



HEALTHY B.A.S.I.C.S. (Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

For additional information, contact:



475 Riverside Drive, Suite 630
New York, NY 10115

The Children's Health Fund (CHF) produces low-literacy, culturally relevant health education booklets and brochures to simplify complex medical issues affecting families and children. The materials make vital health information accessible to children, teenagers, parents and other care givers. They are created by clinicians within CHF's national network and undergo an extensive review process, which includes external topic experts and cultural anthropologists. English and Spanish materials adhere to low-literacy writing and design conventions and are tested for appropriate reading levels.

www.ChildrensHealthFund.org

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Children's
Health Fund

HEALTHY B.A.S.I.C.S.

COOL KIDS EAT HEALTHY FOOD



Be Cool!
Eat Smart
And
Feel Great!



Be Smart: How to Eat Healthy

Eat Slowly. Chew each bite well.

Turn off the TV when you eat.

Sit down to eat.

When you can, eat with your family.

Eat breakfast, lunch and dinner everyday.

Choose healthy snacks:

- Raw vegetables
- Piece of fruit
- Yogurt
- Low-fat cheese



Eat Right to be a Healthy Kid of Any Size.

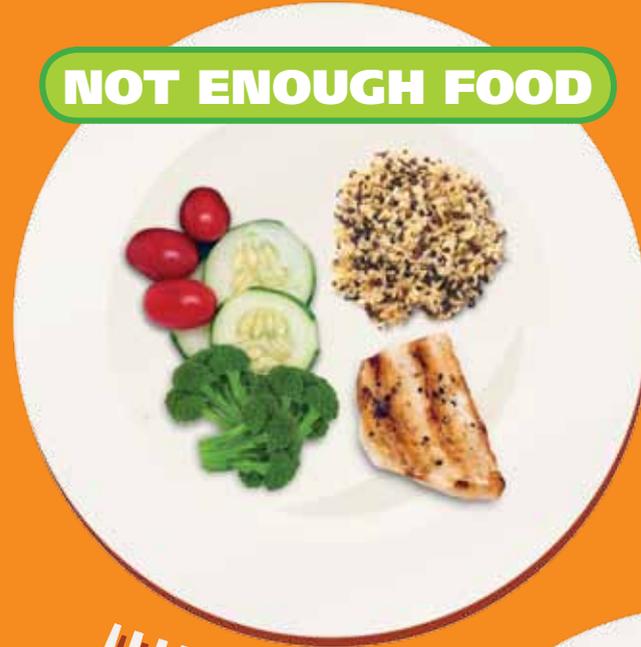
Eat all kinds of food each day

- Over half your body is made of water!
- Choose water instead of soda or juice.
- Drink low-fat or skim milk.
- Chips and sweets are treats- try not to eat them more than once a day.
- Eat lots of fruits and vegetables every day.
- Make your plate a rainbow!

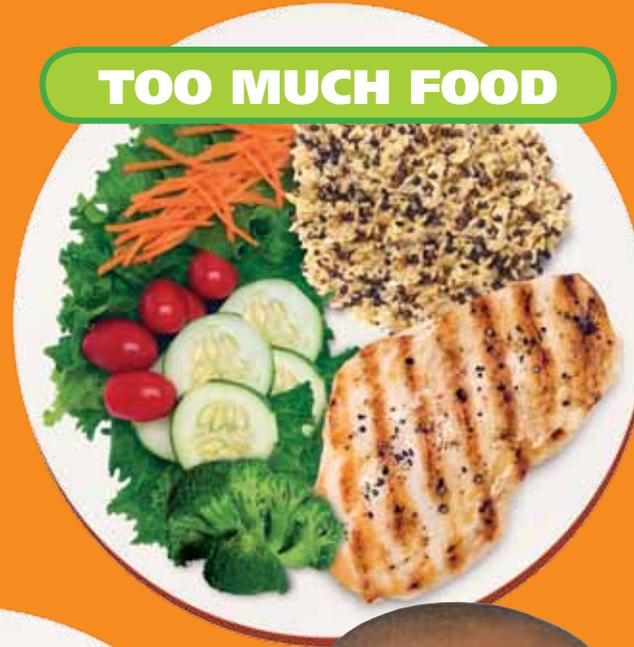


How Much Food is Good For Me?

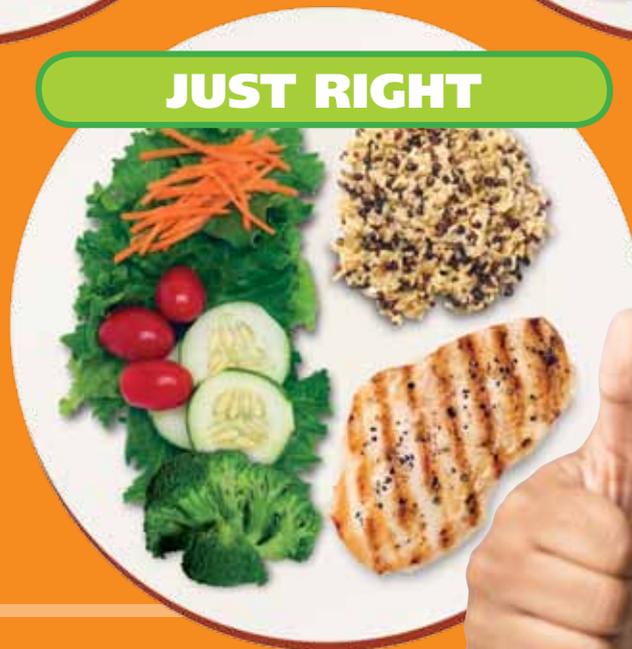
NOT ENOUGH FOOD



TOO MUCH FOOD



JUST RIGHT



Why is it cool and smart to eat healthy foods?

- To make your body strong
- To help you grow
- To let your brain grow
- To give you energy to play
- To help your body heal

Children of all body sizes can be healthy

Size is not the same as health. Talk to your health care provider about what size is right for you.

Do you know why children are different sizes?

- Your size depends on many things:
- What you eat and drink.
 - The kind of work or play you do.
 - The size of your mother and father.

Making fun of someone's size is never OK. Healthy children come in all sizes!

