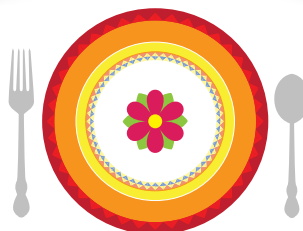


## UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources



### *Niños Sanos, Familia Sana*

## Part Five: Visual Aids

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***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 visual aids that can be used with the 20 lesson plans available in publication 8583. Instructions on how to use these visuals with the lesson are provided in that publication.**

LESSON 1.4

# Nutritional Facts

**1** Start here

**2** Check calories

**3** Limit these nutrients

**4** Get enough of these nutrients

**5** Footnotes

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick guide to % DV

\*5% or less is low

\*25% or more is high

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

Datos de Nutrición	
Tamaño por Ración (228 g)	
Raciones por Envase 2	
Cantidad por Ración	
<b>Calorías</b> 250	Calorías de grasa 110
% Valor diario*	
<b>Grasa Total</b> 12g	<b>18%</b>
Grasa Saturada 3g	<b>15%</b>
Grasa Trans 3g	
<b>Colesterol</b> 30mg	<b>10%</b>
<b>Sodio</b> 470mg	<b>20%</b>
<b>Carbhidrato Total</b> 31g	<b>10%</b>
Fibra Dietética 0g	<b>0%</b>
Azúcares 5g	
<b>Proteínas</b> 5g	
Vitamina A	4%
Vitamina C	2%
Calcio	20%
Hierro	4%

\* Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus Valores Diarios pueden ser mayores o menores según sus necesidades calóricas:

	Calorías: 2,000	2,500
Grasas totales	Menos de 65g	80g
Grasas saturadas	Menos de 20g	25g
Colesterol	Menos de 300mg	300mg
Sodio	Menos de 2,400mg	2,400mg
Carbhidratos totales	300g	375g
Fibra dietética	25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

## LESSON 1.4

## Nutritional Facts

## CEREAL A

(Oatmeal)

Nutrition Facts			
Serving Size .5 cup (40g)			
Servings Per Container 30			
Amount Per Serving			
Calories	150	Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	27g		9%
Dietary Fiber	4g		16%
Sugars	1g		
Proteins	5g		10%
Iron			10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## CEREAL B

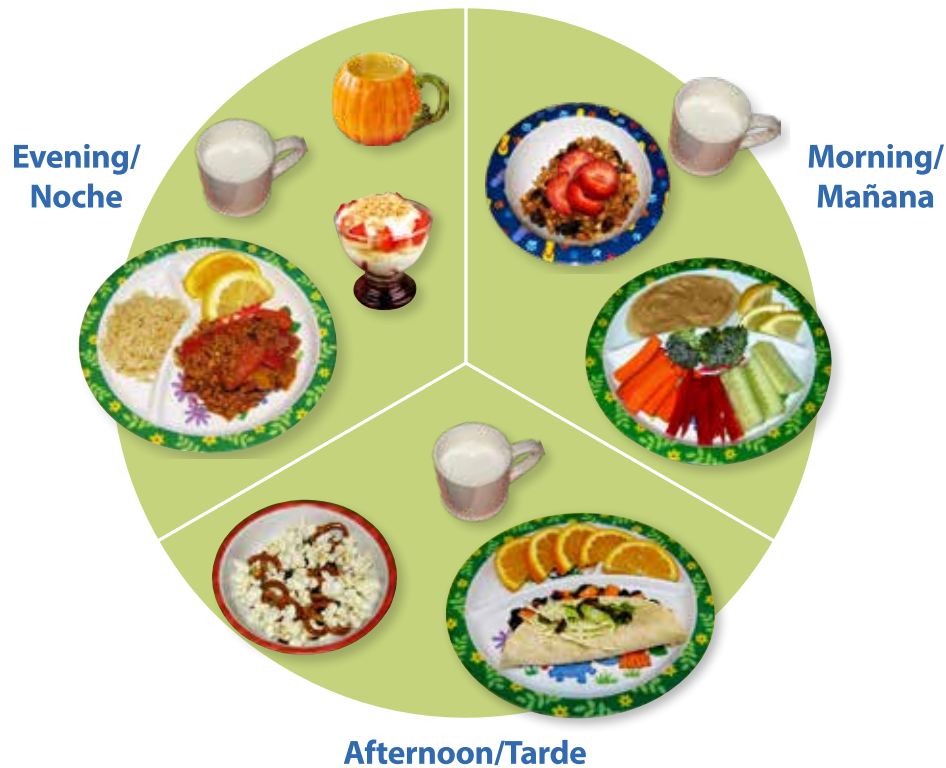
(Ready-to-eat, with raisins)

