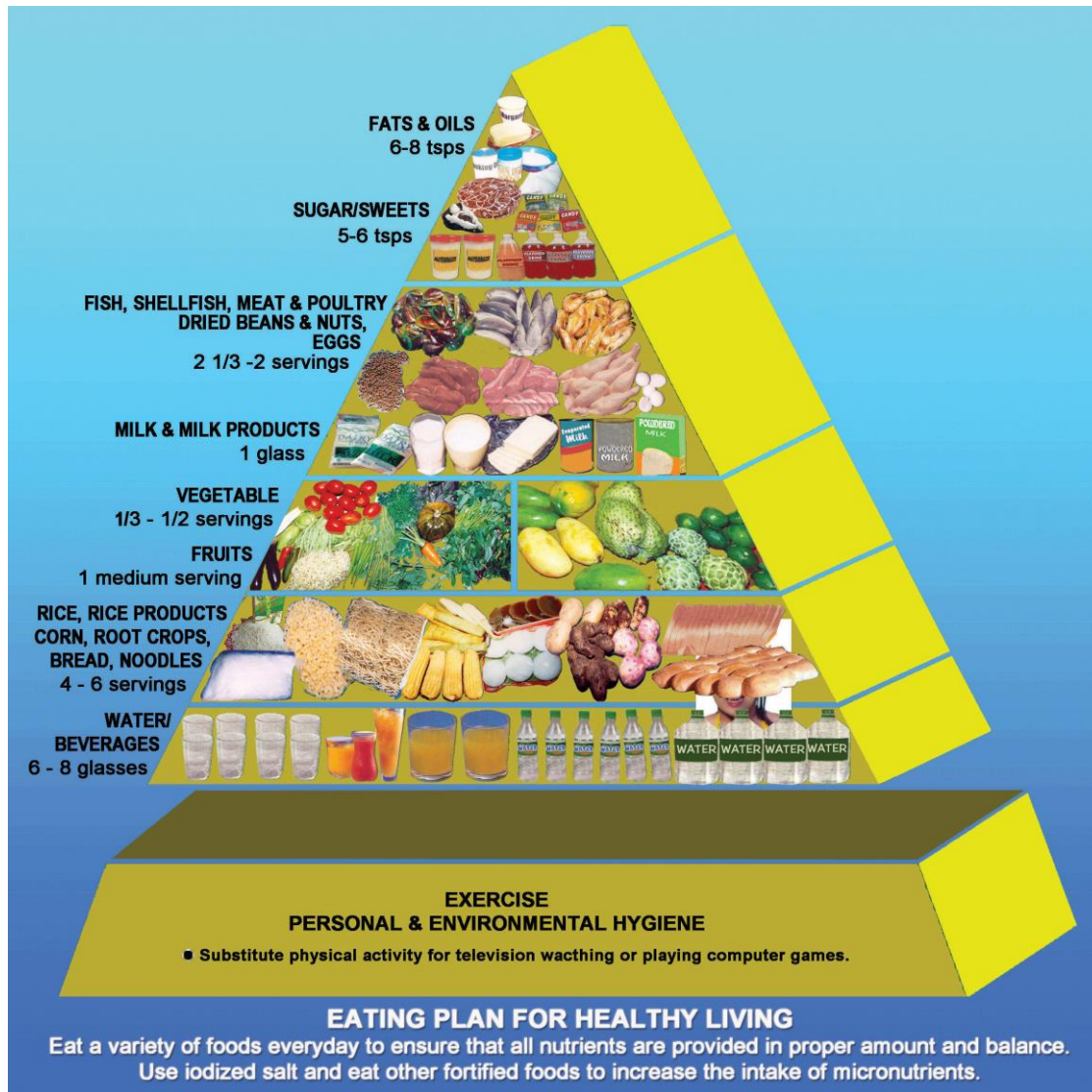


The Healthy Living Pyramid for 7- to 12-year olds

Children's food pyramid is a nutrition guide designed to assist parents in choosing healthy foods for children aged between 7 and 12 years. It is designed to promote healthy eating habits, to be followed for life.

The pyramid contains five main categories of food necessary for a healthy diet. Also, the food pyramid emphasizes that foods high in fat, oils and sweets should be eaten in moderation.














FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

When do I earn a red, an orange or a green mark?












		Red	Orange	Green
1	Water / beverage	1-2-3 glasses 10+ glasses	4-5 glasses 9-10 glasses	6 – 8 glasses
2	Rice – rice products – corn – root crops – bread - noodles	- 3 servings + 7 servings	7 servings	4 - 6 servings
3	Fruits	No fruit	+ 3 medium servings	1 medium serving
	Vegetables	No vegetables	1/3 cup serving	½ cup serving
4	Fish – shellfish – meat & Poultry – dried beans and nuts, Egg	0 servings 3 servings or +	1 - 2 servings	2 1/3 – 2 servings
	Milk & milk Products	0 glasses	½ glass 2 glasses	1 glass
5	Fats & oils	8 + tsps 3 - tsps	7 tsps 3 tsps	6 tsps
	Sugar / sweets	7 + tsps	6 tsps	5 tsps
	Exercises			
	Washed my hands			
	Brushed my teeth			
	Distraction			
	Sleep			

Food Group	What means ‘a serving’?
Grain Group	1 slice of bread 1/2 cup of cooked rice or pasta 1/2 cup of cooked cereal 1 ounce of ready-to-eat cereal
Vegetable Group	1/2 cup of chopped raw or cooked vegetables 1 cup of raw leafy vegetables
Fruit Group	1 piece of fruit or melon wedge 3/4 cup of juice 1/2 cup of canned fruit 1/4 cup of dried fruit
Milk Group	1 cup of milk or yogurt 2 ounces of cheese
Meat Group	2 to 3 ounces of cooked lean meat, poultry, or fish. 1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.
Fats and Sweets	Chocolates Pastries Oils, Butter, Margarines Limit calories from these.










Wednesday

B	R	C	F	V	Mk	E	F	M	S	F	Bev	Ex
B	B	P					Be	N		O		15'
	R	C	F	V	Mk	E	F	M	S	F		
	R	C	F	V	Mk	E	F	M	S	F		SI
	R	C	F	V	Mk	E	F	M	S	F		
S	R	C	F	V	Mk	E	F	M	S	F		
	R	C	F	V	Mk	E	F	M	S	F		
Quantity of												
coloured marks												
















Thursday

B	R	C	F	V	Mk	E	F	M	S	F	Bev	Ex
B	B	P					Be	N		O		15'
	R	C	F	V	Mk	E	F	M	S	F		
L	R	C	F	V	Mk	E	F	M	S	F		SI
	R	C	F	V	Mk	E	F	M	S	F		
S	R	C	F	V	Mk	E	F	M	S	F		
	R	C	F	V	Mk	E	F	M	S	F		
Quantity of												
coloured marks												

Sunday

B	R B	C P	F	V	Mk	E	F Be	M N	S	F O	Bev	Ex 15'
	R B	C P	F	V	Mk	E	F Be	M N	S	F O		
L	R B	C P	F	V	Mk	E	F Be	M N	S	F O		SI
	R B	C P	F	V	Mk	E	F Be	M N	S	F O		
S	R B	C P	F	V	Mk	E	F Be	M N	S	F O		
	R B	C P	F	V	Mk	E	F Be	M N	S	F O		
Quantity of coloured marks												

Summary of this week

	R B	C P	F	V	Mk	E	F Be	M N	S	F O	Bev	Ex	SI
#													
#													
#													
What do I think about my 'healthy living' this week?													

Remarks for this week and adaptations to the future

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