

PRESENTS...

CENTENE
Corporation

SUPER CENTEAM 5



ADVENTURES THROUGH FITROPOLIS!

PROACTIVE PARENTS GUIDE

WWW.THUMBSUPJOHNNIE.COM

DEAR PARENTS,

WE ALL WANT OUR CHILDREN TO BE FIT AND HEALTHY. THUMBS UP JOHNNIE CAN BE YOUR PARTNER AS YOU TALK TO YOUR CHILDREN AND TEACH THEM GOOD LIFE CHOICES. ALL PARENTS CAN USE A LITTLE HELP SOMETIMES!

ENJOY!

MARY ANN DUDKO, PH.D.
EDUCATIONAL CONSULTANT



DEAR PROUD PARENT,
I AM THUMBS UP JOHNNIE AND I CREATED A BOOK FOR YOUR KIDDOS ABOUT GETTING FIT AND STAYING HEALTHY. I TEACH THE IMPORTANCE OF EATING RIGHT, EXERCISING, HEALTHY SNACKING, DRINKING WATER AND LIMITING FAST FOOD. THIS INTERACTIVE GUIDE IS FOR YOU AND YOUR KIDDO TO "PARTNER UP" AND MAKE A PLAN FOR HEALTHY LIVING!

THUMBS UP JOHNNIE



THUMBS UP JOHNNIE INTRODUCES THE..

THINK ABOUT WHAT YOU EAT BEFORE EACH MEAL!



CONSTANCE EATRITE

SUPER CENTEAM

5

CHECK WITH YOUR DOCTOR ABOUT MAKING HEALTHY CHOICES IF YOU OR YOUR KIDDOS HAVE FOOD ALLERGIES!



THUMBS UP JOHNNIE

I LOVE FAST FOOD, BUT NOT ALL OF THE TIME! I EAT HEALTHY ALL WEEK AND TREAT MYSELF TO ONE FAST FOOD MEAL ON SATURDAY OR SUNDAY!



SKIP DRIVE-THRU

CHOOSING HEALTHY SNACKS HELPS KEEP YOUR ENERGY UP BETWEEN MEALS!



SNACK-KING

WATER HELPS KEEP YOUR BODY WORKING THE BEST WHILE YOU ARE ACTIVE!



CLAIRE SPRINGS

STAYING ACTIVE EVERYDAY MAKES ME FEEL BETTER AND HELPS ME PLAY SPORTS BETTER!



SPIKE ARMSTRONG

THE SUPER CENTEAM 5 CHARACTERS WERE CREATED TO TEACH KIDS THE IMPORTANCE OF ALL ASPECTS OF HEALTHY LIVING AND NUTRITION.





BE FOOD-WISE!

- 1** THINK ABOUT WHAT YOU EAT BEFORE EACH MEAL TO MAKE GOOD CHOICES.
- 2** MAKE SURE YOU EAT GRAINS, VEGETABLES AND FRUITS.
- 3** EATING YOGURT AND CHEESE WILL HELP YOUR BONES GROW.
- 4** IT IS IMPORTANT TO FUEL YOUR BODY WITH MEAT, BEANS, FISH AND NUTS.
- 5** DON'T SKIP MEALS! IT IS IMPORTANT TO FUEL YOUR ENGINE WITH BALANCED MEALS ALL DAY LONG.

HEALTHY AND HELPFUL TIP:

ASK YOUR DOCTOR WHICH MULTIVITAMIN IS THE RIGHT ONE FOR YOUR KIDDO!

CHECK THE ACTIVITIES YOUR FAMILY IS ABLE TO DO TO BE MORE FOOD-WISE AND EAT HEALTHIER.

- | | |
|--|---|
| <input type="checkbox"/> LOOK AT FOOD LABELS FOR NUTRITIONAL CONTENT | <input type="checkbox"/> EAT WHEAT OR MULTIGRAIN BREAD INSTEAD OF WHITE |
| <input type="checkbox"/> HAVE MILK, YOGURT OR CHEESE AT EVERY MEAL | <input type="checkbox"/> PREPARE MEALS TOGETHER IN ADVANCE |
| <input type="checkbox"/> MAKE A FOOD CALENDAR FOR A WEEK TO PLAN HEALTHY MEALS | <input type="checkbox"/> EAT DINNER TOGETHER SEVERAL NIGHTS A WEEK |





BE ACTIVE!