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 7			
Amount Per Serving			
Calories	180	Calories from Fat 25	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	140 mg		4%
Sodium	190mg		8%
Total Carbohydrate	44g		15%
Dietary Fiber	5g		20%
Sugars	17g		
Proteins	4g		9%

Vitamin A 10%		Vitamin C 2%	
Calcium 2%		Iron 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## LESSON 1.6

# Healthy Eating Visual Aid



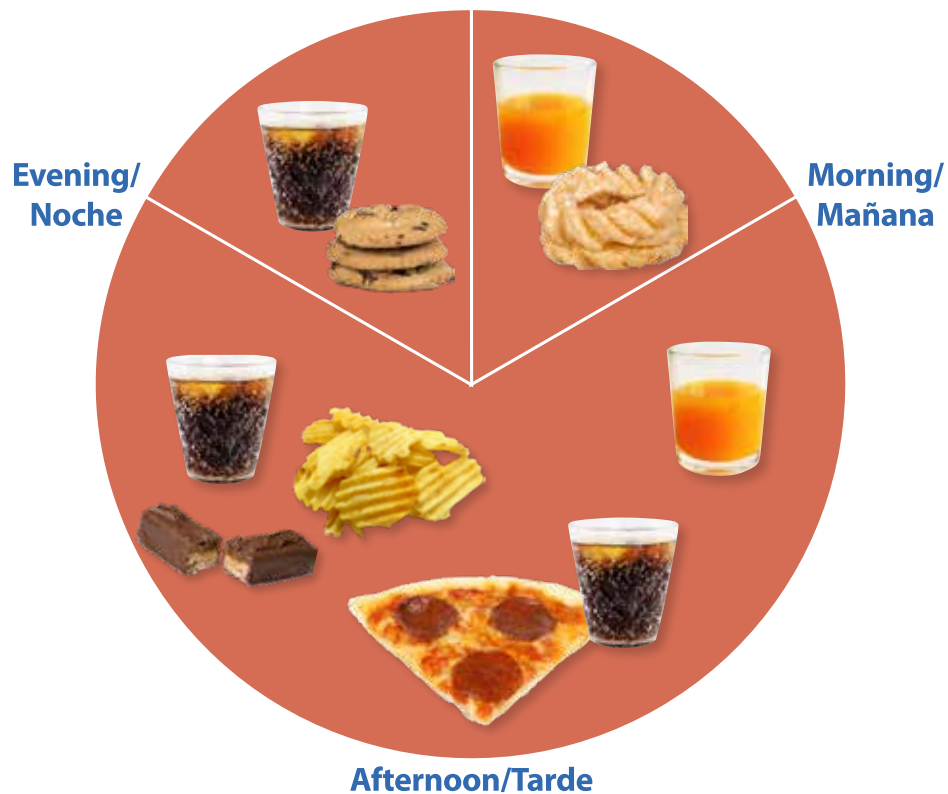
*Example of daily healthy food consumption.*

## Healthy Eating Pattern (1,200 calories)

Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Bedtime
<ul style="list-style-type: none"> <li>• ¼ cup granola</li> <li>• ½ cup low-fat milk</li> <li>• ½ cup sliced berries</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup vegetables</li> <li>• 3 Tbsp hummus</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 southwest taco (1 corn tortilla, ¼ cup beans, and ¼ cup sweet potatoes)</li> <li>• ½ orange</li> <li>• ½ cup low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ cup popcorn snack</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup brown rice</li> <li>• ½ cup tasty turkey with peppers</li> <li>• ½ cup low-fat milk</li> <li>• ½ cup fruit parfait</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup pumpkin <i>atole</i></li> </ul>

## LESSON 1.6

# Unhealthy Eating Visual Aid



*Example of daily unhealthy food consumption.*

## Unhealthy Eating Pattern (1,232 calories)

Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Bedtime
<ul style="list-style-type: none"> <li>• 1 donut</li> <li>• 3 oz fruit drink</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz fruit drink</li> </ul>	<ul style="list-style-type: none"> <li>• 1 slice pepperoni pizza</li> <li>• 4 oz soda</li> </ul>	<ul style="list-style-type: none"> <li>• candy bar</li> <li>• bag of chips</li> <li>• 4 oz soda</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz soda</li> </ul>	<ul style="list-style-type: none"> <li>• 3 chocolate cookies</li> <li>• 4 oz soda</li> </ul>

