

PHYSIOLOGICAL NEEDS

Nutrition

Eat the Rainbow

FOOD IS FUEL

FOOD IS PACKED WITH NUTRIENTS
(MACRONUTRIENTS & MICRONUTRIENTS)

EAT FROM THE CENTER OF THE FOOD TARGET

WELL-BALANCED FOOD DECISIONS -->
MORE ENERGY & BRAIN FUNCTION

PHYSICAL ACTIVITY FEEDS OFF OF
NUTRITION



Artwork by Hailey Choi

AUTHOR BIOGRAPHY

Natalie Queen has been teaching for more than 20 years. She has a master's degree in school guidance counseling. She also has undergraduate degrees in emotional impairment, family and consumer sciences, and physical education. One of Natalie's passions is teaching fitness classes. Her top priority is her family (Lance, Jade, and Jude). Officiating women's college basketball is another of her favorite activities. If Natalie could give one piece of advice, it would be "Just keep moving!"

What's Natalie's favorite physical activity?

My favorite physical activities include aqua zumba, officiating women's college basketball, and swimming.

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Healthy eating

Nutrition plays a crucial part in our lives; it's what gives us energy. We want to fuel our bodies with nutrient-rich foods so we can go the extra mile. Youth need to understand the importance of nutrition, as it directly impacts our ability to be active. Consuming nutritious foods enhances our energy levels, supporting better physical activity both during workouts and throughout the day. [Click here](#) to watch an introductory video about the importance of healthy eating.

The next three sections of this module give you and your family tips for developing healthy eating habits that include moving together, thinking together, and being together!

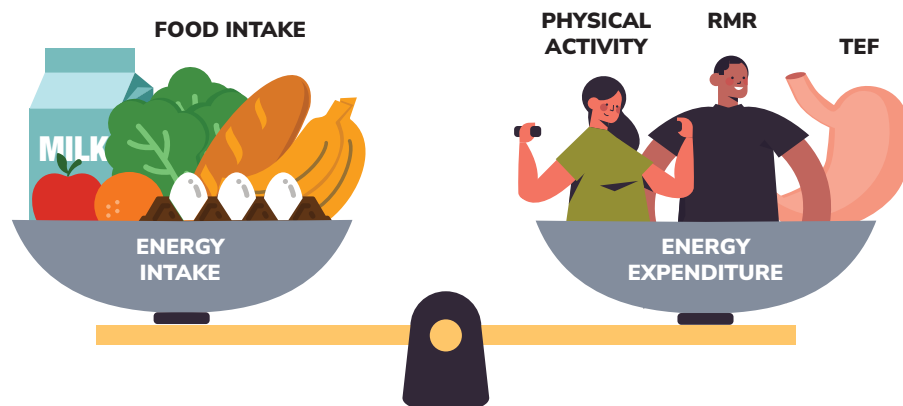
MOVE

Every family should have a balance. But what does "Energy Balance" mean? Well, energy is just another word for "calories" or the food you eat. Energy balance is like keeping track of the calories you take in from eating and drinking and comparing it to the calories your body uses during activities, when resting (resting energy expenditure), and during digestion (thermic effect of food).

So, what you eat and drink is called "Energy Intake," and what you burn through physical activities is part of "Energy Expenditure." Everyone's balance is different, and it varies for each person in a family. It's important to work with your doctor to figure out a healthy balance for you and your child.

There are many benefits to maintaining a healthy "Energy Balance":

- Stronger muscles and bones
- Lower chance of getting type 2 diabetes
- Lower blood pressure
- Lower blood cholesterol levels
- Better mood



Physical activity recommendations for kids

Children need 60 minutes of play or moderate-to-vigorous activity every day, but it doesn't have to occur at once. Every little bit adds up! It also doesn't have to happen in a fitness/gym setting. We can freely move our bodies in any manner that gets our heart rate up, feels comfortable and enjoyable! [Click here](#) to learn more about feeling good through physical activity!

When we are physically active together, we create great memories. We also establish healthy habits. What is your family's favorite activity to do together? [Click here](#) to find a few activities and steps that will help you and your family start down a path towards a healthier lifestyle!



THINK

Let's take a moment to think together about nutrients. Nutrients are the foundation of nutrition. Every food we eat has nutrients, which can be separated into two types: macronutrients and micronutrients. Both macronutrients and micronutrients encompass "Energy Intake".

