

Ghostie Listens Closely

A Guide to Nutrition and Exercise By
Nutrition and Health Awareness Club @ ASU

www.ghostielistens.com

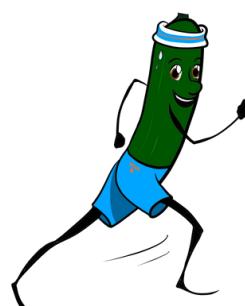
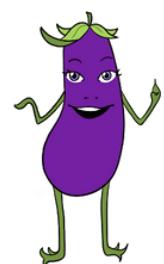
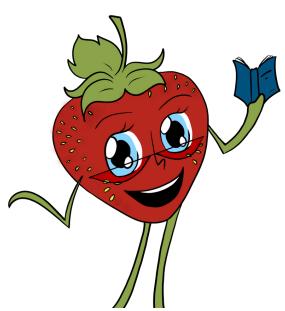


TABLE OF CONTENTS

3 INTRODUCTION

4 LESSON 1:
Introduction to Exercise

6 Exercise Activities

11 LESSON 2:
Introduction to Nutrition

20 Nutrition Activities

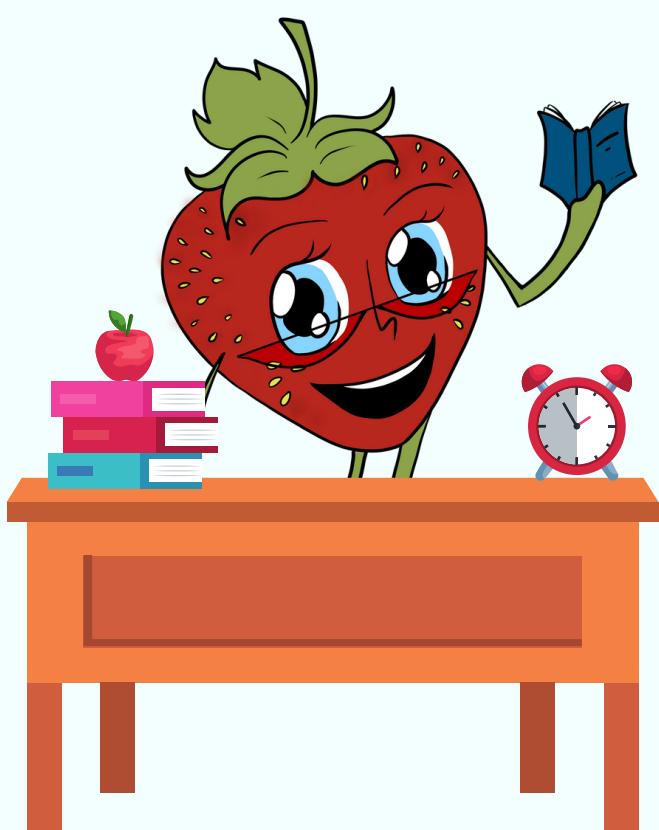
13 LESSON 3:
Introduction to Hydration

15 Hydration Activities

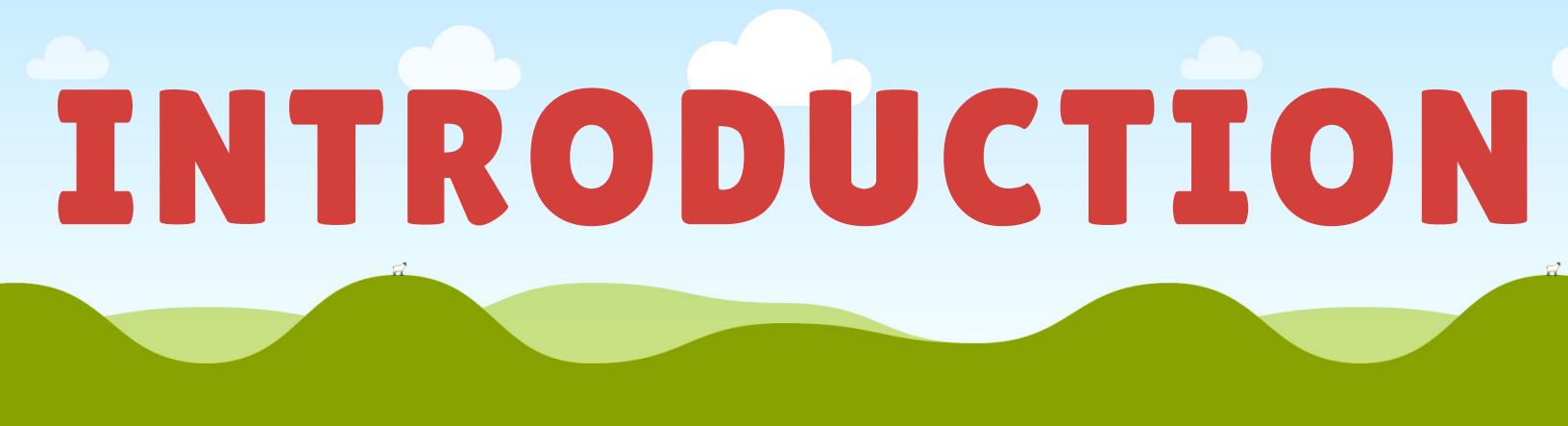
17 LESSON 4:
Review

21 Implementation Activity

26 Glossary and Citations



INTRODUCTION



The **NHA Introduction to Healthy Living Activity Book** is a series of interactive activities and lessons created by the Nutrition and Health Awareness Program at Arizona State University (NHA@ASU).

This book is intended to help children learn about four main topics; how to exercise, eat right, drink water, and how to incorporate those things into everyday life.

Participants completing this book will discover information on each lesson, and then explore how to use this knowledge in their lives, guided by each interactive lesson.

This book is designed to introduce the material in a very broad introductory fashion, and help children practice what they learn in a fun and active way.

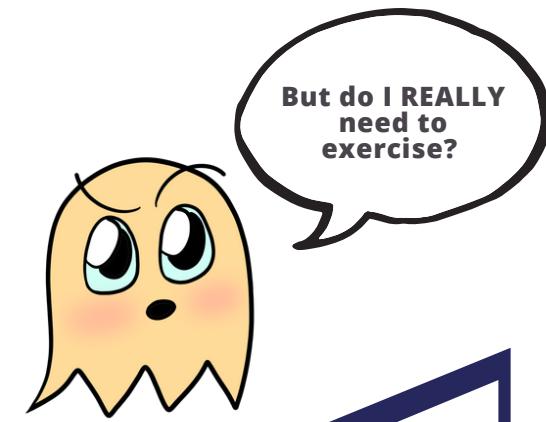
This is by no means a replacement for any formal education surrounding nutrition or other health behaviors, however, all material in this book is factual, evidence-based, and up to date with current literature.

We hope you enjoy the activities in this book and learn about how to live a healthy life!

