

# The Five Day Fun, Food and Fitness Challenge

A vibrant green background features a central cartoon illustration of a young boy with blonde hair in a blue shirt and a young girl with brown hair in a green shirt. Both are smiling and giving a thumbs-up. They are surrounded by various anthropomorphic fruits and vegetables with faces, including a banana, an apple, mushrooms, a potato, a tomato, an orange, a bell pepper, a pear, an eggplant, a pumpkin, and broccoli. The text 'The Five Day Fun, Food and Fitness Challenge' is written in a large, white, bubbly font with a green outline.

Presented by: Kids Cancer Research Trust

Kids Cancer Research Trust actively promotes healthy living through all stages of life from childhood onwards to reduce the risks of lifestyle diseases including cancer.

A healthy lifestyle includes eating good food and being active every day. Eating well is a habit that children should be encouraged to learn and includes eating a wide variety of nutritious foods. Learning some basic food preparation and knowing how to keep this food safe are also important skills for us all to learn. Doing things together as a family, even simple things like sharing a meal or going for a walk, helps develop strong relationships and gives children a sense of self worth.

This activity booklet, aimed at primary school children, focuses on the public health messages of encouraging healthy eating and regular activity. Opportunity has been given for children using this booklet to record their progress. An evaluation page is included at the end of the booklet.

Kids Cancer Research Trust is a non-profit trust which raises funds to support the following objectives:

- Supporting hospitals to purchase equipment.
- Funding scientific or medical research, fellowships or scholarships.
- Providing financial assistance for therapeutic options or families.
- Providing accommodation for children and their families.
- Increasing awareness of prevention measures.

# For Kids

This booklet contains great information about good food and exercise to help keep us healthy.

For five days in a row there are some interesting facts and some fun activities to try... Are you ready to take the challenge?

Look for these symbols to guide you...



## Pencil

You fill in the blanks



## Red box

A 'did you know' fact



## Blue box

A healthy recipe

**HINT:** Before you prepare any food, remember to wash your hands with warm soapy water and check with an adult if you need any help or permission.

## This book belongs to

Website [www.kidscancer.org.au](http://www.kidscancer.org.au)

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**kids cancer**  
research trust



**Education & Training**



# Monday

## Eating rainbows

How many different coloured fruits and vegetables can you eat today? What about tomorrow? Tick the box



<input type="checkbox"/>	Red	<input type="checkbox"/>	Blue
<input type="checkbox"/>	Orange	<input type="checkbox"/>	Purple
<input type="checkbox"/>	Yellow	<input type="checkbox"/>	White
<input type="checkbox"/>	Green	<input type="checkbox"/>	Brown

## Be a detective

Next time you go to the shops, hunt down a fruit or vegetable that you haven't tried before.

Have you seen a star fruit?

What about a yellow squash or fresh beetroot?

Be a taste tester – you may find a new favourite!

## Did you know



Different coloured fruits and vegetables give us different nutrients. We need to eat lots of different foods so that we can get all of the nutrition we need to be healthy. Aim to eat 5 vegetables and 2 fruits each day!



## Make your own

### Frozen grape, banana and strawberry snacks

A great treat on a hot day.

You need –

- 1 small bunch of grapes
- ½ punnet strawberries
- ½ banana
- juice of ½ a lemon

1. Wash and dry the grapes and strawberries.
2. Take the leaves off the strawberries.
3. Ask an adult to slice the banana and dip the pieces into the lemon juice.
4. Place all of the fruit on a plastic plate.
5. Put the plate in the freezer for 3 hours or until frozen!
6. Enjoy!



## Mini olympics

### Invent an Olympic circuit in your back yard.

Here are some ideas:

Station 1... do 10 star jumps.

Station 2... touch your toes 10 times.

Station 3... run on the spot while you count to 60.

Station 4... hop 20 times on each leg.

Station 5...

(Write your own idea)

Can you do this circuit every day until the end of the week?

Monday  Tuesday  Wednesday  Thursday  Friday



# Tuesday

## Breads and cereals

Breads and Cereals provide our bodies with carbohydrate for energy, plus vitamins, minerals and fibre. Breads come in many different varieties, so try something new for a change - multigrain, wholemeal, rye, sourdough. Wholegrain breads and cereals are the healthiest so try to eat them more often (eg multigrain bread).