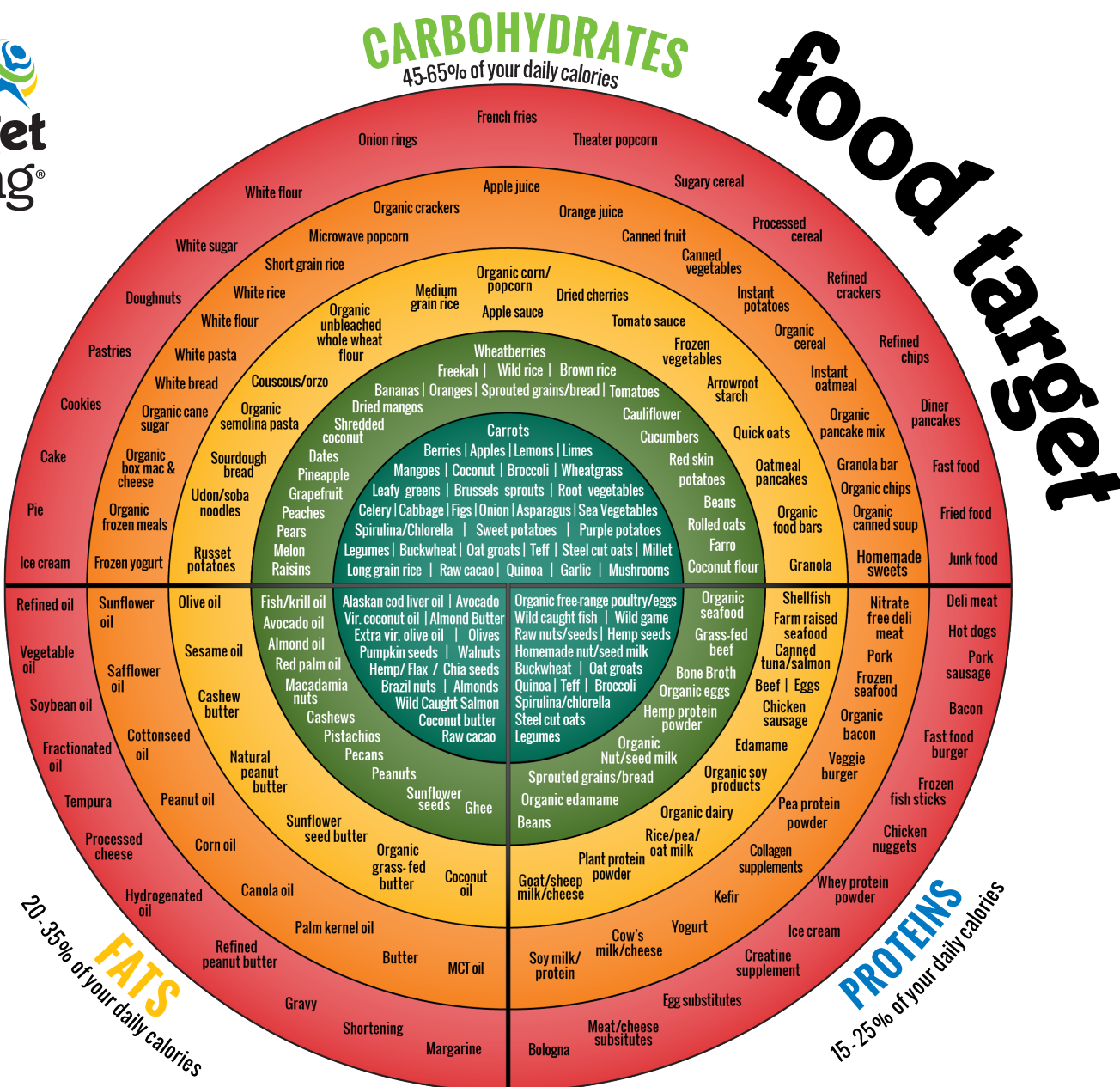
Think of **macronutrients** as the main nutrients that make up food. These types of nutrients can be further divided into three subgroups: carbohydrates, protein, and fat.

Micronutrients represent a major group of nutrients that our bodies need. These nutrients include vitamins and minerals. Vitamins help with things like energy, the immune system, and blood clotting. Meanwhile, minerals help with things like growth, bone health, and fluid balance. [Click here](#) to learn more about the difference between macronutrients and micronutrients.

Food targets and you

What do you think of when you see the On Target Living Food Target picture on the next page? What foods do you eat most? This target is filled with many options. Ideally, try to eat from the center outwards whenever you can. For instance, instead of drinking apple juice, eat an apple. The whole fruit can help your digestive system stay healthy. Remember, it doesn't hurt to try something new. [Click here](#) to learn about A-to-Z fruits and see if there's a new fruit you'd like to try. If a fresh fruit or vegetable is not in season or is outside your food budget one week, try frozen, canned, or dried options.

Trying different foods can be fun. Some foods can lead to greater energy, more brain function, and a happier mood. Food choices can also help prevent chronic diseases. Eating a variety of foods and balancing our energy improves our health by giving our bodies the nutrients they need."



Your brain and food

We're always using the brain: it controls our thoughts and movements, breathing, heartbeat, and senses. We even use it while we sleep! This hard work requires "fuel," which comes from the foods we eat – and it's what's in the fuel that is most important. Put simply, what we eat directly affects the structure and function of the brain and, ultimately, our moods.

Eating from the center of the Food Target above will fuel the brain and protect it from things like stress. In addition, the foods we eat affect how we feel.