Lesson 1: Exercise

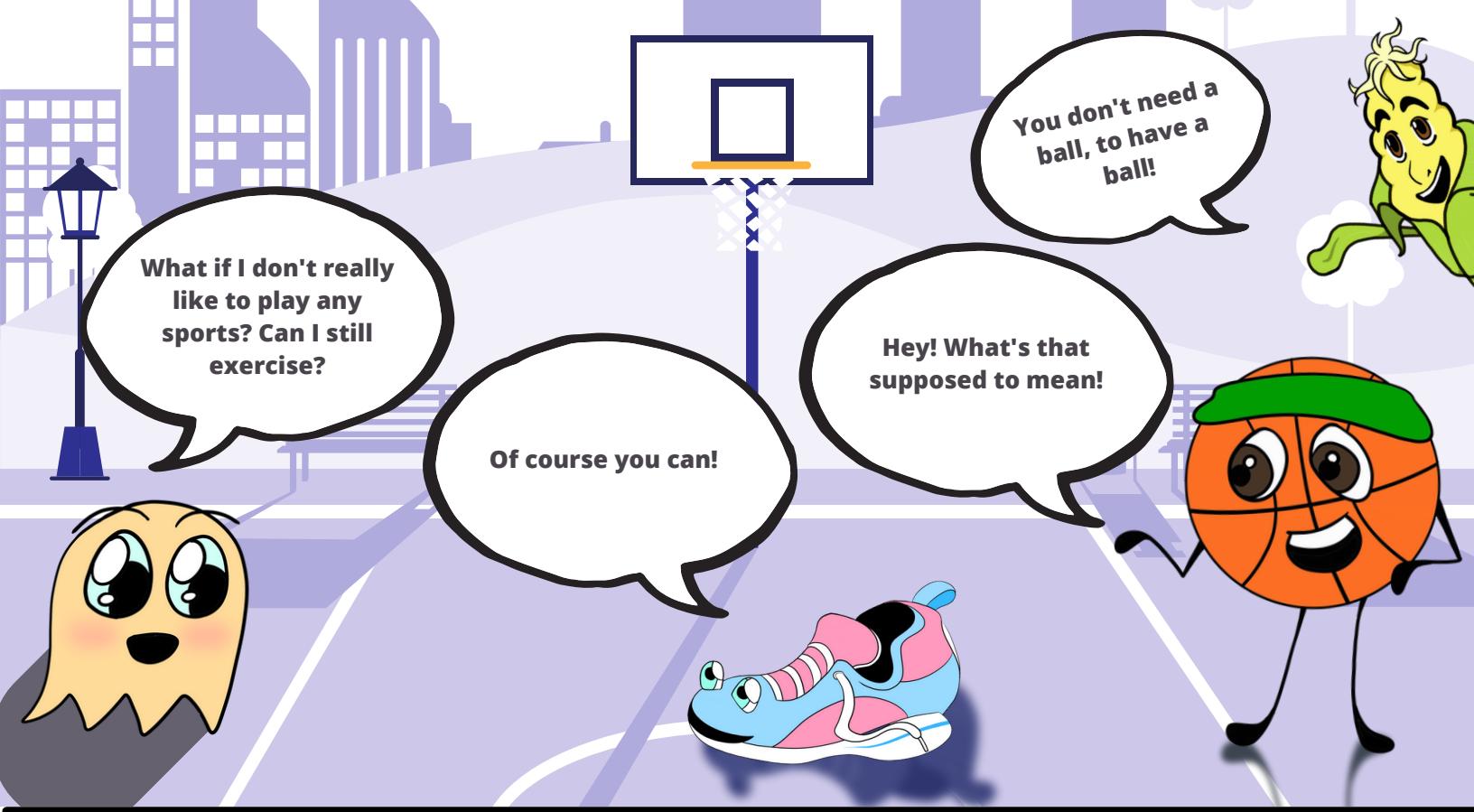
What even is exercise?

Exercise is any activity that involves moving your body! Exercise helps keep your body strong, or maybe even make it stronger! You are exercising when you play outside and when you walk around your neighborhood. Just make sure you are getting in some sort of exercise every day!



You should be happy to hear that exercising has a ton of neat benefits! Engaging in physical activity will help keep both your heart and lungs healthy. Have you noticed yourself breathing harder and your chest beating harder when you exercise? This is what happens when your heart and lungs are working harder. Eventually, as you keep exercising, your heart and lungs will get stronger. This will help keep your body healthy throughout the rest of your life!





You can exercise however way you want!

Some people like to play sports, such as basketball, tennis, and soccer — just like your favorite professional athletes! Other people like going for runs, riding their bikes, or hiking. Even playing tag with friends or walking your dog is enough to stay healthy!

Soccer and basketball are great ways to exercise, but remember you can always just strap on your sneakers and go for a brisk walk to stay active!



So have fun with it!

Next time you are bored, try playing tag with your brothers, sisters, mom or dad. Challenge yourself by seeing how many jumping jacks you can do or how long you can jump rope for without messing up. Compete with your friends and family to see who can do the most pushups! There are so many ways exercising can be both fun and healthy, making it that much more great!

BEFORE YOU MOVE ON.....

Think about your favorite ways to exercise and how often you do them. Do you feel any changes or improvements with your body after doing them? Why do you think this is?



BOBBY BASKETBALL'S 7-UP BALL GAME:

This game can be played by yourself or with your friends and family! Using a basketball do the activity described by each number. Start with sevens and go down to ones! If you're feeling adventurous, repeat a second round from 1 to 7.



Bounce the ball against the wall **7** times, catch it on the **7th**



Bounce the ball on the wall, let it bounce once on the ground, then catch it; repeat **6** times



Bounce the ball on the ground **5** times



Bounce the ball from the ground to the wall then back to you; repeat **4** times



bounce the ball on the ground, then hit it down again with your palm before catching it; repeat **3** times



throw the ball under one leg to bounce off the wall and catch it; **2** times



throw the ball against the wall and do **1** full spin before catching it

PENELOPE PEPPER'S LAVA LOUNGE

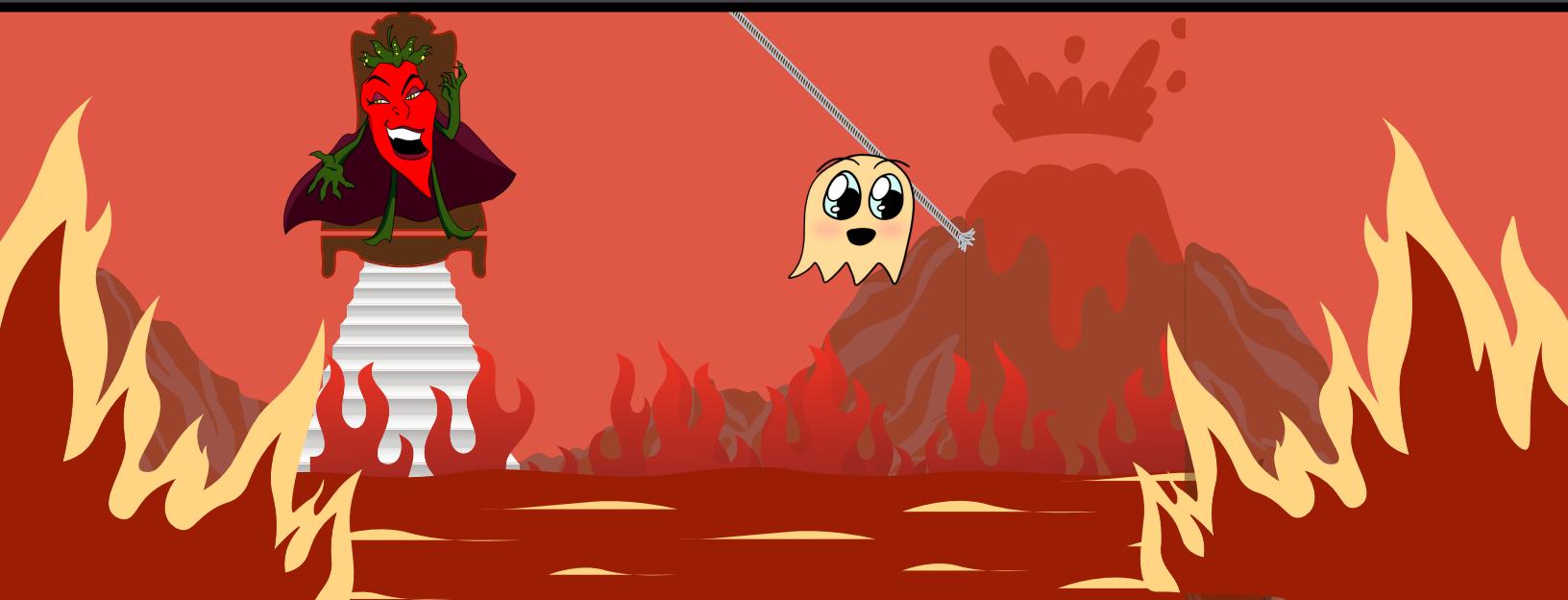
Oh No!

