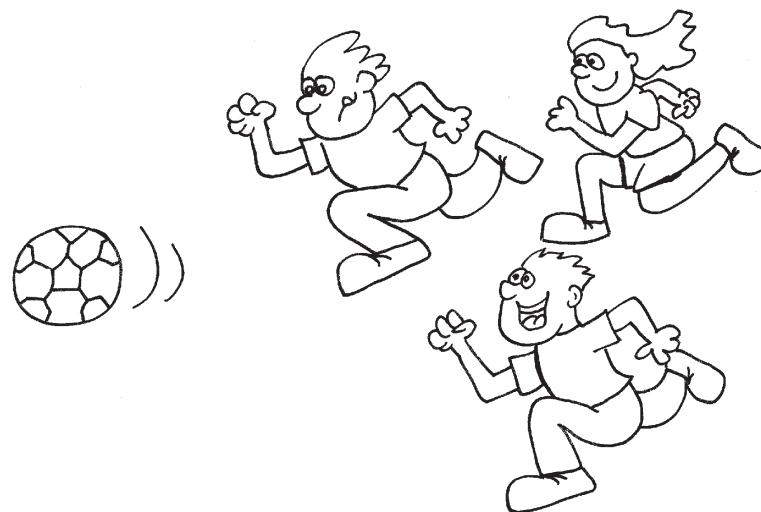
4. Which of these activities will make your heart beat fast?



5. Which of these activities will make you sweat?

6. What is your favourite recess activity?

7. How many of these activities have you done in the past week?



Confused Food

The following are healthy food choices, but the letters are all mixed up. Unscramble each word, but be careful because each word has an extra letter. To help you out, the extra letters in each word are listed below. Unscramble them to reveal the secret code.

- | | |
|------------------------------|--------------------------------|
| 1. ALEOTMEA _ _ _ _ _ | 7. LATEOMALKCIHOC _ _ _ _ _ |
| 2. BLSEUBEIRTRE _ _ _ _ _ | 8. GGOES _ _ _ |
| 3. TYOGERU _ _ _ _ _ | 9. NRABNOCK _ _ _ _ _ |
| 4. SOHFI _ _ _ | 10. FNBAANA _ _ _ _ _ |
| 5. AATSPA _ _ _ _ | 11. EETCHES _ _ _ _ _ |
| 6. RTSDCARO _ _ _ _ _ | 12. BRWOSNAEBGN _ _ _ _ _ |

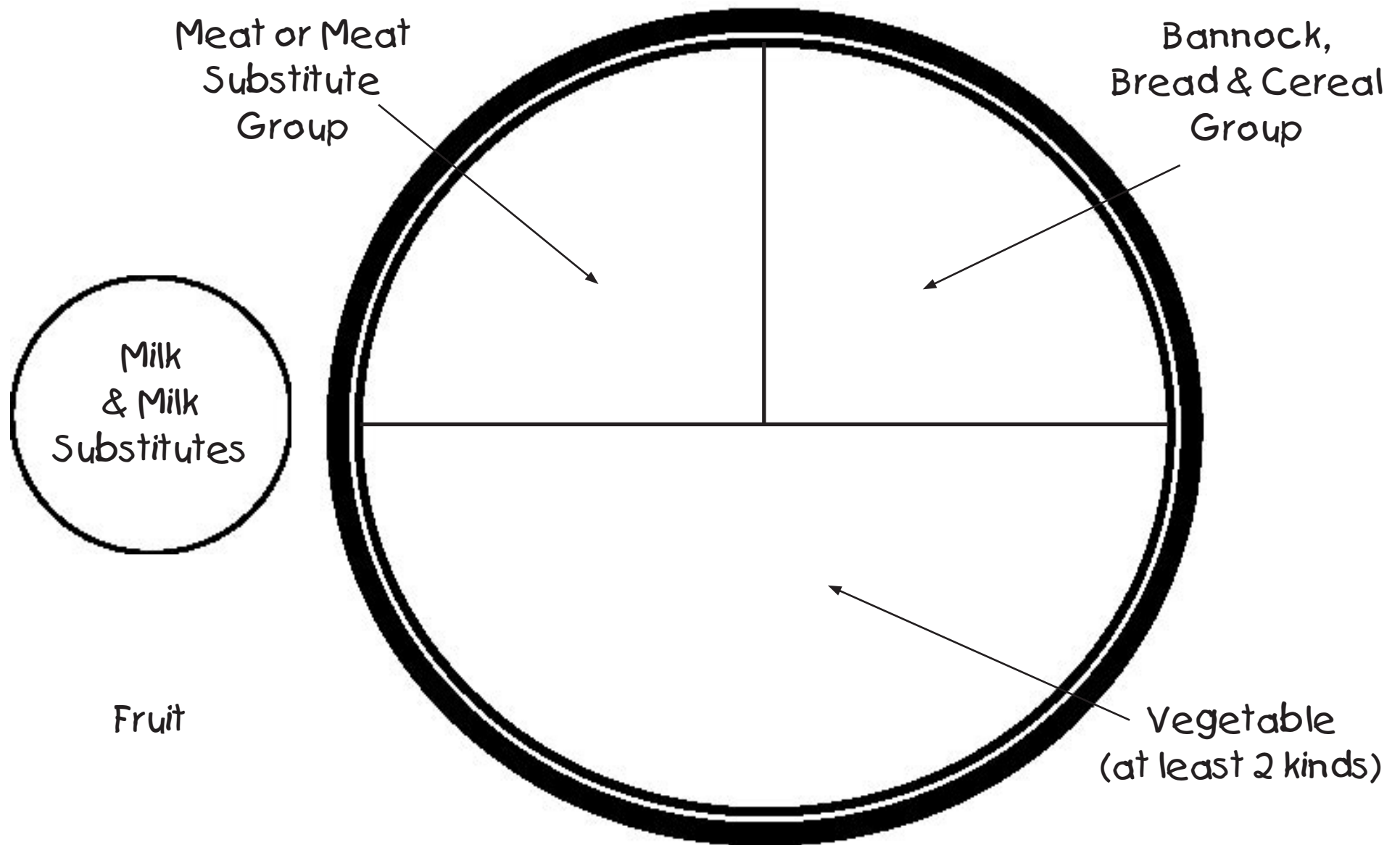
Below are the extra letters, unscramble them to reveal the secret code.

GATDOOFETREA _ _ _ _ _ _ _ _ _ _ _ _ _ !



A Balanced Plate (2 pages)

How does my plate look?
Am I eating balanced meals? Draw your favourite
foods on this plate to make a balanced meal.
(Tip: Try to include at least 3 of the 4 food groups)



Fact or Opinion?

Below are 19 statements. Read them and decide whether each statement is a fact or an opinion. A fact is something that has been proven to be true. An opinion is someone's idea or personal belief. It's not something that has been proven true.

For example, consider the two following examples:

a) Summer is the best season.



b) Summer temperatures are warmer than winter temperatures.

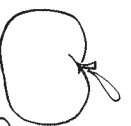


The first statement is an opinion (O). To some people summer is the best season, but to others, the best season might be fall. The second statement is a fact (F). Science and research can prove that summer temperatures are warmer than winter ones.

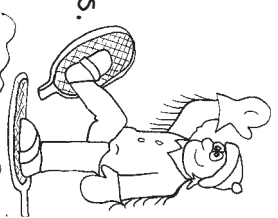
Fact or Opinion Questions: (answer F or O)



1. An apple a day keeps the doctor away.
2. Broccoli is the tastiest vegetable.
3. Milk is a good source of calcium.
4. Your heart acts like a pump in your body.
5. Vegetables, fruits and berries is the best food group.
6. Being physically active helps you feel good about yourself.
7. It is important to drink at least eight glasses of water each day.
8. Swimming is the best physical activity for endurance.
9. In the past, Aboriginal people had to do physical activity to get their food.
10. Lacrosse and snowshoeing are traditional Aboriginal activities.



11. Bannock is best with peanut butter.
12. Physically activity will raise your heart rate.
13. We should believe everything we see in advertisements about food.
14. Helping carry groceries and eating meat and meat substitutes will help to strengthen your muscles.
15. It is important to be physically active all year.
16. Milk and milk substitutes, and meat and meat substitutes will help you to GROW.
17. Vegetables, fruits and berries will help to make your skin and hair GLOW.
18. Bannock, breads and cereals will give you energy to make you GO.
19. It is okay to watch TV, play video games or search the Internet sometimes.





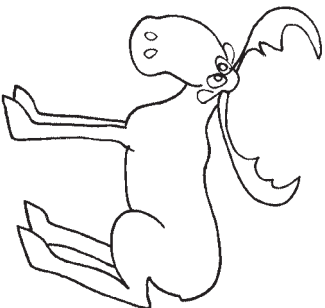
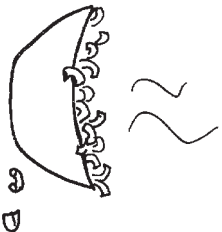
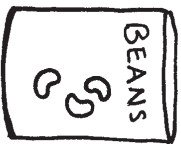
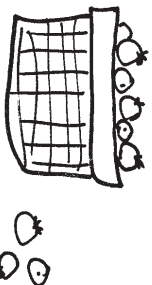
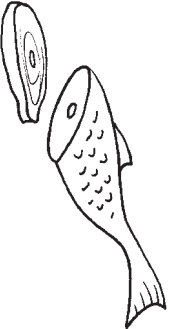
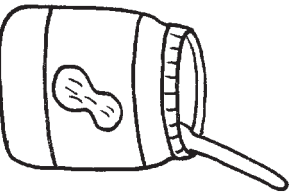
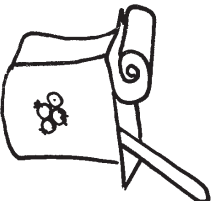
Find the Mystery Food (2 pages)

Read each clue. Each answer eliminates one picture.
The remaining picture is your mystery food.

Clues:

- 1. I am a meat substitute and high in protein.
- 2. I go great with jam and bananas.
- 3. I'm available in white and chocolate.
- 4. I'm great to add to cereal.
- 5. I come in different shapes - long & skinny, short & spiral, or even elbow.
- 6. I belong to the Milk and Milk Substitutes group.
- 7. I can be hunted.
- 8. I can be bought, or caught.

The mystery food is? _____

Find the Mystery Food (continued)

Now it's your turn to create a mystery food game.