## LESSON 1.7

## Edgar's Day



## SCHOOL

<b>9:00</b>	<ul style="list-style-type: none"> <li>½ tortilla</li> <li>1 teaspoon of refried beans</li> </ul>
<b>11:30</b>	<ul style="list-style-type: none"> <li>½ cup salad</li> <li>½ orange</li> <li>1 oz chicken</li> <li>¼ cup rice</li> <li>4 oz milk</li> </ul>

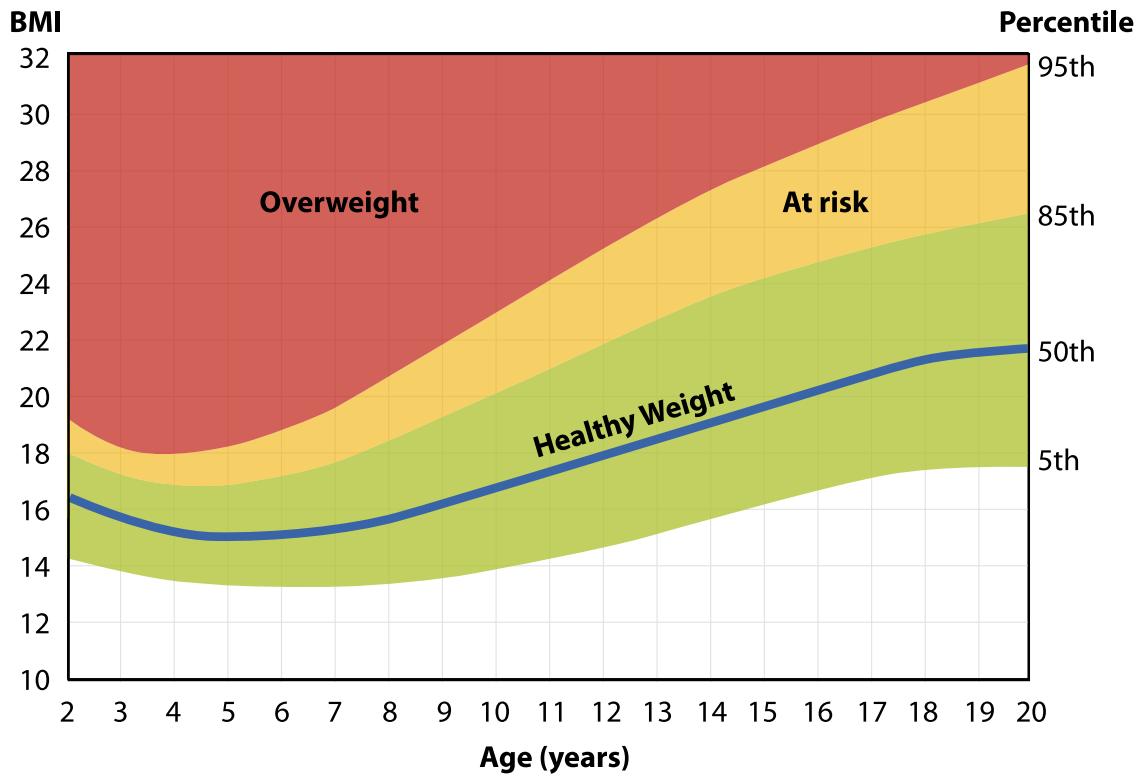
## HOME

<b>12:15</b>	3 oz juice
<b>12:40</b>	3 oz juice
<b>1:00</b>	1 hot dog
<b>1:35</b>	½ cup noodles
<b>2:00</b>	2 oz juice
<b>3:10</b>	¼ cup noodles
<b>3:35</b>	1 orange
<b>5:00</b>	1 oz chicken
<b>6:00</b>	1 oz sausage
<b>6:30</b>	<ul style="list-style-type: none"> <li>candy</li> <li>½ pan dulce</li> </ul>
<b>8:20</b>	<ul style="list-style-type: none"> <li>½ cup noodles</li> <li>3 oz juice</li> </ul>

LESSON 2.1

# Growth Chart Visual Aid

## How Can We Tell if a Child is Gaining a Healthy Amount of Weight?



Child growth chart (CDC 2009).



LESSON 2.1

# Compare Three Boys Visual Aid

## Different Children's Weight at 7 Years Old



50 lb

**Healthy weight**



62 lb

**At risk**



70 lb

**Overweight**



## LESSON 2.1

# 100 Children in a Healthy Community Visual Aid

---

In a healthy community of 100 children, most will be in the green zone, and few will be in the yellow or red zones.

**Healthy Weight****At Risk****Overweight**

Example of U.S. children's weight status.