You fell into Penelope Pepper's lair that is surrounded by lava! Navigate your way around obstacles without touching the floor to make your way back to safety!

How to Play!

1. Make an obstacle course! Set up a route of pillows, chairs, hula hoops, pool noodles, pillow cases, really anything, get creative!
2. As you are going through the course, if you land in the "lava" you have to start over.
3. For an extra challenge, add more obstacles, race against the clock or against your friends and family!

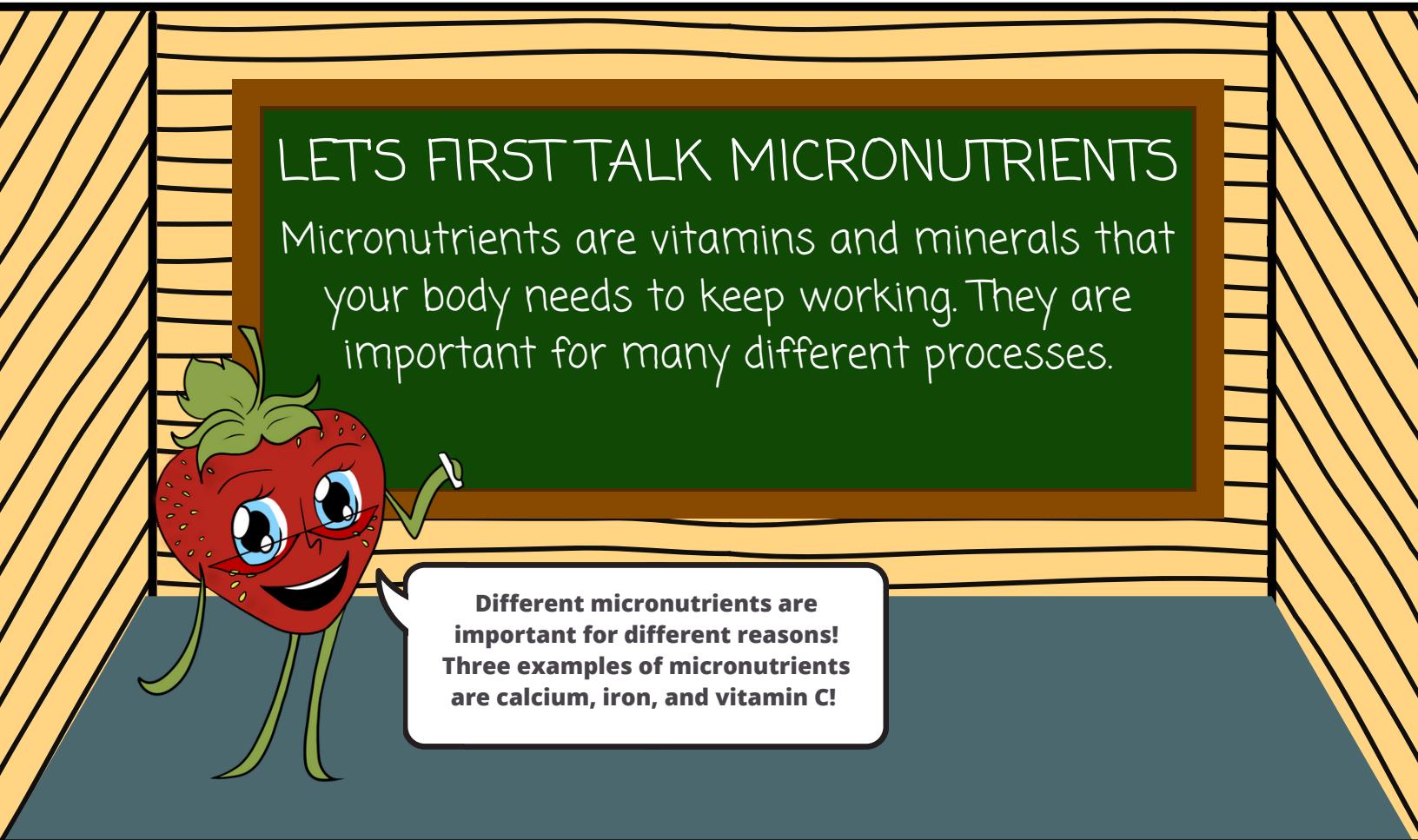
* Remember to ask permission before using furniture, couch cushions, or anything that belongs to someone else.*



LESSON 2: NUTRITION

Just like exercise, nutrition is extremely important!

Your body is able to use the food you eat as fuel. **Nutrients** are the substances within foods that are needed to keep our body healthy, to continue growing, and to stay strong! The food we eat has varying levels of all sorts of different nutrients. The two main types of nutrients are **macronutrients and micronutrients**.



Calcium makes your bones stronger! You can find it in spinach, kale, and milk.

Iron helps your blood carry oxygen to all parts of your body! You can find it in beans and cashews.

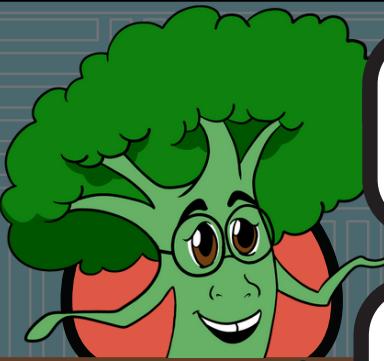
Vitamin C helps keep you from getting sick! Oranges and berries are rich in vitamin C

So just remember...

Fruits and vegetables tend to have a lot of micronutrients, so doing so will help keep you strong and healthy for the rest of your life! Remember that these are not the only three micronutrients, and that these aren't all of the foods that have these nutrients! So keep this information in mind the next time you get hungry for a snack!

Macronutrients are the building blocks of the body!

They can be found in a variety of foods, and all serve a different purposes, so you need all of them. Getting all your different macronutrients is important to having a strong body. There are 3 types of macronutrients!



