

WELLNESS

P a s s p o r t



PLACE NAME LABEL HERE

Acknowledgements:

Special thanks to Kathy Bowman, Design 2 Print Associates, Burkittsville, MD, who designed and printed the Wellness Passports.

This project was funded by a 2008 Team Nutrition grant from the United States Department of Agriculture and administered by the Maryland State Department of Education.

All portions of this Wellness Passport may be reproduced for nonprofit educational purposes with credit given to the source.

September 2010





How to Use the Passport:

This passport is yours to keep. It will help you keep track of activities that you do in school, after school, and at home that help to keep you healthy. There are two pages for each month of the school year from September through June. Your teachers may give you assignments or ideas for eating healthy or being physically active. You will keep track of those activities in the month you complete them.

Each month also has listed some nutrition or physical activity information, such as trivia or a specific theme for that month. Please read and share that with your family or friends.

SEPTEMBER

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

September is

Fruits and Veggies - More Matters Month

Why eat MORE fruits and veggies?

Color & Texture. Fruits and veggies add color, texture, and *appeal* to your plate.

Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.

Fun to Eat! Some crunch, some squirt, some you peel, some you don't, and some grow right in your own backyard!

**Fruits & Veggies are
Nutritious AND Delicious!**



OCTOBER

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

NATIONAL SCHOOL
LUNCH WEEK

What's on Your Tray?

“School Lunch - What's on Your Tray?”

Eating a healthy and nutritious school lunch is essential to help you get the most out of your action-packed day!

How colorful is your plate? Do you have at least 2 fruits and/or vegetables? Fruits and vegetables add color and lots of good nutrients. How about whole grains? Try a whole grain roll or pasta which adds fiber and B vitamins. Low fat milk gives you calcium and vitamin D for strong bones. Finally, meat or another protein source has nutrients to build muscle.

For more information about school meals, go to the School Nutrition Association website at www.schoolnutrition.org.



NOVEMBER

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

November is

American Diabetes Month

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that helps the body convert sugar, starches and other food into energy.

The cause of diabetes is a mystery, but factors such as obesity and lack of exercise appear to play roles.



What can I do to lower my chances of getting diabetes?

- Keep a healthy body weight
- Make healthy and wise food choices most of the time
- Be physically active for at least 60 minutes a day most days of the week

DECEMBER


	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

National Hand Washing Awareness Week


A cluster of several translucent blue bubbles with white highlights, floating in the top right corner of the dark blue header.

Washing your hands is the best way to stop germs from spreading. Whatever you did today, you came into contact with some germs. You can't wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick.

When are the best times to wash your hands?

- before eating or touching food
 - after using the bathroom
 - after blowing your nose or coughing
 - after touching pets or other animals
 - after playing outside
- 
- A vertical column of translucent blue bubbles of various sizes, floating down the right side of the page.

Remember these handy hints for washing:

1. Use warm water (not cold or hot).
 2. Use whatever soap you like.
 3. Work up some lather on both sides of your hands, your wrists, and between your fingers. Wash for about 10 to 15 seconds.
 4. Rinse and dry well with a clean towel.
- 
- A cluster of translucent blue bubbles at the bottom of the page, some overlapping the white content area.

JANUARY

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		



January is

Oatmeal Month

EAT UP YOUR OATS KIDS!

A study found that kids who eat oatmeal as opposed to cold cereal or no breakfast at all do better on memory tasks, important for math or geography skills.

Did you know that oats, along with wheat, corn and rice, are among the most common whole grains eaten in America? Like other whole grains, oats can help your digestion, help you maintain a healthy weight and help fight heart disease.



FEBRUARY

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

February is

American Heart Month



CELEBRATE THE HEALTH OF YOUR HEART!

Be a heart hero and join other kids in saving lives. Join the Jump Rope for Heart event. The money you raise will go to research to help people with heart disease. To learn more, visit www.aahperd.org/jump/.

You may also consider getting involved in the Go Red For Women campaign, sponsored by the American Heart Association. Band together and wipe out heart disease - the #1 killer of American women and of men! Pick a day during the month and designate it as "Wear Red Day" in your school. Create a red bulletin board and have red cutouts available for students to write messages of how they take care of their hearts. For more information, visit www.goredforwomen.org.



MARCH

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

March is

National Nutrition Month

Created by the American Dietetic Association focused on making healthy food choices and developing sound physical activity habits

Did you know?

- It would take 5 hours of jogging for a 150 pound person to burn off 1 pound of fat
- Drinking decaffeinated drinks all day can deplete the body of important nutrients, including water
- Vitamin C is necessary for your body to absorb iron
- Our liver can store up to a year's supply of Vitamin A that the body needs
- An American eats an average of 139.7 pounds of potatoes a year
- The first fruit eaten on the moon was a peach
- Blueberries have more antioxidants than any other fruit or vegetable



APRIL

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

April is

National Garden Month



Get involved in your school's garden. If you don't have one, help to get one started. Learn how your food grows – and have fun in the outdoors!

Did you know. . .

- That kids ages 6-12 only eat 2 ½ fruits and vegetables a day?
- That kids need at least 5 fruits and vegetables a day?

Why not plant some carrots, tomatoes, radishes, strawberries, or watermelon and enjoy these luscious fruits and vegetables throughout the summer?

Plant a grapevine wigwam! Pound stakes into the soil. Cut wild grape vines and weave them around the stakes, twisting the tops of the vines together to form a roof. Weave pine boughs and branches into the vines to flesh out the sides and otherwise decorate the wigwam.