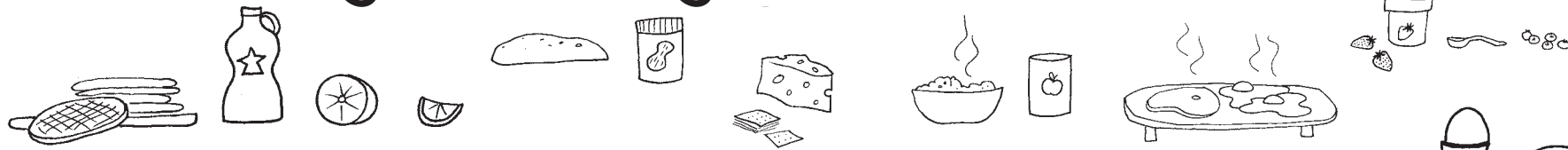
- Draw a food in each square.
- Pick which food will be your mystery food.
- Write eight (8) clues for guessing the mystery food.
- Trade games with your classmates & see how many you can guess.

Clues:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

What food am I? _____

Something is Missing



Bobbie knows that it is important to eat breakfast, but sometimes he doesn't eat a balanced breakfast.

A balanced meal includes at least two of the four food groups.

What foods could you add to Bobbie's breakfasts to help make them more balanced meals?

Cold cereal _____

Yogurt and berries _____

Handful of peanuts and a banana _____

Ham and eggs _____

Hard boiled egg _____

Granola bar _____

Waffles with syrup and fresh fruit _____

What did you eat for breakfast today?

Bannock _____

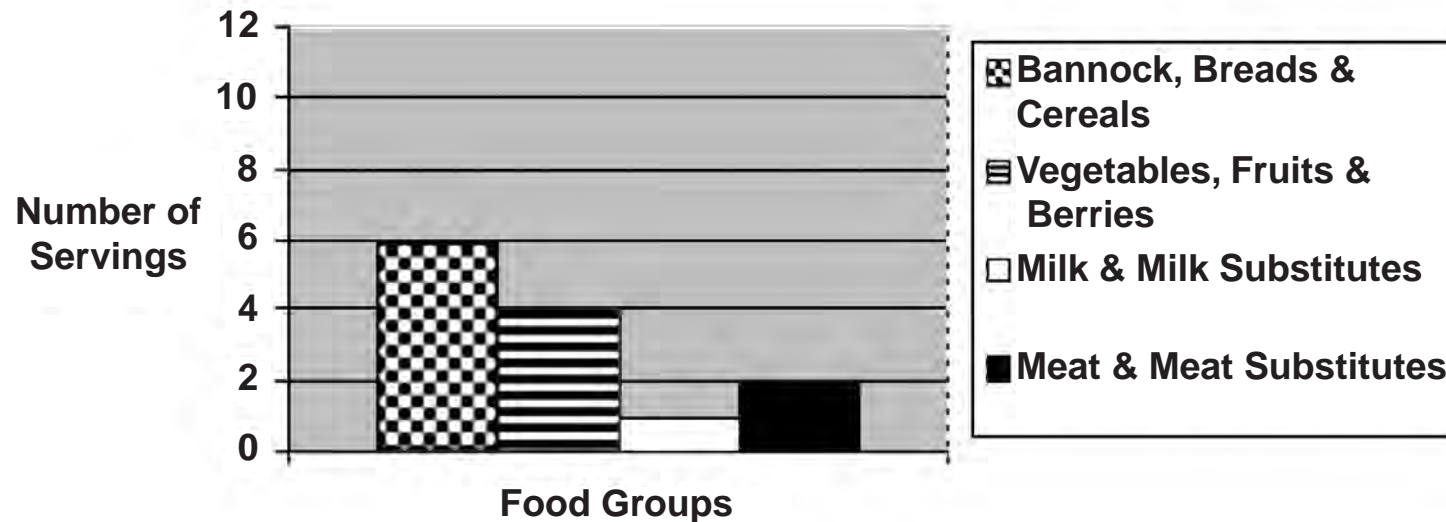
Cheese and crackers _____

Was it a complete breakfast? If not, what could you add to make it complete? _____

Hot oatmeal _____



Josie's One Day Food Record (2 pages)



Use the graph to answer these questions:

1. How many servings of Bannock, Bread and Cereal did Josie eat? _____
2. How many servings of Vegetables, Fruits and Berries did Josie eat? _____
3. How many servings of Milk and Milk Substitutes did Josie have? _____
4. How many servings of Meat and Meat Substitutes did Josie eat? _____
5. Did Josie eat the recommended number of servings from each food group? _____
6. Name the food groups that Josie did not eat enough of. What is the recommended number of servings from these groups? How many servings was she short? _____

Josie's One Day Food Record (continued)

7. What could Josie do to make sure that that she gets enough of the Milk and Milk Substitutes group every day? What are the benefits of this food group and how will these foods make Josie feel?

8. What could Josie do to make sure that she gets enough of the Vegetables, Fruits and Berries group every day? What are the benefits of this food group and how will these foods make Josie feel?

9. Josie ate the recommended number of servings for two of the four food groups. What are the benefits of these food groups and how will foods from these groups make Josie feel? _____

Billie's One Week Activity Record (3 pages)

What is an activity?

It's doing 'something'. An activity can be sedentary or active. For example, playing cards is a sedentary activity. Playing volleyball is an active activity. The difference between these two activities is that you use more energy to play volleyball than you do to play cards.

An active activity is something that gets your body moving, uses energy, raises your heart rate and even makes you sweat! These types of activities may help prevent getting type 2 diabetes.

Give some examples of 'active' activities : _____

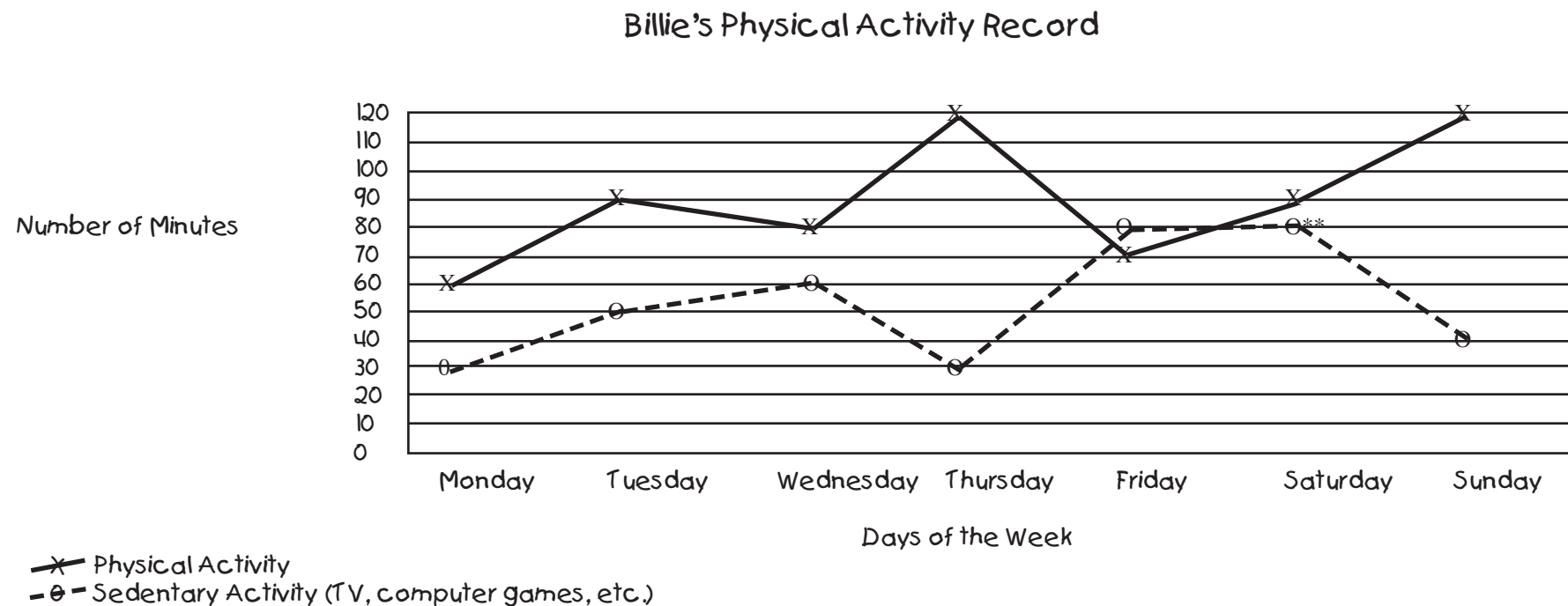
Give some examples of activities that are "sedentary" (don't require much energy): _____

Billie's One Week Activity Record (Continued)

Now take a look at Billie's Activity Record. For one week, Billie kept track of the time he spent doing physical activities and sedentary activities such as watching TV, playing video games and playing on the computer. He decided to plot all of them onto a chart.

Billie knows that watching TV, playing video games or playing on the computer is okay sometimes, but he wants to be physically active so he can grow healthy and strong.

Answer the questions on the next page using the chart below that Billie made and see whether Billie is on track to grow up healthy and strong.



Billie's One Week Activity Record (Continued)

Questions:

1. It is recommended that children should be active for 90 minutes every day. Did Billie meet this recommendation? _____

2. On what days did Billie get 90 minutes or more of physical activity? _____

3. What would make it hard for Billie to be physically active for 90 minutes every day? _____

4. What could Billie do so he gets 90 minutes of physical activity every day? _____

5. How many minutes did Billie spend doing physical activity this week? _____

6. What is the average number of minutes Billie spent doing physical activity this week? (hint: divide total minutes by 7 days) _____

7. What days did Billie watch TV, play video games and play on the computer for 60 minutes or more? _____

8. How many minutes did Billie spend watching TV, playing video games and playing on the computer this week? _____

9. What is the average number of minutes Billie spent watching TV, playing video games and playing on the computer this week? (hint: divide total minutes by 7) _____

10. Do you think Billie will grow healthy and strong by doing the activities that he did this week? Why or why not? _____

Breakfast and Snack Grocery List

Think of all your favourite breakfast and snack foods. Make a grocery list to stock your cupboards and fridge with nutritious and delicious foods from all four food groups.

What if your favourite foods don't fit into any of the food groups?

Use this list to help your family buy healthy foods for your home.