So you guys are telling me that there are 3 different types of macronutrients and that they all affect my body in different ways?



You got it! One of them, **carbohydrates**, acts as a source of energy for your body, just like gas is used to fuel a car. You can get them from **rice, whole wheat bread or pasta**. Remember, **sugars** are carbohydrates as well, but eating a lot of sugar can make you feel sick and tired!

Proteins are everywhere in your body and form the building blocks for your muscles, hair, and nails! Protein is important because it helps you grow. You can get protein from **meat, fish, eggs, and yogurt**, and in many plant-based foods such as **tofu, lentils, and chickpeas!**



Fats are important because they help your body absorb vitamins and minerals, especially when you are growing up. They also give your body protection during the winter. You can get fats from **oils, nuts, and fish!**



Variety is key!

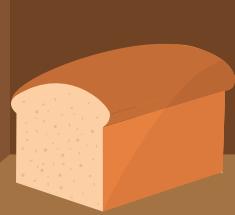
All of the food you choose to eat will have a variety of different macronutrients and micronutrients, so it is important to eat a whole bunch of different foods and try something new one in a while! This also means that you can continue to eat your favorite snacks, such as chips, cookies, and candy! Just remember to do so in moderation!

Emmy's WORD SCRAMBLE

Emmy the Egg needs your help figuring out the nutrients in each of the food items! Can you help Emmy unscramble the words and plan a delicious meal?

This macronutrient helps your body grow and repair muscles, and some good sources are cheese, eggs, tofu, and fish

nprtoie _____



This mineral makes your bones stronger, so you can be more active. It is in spinach, kale, and milk: Imucaic



This type of carbohydrate might taste yummy in candy and ice cream, but eating too much of it can make you feel sick:

rgusa _____



This macronutrient is your primary energy source, and some examples are honey, bread and rice:

aborhyrdsetca _____



This macronutrient is important because it keeps your body warm and helps you absorb vitamins and minerals. Some choices are olive oil, avocado, and Peanut Butter:

tsfa _____



Bessie Banana's Pancake Animal Farm

Ingredients:

1 cup ground oats, 2 mashed bananas, 1 egg, a dash of Cinnamon

Recipe:

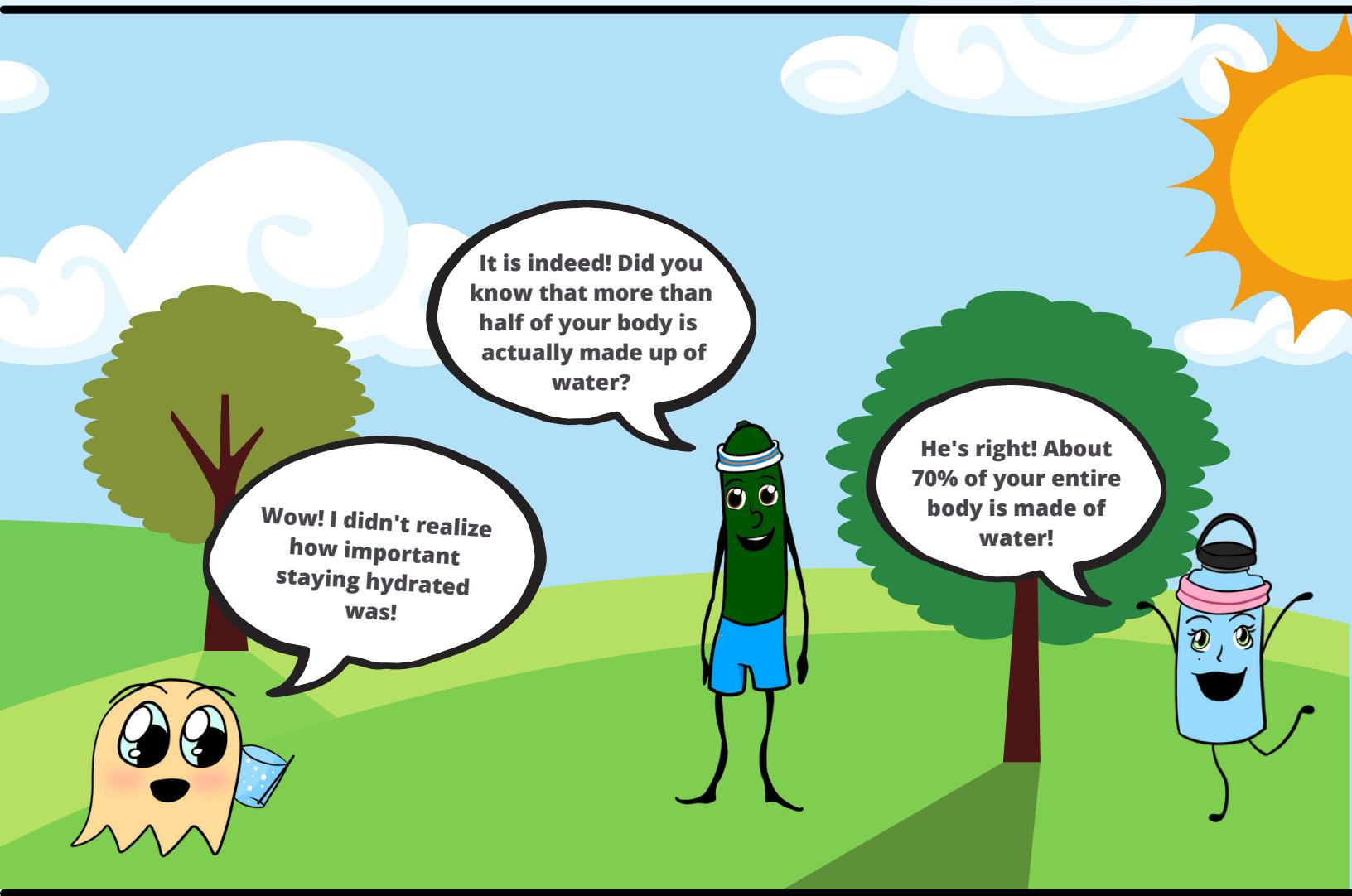
1. Combine oats, bananas, egg, and cinnamon in a bowl and mix until smooth.
2. Heat a pan over medium heat and pour the batter in; for large pancakes use ~ $\frac{1}{2}$ cup, for smaller pancakes use ~ $\frac{1}{4}$ cup.
3. Cook until bubbles form on the surface and the surface is less shiny than when the batter was first poured.
4. Flip!
5. Repeat the process.
6. Arrange pancakes and decorate into faces of your favorite animals lion, monkey, owl, pig
7. Top them off with fruit, maple syrup, dark chocolate chips



Lesson 3: Hydration

Think back to the last time you had a big sip of water after playing outside in the sun...

Do you remember how refreshing that was? Water, just like your fruits and vegetables, is very important for staying healthy. Drinking water and staying hydrated throughout the day will keep your body strong, allow you to exercise and play outside for longer, and prevent you from getting sick!