- 1** BEING FIT AND TRIM HELPS YOU HAVE ENERGY FOR SPORTS.
- 2** KEEPING FIT HELPS YOUR MUSCLES AND BONES WORK BETTER.
- 3** KEEPING FIT IS EASY- YOU CAN WALK YOUR DOG, THROW A BALL, DO JUMPING JACKS, JUMP ROPE OR PLAY HOPSCOTCH.
- 4** FIND SOMEONE TO PLAY WITH YOU IN YOUR YARD OR AT THE PARK.
- 5** BEING ACTIVE KEEPS YOU FLEXIBLE IN YOUR JOINTS AND MUSCLES.

HEALTHY AND HELPFUL TIP:

PUT ON SOME MUSIC AND DANCE WITH YOUR KIDDOS!

FUN IDEAS FOR GETTING ACTIVE WITH YOUR KIDDO:

- ★ MALL WALKING
- ★ CHECK OUT A DANCE OR EXERCISE VIDEO FROM THE LIBRARY
- ★ WALK YOUR DOG TOGETHER TO THE PARK

WHAT ARE YOUR 3 ACTIVE IDEAS?

1

2

3





DRINK UP!

- 1 DRINK WATER WHEN YOU ARE THIRSTY. WATER IS BETTER FOR YOU THAN SODA.
- 2 DRINK WATER WITH EVERY MEAL.
- 3 DRINK EXTRA WATER WHEN IT IS HOT OUTSIDE.
- 4 DRINK LOTS OF WATER BEFORE, DURING AND AFTER EXERCISE.
- 5 CARRY A RELIABLE WATER BOTTLE AND FILL IT UP.

HEALTHY AND HELPFUL TIP:

USE FUN ICE CUBE TRAYS OR COLOR YOUR ICE CUBES WITH JUST A DASH OF FOOD COLORING!

LIST YOUR "THIRSTY" IDEAS TO HELP YOU AND YOUR KIDDO DRINK MORE WATER.



SNACK-KING



SNACK ON!

- 1** ONLY SNACK WHEN YOU ARE HUNGRY.
- 2** TWO OR THREE SNACKS A DAY ARE A GOOD "RULE OF THUMB," ESPECIALLY WHEN YOU ARE ACTIVE.
- 3** POPCORN, YOGURT, VEGGIES, CHEESE, FRUIT, PEANUT BUTTER CRACKERS ARE ALL GREAT SNACKS TO KEEP YOU GOING.
- 4** STICK TO HEALTHY SNACKS. CANDY, SODA AND CHIPS AREN'T THE BEST FUEL FOR KEEPING YOU FIT.
- 5** ALWAYS KEEP A SNACK IN YOUR BACKPACK TO MAKE YOU FEEL TWO THUMBS UP.

HEALTHY AND HELPFUL TIP:

PREPARE A FEW SNACKS AHEAD OF TIME AND STORE THEM IN PLASTIC BAGS OR CONTAINERS FOR EASY ACCESS!

CHECK THE HEALTHY SNACKS THAT YOU AND YOUR FAMILY WOULD LIKE:

- CHEESE SLICE
- PEANUT BUTTER & CELERY
- FRUIT/ YOGURT
- BANANA
- RAISINS
- POPCORN
- GRAHAM CRACKERS & MILK
- NUTS



SKIP DRIVE-THRU



FAST FOOD... SKIP IT!

- 1** SKIP THE DRIVE THRU AS MUCH AS POSSIBLE AND EAT MEALS AT HOME.
- 2** FAST FOOD IS BETTER AS A TREAT THAN A REGULAR PART OF YOUR DIET.
- 3** IF YOU DO EAT FAST FOOD, CHOOSE APPLE SLICES OR FRUIT INSTEAD OF FRENCH FRIES WITH YOUR MEAL.
- 4** DRINK CHOCOLATE MILK WITH YOUR MEAL. IT'S BETTER FOR YOU THAN SODA.
- 5** FAST FOOD IS NOT FIT FUEL.

HEALTHY AND HELPFUL TIP:

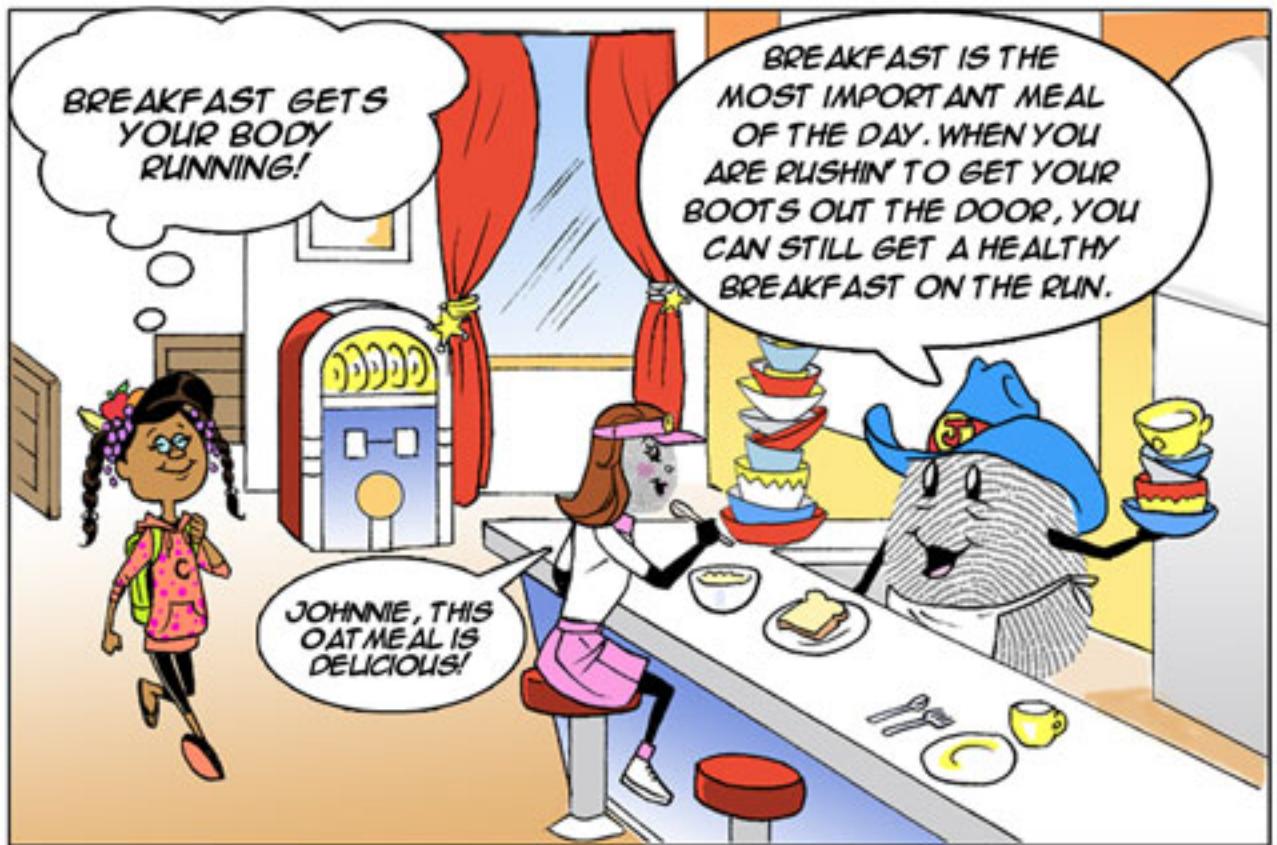
WHEN MAKING YOUR FAMILY'S WEEKLY HEALTHY MEAL PLAN, SCHEDULE A MEAL OUTING AT A FAST FOOD PLACE AND CHOOSE THEIR HEALTHIER CHOICES!

HERE ARE SOME HEALTHIER CHOICES AT FAST FOOD PLACES!

ENCOURAGE YOUR KIDDOS TO CHOOSE THESE:

- ★ APPLE SLICES VS. FRENCH FRIES
- ★ MILK VS. SODA
- ★ SMALLER PORTIONS VS. LARGER ONES
- ★ GRILLED CHICKEN SANDWICH VS. FRIED CHICKEN SANDWICH
- ★ YOGURT PARFAIT VS. MILKSHAKE
- ★ GREEN SIDE SALAD VS. FRENCH FRIES
- ★ GRILLED CHICKEN STRIPS VS. FRIED CHICKEN STRIPS





QUICK & EASY BREAKFAST TIPS

CHECK IF IT SOUNDS YUMMY TO YOU!

1. PEANUT BUTTER, APPLE, MILK

2. TORTILLA, EGGS, JUICE

3. OAT MEAL, FRUIT, MILK

4. WHOLE WHEAT WAFFLE WITH STRAWBERRIES

5.

YOUR KIDDO'S FAVORITE HEALTHY MEAL



THERE ARE NEVER TOO MANY COOKS IN THE KITCHEN WHEN PREPARING HEALTHY MEALS! GRAB YOUR APRON AND GET YOUR KIDDOS IN THE KITCHEN COOKIN' WITH YOU!