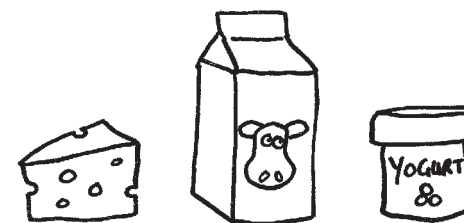
Bannock, Bread & Cereals (5-12 servings)



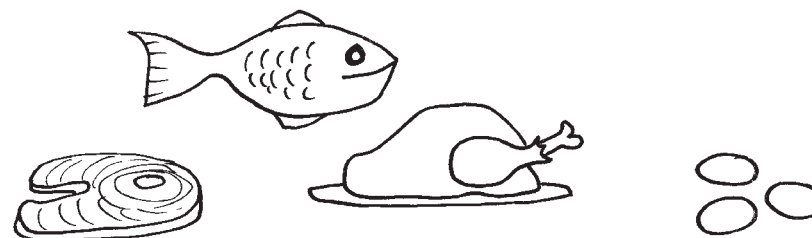
Vegetables, Fruits & Berries (5-10 servings)



Milk & Milk Substitutes (2-4 servings)



Meat & Meat Substitutes (2-3 servings)



Create a Menu (2 pages)

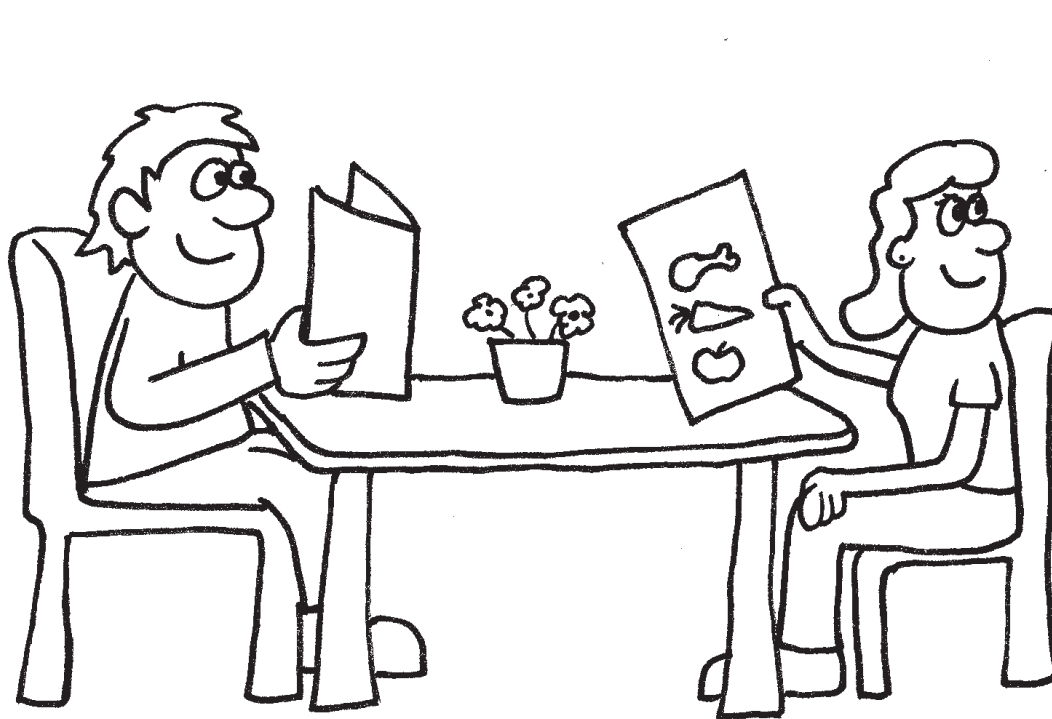
You are opening a restaurant that sells only healthy food.

What will you serve on your menu?

How much will you charge for your food?

Make sure that you OFFER foods from all four of the food groups.

Write your menu in the space provided on the next page.



Healthy Eating & Active Living Challenges (3 pages)

Activity Ideas:

Tether ball
Marbles
Soccer
Build a snow fort/man
Swinging
Kick the Can
Scavenger Hunt
Soccer

Hopscotch
Play structure
Tag
Fly a kite
Follow the Leader
Mother May I
Roll down the hill

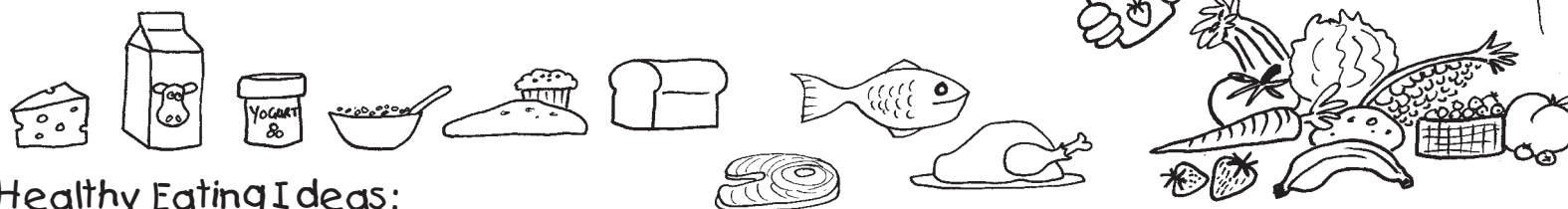
Skipping
Basketball
Volleyball
Hide and Seek
Red Rover
Simon Says
Baseball



- Walk, ride your bike, skateboard or scooter to school as often as you can. Find a friend to go with you.
- Learn about cultural/traditional games and teach your family and friends. You can get your whole community or school involved. It's fun to learn about your culture.
- Learn about cultural games in other countries and compare them to your own. What are some favourite games played in Japan or India? Are there any similarities? What are the differences? Which ones do you like better? Why? Try playing some of the new games!
- Enjoy being active outside all year long. Take a walk in the bush, play in the park, explore your community on your bike, have a scavenger hunt, go fishing, go on a picnic or go stargazing. What are the differences when doing these at different times of the year? What is your favourite time of year to be active?

Healthy Eating & Active Living Challenges (continued)

- Ask your teacher to take you outside to do one of these activities or give you extra recess time to play one of these games.
- Write down how the game or activity went during recess? Was it fun? Did it make your heart beat fast? Did it make you breathe heavy? Would you do it again? Share your experience with your friends, teacher and parents.
- Try every activity on the previous page.
- Can you think of other fun activities to do at recess?



Healthy Eating Ideas:

- Try choosing a tasty and healthier alternative at fast food restaurants. Instead of a hamburger and french fries, how about a hamburger and a salad? How about a broiled chicken burger, a sub, wrap or pita bread sandwich?
If you order french fries, choose the small size instead of large. Why? Because french fries are usually deep-fried and therefore high in fat, making them a 'sometimes' food. Have you ever tried baking french fries?
- Add fresh vegetables and low fat dip to your lunch or try some trail mix (dried fruit and nuts) instead of cookies.
- Tag along to the grocery store. Help choose the foods. Pick out a new fruit or vegetable to try, or get the ingredients to help make a family dinner. Be sure to ask lots of questions about the different foods that you see.

Healthy Eating & Active Living Challenges (continued)

- Help to prepare dinner: choose the menu, help to cook, set the table, help clean up afterwards!
- Be a chef for a day. Look for a healthy recipe and ask an adult to help you make it. Invite your friends over and impress them with your ability to cook. Get your friends' opinions and discuss how you might change some of the ingredients or amounts next time.
- Ask an Elder to teach you how to make a traditional Aboriginal meal. Together, cook it for your family and enjoy.
- Ask an Elder to tell you stories about life when they were your age. How has life changed? How is it the same? How have the changes affected Aboriginal people?
- Ask an adult to take you fishing. Ask if they'll share their secrets for catching fish. If you're lucky and catch some fish, enjoy a healthy meal at the end of the day.
- Drink water instead of buying pop, sport drinks, iced tea or juice. It will save you money and unnecessary calories.
- Did you know it can take up to 12 tries before we start to enjoy a new food?! Try a new food every week. You might love it the very first time. If you don't, give it another few tries and see if you change your mind.
- Start a garden in your yard or help with the existing one. You can also plant seeds in your house. It's amazing to watch things grow and then taste the fresh produce you've grown.
- Instead of potato chips, have popcorn (no added salt or butter), pretzels, cheese and crackers or fresh veggies and dip for a snack when watching a movie.

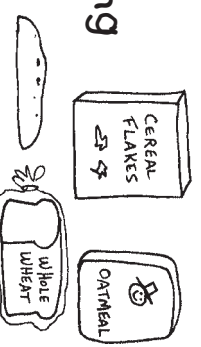
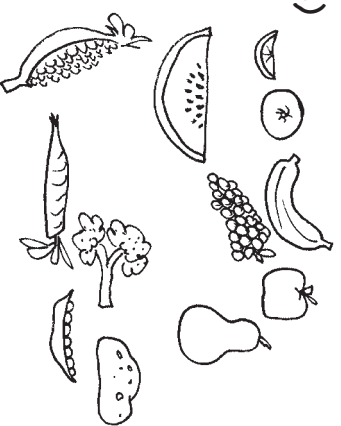


Word Search #1 (2 pages)

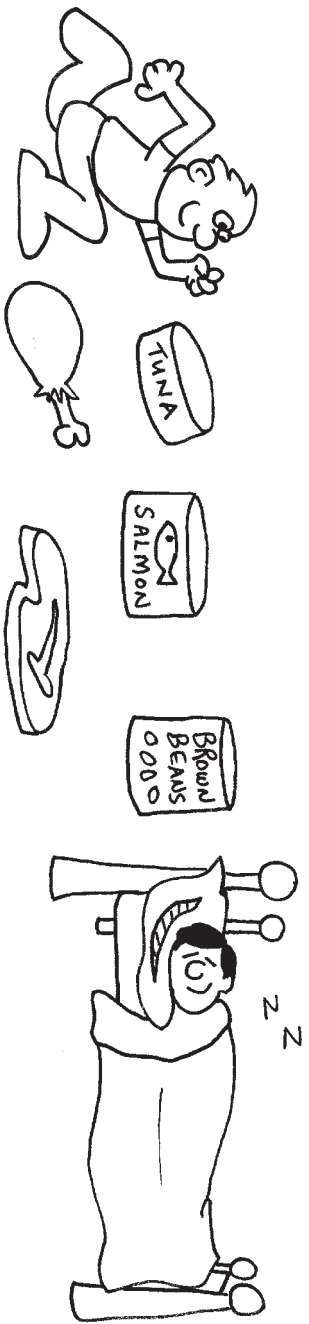
Answer the questions and then find the words in the Word Search Puzzle. They appear forwards, backwards, and diagonally.