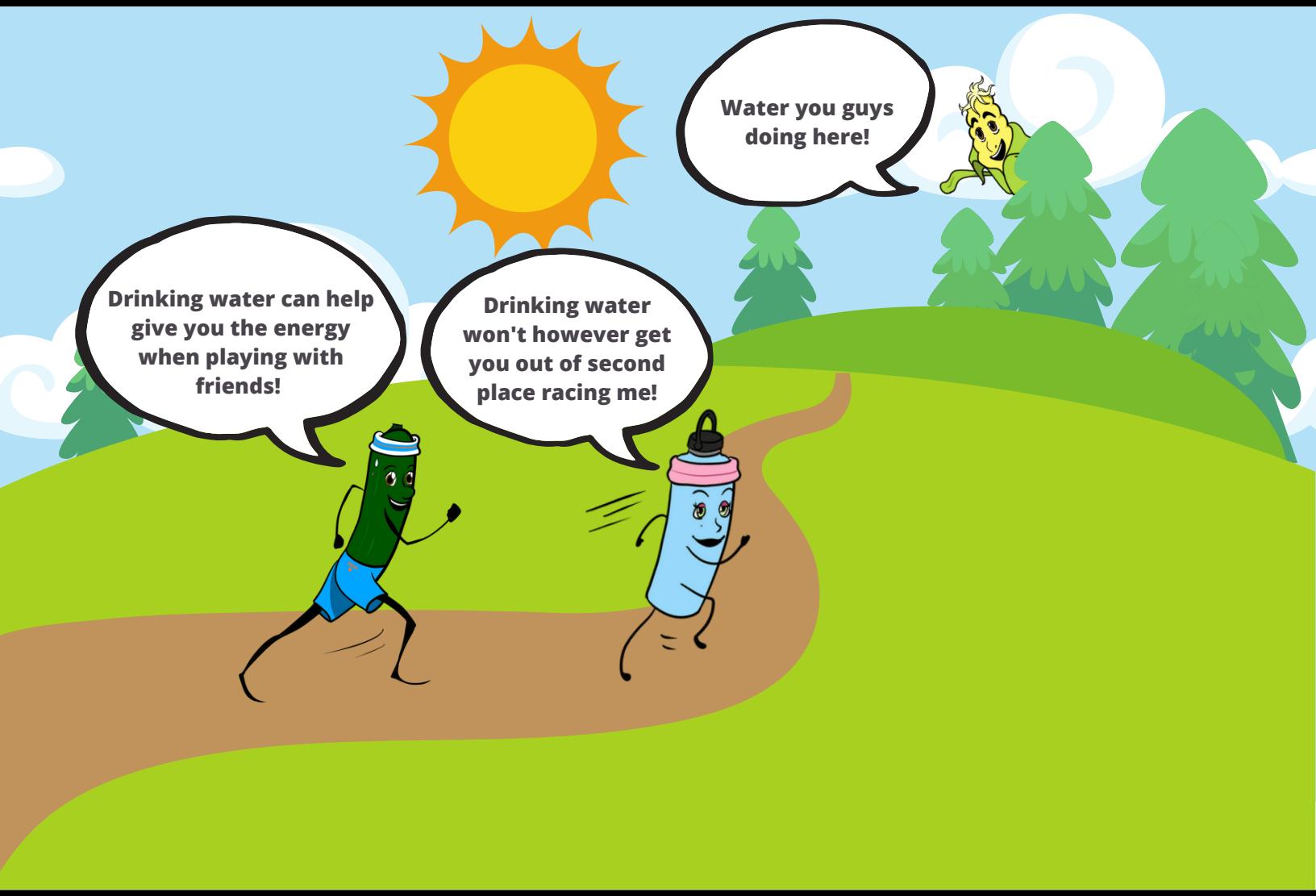


Water doesn't only affect your physical health...

Although it is important that you remember to drink water throughout the day in order to keep your body hydrated, that's not the only thing that benefits from consistent water intake! You will also be keeping your brain, heart, and muscles healthy and strong! Staying hydrated will also remove the waste that makes you feel weak and tired, so drink water as often and as consistently as you can!

Since we live in Arizona, where it is much hotter than other places, it is especially important to drink water!

As a way to track how much water you are drinking each day, we have created this water tracker activity just for you! A good goal to reach for is to drink 7 to 8 cups of water per day. You can do this activity with family or friends!

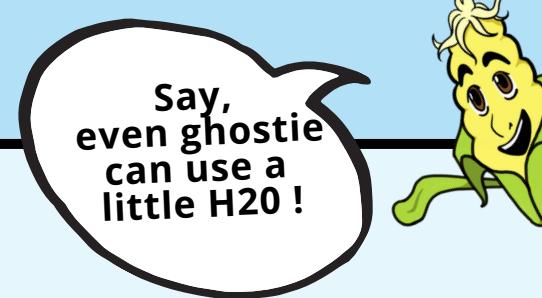


Have you noticed how much you sweat when you play sports and play with your friends outside?

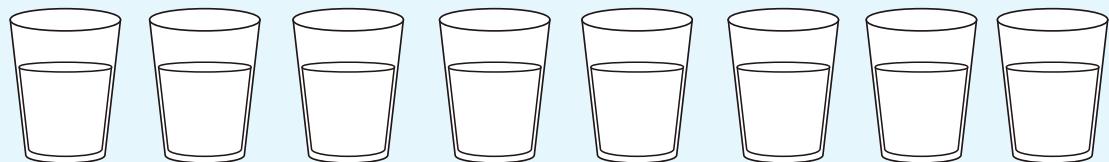
That's a lot of water your body is losing! When your body doesn't have enough water, you will end up feeling tired and sick. Additionally, staying hydrated can make you stronger when you play your favorite sports. When you are dehydrated, your muscles will feel weak, and you might end up getting cramps! Drinking water throughout the day and staying hydrated can help prevent this from happening, especially when playing sports or playing outside.

Hydration Challenge

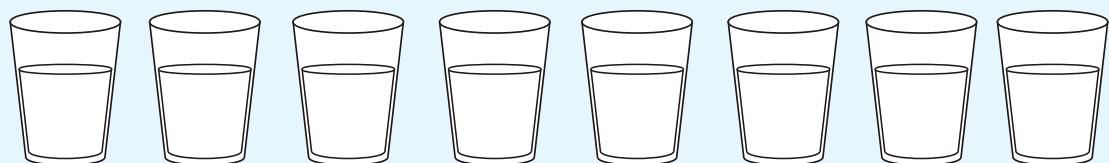
Join Ghostie and (Cucumber) in tracking how much water they drink! Color in a cup for each bottle or cup of water you drink each day. Try to fill in all of the cups by the end of the week!