### Make your own

#### Zebra sandwich

You need –

- 1 slice of multigrain bread (or white high fibre bread)
- 1 slice of wholemeal bread
- margarine or mashed avocado
- your favourite sandwich fillings (add some lettuce, cucumber, tomato to boost your veggie serves!)

1. Wash your hands.
2. Spread both slices of bread with a little margarine or avocado.
3. Place your filling on one slice of bread.
4. Top with the other slice of bread.
5. Ask an adult to cut the sandwich into three fingers.

If you are really hungry you could use two slices of multigrain bread and a slice of white high fibre bread in the middle for a truly stripy triple decker zebra sandwich!



### Did you know



Getting enough sleep each day is important for healthy bodies. We grow when we are asleep. 8 to 10 year olds need around 10 hours of sleep each night.

Keep a record for the next three nights to see how much sleep you are getting.

I went to bed at  PM  
 I woke up at  AM  
 I slept for  hours



I went to bed at  PM  
 I woke up at  AM  
 I slept for  hours

I went to bed at  PM  
 I woke up at  AM  
 I slept for  hours

### Screen time

'Screen time' is the amount of time you spend in front of a screen. For example, watching TV, playing video games or using a computer.

What types of screens can you find in your house?

How many screens do you have in your home?

There are  screens in our home.

How much time do you spend in front of a screen each day?

Time yourself over the next few days.

Day 1  hours  minutes

Day 2  hours  minutes

Day 3  hours  minutes

You should not spend more than two hours a day on screen time.

Instead of watching a screen all day go outside and play!



# Wednesday

## Be food safe

Germs can grow on food that isn't stored properly... and this can make you sick – yuk!

Serve healthy food to your friends:

- Always wash your hands with soap and warm water before you start to cook.
- Wash all fruits and vegetables before you eat them.
- Store food in the right way – keep cold food cold. You could freeze your drink bottle to help keep your lunch box cool on hot days.
- Keep raw meat away from other foods.
- Always check the 'use by' dates on ingredients you use.

## Did you know

To live and grow, germs need food and drink, a warm home and time.



## Make your own

### Home made cereal munch snack

You need –

- 1 cup of plain, dry breakfast cereal pieces
- ¼ cup of dried fruit (sultanas, dried apricot or apple pieces)

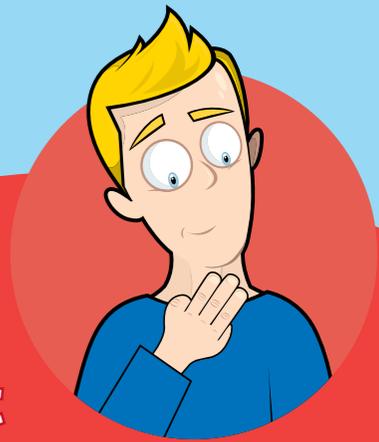
1. Mix the cereal and the dried fruit together.
2. Place your snack in a bowl and serve.



## Stay active

To stay healthy you should do at least one hour of physical activity every day. But more is better.

Some activities should be **moderate** activities (like brisk walking, bike riding or active play) and some should be **vigorous** activities that make you "huff and puff" (like ball sports, running games, swimming laps or very active play).



## Experiment

### Find and measure your pulse

Place three fingers on your Adam's apple. Slide your fingers over your Adam's apple and down into the groove beside it. Push gently and you should feel your pulse (heart beat).

Or place three finger tips just below your wrist crease at the base of your thumb. Feel around and you should feel your pulse (heart beat).

Count how many times your heart beats in 15 seconds after doing the following:

- Sitting down quietly  beats
- Walking a lap of the oval  beats
- Running a lap of the oval  beats

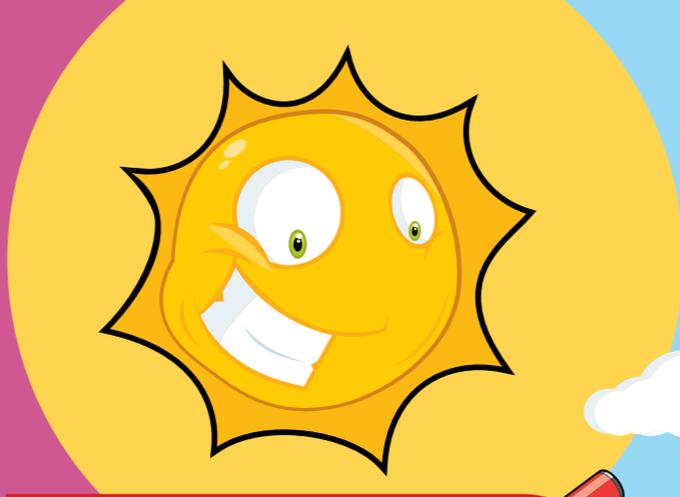
What happened to your heart beat as the exercise got harder?