LESSON 2.1

# 100 Children in Our Community Visual Aid

If we measure children in this community, too many will be in the yellow and red zones.

**"Our Community"  
Healthy Weight**



**"Our Community"  
At Risk**



**"Our Community"  
Overweight**



Example of U.S. children's weight status in a local community.

LESSON 2.2

# Motor Skills Visual Aid

2  
YEARS



- begins to run
- climbs onto and down from furniture without help
- walks up and down stairs while holding on
- throws ball overhand
- kicks a ball
- stands on tip toes

3  
YEARS



- climbs well
- runs easily
- pedals a tricycle (3-wheel bike)
- walks up and down stairs with one foot on each step

4  
YEARS



- hops and stands on one foot up to 2 seconds
- catches a bounced ball most of the time
- pours, cuts with supervision, and mashes own food

5  
YEARS

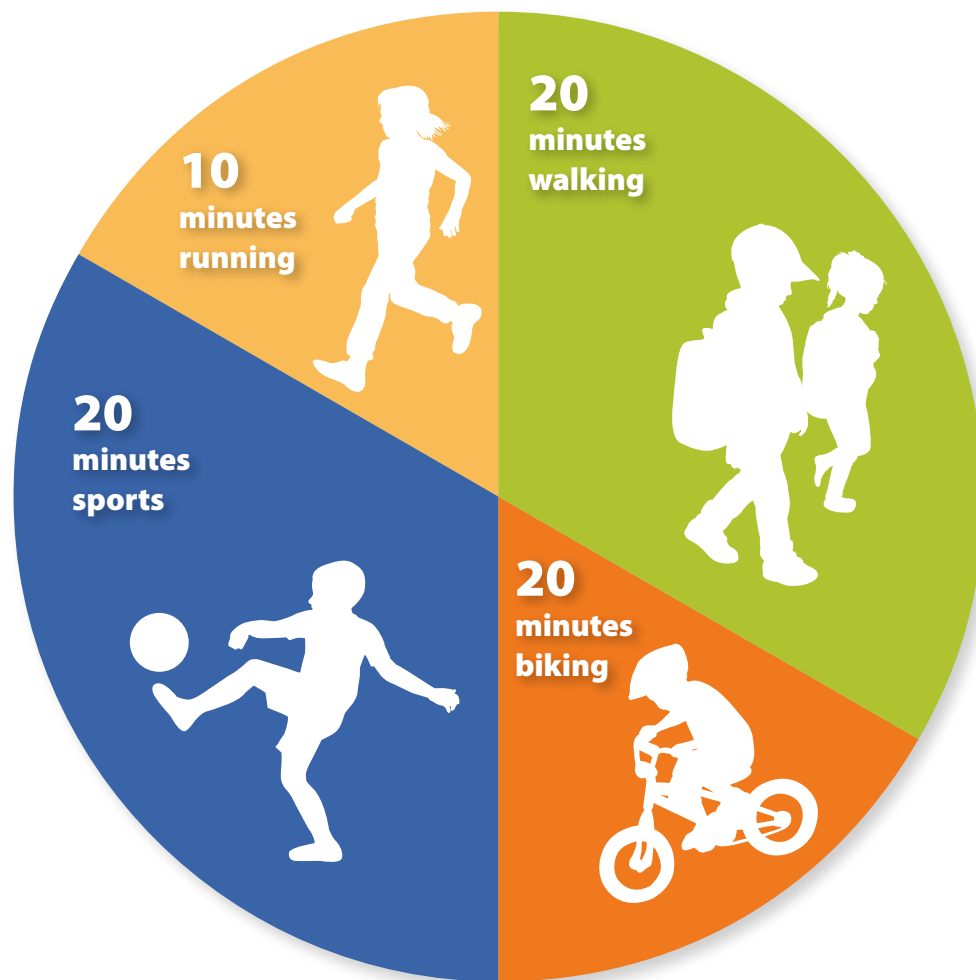


- swings and climbs
- can use a toilet alone
- stands on one foot for 10 seconds or longer
- hops and may be able to skip
- jumps rope
- can do a somersault
- uses a fork and spoon and sometimes a table knife

LESSON 2.4

# An Active Child in Our Community

60 minutes of moderate to vigorous physical activity



LESSON 2.4

# A Less Active Child in Our Community

Less than 60 minutes of moderate to vigorous physical activity



This material is based on work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D\*-NTR-2117-H.

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Publication 8585

ISBN-13: 978-1-60107-995-4

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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 Katherine Soule.

web-11/19-LR/S

<https://doi.org/10.3733/ucanr.8585>