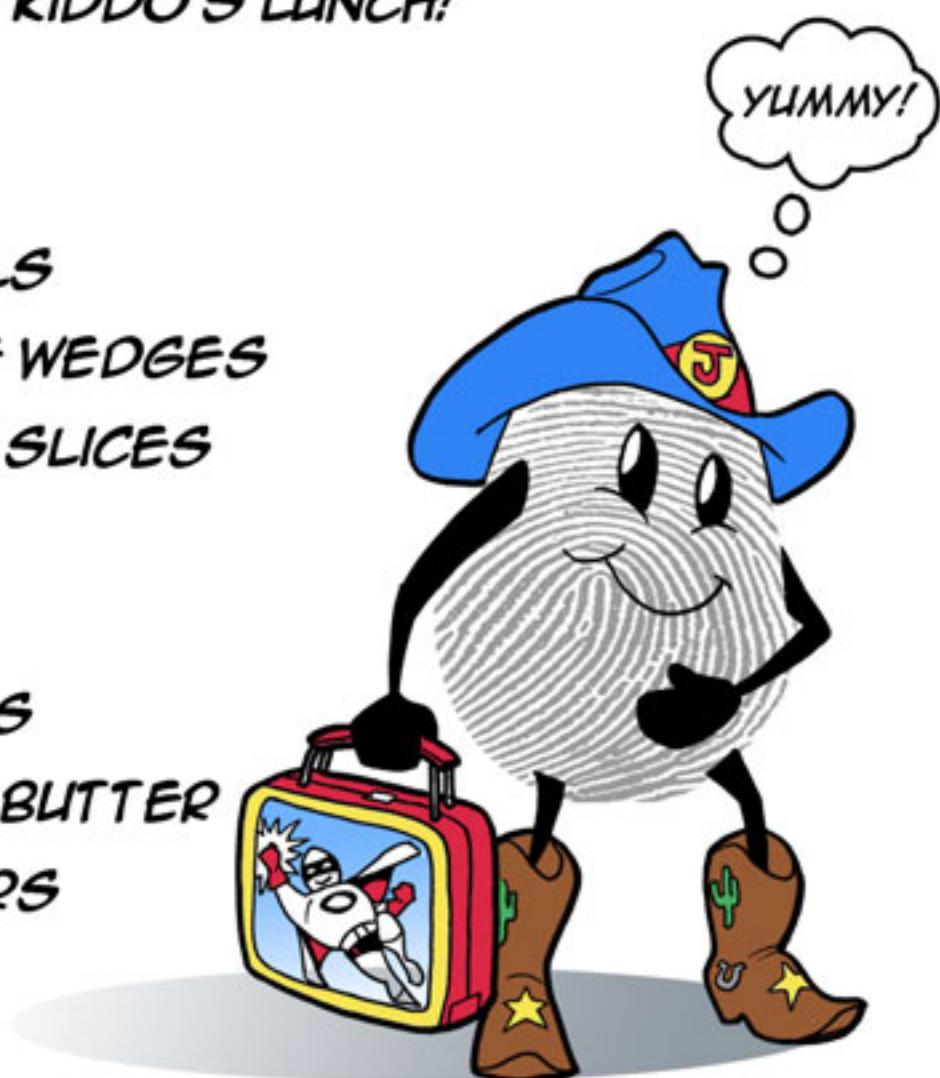


KITCHEN COOKIN' TIPS:

- INCLUDE KIDS IN MEAL PLANNING AND PREPARATION - THEY'LL BE MORE LIKELY TO WANT TO EAT WHAT THEY HELP TO PLAN AND PREPARE
- ASSIGN TASKS APPROPRIATE FOR YOUR CHILD'S AGE - NO SHARP KNIVES FOR YOUNGER CHILDREN!
- LIMIT ACCESS TO HOT STOVES AND OVENS, ESPECIALLY FOR YOUNGER CHILDREN
- FOLLOW A WRITTEN RECIPE - MANY READING AND MATH SKILLS ARE INVOLVED IN FOLLOWING A RECIPE

SUGGESTIONS FOR A HEALTHY PUNCH IN YOUR KIDDO'S LUNCH!

- RAISINS
- PRETZELS
- ORANGE WEDGES
- CHEESE SLICES
- NUTS
- CELERY
- CARROTS
- PEANUT BUTTER
- CRACKERS



IF YOUR KIDDOS BUY A SCHOOL LUNCH, TALK TO THEM ABOUT THESE HEALTHY TIPS:

- 1 REVIEW THE SCHOOL LUNCH MENU AND HELP YOUR KIDDOS MAKE HEALTHY CHOICES AHEAD OF TIME
- 2 ENCOURAGE HEALTHY PORTIONS AT SCHOOL
- 3 SUGGEST THAT YOUR KIDDO EATS A PIECE OF FRUIT INSTEAD OF A DESSERT

SIT DOWN WITH YOUR KIDDOS AND WRITE DOWN HEALTHY GOALS FOR YOU AND YOUR FAMILY.

