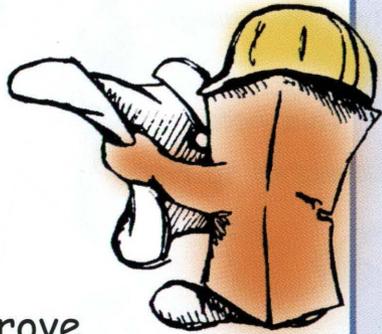


Healthy Kids are Smart Kids

Well-nourished kids
perform better in school.



Physical
activity
helps improve
physical and
emotional health.



Positive body
image is
associated
with higher
self-esteem
and confidence.

Healthy Weights for Healthy Kids Program

For youth ages 7 to 14, targeting 3rd
through 7th grades.

This program is implemented
through Virginia 4-H Smart Choices
Nutrition Education Program
(SCNEP) at the following Virginia
Cooperative Extension locations:

Accomack	Lunenburg
Albemarle	Lynchburg
Alexandria	Mecklenburg
Arlington	Newport News
Bedford	Norfolk
Brunswick	Petersburg
Buchanan	Portsmouth
Buckingham	Prince Edward
Charlottesville	Prince William
Chesterfield	Richmond City/ County
Grayson	Roanoke City
Halifax	Rockingham
Hampton	Russell
Lee	Surry

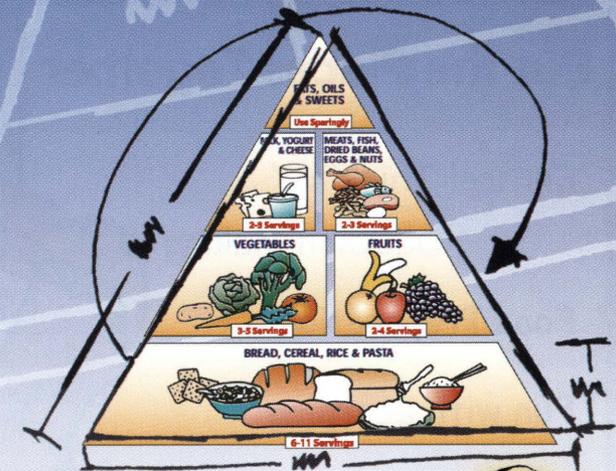
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Publication 360-004

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VT/638/0203/3M/232305/360004

Healthy Weights for Healthy Kids



Virginia Cooperative Extension

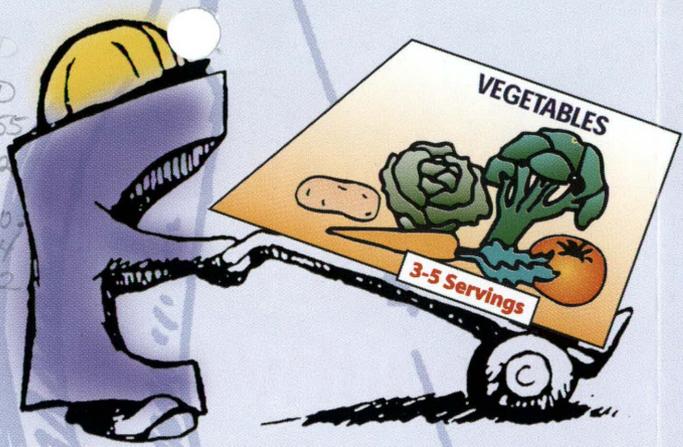


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AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY

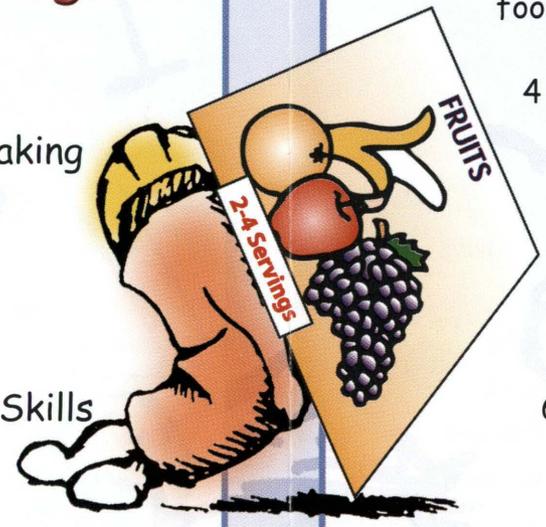
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Healthy Weights for Healthy Kids Smart Lessons