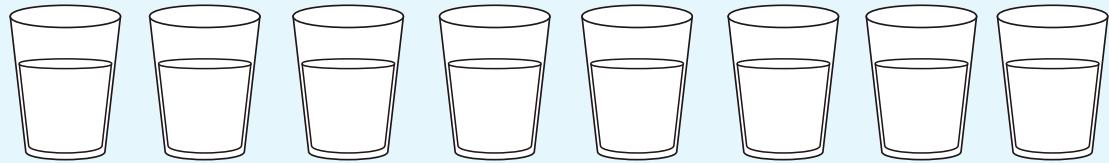
Monday



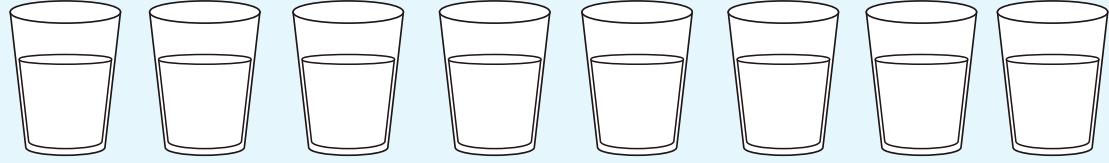
Tuesday



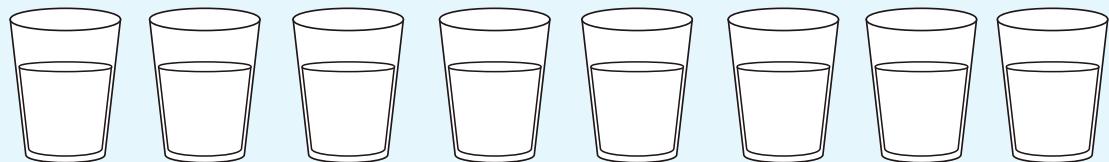
Wednesday



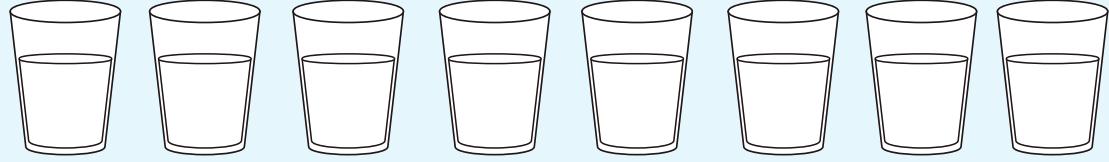
Thursday



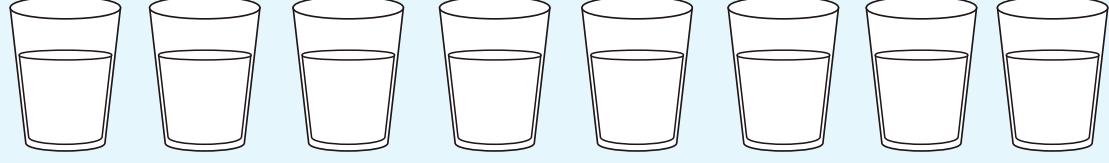
Friday



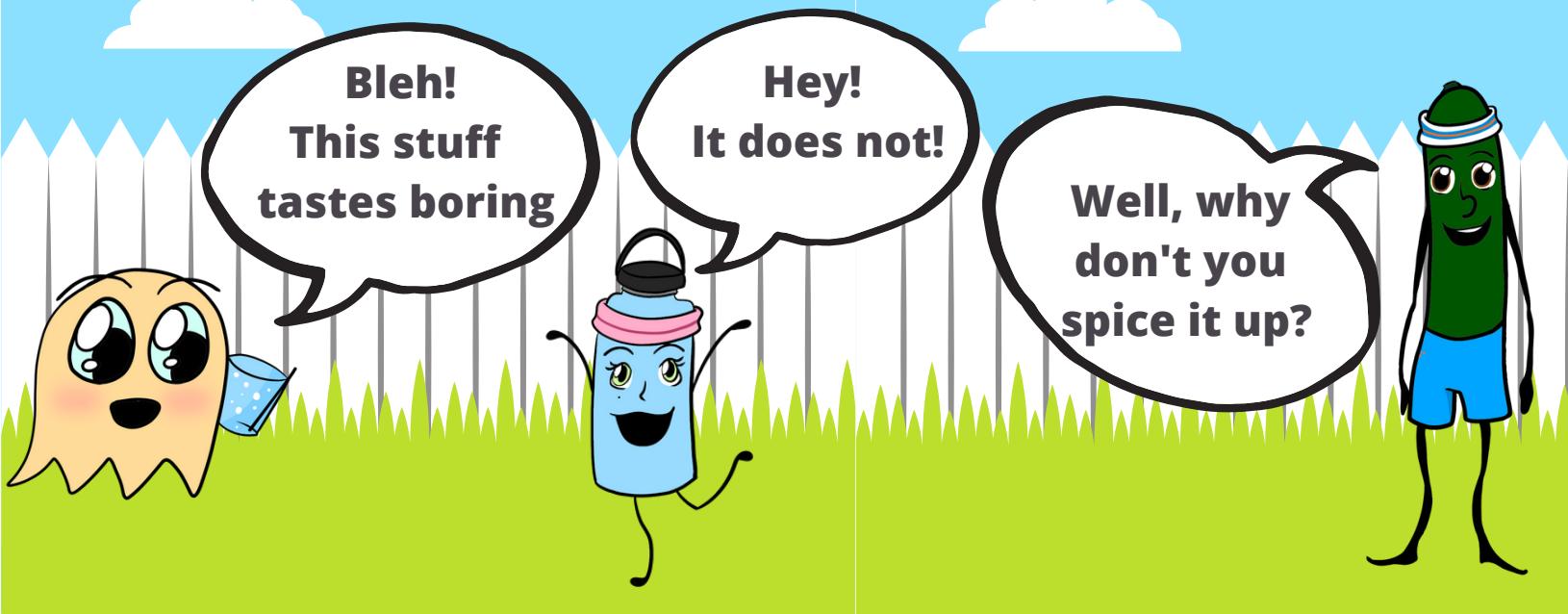
Saturday



Sunday

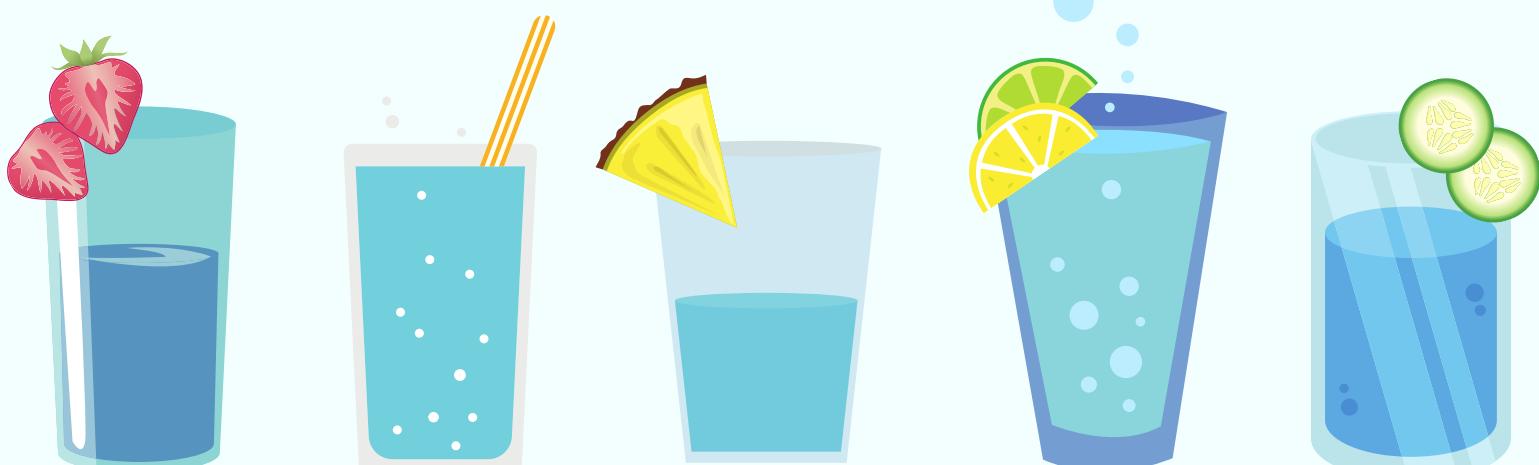


Hydrate with Taste



If you're like Ghostie and find water boring and prefer soda, juice or milk? Try adding flavor to your water to make it sweet or sour!