1. A mineral that makes our bones and teeth strong. (7 letters)
2. The minimum servings of vegetables, fruits & berries needed each day. (4 letters)
3. Eating from the Bannock, Bread & _____ food group gives our bodies energy to GO. (6 letters)
4. The Milk and Milk Substitutes, and Meat and Meat Substitutes groups have lots of protein that help our bodies to _____. (4 letters)
5. Eating lots of these juicy, sweet foods will help our bodies to GLOW. (5 letters)
6. This meat substitute may come in a can with pork and has lots of fibre. (5 letters)
7. To be healthy, we should eat from how many food groups every day? (4 letters)
8. A tasty, nutritious drink that also comes in chocolate flavour. (4 letters)
9. An Aboriginal food made with flour that people still eat today. (7 letters)
10. A word that is a name of a food from the Meat and Meat Substitutes group and/or an activity that you can do in a boat. (4 letters)
11. All foods contain these nutrients that people sometimes take in the form of a supplement. (8 letters)
12. Another 'sweet' word for carbohydrate. (5 letters)
13. The best fluid to drink when we are thirsty. (5 letters)
14. 1/2 cup of this drink is a serving of vegetables, fruits and berries. (5 letters)
15. How many slices of bread are equal to two servings of bannock, breads & cereals? (3 letters)
16. Living a healthy and balanced life includes eating healthy foods, taking time to rest, and being physically _____ every day. (6 letters)



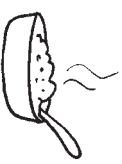
Word Search #1 (continued)



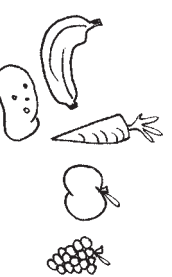
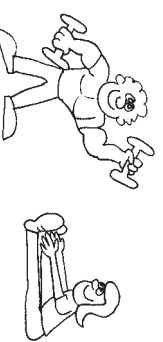
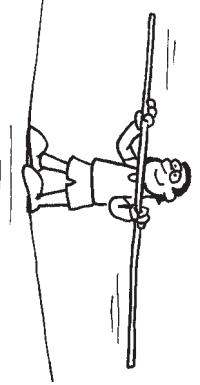
D	G	Y	N	Z	H	S	I	F	P	D	M	Y	A	J
W	E	S	R	J	K	R	K	O	L	F	R	U	I	T
R	A	I	B	A	N	N	O	C	K	O	A	E	T	P
E	Q	T	X	E	A	F	J	B	C	U	S	S	J	V
A	P	I	E	W	A	A	Z	G	N	R	D	H	I	E
D	K	G	H	R	E	N	Q	C	B	N	T	T	S	K
Y	P	U	L	F	E	B	S	Z	W	K	A	S	Y	F
S	U	G	A	R	B	E	A	O	M	M	S	R	I	I
E	L	P	W	R	M	I	L	K	I	V	C	C	N	V
T	P	H	F	K	A	Q	G	N	A	H	I	E	L	E
R	X	C	N	V	E	Y	S	I	U	M	G	R	E	T
U	R	W	C	A	L	C	I	U	M	I	T	E	W	W
N	O	R	F	G	E	I	E	V	I	T	C	A	P	T
W	W	W	I	T	J	U	I	C	E	Y	U	L	A	R
R	T	O	D	F	T	E	R	W	O	R	G	M	C	V

Word Search #2 (2 pages)

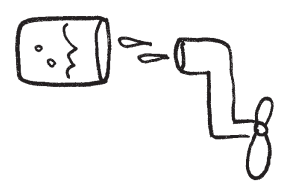
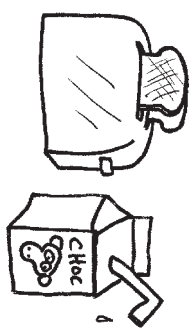
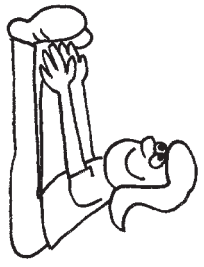
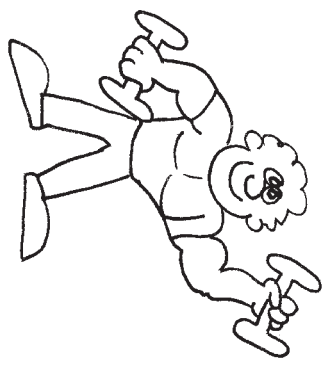
Answer the questions and then find the words in the Word Search Puzzle. They appear forwards, backwards, and diagonally.



1. Insulin is made by a part of the body called the _____. (8 letters)
2. When a person has _____, the body cannot properly store and use the sugar it gets from the food we eat. (8 letters)
3. _____ makes foods taste sweeter. Many foods, especially fruits, have this natural sweetener in them. (5 letters)
4. Part of managing diabetes is maintaining a healthy blood sugar level, also called _____. (7 letters)
5. Some people don't know they have diabetes because they show no _____. (8 letters)
6. Foods from the Bannock, Breads and Cereal group give us _____ and help us to GO. (6 letters)
7. When we're really active we may sweat a lot, so it's important to drink lots of _____. (5 letters)
8. _____ is made by a part of the body called the pancreas. (7 letters)
9. Eating well and maintaining an active _____ may help us prevent getting type 2 diabetes. (9 letters)
10. Tightrope walkers need a good sense of _____, or what we get when we eat from all the four food groups. (7 letters)
11. Hunting for food is an _____ our elders did more often than we do now. (8 letters)
12. We should all try to get 90 minutes of _____ every day. (8 letters)
13. It is important to visit our health care provider on a regular basis to make sure we're in good _____. (6 letters)

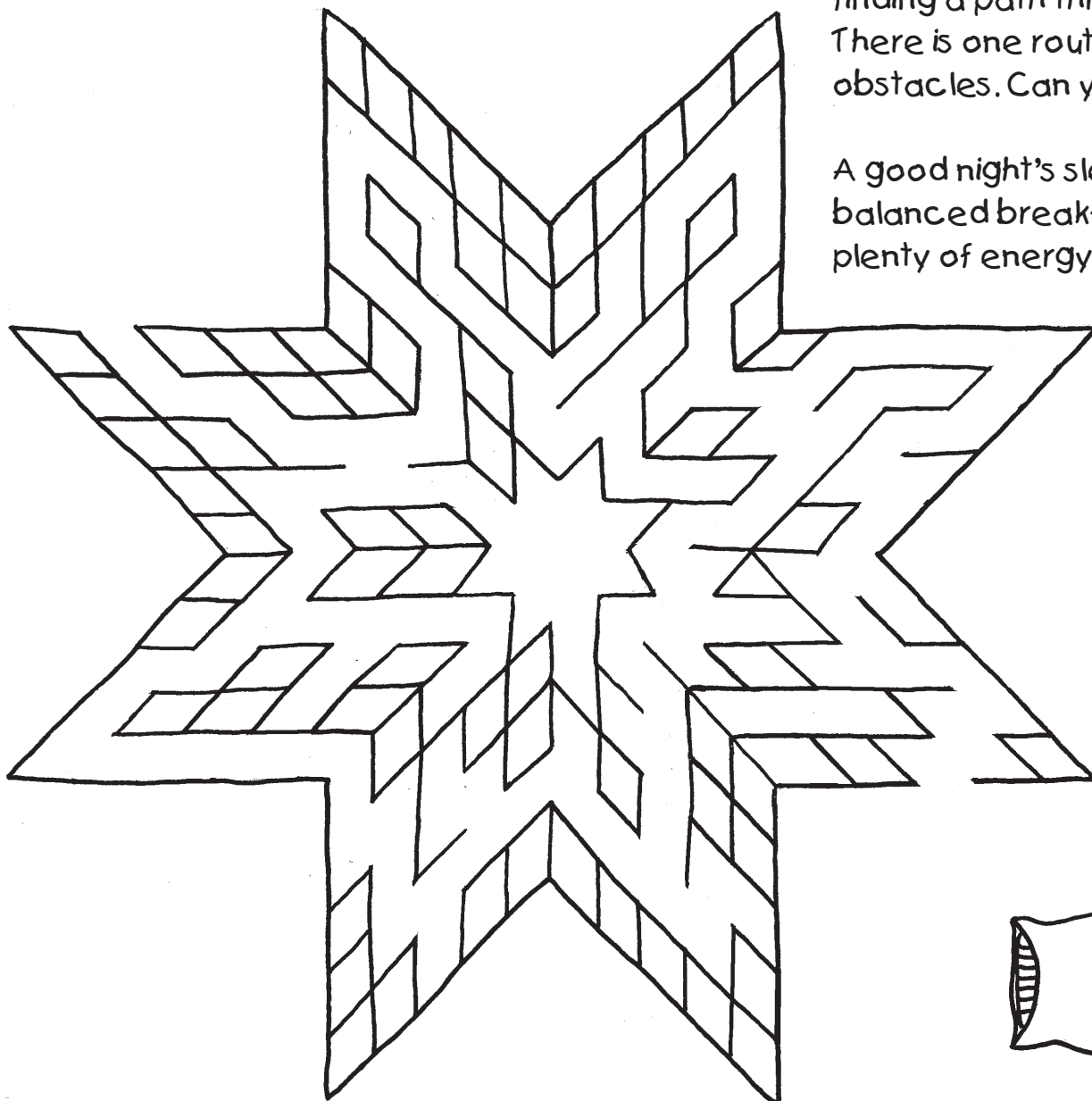


Word Search #2 (continued)



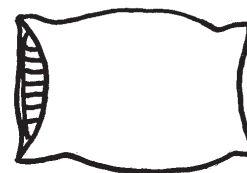
R	G	N	I	L	U	S	N	I	P	D	M	Y	A	J
E	E	S	P	J	K	R	K	O	L	F	R	L	I	T
T	A	I	A	E	C	N	A	L	A	B	A	I	T	S
A	Q	T	N	L	O	W	F	A	T	U	S	F	J	E
W	E	I	C	W	L	A	Z	G	N	R	D	E	I	T
D	S	G	R	R	E	N	L	C	B	N	T	S	S	E
A	I	U	E	F	E	U	S	Z	W	K	R	T	Y	B
S	C	G	A	R	C	E	A	O	M	A	S	Y	I	A
E	R	T	S	O	K	J	L	U	G	V	C	L	N	I
T	E	H	S	K	A	Q	G	U	H	T	I	E	L	D
R	X	E	N	V	E	Y	S	I	U	T	L	L	E	T
U	E	W	C	Y	G	R	E	N	E	A	L	A	W	W
N	T	R	F	G	E	T	E	V	I	T	C	A	H	T
F	S	M	O	T	P	M	Y	S	V	H	E	P	E	H
A	C	T	I	V	I	T	Y	N	O	R	G	M	C	H