Serotonin is a naturally occurring substance; it's a [neurotransmitter](#) that carries signals between nerve cells (called [neurons](#)) throughout the body.

Although most serotonin is found in the gut and not in the brain, this chemical does help regulate mood. In fact, it's known as a natural "feel-good" chemical.

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[Serotonin](#) also promotes healthy digestion, sleep, bone health, and blood clotting.

[Click here](#) to learn more about how the food you eat affects your brain.

Eating the right foods is critical when we're being active. Eating well-balanced meals and/or snacks can help us get the calories and nutrients we need to fuel our daily activities – including regular exercise. Below are some nutrition tips for mealtimes.

Breakfast

The first meal of the day is the most important! According to an article published in [Harvard Health Letter](#), eating breakfast regularly has been linked to a lower risk of [diabetes](#) and [heart disease](#). Starting your day with a healthy meal can help replenish your blood sugar, which your body needs to power your muscles and brain.

Suggestions for breakfast:

- Try oatmeal, oat bran, or other whole-grain cereals that are high in fiber.
- Throw in some protein, such as milk, yogurt, or chopped nuts.
- If you prefer toast, choose whole-grain bread. Then pair it with an egg, peanut butter, or another protein source.

Lunch/Dinner

Not one menu suits everyone. When possible, try to go for whole grains, veggies, and fruits. Keep in mind, people have different dietary needs based on things like how active they are, their gender, and their age.





Suggestions for lunch and dinner:

- Half of your plate should be made up of non-starchy vegetables.
- Try adding leafy greens and raw salads.
- Each meal should include a source of lean protein.
- Try using fats such as avocados, olive oil, nuts, and seeds.

Snacks

Snacks are smaller meals that help us keep our energy up during the day. Snacks should be eaten a couple hours each after breakfast, lunch, and dinner. Snacking is a great way to satisfy hunger and get all the vitamins and nutrients our bodies need. As with everything, moderation is the key to smart snacking. Check out our [InPACT at Home videos](#) with healthy snack recipe demonstrations.

Suggestions for smart snacking:

- Prepare healthy snacks in advance.
- Keep healthy snacks on hand.
- Make your snacks interesting.
- Satisfy cravings with healthier approaches.
- Read serving size information.



Quick tips: Help your family eat healthier

Any food hack that works for you is a win! Life gets busy. Planning and prep-ping meals/snacks in advance will save time and set your family up for success. Involving your whole family in the cooking process is important. Even though that might take more focus, the memories are worth it! Your kids will also gain a sense of accomplishment from helping out. The [InPACT at Home website](#) has many kid-friendly recipe demonstration videos you could try. You can also test out some of these healthy recipes that your child is sure to enjoy:

- [30 Easy Recipes Kids Will Love](#)
- [3 Easy Snacks Kids Can Make](#)
- [3 Breakfasts Your Kids Can Cook Themselves](#)
- [Lunch Ideas for Kids](#)
- [Healthy Tuna Salad](#)
- [Sweet Potato Fries](#)
- [Oatmeal on the Run](#)

Now it's time to practice the skills that you've learned in this module. To get started, take the 20-day InPACT Nutrition and Fitness Challenge.



20-day InPACT Nutrition Challenge

This 20-day challenge aims to enhance your family's nutrition skills. Studies suggest that it takes 21 days to form a habit and over 90 days to establish a lasting lifestyle change. Our hope is that by completing the 20-day Nutrition Challenge, your family will continue practicing the most effective activities until they become a lasting and positive habit.

	Day 1	Day 2	Day 3	Day 4	Day 5	BONUS!
Week 1 Welcome to the Nutrition Challenge! Each day of the week, there will be a new fun activity to try out with your family, including planning for the week ahead!	Nutrition Browse the InPACT at Home nutrition videos.	Where are you on the food target?	Pick 2 items to try in the center of the food target. Work on a 500-piece puzzle together.	Family Scavenger Hunt	Make a family dinner together.	Play a family game together. Plan dinner menus for the following week. Grocery shop for the week.
Week 2 Finalize dinner menus for the week. Grocery shop for the week.	Electronic free night Work on a 500-piece puzzle together.	Make family dinner TOGETHER!	Have you made any changes in your eating habits in regards to the food target?	Play Family Fitness Monopoly Family game night!	Watch a family movie together. What part of the movie did you like best?	Try a new family activity together. Plan dinner menus for the following week.
Week 3 Finalize dinner menus for the week. Grocery shop for the week.	Research a new recipe as a family to make next week.	Have you made any changes to your eating habits in regards to the food target?	Random Acts of Kindness Day to friends and family members	Karaoke night	Work on a 500-piece puzzle together.	Plan dinner menus for the following week.
Week 4 Finalize dinner menus for the week. Grocery shop for the week.	Play Family Fitness Monopoly Family game night!	Work on a 500-piece puzzle together.	Family coloring contest	Have you made any changes to your eating habits in regards to the food target?	Watch a family movie together. What part of the movie did you like best?	Plan dinner menus for the following week.