

# Caregiver Corner

# Years 11-13

As a caregiver, you are a role model for your child in developing food preferences. As they get older, continue to encourage healthy food choices. Encourage your child to eat a variety of fruits and vegetable, whole grains, dairy products (like milk and yogurt), and protein foods (like beans, chicken, nuts, and eggs). **Here are a few ways you can help your pre-teen eat a healthy diet throughout the day!**



Start with a breakfast that will fuel the day ahead. This could include whole grain toast with a nut butter and a banana or oatmeal and blueberries.



Have your child drink water first when thirsty. Offer milk at meals or snacks. Talk to them about avoiding sodas, caffeine beverages, and other beverages with added sugars.



Encourage your child to eat a variety of colors. Having a sandwich for lunch? Pile on the veggies or have baby carrots and celery as a side dish. Encourage your child to eat the fruits and veggies offered at school.



Hungry after school? A low fat cheese-stick and orange slices are a quick and healthy snack for your child.



Enjoy this time as a family. Throw a blanket on the floor for an indoor picnic or gather around your family table.



Small changes can make a big difference! Swap out a sugar - filled beverage for water or shift to a whole grain bread. Start with small changes.



Your preteen can help in the kitchen. Find those activities that are safe for your child to help with and feel involved in their meals.

In addition to a healthy diet, play is an important part of your child's day. Your child should have 60 minutes of activity each day. Even small bits of activity add up! Activity can be easy and low-cost. Consider taking a stroll together or enjoying time at a nearby park. Looking to do things inside? Turn on your favorite music app and try some new dance moves.



Your child should be getting at least 10-11 hours of sleep each night. While this may be tough, try sending them to bed just 15 minutes earlier than the previous week.



Focus on your child's many strengths! Avoid commenting on your child's weight, size, or shape.



Try to reduce screen time a little each day. Try a "no phone" time with your entire family.

# Teen's Turn



Eat food from all of the food groups. This includes your choices at school and your local store.

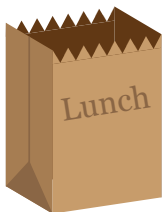
Choose water first! Drink some water when you are thirsty and avoid sugary, caffeinated beverages like energy drinks.

Take a stroll, dance around, play a pick up game of basketball or frisbee. Do 60 minutes of activity per day.



What is on your lunch tray?  
What healthy lunches would you eat?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Set a goal!  
Make it SMART

write your **GOAL**

*Specific*  
*Measurable*  
*Action-Oriented*  
*Realistic*  
*Timed*

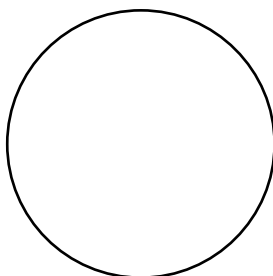
Track it

M	T	W	Th	F	Sa	Su
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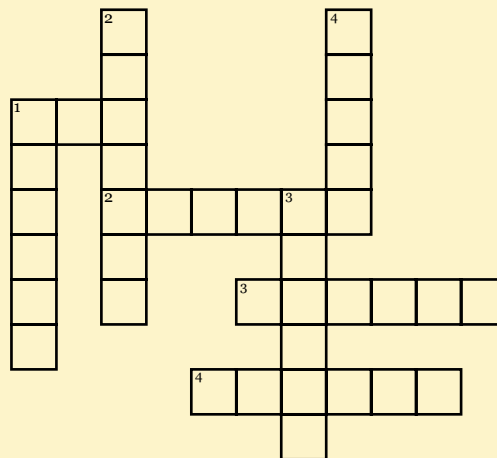
What is your favorite screen-free activity?



Not pictured?  
Draw your favorite activity here.



## Crossword



Across

- 1) Maximum hours of screens recommended each day
- 2) Drink with extra sugar and caffeine to be avoided
- 3) Orange crunchy vegetable, stick, baby or whole
- 4) Yellow fruit that can be easily packed and carried

Down

- 1) Water first for \_\_\_\_\_
- 2) Food group with beans, eggs, chicken, and meats
- 3) Food group with whole wheat, oatmeal, rice
- 4) Recommended minutes of activity per day

Across  
1) Two  
2) Energy  
3) Carrot  
4) Banana  
Down  
1) Thirst  
2) Protein  
3) Grains  
4) Sixty