Star Blanket Maze

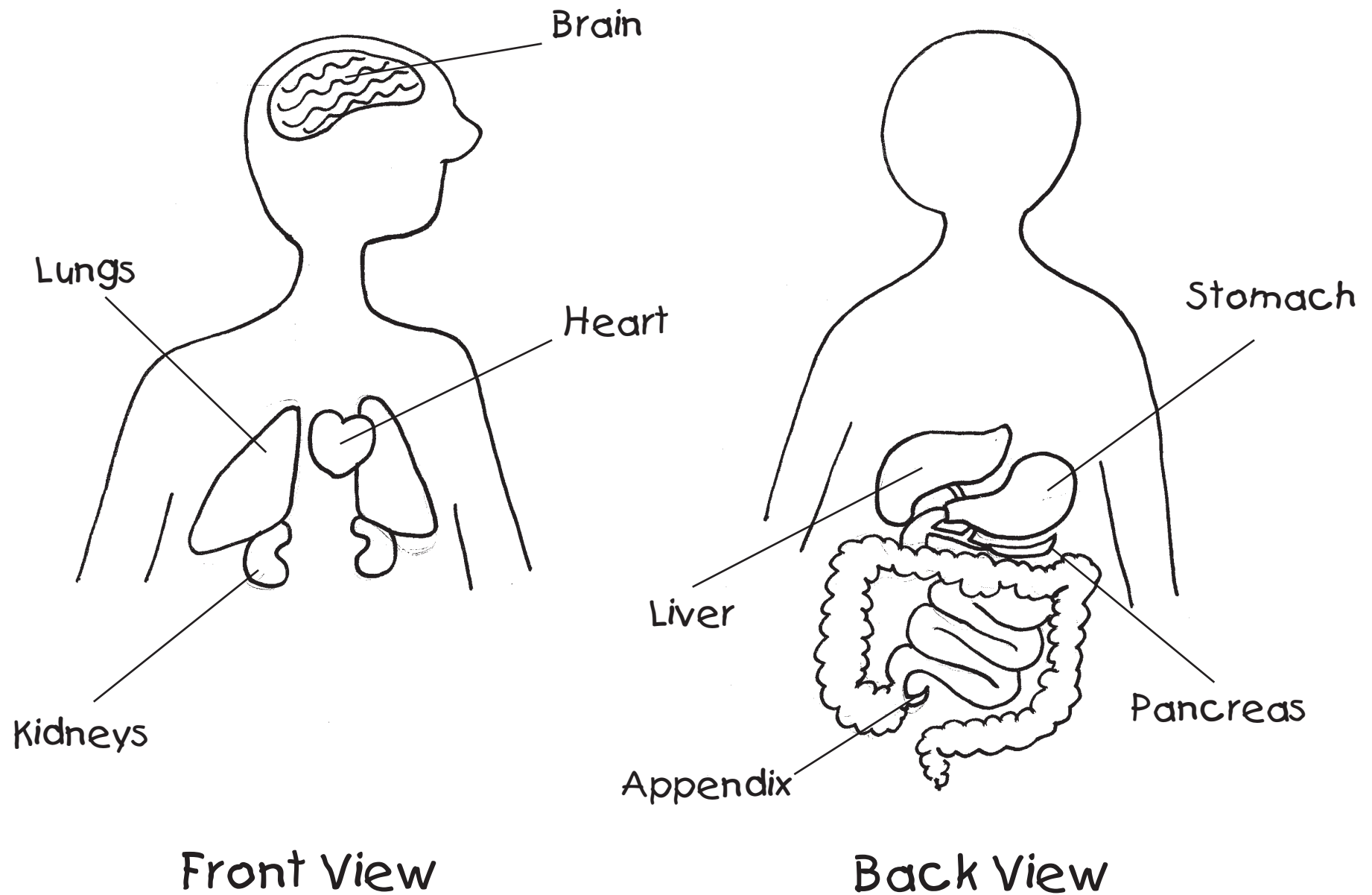


Oh no! Nicole is sleepy, but can't find her pillow. Help Nicole get to her pillow by finding a path through the Star Blanket Maze. There is one route that has no obstacles. Can you find it?

A good night's sleep followed by a balanced breakfast will help you to have plenty of energy to learn and play every day.



The Amazing Human Body! (2 pages)



The Amazing Human Body! (con't)

Your body is amazing and it's one of a kind. No two people and bodies are alike, not even twins. Celebrate your uniqueness and fill in the following answers. Pair up with a friend to help take the measurements.

1) My hair is _____, _____ and _____.
length colour texture (curly, straight, wavy)

2) My eyes are _____.
colour

3) The shape of my face is _____.
e.g: Round, square, oval, triangular

4) My ears are _____. (Can you make them wiggle?)
e.g: Small, large, flat

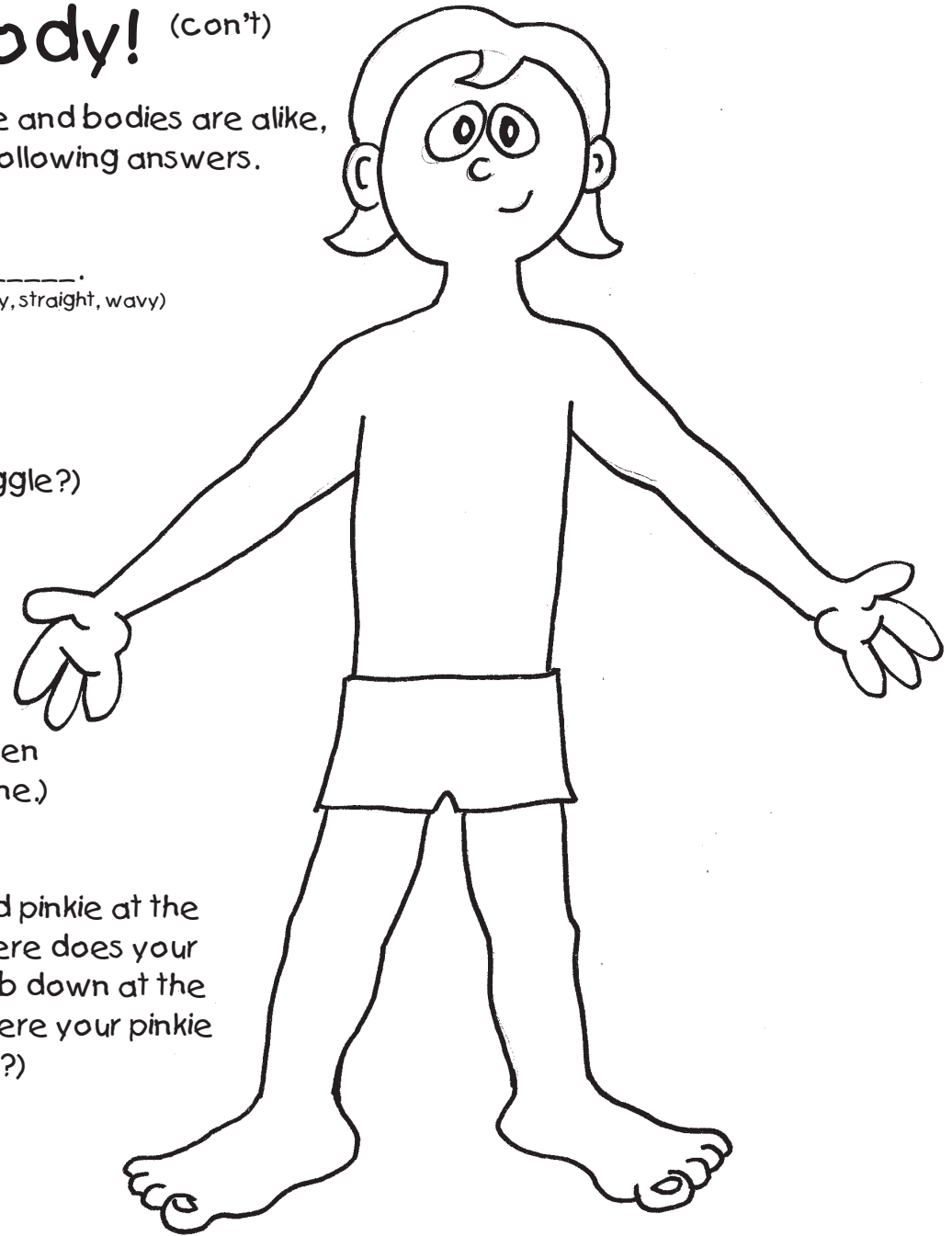
5) The length of my arm is _____ centimetres.
(Measure from wrist bone to the top of your shoulder)

6) The length of my leg is _____ centimetres.
(While standing, lift up one of your feet. Place the end of the measuring tape at the 'bend' in your hip. Then, straighten your leg and measure from the hip 'bend' to the ankle bone.)

7) My hand span is _____ centimetres.
(Lay a measuring tape out on a table. Place your left hand pinkie at the start of the tape. Keeping your palm flat on the table, where does your thumb reach to? Try it with your right hand. Lay your thumb down at the start of the tape and keeping your palm flat, measure where your pinkie reaches to. Are your hand span measurements the same?)

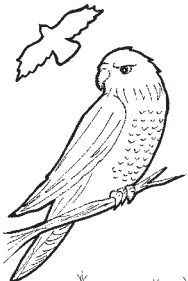

8) My shoe size is _____.



9) I am _____ tall.



Puzzling Pictures


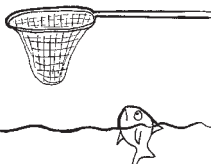
The following pictures combine to create the name of an activity.
Can you figure them out? If you're stumped, try saying the words out loud.



1)   (Example) Hockey


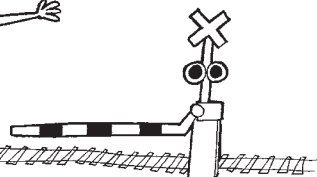
3)   _____

5)   _____



7)   _____

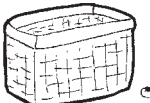
9)   _____

2)   _____

4)   _____

6)   _____

8)   _____

10)   _____

Create a Word

How many new words can you create using the following words? Use each letter only once. You can challenge yourself by running against the clock or creating 4 and 5-letter words.