What happened to your breathing?

Doing some **vigorous** activity every day is important because it helps to make your heart and lungs stronger.



# Thursday



## Dairy foods

Dairy foods like milk, cheese and yoghurt contain lots of calcium, which we need to build strong bones and healthy teeth. It is best to choose low fat or reduced fat dairy foods most of the time. Some children get their calcium from calcium enriched soy milks.

## Did you know



Sunshine helps our body make Vitamin D – which is also important for strong bones. A little sun is good but too much is not. Be SunSmart – remember to SLIP, SLOP, SLAP, SEEK & SLIDE.

## Make your own

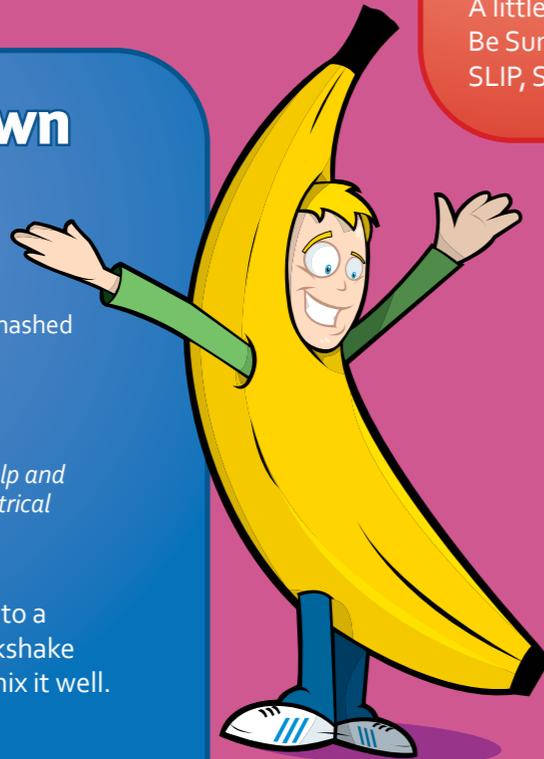
### Yoghurt and banana smoothie

You need –

- 1 ripe banana, peeled and mashed
- ½ cup of low fat vanilla flavoured yoghurt
- 1 cup of low fat milk

\* *Make sure you ask for adult help and permission before you use electrical equipment to make this recipe.*

1. Wash your hands.
2. Put all of the ingredients into a blender or a hand held milkshake maker, put the lid on and mix it well.
3. Pour your drink into a glass and enjoy!



## Healthy teeth

Remember to brush your teeth every morning after breakfast, and every night before bed. It should take about 3 minutes to brush them properly.

Time yourself next time you brush?

minutes  seconds



Make sure you spit out the toothpaste after brushing, but don't rinse your mouth. The little bit of toothpaste that stays on your teeth helps protect them even longer.

Don't have too many sugary foods, soft drinks or fruit juices because they can feed the germs that damage your teeth and gums.

Tap water is the best drink because it contains fluoride that helps protect your teeth.

## Try the catchy challenge

Throw a ball into the air and catch it again. Gradually throw it higher and higher. Now throw the ball up and clap as many times as you can while the ball is in the air.

How many times could you clap and still catch the ball?

times



Now work with a partner and stand 1 metre apart. Throw the ball to each other. Take one step away from each other and throw again.

How many steps apart can you go throwing underarm?

steps

How many steps apart can you go throwing overarm?

steps



# Friday

## Drink more water

When you are really thirsty water is the best drink to quench your thirst. How much water do you drink each day?

Fill a jug with water and put it in the fridge. Keep a count of the number of cups of water you drink today.

Colour in the cups – as you drink the water.



## Did you know



About two thirds of our body is made up of water. We get some water from the fruits and vegetables that we eat – like the guacamole dip on this page.

## Make your own

### Guacamole dip

You need –

- 1 soft avocado
- juice of  $\frac{1}{2}$  a lemon
- 2 tablespoons plain yoghurt
- 1-2 teaspoons sweet chilli sauce

1. Wash your hands.
2. Carefully cut the avocado in half and take out the seed.
3. Scoop the flesh from the avocado and place it in a bowl.
4. Add the lemon juice, yoghurt and sweet chilli sauce.
5. Mix everything together with a fork until it is nearly smooth.
6. Serve with cut up carrot sticks, celery sticks, raw cauliflower and red or green capsicum.