Add in berries, citrus, cucumber, or any other fruit or veggie you think would taste good!



Lesson 4: Implementation

So what now?

That was a lot of information! You may be asking yourself, "How will I be able to take all of that information and apply it to my everyday life?" Living a healthful life requires long-term, consistent effort, but it is very helpful to practice the habits we talked about at an early age! There are a lot of different ways to stay active, eat balanced meals, and stay hydrated, so don't sweat it if applying what you learned in your everyday life look different than a couple of your friends! **Health looks different for everybody!**



The following pages have a couple of tips that we follow ourselves to help us stay healthy by exercising regularly, eating healthfully, and staying hydrated! Challenge yourself to try and improve at your favorite sport, try a new food, or to remember to drink an extra glass of water, but remember, do everything at your own pace!

Our physical health is still extremely important!

Many of us are stuck at home and have to do school online. Because of this, we spend the majority of our day on the computer sitting down. Here are some of the things you can do to keep your muscles and bones healthy and strong!



Every 30 minutes to an hour, remember to get up, do some jumping jacks, stretch your body, and walk around the house. If you are attending online school, remember to do this only if your teacher allows you to! Given breaks are an excellent opportunity to do this!

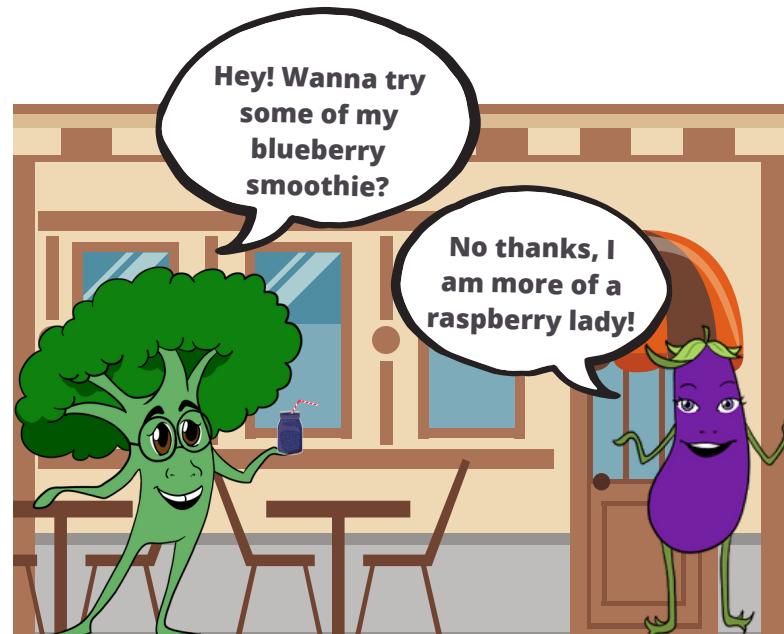
Ask a family member to go on a morning walk with you each day! This could be in your backyard, in your neighborhood, or even just around the house. Doing this for 15 to 20 minutes a day will help you stay healthy and strong!



Play outside with your friends and family each day if you are able to! This could include your favorite sport or any other outdoor activity! This is a good way to not only stay active, but to spend quality time with others!

What we put in our bodies helps fuel our bodies!

Remembering to eat healthy can be tricky. It is important to find a balance between eating food that are high in nutrients while still enjoying what you eat! Here are some tips and tricks that you can follow in order to do so!



Find one or two fruits and vegetables that you love eating. Let's face it, there are many fruits and vegetables that we do not like, but luckily there are always alternatives! Find one or two of each that taste good to you and tell your family members about them!

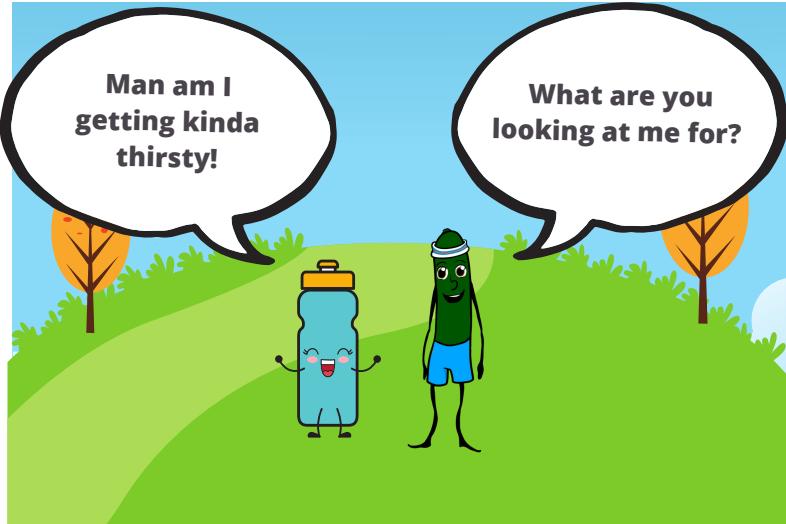
Eat a fruit and/or vegetable with each of your meals. By having one of your favorite fruits or vegetables with each meal, you will be more likely to make a habit out of eating them on a daily basis! This is a quick and easy way to ensure that you are getting enough of the nutrients you need to stay strong and healthy.



You don't have to stop eating all of your favorite snacks, such as chips and cookies, in order to be healthy! Eating healthy means eating things in moderation. That means that you will still be able to eat your favorite snacks, just remember not to eat too much of them!

Last, but certainly not least, make sure that you are drinking enough water!

There are many ways you can make sure that you are getting enough water. Making sure we are hydrated helps us stay energized and focused throughout the day! Here are some of our favorite tips!



Eat lots of fruits and vegetables. Did you know that your favorite fruits and vegetables, such as apples, oranges, cucumbers, and tomatoes have a lot of water in them? Not only will eating these every day help you get all of the nutrients you need, but it will also help you stay hydrated!

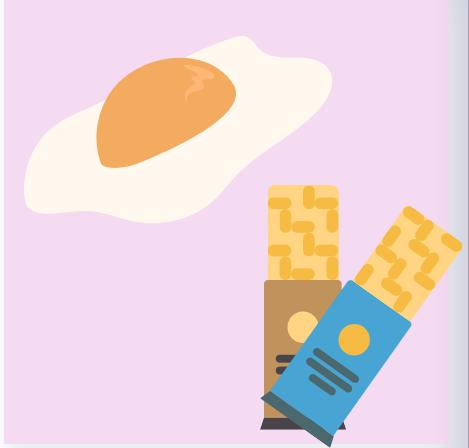
Try setting a daily routine with your water drinking! By setting specific times to drink water throughout the day, you will be more likely to remember to stay hydrated! A great way to see how well you are hydrating throughout the day is to use the water chart from the water activity!