PREVENTION (e.g. PET)

ABORIGINAL

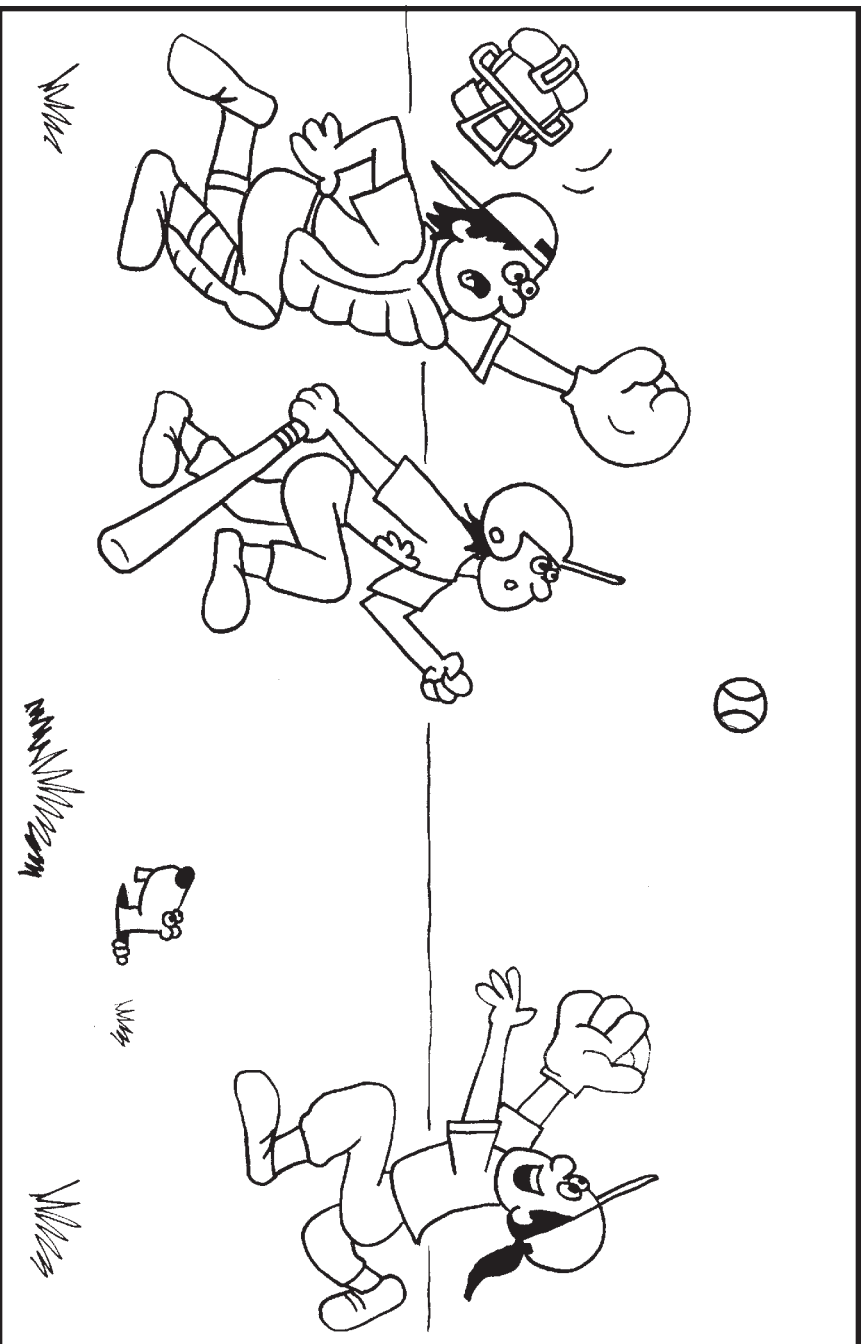
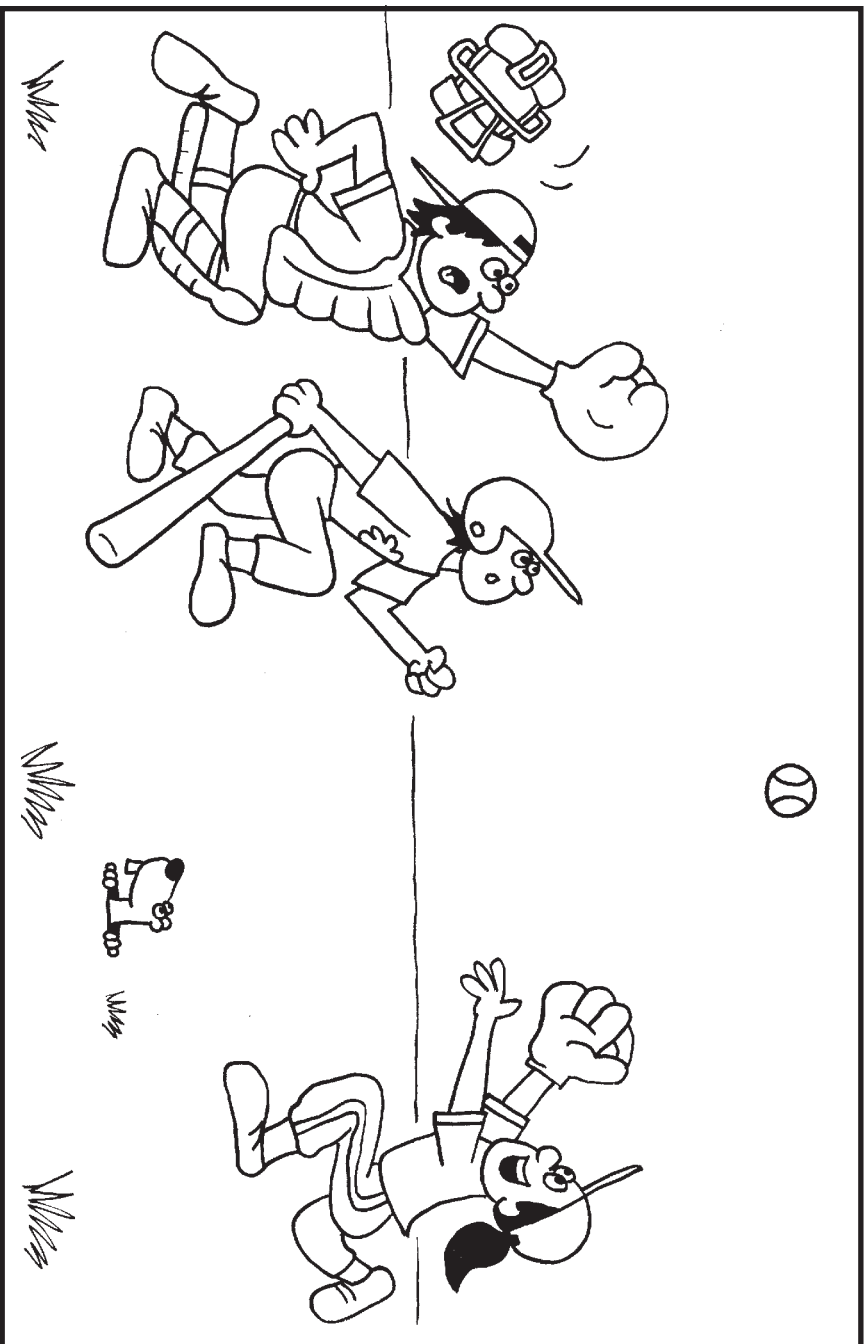
PHYSICAL ACTIVITY

DIABETES

NUTRITION

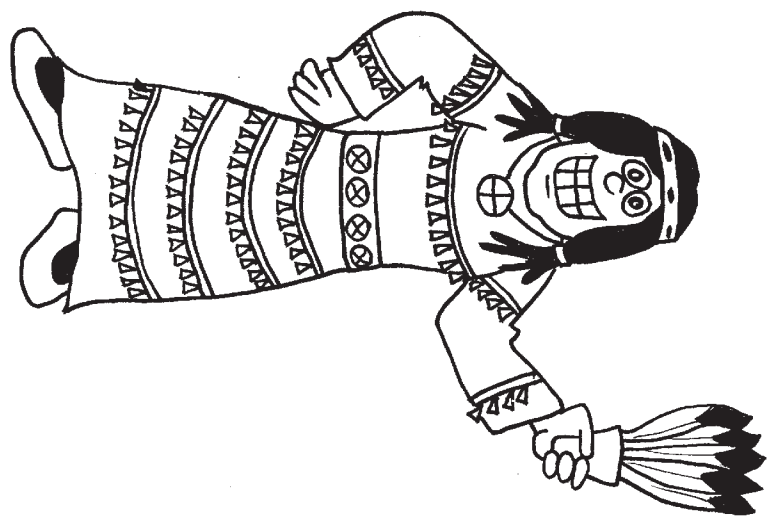
Spot the Differences

Find the 10 things that are different in these scenes.

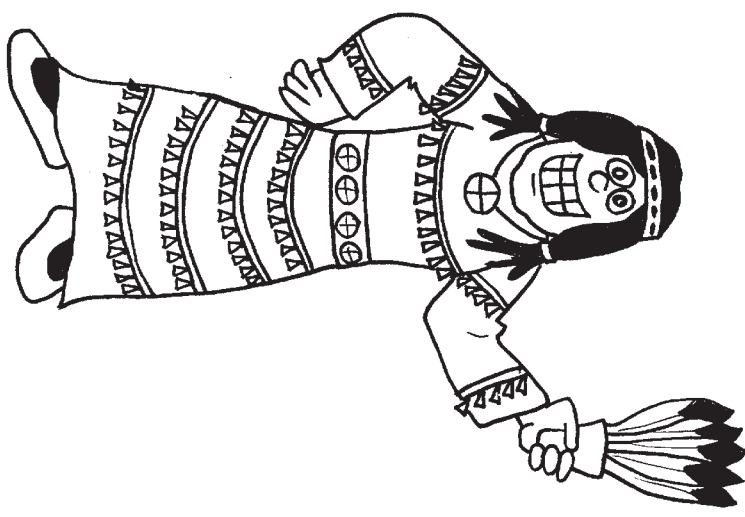


Identical Dancers

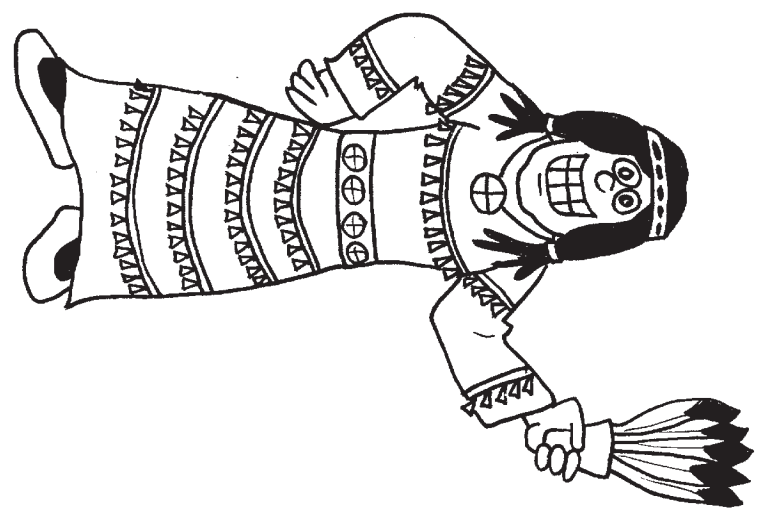
There are four dancers, but only two are exactly alike.
Can you find which two they are?