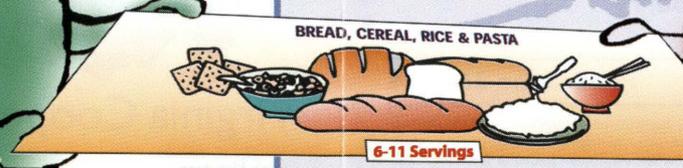
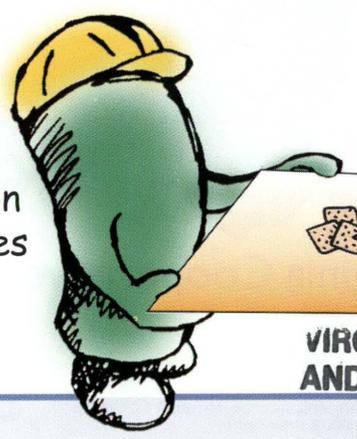
- 1 - Smart Image: Developing a healthy view of one's body and self
- 2 - Smart Foods: Making choices based on the Food Guide Pyramid
- 3 - Smart Choices: Choosing healthy foods and healthy portions
- 4 - Smart Drinks: Making healthy drink choices
- 5 - Smart Snacks: Choosing & preparing healthy snacks
- 6 - Smart Activities: Engaging in physical activities

All lessons are integrated with the Virginia Standards of Learning.



Put the Pieces Together

- Critical Thinking/
Decision Making
- Food Preparation
- Fun with Learning
- Group Interaction Skills
- Food Tasting
- Games
- Videos
- Hands-on Activities



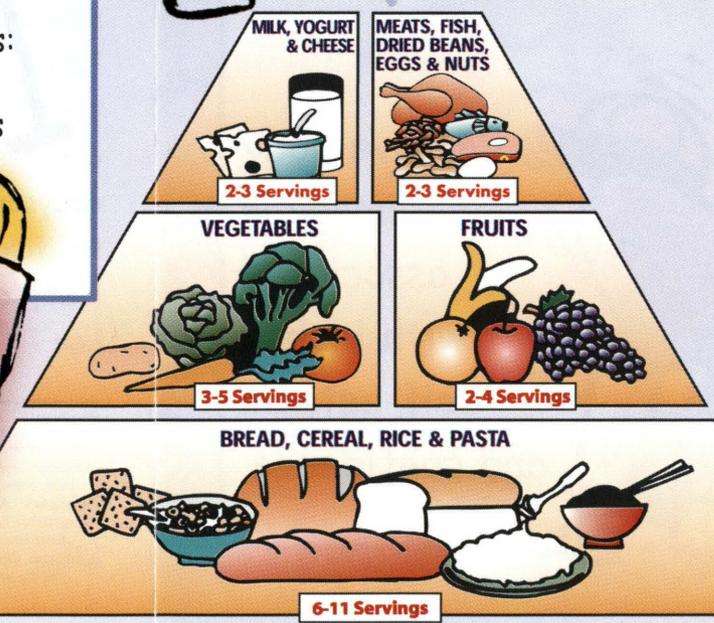
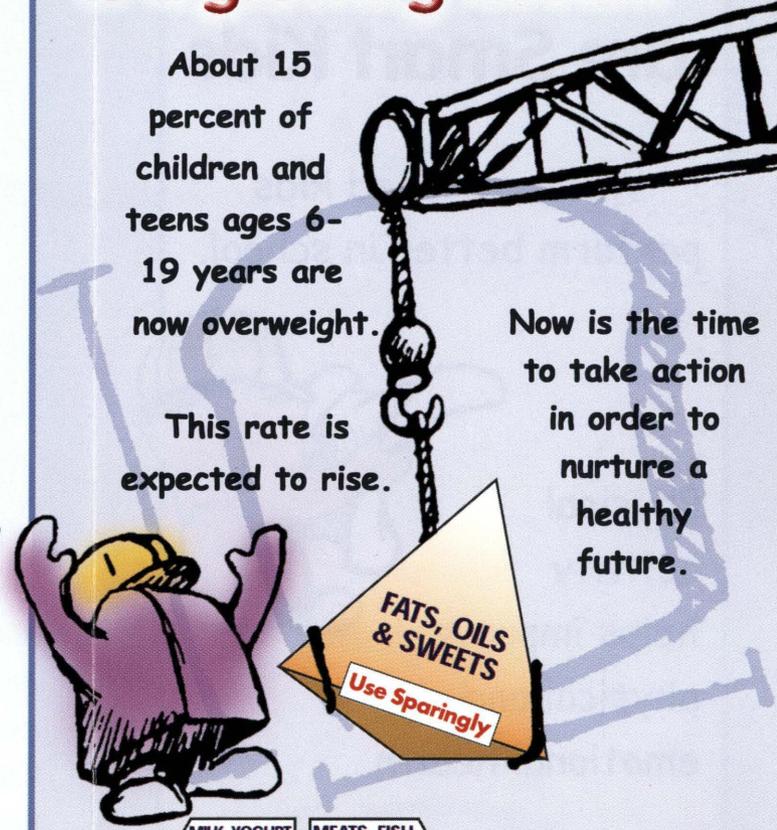
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Childhood Overweight is a growing issue...

About 15 percent of children and teens ages 6-19 years are now overweight.

This rate is expected to rise.

Now is the time to take action in order to nurture a healthy future.



6-11 Servings