MAY

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		

May is

Physical Fitness and Sports Month



Get up and out and enjoy your favorite activities

Take action to promote your fitness:

- Walk up and down the stairs instead of taking the elevator
- Walk or ride your bike to and from school if it is safe
- Play with your pets and your friends outside
- Start a walking club at school
- Instead of watching tv or playing sitting games, find a physical activity you can do with friends

Try to get 60 minutes of physical activity most days of the week



JUNE

	NUTRITION	PHYSICAL ACTIVITY
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		



June is

National Dairy Month

MyPyramid recommends 3 servings of dairy foods a day.

Why is it important to eat dairy foods? They are the richest source of calcium which is needed for strong bones and teeth.

How do I get my dairy?

- Make a smoothie using fruited yogurt, a banana, fresh or frozen fruit and ice
- Try low-fat pudding or yogurt for your sweet tooth
- Have a bowl of whole grain cereal with low-fat milk as a snack
- Try nonfat or 1% milk as your drink at least one meal a day



Enjoy Moving

Less

Sitting Around

Enough

**Stretching and Building
Your Muscles**

More

**Making Your Heart Work
Harder**

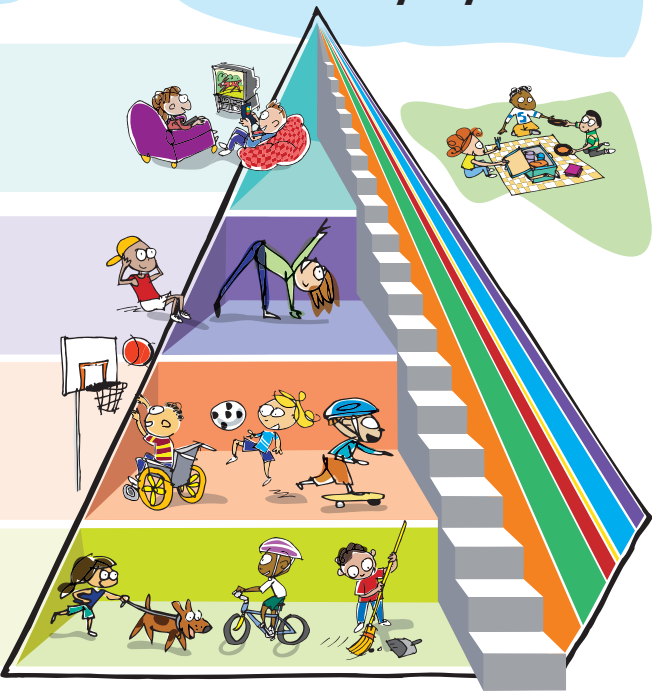
Plenty

**Moving Whenever
You Can**



*Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Be physically active every day*



U.S. Department of Agriculture
Food and Nutrition Service
May 2007
FNS 402

USDA is an equal opportunity provider and employer.

Enjoy Moving

*Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

Do Plenty

Moving Whenever You Can

- Walking the dog
- Sweeping
- Taking the stairs instead of the elevator
- Playing outside
- Vacuuming
- Dusting
- Riding a bike
- Throwing a ball



Do More

Making Your Heart Work Harder

- Playing baseball or softball
- Playing soccer
- Jumping Rope
- Skateboarding
- Gardening/Yard work
- Running/Jogging
- Playing basketball
- Swimming
- Hiking
- Playing Tennis
- Dancing
- Skipping



Find your balance between eating and physical activity.

Be physically active every day*

Do Enough

Stretching and Building Your Muscles

- Sit-ups
- Push-ups
- Martial arts
- Lifting free weights or strength training
- Stretching
- Yoga
- Pull-ups



Do Less

Sitting Around

- Playing on the computer
- Watching television
- Playing electronic games
- Talking on the phone
- Sitting still for hours



Eating smart choices from every food group and being physically active work together for a healthier you!

For more information go to: MyPyramid.gov and teamnutrition.usda.gov.



U.S. Department of Agriculture
Food and Nutrition Service
May 2007
FNS-402

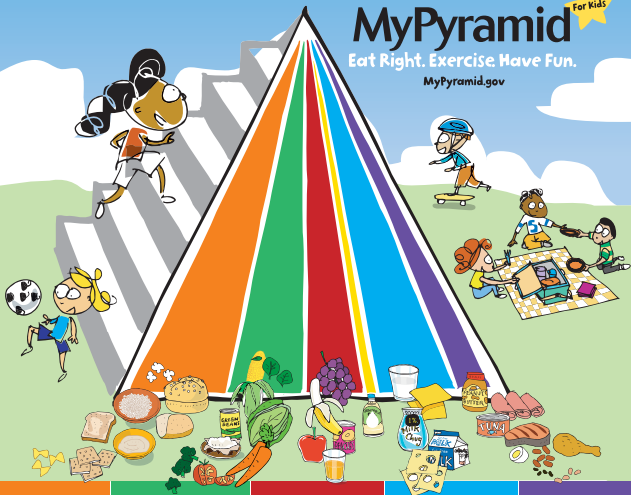
USDA is an equal opportunity provider and employer.

For Kids

MyPyramid

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Vegetables

Vary your veggies

Fruits

Focus on fruits

Milk

Get your calcium-rich foods

Meat & Beans

Go lean with protein

Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade - it all counts. How great is that!

Fats and sugars - know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



U.S. Department of Agriculture
Food and Nutrition Service
September 2005
FNS-381



USDA is an equal opportunity provider and employer.