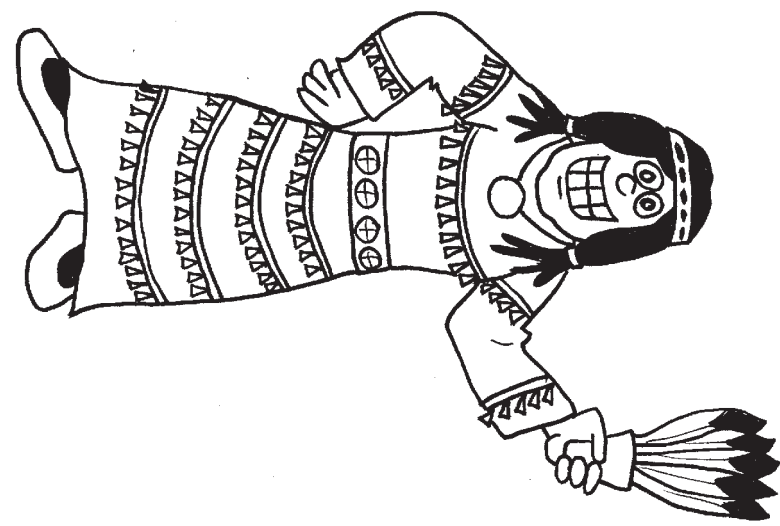
1



2



3



4

You be the Author

Use your imagination and the following words to write a short story. Be creative and make it as long as you like. Make it real, make it fiction, it's YOUR story!

- Shorts
- Runners
- T-shirt
- Airplane
- Water
- Apple
- Playground
- Feather
- Book
- Friend
- Purple
- Beach
- Door

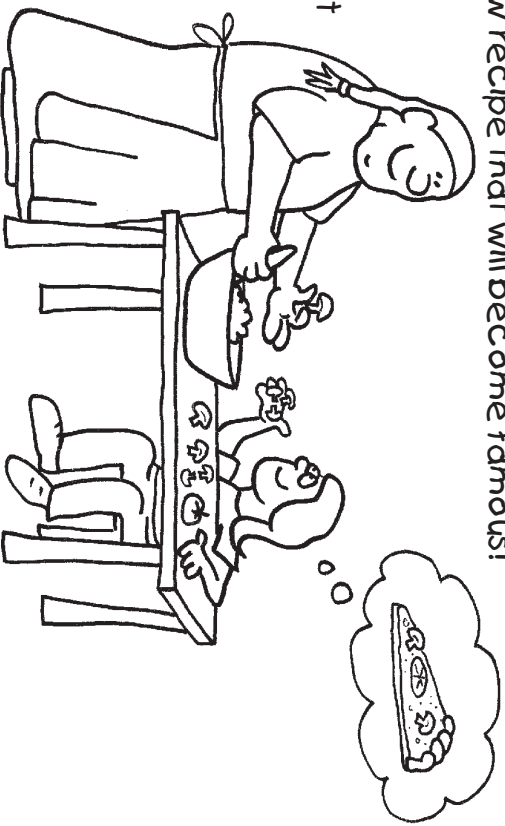
[illegible]

Recipes (2 pages)

Cooking is a valuable skill. Knowing how to cook will help you to eat a variety of healthy foods. Creating delicious and nutritious food is an art that takes time to learn. You must be patient and remember that practice makes perfect! And who knows? Maybe you'll invent a new recipe that will become famous!

BANNOCK PIZZA

Learn to make bannock from an Elder in your community, a parent or grandparent. Baked bannock is a healthy food and you can add extra nutrition by using whole wheat flour or oatmeal in the recipe.



Ingredients to make Bannock:

4 cups flour	4 teaspoons baking powder
1 teaspoon salt	4 tablespoons oil

Add enough water to achieve a bread dough consistency.

Mix ingredients well and knead for approximately 10 minutes. Form the dough into a flat circle pancake about 1/2 inch thick. Place on a greased cookie sheet and bake in the oven for approximately 20-30 minutes at 375° F.

Test whether or not the bannock is ready by inserting a clean toothpick into the loaf. If it comes out clean, the bannock is ready to eat.

Baking option: Roll the dough into a long ribbon, no wider than an inch. Wind this around a preheated green hardwood stick and cook over a fire, turning occasionally, until the bannock is cooked.

Toppings:

3/4 cup tomato or pizza sauce

3/4 cup grated mozzarella cheese

Your favourite pizza toppings: green peppers, mushrooms, tomatoes, pineapple, ham, onions, anchovies, etc.

Instructions:

Cut the bannock crossway (like a bun)

Spread the sauce over each half

Sprinkle with toppings then grated cheese

Bake in the oven (375° F) until the cheese is melted and bubbling (about 12 minutes)

Remove from the oven then cut into pizza slices

Each pizza should serve 2-3 people

Recipes (continued)

Tips:

Get creative with the toppings. Try new things like wild meat or vegetables from your garden. Make your pizza even healthier by loading it up with vegetables, using ham instead of pepperoni or bacon and using low fat or skim-milk mozzarella cheese.

For a variation try making these pizzas on pita bread or English muffins.

For a Bannock variation, you can replace a portion of the white flour with an equivalent amount of whole grain flour of choice, and include some dried fruit, wheat germ, bran, and nuts of choice. The bannock can also be seasoned with brown sugar and cinnamon. Mm-mm!

YOGURT POPS

Make this recipe ahead of time so it has time to freeze.

Ingredients:

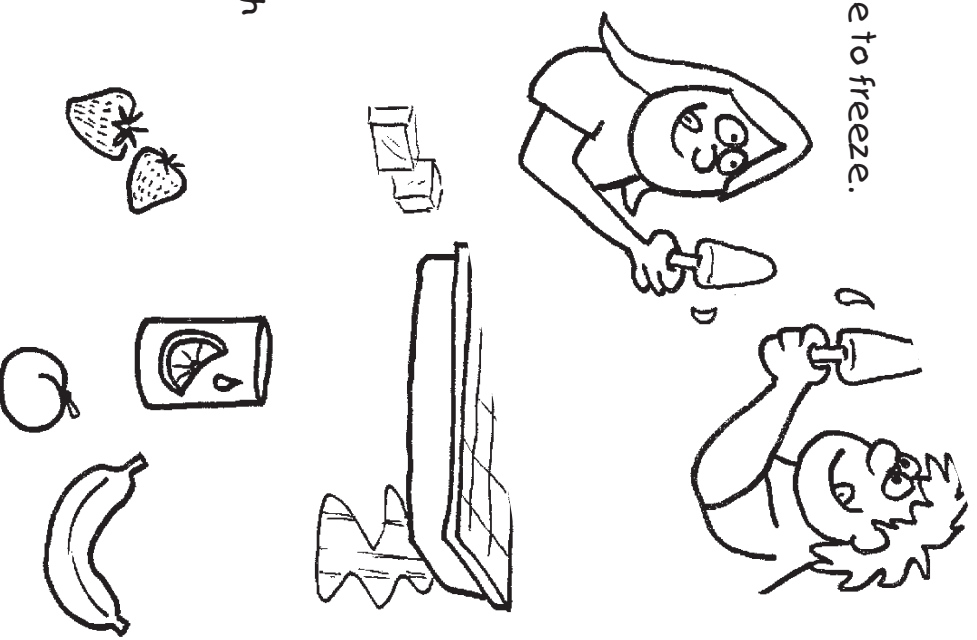
- 2 cups of fruit flavoured yogurt
- 1/4 can of frozen orange juice (from concentrate)
- 1 cup fresh, frozen or canned fruit - cut up into small pieces

Instructions:

- Choose your favourite flavour of yogurt and your favourite fruit.
- Mix yogurt with thawed orange juice concentrate and cut up fruit.
- Pour mixture into ice cube trays. Freeze half way then take out of the freezer.
- Put popsicle sticks into the centre of each ice cube. Freeze until solid.

Tips:

Experiment with different types of yogurt, juice concentrate and fruit to find the perfect combination. Look for popsicle moulds at your nearest discount store.



Appendix: Answer Key (4 pages)

Crossword #1 Aboriginal Culture — Pages 3 & 4

Across	Down
1a Inuit	1d Ulu
2a Elders	2d Talking
3a Pow Wow	3d Beans
4a Berries	4d Trap
5a Hockey	5d Bannock
6a Aboriginal	6d Whale
7a Gather	7d Canoes
	8d Red
	9d Circle

Crossword #2 Heart, Bones, Muscles & Physical Activity - Pages 5 & 6

Across	Down
1 Fat	1 Fist
2a Vegetables	2d Sit Ups
3a Humerus	3d Pulse
4a Water	4d Heart
5a Ribs	5d Bones
6a Flexibility	6d Artery
7a Dance	7d Blood
	8d Log

Forty Fantastic Activities — Pages 7 & 9

No answer key

Make Every Day a Colour Day — Page 10 & 11

1.) Muffin — go	2.) Cherries — glow	3.) Corn — glow
4.) Grapes — glow	5.) Cereal/oatmeal — go	6.) Lettuce — glow
7.) Apple — glow	8.) Yogurt — grow	9.) Chicken/meat — grow
10.) Bread — go	11.) Peanut/Egg — grow	12.) Orange — glow
13.) Bannock — go	14.) Milk — grow	15.) Cheese — grow

Physical Activity is Fun All Year Long — Pages 12 & 13

No answer key

Active At Recess — Pages 14 & 15

No answer key

Confused Food — Page 16

1. Oatmeal (e)	7. Chocolate Milk (a)
2. Blueberries (t)	8. Eggs (o)
3. Yogurt (e)	9. Bannock (r)
4. fish (o)	10. Banana (f)
5. Muffin (a)	11. Cheese (t)
6. Carrots (d)	12. Brown Beans (g)

Decoded Phrase: EAT GREAT FOOD!

A Balanced Plate — Page 17

No answer key

Fact or Opinion — Page 18

1. O	5. O	9. F	13. O	17. F
2. O	6. F	10. F	14. F	18. F
3. F	7. F	11. O	15. F	19. F
4. F	8. O	12. F	16. F	

Find the Mystery Food — Pages 19 & 20

What food am I? Bannock

Something is Missing — Page 21

No answer key

Appendix: Answer Key (continued)

Josie's One Day Food Record — Pages 22 & 23

1. Six
2. Four
3. One
4. Two
5. No
6. Vegetables, fruits and berries; Milk and milk substitutes.
Josie was short one serving of each group.

