*Niños sanos, familia sana* (Healthy Children, Healthy Family) is a nutrition education curriculum, designed for Latino parents with young children. The goal is to improve nutrition and physical activity to prevent childhood obesity and promote health. This publication includes activity sheets that can be used with the 20 lesson plans available in publication 8583. Instructions on how to use these activity sheets are provided in that publication.
LESSON 1.1
Fruit and Vegetable Handout
Eat a Rainbow of Colors

Circle the fruits and vegetables that your child eats.

Choose three new fruits or vegetables that your child will try.

1. 

2. 

3. 
## LESSON 1.3

### Haga una Lista • Make a List

<table>
<thead>
<tr>
<th>Ofertas</th>
<th>Alimentos en casa</th>
<th>Menu para la cena</th>
<th>Lista de compras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specials</td>
<td>Foods at home</td>
<td>Dinner menu</td>
<td>Shopping list</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Frutas/Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetales/Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Granos/Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proteínas/Proteins</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lácteos/Dairy Products</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>
### LESSON 1.7

**Plan Your Child’s Day**

<table>
<thead>
<tr>
<th></th>
<th>Breakfast hour</th>
<th>Snack hour</th>
<th>Lunch hour</th>
<th>Snack hour</th>
<th>Dinner hour</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Frutas/Fruits</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetales/Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Granos/Grains</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Proteínas/Proteins</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lácteos/Dairy</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
¿Qué PUEDEN HACER LAS FAMILIAS?
¡ELIJA UN OBJETIVO!
What can families do? Choose a goal!

Sirvan agua con las comidas en lugar de refrescos.
Serve water at meals (instead of soda).

Disfruten de más comidas con su familia.
Enjoy more family meals.

Compran menos comida rápida.
Buy less fast food.

Apaguen el televisor.
Turn off the TV.

Sirvan más frutas y verduras.
Serve more fruits and vegetables.

Salgan a jugar afuera.
Go out to play.

Para cualquier pregunta relacionada con mayor información nutricional sobre su hijo, consulte a su médico.
For any questions regarding further nutrition information about your child, please consult your doctor.

Para cualquier pregunta relacionada con mayor información nutricional sobre su hijo, consulte a su médico.
For any questions regarding further nutrition information about your child, please consult your doctor.
ESTATUS/STATUS

☐ PESO SALUDABLE | HEALTHY WEIGHT

Su hijo tiene un peso saludable.
Your child has a healthy weight.

☐ EN RIESGO | AT RISK

Su hijo pesa más que muchos niños de su edad.
Your child weighs more than many children his or her age.

☐ SOBREPESO | OVERWEIGHT

Su hijo pesa más que la mayoría de los niños de su edad. Los niños con sobrepeso son más propensos a ser obesos cuando sean adultos.
You child weighs more than most children his or her age. Children who are overweight are more likely to become obese as adults.

¿QUÉ SIGNIFICA ESTO? | WHAT DOES THIS MEAN?

SI ES VERDE | IF GREEN

Para mantenerse sano, ayude a su hijo a elegir una dieta saludable y mantenerse físicamente activo. Sea un buen ejemplo.
To stay healthy, help your child choose a healthy diet and be physically active. Set a good example.

SI ES AMARILLO | IF YELLOW

Ayude a su hijo a elegir una dieta más saludable y a hacer más actividad física. Su hijo necesita aumentar de peso más lentamente para no estar en riesgo de sobrepeso.
Help your child choose a healthier diet and be more physically active. Your child needs to gain weight more slowly.

SI ES ROJO | IF RED

La obesidad puede conducir a la diabetes. Hable con un médico o enfermera sobre el peso de su hijo.
Obesity can lead to diabetes. Talk to a doctor or nurse about your child’s weight.
## LESSON 2.4

**Children’s Activity Log Handout**

Which activities does your child do?