Something that will remind you to stay hydrated is to bring a water bottle wherever you go! Water bottles help you remember to drink water, track your water intake, and carry water wherever you go! Decorate your water bottle with stickers to show off what you like!

Choose Wisely!

Good morning! It's Saturday and time to start the weekend, you get out of bed and pick out your favorite outfit, make your bed and brush your teeth, and then head to the kitchen to choose a breakfast option. Are you going to have eggs and strawberries, a granola bar and a banana, Lucky Charms, or skip it today?



If you chose eggs or a granola bar, follow this path.



If you decided to skip or have Lucky Charms, follow this path.



STOP

Nice Job! You chose a great breakfast, your breakfast was high in protein and vitamins! You'll have enough energy to choose any activity this morning.

Uh Oh, your breakfast was full of sugar which means you've quickly run out of energy to do something active like play outside or do something that requires brain power

You've worked up an appetite and are feeling hungry again. Good thing it's time for lunch! *Do you want a Lunchable with a cookie, a PB and J on whole wheat bread with orange juice and an apple, chicken nuggets and mac and cheese with a soda, or turkey and cheese sandwich with sliced carrots and bell peppers and water?*



If you chose the Lunchable or chicken nuggets, follow this path.



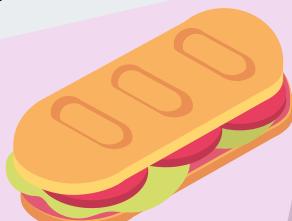
If you chose the PB and J or pinwheels, follow this path.

Unfortunately, your lunch didn't have any fruits or vegetables and included a sugary drink that made you feel tired and a bit sick. After lunch, you can choose to play outside with friends, but you might get a tummy ache.

Great job! Your lunch had fruits and vegetables and plenty of protein, so you feel energized and ready for another activity. Would you like to go on a bike ride or, play outside with your friends?

After a long day, your parents decide to grab take out for the family. Choose one of the four options:

Veggie Delight Sandwich from Subway with water



A happy meal from McDonalds with a burger, french fries, and a sprite.



A chicken taco from chipotle with lettuce and tomato, and a carton of whole milk



An orange chicken and chow mein kids meal from Panda Express with a glass of lemonade.



Great choice for dinner! You even have room leftover for dessert. Remember, it is okay to have a cookie (or two) or a slice of cake; moderation is key!

I guess that orange chicken was not the best option, so you get a tummy ache. When you eat it at night, these processed foods can lead to poor digestion, which can affect how you sleep

Whew what a day! Your day has finally come to an end, but you're not quite tired enough to go to bed just yet. What do you plan on doing to wrap your night up? Stay up late watching a movie reading a book and then heading to bed, doing a bit of yoga and then taking a bubble bath, or playing a video game with your siblings?

If you chose to watch a movie or play a video game, follow this path.



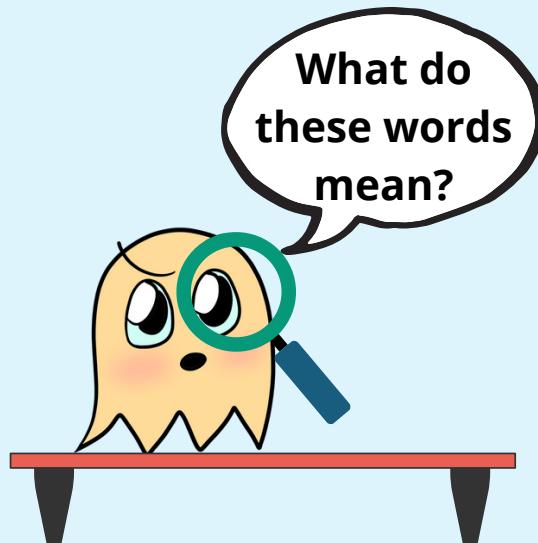
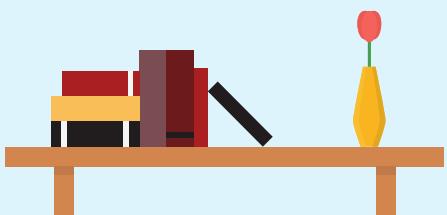
if you decided to read or do yoga, follow this path.

Because you chose to stay up late using electronics you may feel a bit tired the next day, luckily it is a Sunday and you do not have much to do!

You made a great decision to exercise your brain or body and then catch all the needed zzzs, you will be energized and refreshed tomorrow!



GLOSSARY



CARBOHYDRATES

Source of energy for your body. You can get carbohydrates from bread, pasta, and rice

EXERCISE

Any form of physical activity. It can include playing sports or going for a walk

FATS

Help your body absorb vitamins and minerals. Serve as a protection to your body and help you grow

MACRONUTRIENTS

Nutrients required in large amounts

MICRONUTRIENTS

Nutrients required in small amounts

NUTRIENTS

Nutrients are the substances within foods that are needed to keep our body healthy, to continue growing, and to stay strong!

PROTEINS

Nutrient that helps with growth and act as the building block of the body.

Citations

Anonymous. (2019). Mythbusting: Hydration. Tufts University Health & Nutrition Letter, 37(2), 1–7. <http://search.proquest.com/docview/2201628280/>

Barker, S., Bendelow, G., Mayall, B., Storey, P., & Veltman, M. (2002). Children's Health In Primary Schools. Taylor and Francis. <https://doi.org/10.4324/9780203454084>

Bray, G. A., & Popkin, B. M. (2014). Dietary sugar and body weight: Have we reached a crisis in the epidemic of obesity and diabetes?: Health be damned! Pour on the sugar. *Diabetes Care*, 37(4), 950–956. <https://doi.org/10.2337/dc13-2085>

Fadda, R., Rapinett, G., Grathwohl, D., Parisi, M., Fanari, R., Calò, C., & Schmitt, J. (2012). Effects of drinking supplementary water at school on cognitive performance in children. *Appetite*, 59(3), 730–737. <https://doi.org/10.1016/j.appet.2012.07.005>

Ploughman, M. (2008). Exercise is brain food: The effects of physical activity on cognitive function. *Developmental Neurorehabilitation*, 11(3), 236–240. <https://doi.org/10.1080/17518420801997007>

Post, R. C., Haven, J., Eder, J., Johnson-Bailey, D., & Bard, S. (2013). MyPlate Reaches More Frontiers. *Journal of the Academy of Nutrition and Dietetics*, 113(8), 1014–1017. <https://doi.org/10.1016/j.jand.2013.06.005>

Velardo, S., & Drummond, M. (2019). Australian children's discourses of health, nutrition and fatness. *Appetite*, 138, 17–22.

Westenhofer, J., Stunkard, A. J., & Pudel, V. (1999). Validation of the flexible and rigid control dimensions of dietary restraint. *The International Journal of Eating Disorders*, 26(1), 53–64. [https://doi.org/10.1002/\(SICI\)1098-108X\(199907\)26:13.0.CO;2-N](https://doi.org/10.1002/(SICI)1098-108X(199907)26:13.0.CO;2-N)

Wolfram, T. (2018). Tips to Help Kids Enjoy Fruits and Veggies. <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate>

