


# Fall AHEAD

## Activity Challenge

### Healthy Eating Challenge

Activity / Challenge	1st Completion	2nd Completion	3rd Completion	4th Completion	5th Completion	6th Completion	7th Completion	8th Completion	TOTAL
Have 5 glasses of water today.									
Have 7 glasses of water today instead of sugary drinks.									
Avoid sugary drinks. Instead, try adding a splash of fruit juice to sparkling water or blending whole milk with a banana or berries for a delicious smoothie.									
Create your own popsicles and frozen treats. Freeze 100% fruit juice in an ice-cube tray with plastic spoons as popsicle handles.									
Make frozen fruit kabobs using pineapple chunks, bananas, grapes, and berries.									
Start your day with a healthy balance breakfast; fruit, whole grain, protien, veggies.									
Eat breakfast every day. Breakfast helps your body get going. If you're short on time in the morning, grab something to go, like an apple or banana.									
Eat at least one dark green vegetable (broccoli, spinach, romaine lettuce) everyday.									
Eat one orange vegetable (carrots, sweet potatoes, winter squash) every day.									
Eat a healthy Supper today with half of your plate having Veggies/fruits.									
Try a new fruit or vegetable.									
Have a sweet free day.									
Have a junk ( no/poor nutritional value) food free week.									
<b>To get a Healthy Eating award you must check off a minimum of 20 items</b>									<b>SUBTOTAL:</b>



**Kid-friendly junk food alternatives**

**Instead of...**

- French fries
- Ice cream
- Fried chicken
- Doughnuts or pastries
- Chocolate-chip cookies
- Potato chips

**Try...**

- "Baked fries" grilled in the oven and salted lightly
- Yogurt; sorbet; fresh fruit smoothies
- Bagels; English muffins; home baked goods with less sugar
- Baked or grilled chicken
- Graham crackers, fig bars, vanilla wafers, fruit and caramel dip
- Baked vegetable chips or, for older children, nuts