<table>
<thead>
<tr>
<th>Activity</th>
<th>Nothing</th>
<th>10 minutes</th>
<th>30 minutes</th>
<th>1 hour</th>
<th>2 hours or more</th>
<th>Total time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Run</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skip</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Play in the park</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Play sports</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Play video games</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watch TV</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ride a bike</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LESSON 2.4

Children’s Activity Log Handout, cont.

Add your child’s other activities.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Nothing</th>
<th>10 minutes</th>
<th>30 minutes</th>
<th>1 hour</th>
<th>2 hours or more</th>
<th>Total time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


LESSON 2.6

Screen Worksheet

Write down all the screen devices that your family uses at home.
Haga una lista de aparatos con pantallas que su familia usa en casa.
Choose foods and beverages for a meal. For each item in the meal, write amount of calories and amount of each of the food groups in a row. Add up total calories, grains, vegetables, fruit, dairy, and protein.

How healthy is this meal? What choices could make it better?

<table>
<thead>
<tr>
<th>Food/beverage choice</th>
<th>Calories</th>
<th>Grain group</th>
<th>Vegetable group</th>
<th>Fruit group</th>
<th>Dairy (milk) group</th>
<th>Protein group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: pizza</td>
<td>272</td>
<td>1½ oz</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ oz</td>
<td></td>
</tr>
</tbody>
</table>

Total

<table>
<thead>
<tr>
<th>Total daily needs*</th>
<th>1,800</th>
<th>6 oz</th>
<th>2½ cups</th>
<th>1½ cups</th>
<th>3 cups</th>
<th>5 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2,000</td>
<td>6 oz</td>
<td>2½ cups</td>
<td>2 cups</td>
<td>3 cups</td>
<td>5½ oz</td>
</tr>
</tbody>
</table>

*Use the My Plate Plan to find out the amount of the five food groups you need. An average woman who gets 30–60 daily minutes of moderate physical activity needs about 2,000 calories a day. If she is inactive or trying to lose weight, she needs about 1,800 calories a day.
LESSON 3.5

Visual Aids

Advertisement 1

Be Anything
But Ordinary

Advertisement 2

1 can...
4 servings...
20 minutes!

Advertisement 3

The Better Choice!

Advertisement 4

CHOCOLATE
the feel good food

Mama Jo's Pasta & Sauces
LESSON 3.5
Visual Aids

Anuncio 1
Eres especial...
Al igual que lo que comes

Anuncio 2
1 lata...
4 porciones...
¡20 minutos!

Anuncio 3
¡La mejor opción!

Anuncio 4
CHOCOLATE
¡Te hace sentir bien!
LESSON 3.5

Visual Aids

Advertisement 5

Your family will love you!!!

Advertisement 6

ENERGY on the go!

Advertisement 7

Say “YES” to fruit!

Fruit Cup
*packed in heavy syrup

Fruit Cup
*packed in heavy syrup

Advertisement 8

BECAUSE...

...YOU DESERVE IT!
**LESSON 3.5**

**Visual Aids**

---

Anuncio 5

Su familia se lo agradecerá

---

Anuncio 6

ENERGÍA  ¡sin parar!

---

Anuncio 7

Sí a las frutas

---

Anuncio 8

PORQUE...

...i USTED SE LO MERECE!
ACKNOWLEDGMENTS

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167.

REFERENCES


FOR FURTHER INFORMATION

To order or obtain ANR publications and other products, visit the ANR Communication Services online catalog at http://anrcatalog.ucanr.edu/or phone 1-800-994-8849. You can also place orders by mail or FAX, or request a printed catalog of our products from University of California Agriculture and Natural Resources Communication Services 2801 Second Street Davis, CA 95618

Telephone 1-800-994-8849

E-mail: anrcatalog@ucanr.edu

©2019 The Regents of the University of California. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit http://creativecommons.org/licenses/by-nc-nd/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

Publication 8584


The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service.

UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities.

UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University’s equal employment opportunity policies may be directed to: Affirmative Action Contact and Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397. Email: titleixdiscrimination@ucanr.edu. Website: http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/.

This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Food and Nutrition—Youth Development Katrina Diaz Rios.