7. Suggestions:
 - a. Make oatmeal with milk.
 - b. Could add a yogurt to her lunch or have one as a snack.
 - c. Could eat a vegetable soup with milk added (e.g. tomato, mushroom, broccoli, asparagus, etc.)
 - d. Could have a tuna fish sandwich.
 - e. Could snack on a couple of slices of cheese.
 - f. Make a milk shake.

Benefits: The milk and milk substitutes group gives us calcium to keep our teeth and bones strong and to help us GROW.

8. Suggestions:
 - a. Add fruit to cereal or oatmeal.
 - b. Add fruit to salads.
 - c. Make a fruit smoothie shake.
 - d. Add fruit to a yogurt.
 - e. Add fruit to pancakes.
 - f. Snack on dried fruit.
 - g. Drink $\frac{1}{2}$ cup of pure fruit juice.
 - h. Add vegetables to a sandwich (sliced tomatoes, beets, cucumbers, and lettuce)
 - i. Create her own soup adding all her favourite

vegetables.

- j. Eat an omelette with diced up vegetables like red or green peppers, onions and/or mushrooms.
- k. Eat potato salad with diced carrots, celery, red onion and try adding a pickle!

Benefits: The vegetables, fruits and berries group gives us vitamins and minerals that help make our eyes healthy, hair shiny and skin glow. Foods in this group make us GLOW.

9. Meat and meat substitutes. Benefit: This food group provides protein, that helps us 'grow', and build muscles. This food group will help make us feel strong.

Bannock, bread and cereals. Benefits: This food group gives us carbohydrates, which provide energy to help us get up and GO.

Billie's One Week Activity Record — Pages 24 & 26

1. No
2. Tuesday, Thursday, Saturday and Sunday
3. Possible responses:
 - a. It's fun to play video games and watch TV.
 - b. Billie's friends don't like to do physical activity.
 - c. Too many other things to do.
 - d. Don't know what activities to do indoors when it's too cold to go outside.
4. Possible responses:
 - a. Walk to and from school.
 - b. Walk his dog or offer to walk his neighbour's dog.
 - c. Ride his bike.

Appendix: Answer Key (continued)

- d. Join a team at school or in the community.
- e. Play outside with friends.
- f. Clean up his room!
- 5. 630 minutes (105 hours)
- 6. 90 minutes/day
- 7. Wednesday, Friday and Saturday
- 8. 385 minutes (6 hours and 42 minutes)
- 9. 55 minutes/day
- 10. Yes, because on average, Billie is active for 90/day.

Breakfast and Grocery List — Page 27

No answer key

Create A Menu — Pages 28 & 29

No answer key

Healthy Eating & Active Living

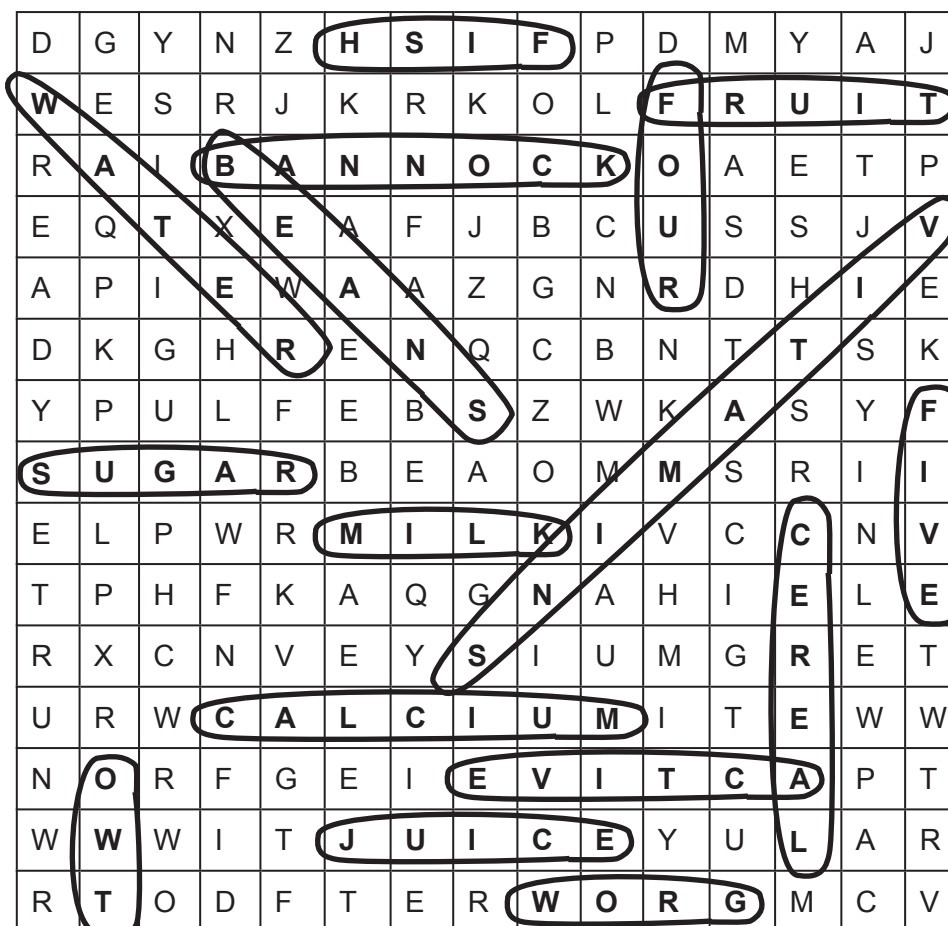
Challenges — Pages 30 & 32

No answer key

Word Search #1 — Pages 33 & 34

- | | |
|------------|--------------|
| 1. Calcium | 9. Bannock |
| 2. Five | 10. Fish |
| 3. Cereal | 11. Vitamins |
| 4. Grow | 12. Sugar |
| 5. Fruit | 13. Water |
| 6. Beans | 14. Juice |
| 7. Four | 15. Two |
| 8. Milk | 16. Active |

Word Search #1



Appendix: Answer Key (continued)

Word Search #2

Word Search #2 — Pages 35 & 36

- | | |
|-------------|--------------|
| 1. Pancreas | 8. Insulin |
| 2. Diabetes | 9. Lifestyle |
| 3. Sugar | 10. Balance |
| 4. Glucose | 11. Activity |
| 5. Symptoms | 12. Exercise |
| 6. Energy | 13. Health |
| 7. Water | |

Star Blanket Maze — Page 37

No answer key

The Amazing Human Body — Pages 38 & 39

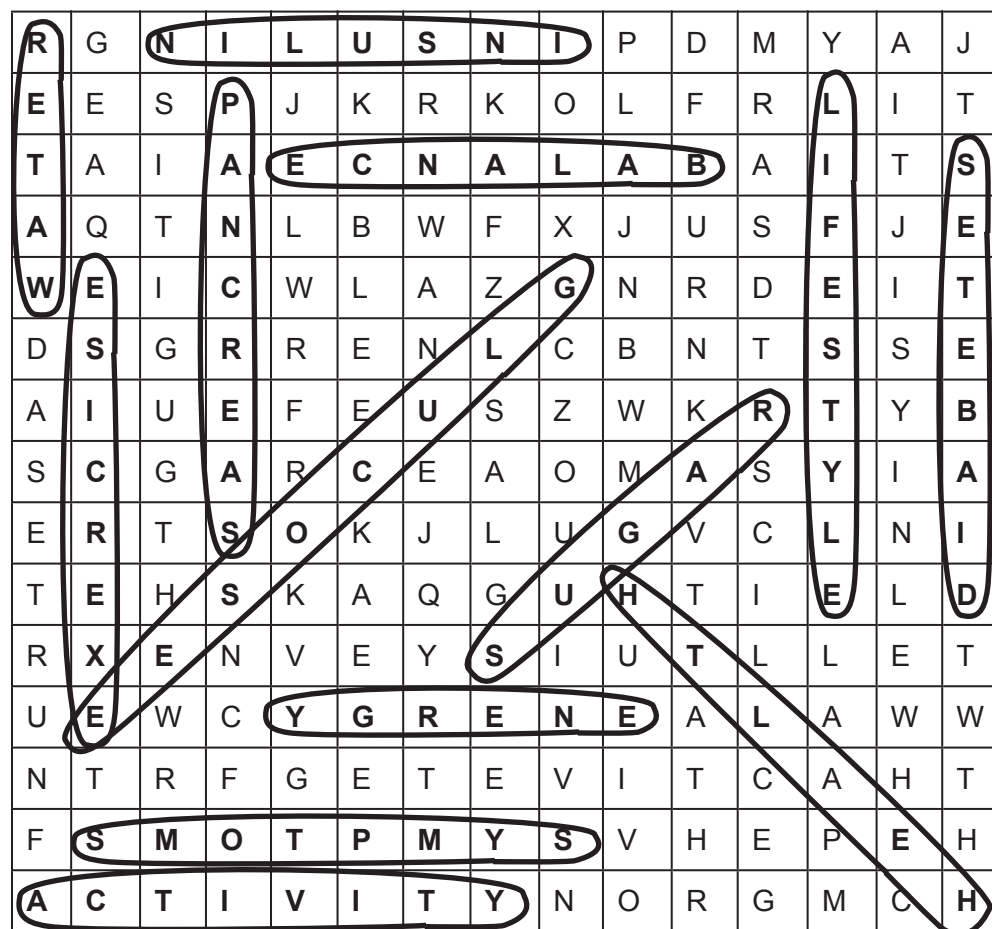
No answer key

Puzzling Pictures — Page 40

- | | |
|-------------|----------------|
| 1. Hockey | 6. Walking |
| 2. Football | 7. Rugby |
| 3. Snowshoe | 8. Soccer |
| 4. Lacrosse | 9. Ringette |
| 5. Tennis | 10. Basketball |

Create a Word — Page 41

No answer key



Appendix: Answer Key (continued)

Spot the Differences — Page 42

- Ball is in a different place
- Outfielder's ponytail is a different thickness
- Stripe on outfielder's pants
- Stripe on outfielder's shirt
- Angle of brim of batter's hat
- Stripe on catcher's sleeve
- Gopher's paw
- Amount of grass in the centre
- Stripes on the bat
- Pad on the catcher's left leg

Identical Dancers — Page 43

Numbers 2 and 3 are identical

You Be the Author — Page 44

No answer key

Recipes — Page 45 & 46

No answer key

Living a balanced lifestyle with healthful food choices, fresh air and physical activity helps prevent Type 2 diabetes.

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