## Plan some weekend activities

Use the spaces below to plan three activities that you could do this weekend. Remember to be SunSmart.

Some ideas:

- Walk or run along the beach
- Play at your local playground, park or oval
- Go cycling or scooting along a bike track
- Kick a ball, fly a kite or throw a frisbee
- Walk or run the dog
- Play basketball, tennis or soccer with family or friends
- Walk to the local library – borrow a book while you are there
- Challenge your family to a new “Mini-olympics”
- Do some gardening – work together with your family to pull up the weeds or sweep the paths.

Activity 1

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Activity 2

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Activity 3

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Report back to your class on Monday about how many of these activities you completed.



# How did you go this week

Which activity did you enjoy doing the most?

Which recipes did you try?

- Frozen grape, banana and strawberry snack
- Cereal munch snack
- Zebra sandwich
- Banana smoothie
- Guacamole dip

Which recipe was your favourite?

List two things that you learned from this booklet.



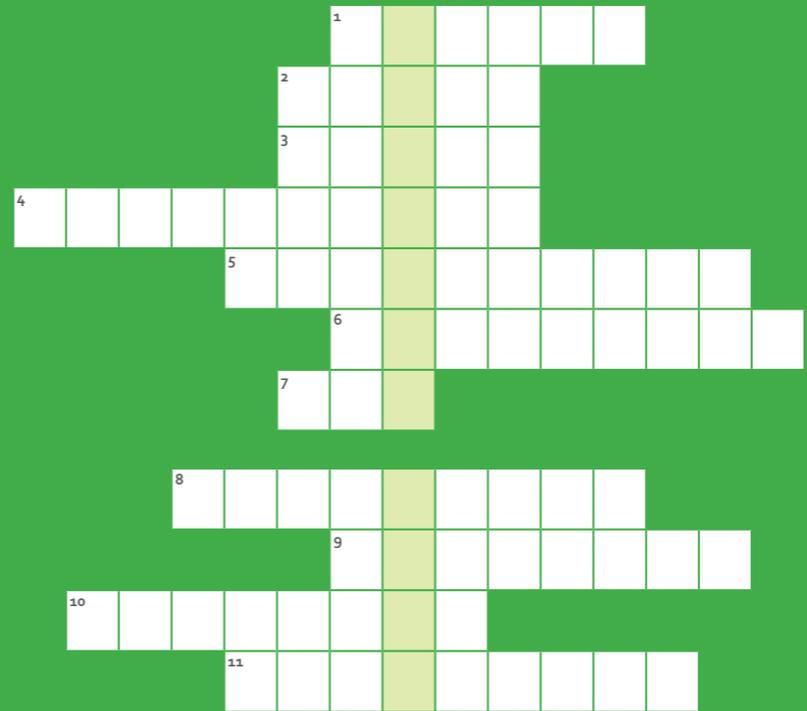
## Did you know

This booklet was printed on 100% recycled paper.



# Find the hidden message!

Answer all 11 questions to reveal the hidden message. Use the information in this book to help you.



- Q1: Low fat milk, yoghurt and \_\_\_\_\_ contain lots of calcium for our bones and teeth. (p8)
- Q2: Healthy 8-10 year olds need about 10 hours of \_\_\_\_\_ every night. (p4)
- Q3: Activities that make you "huff and puff" make your \_\_\_\_\_ and lungs stronger. (p7)
- Q4: Eat as many different colours of fruit and \_\_\_\_\_ as you can! (p2)
- Q5: One of the healthiest breads you can eat is \_\_\_\_\_ bread. (p4)
- Q6: The five day fun, food and fitness \_\_\_\_\_ for kids. (cover)
- Q7: You should not have more than 2 hours of screen time each \_\_\_\_\_. (p5)
- Q8: \_\_\_\_\_ is often called "The most important meal of the day".
- Q9: \_\_\_\_\_ activity makes your heart beat faster and makes you "huff and puff". (p7)
- Q10: Tap water is best for your teeth because it has \_\_\_\_\_ in it. (p9)
- Q11: One of the 5 ways we protect ourselves from the sun is with \_\_\_\_\_.

Hidden message

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