

# TABLE OF CONTENTS

Dedication .....	5
About the Author .....	6
Introduction for Kids .....	8
Story – A New Start .....	9
Chapter 1: The Worst Day Ever .....	11
Chapter 2: Changes Are Coming .....	19
Chapter 3: Gathering Facts .....	31
Chapter 4: Sticking to It .....	41
Chapter 5: Epilogue .....	52
Picture Me .....	55
Important Facts to Remember .....	56
Effective Goal Setting .....	57
“A New Start” Contract .....	59
Food Guide Pyramid for Young Children .....	60
Food Guide Pyramid for Children Over 6 & Adults .....	61
Eating Guidelines from the USDA .....	62
My Weekly Menu .....	64
My Food Journal .....	65
The Benefits of Exercise .....	66
My Exercise Goals .....	67
My Exercise Journal .....	68
Jumping Rope Can Be Fun! .....	69
Jump Rope Rhymes .....	70
“A New Start” Rap .....	71
A Note to Parents .....	72
Glossary .....	74
Questions .....	76
Making Wise Choices .....	81
Answer Key .....	82
Resources .....	87

# THE STORY...

## CHAPTER 1—THE WORST DAY EVER

Randall Garrett was a 9-year-old boy who enjoyed school, watching TV, playing video games and being with his friends. He was an only child and he lived with his mom in a small house, not too far from school.

If you asked someone who knew Randall to describe him, that person might say that he was smart, kind and friendly. One more descriptive adjective that person might use for Randall was “big.”

Yes, Randall Garrett could certainly be considered “big.” In fact, his whole family, which included his grandma and grandpa, two aunts and one uncle, was “big.” At least that is what Randall’s mother called it. The kids at school called it “fat.”

According to his mother’s stories, Randall had been born big. Randall’s mom had always stated with motherly pride that he was the biggest baby in the maternity room at the hospital, and that fact didn’t change with age.

Randall could never remember a time that he wasn’t bigger than all the other kids his age. He had always worn clothes that were labeled “husky,” and his mom had always told him that he had a little “baby fat” on him that would disappear as he got older.

When he was in Kindergarten and 1st grade, Randall didn’t mind being big at all. Nobody cared much about his size because Randall was nice and he was fun to play with. He played with the kids and enjoyed school. The only activity he couldn’t take a part in was the seesaw. He couldn’t seesaw with any other kid, because the seesaw would stay down on his side when he sat on it. But other than being excluded from this one activity, Randall was happy and had fun with his friends.

# IMPORTANT FACTS TO REMEMBER

56

- Set realistic and measurable goals for yourself.
- Your realistic goals can be achieved if you believe that they can truly happen.
- It will help you to achieve your goals if you keep the end result (the picture of the whole new you!) in your mind at all times.
- Nobody is perfect. If you experience a set-back, just try again!
- Don't eat in front of the TV. You might end up eating more than you ever planned.
- Eat small bites slowly. You will realize when you are full!
- Think for yourself. Don't be ruled by what your friends are eating or what a TV commercial suggests you should eat.
- Move around as much as possible. Remember that the USDA says that kids should get an hour of exercise a day.
- Drink water instead of sugary soda and juices.
- Drink low-fat milk. (Children under two can ignore this advice!)
- Plan your meals using the USDA Food Pyramid.
- Plan the amounts you will eat using the USDA dietary guidelines.
- Make sugary or salty "junk food" an occasional treat, not an everyday occurrence.
- Eat healthy snacks, such as plain popcorn, raw vegetables, fruit and nuts.
- Don't skip meals or try to go on a diet. That doesn't work!
- Don't eat snacks before bedtime.
- Don't eat to reward yourself for a good day or console yourself for a bad day. Find other ways to feel good about yourself.

# EATING GUIDELINES FROM THE USDA

62

The Food Pyramid suggests that a child 2-6 years old eat the following each day:

- 6 servings from the grain group
- 3 servings from the vegetable group
- 2 servings from the fruit group
- 2 servings from the milk, cheese and yogurt group
- 2 servings from the meat, poultry, fish, dry beans, eggs and nuts group

For children over the age of 6, the numbers vary a little:

- 6-11 servings from the grain group
- 3-5 servings from the vegetable group
- 2-4 servings from the fruit group
- 2-3 servings from the milk, cheese and yogurt group
- 2-3 servings from the meat, poultry, fish, dry beans, eggs and nuts group

## WHAT COUNTS AS A SERVING?

### *Grain Group*

- 1 slice of bread
- About 1 cup of cereal
- 1 cup of cooked cereal, rice or pasta
- 1 bagel

### *Vegetable Group*

- 1 cup of raw leafy vegetables
- 1 cup of other vegetables, cooked or raw
- 1 cup of vegetable juice

### *Fruit Group*

- 1 medium apple, banana, orange or pear
- 1 cup of chopped, cooked or canned pears
- 1 cup of fruit juice

### *Milk, Yogurt, and Cheese Group*

- 1 cup of milk or yogurt
- 1 ounce of natural cheese  
(such as Cheddar)
- 2 ounces of processed cheese  
(such as American)

### *Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group*

- 2-3 ounces of cooked lean meat, poultry or fish
- 1 cup of cooked dry beans
- 2 Tablespoons of peanut butter counts as-1 ounce of lean meat
- 1 egg counts as-1 ounce of lean meat

# MY EXERCISE JOURNAL

For the week of \_\_\_\_\_

68

Are you getting your daily 60 minutes of exercise in each day? Keep a record of what you have done. If you exercise vigorously, you are exercising your muscles, your heart and your lungs, and you are burning lots of calories.

Make copies of this worksheet, so that you can continue to keep track of your exercise schedule. Be sure to write down what you did for exercise each day. Also write how many minutes you did it.

Sunday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
Monday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
Tuesday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
Wednesday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
Thursday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
Friday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
Saturday	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____
	Exercise: _____	Minutes: _____