1 HEALTHY EATING

FAMILY
GOAL:

2 DRINKING WATER

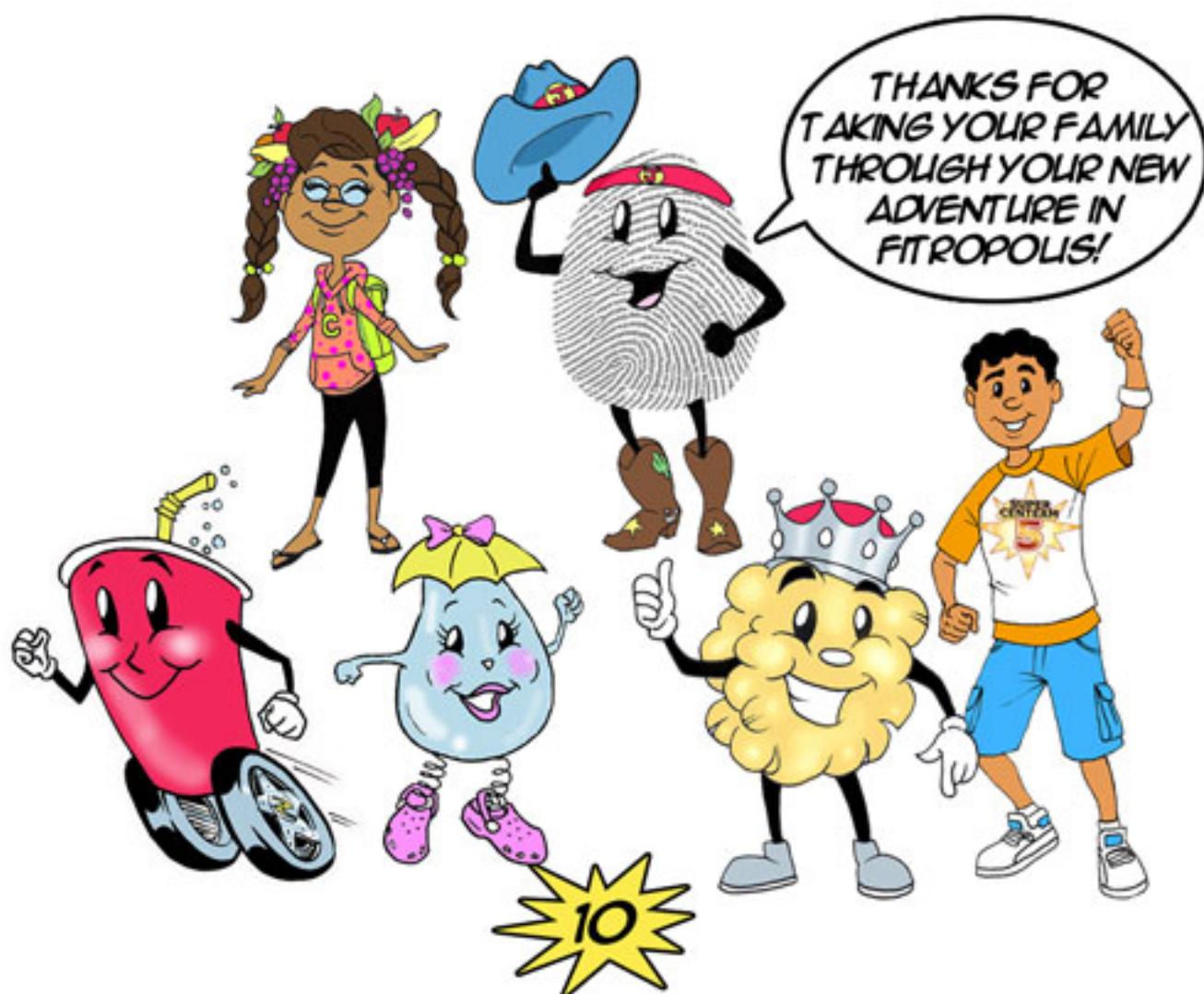
FAMILY
GOAL:

3 FITNESS/EXERCISE

FAMILY
GOAL:

4 LIMITING JUNK FOOD

FAMILY
GOAL:



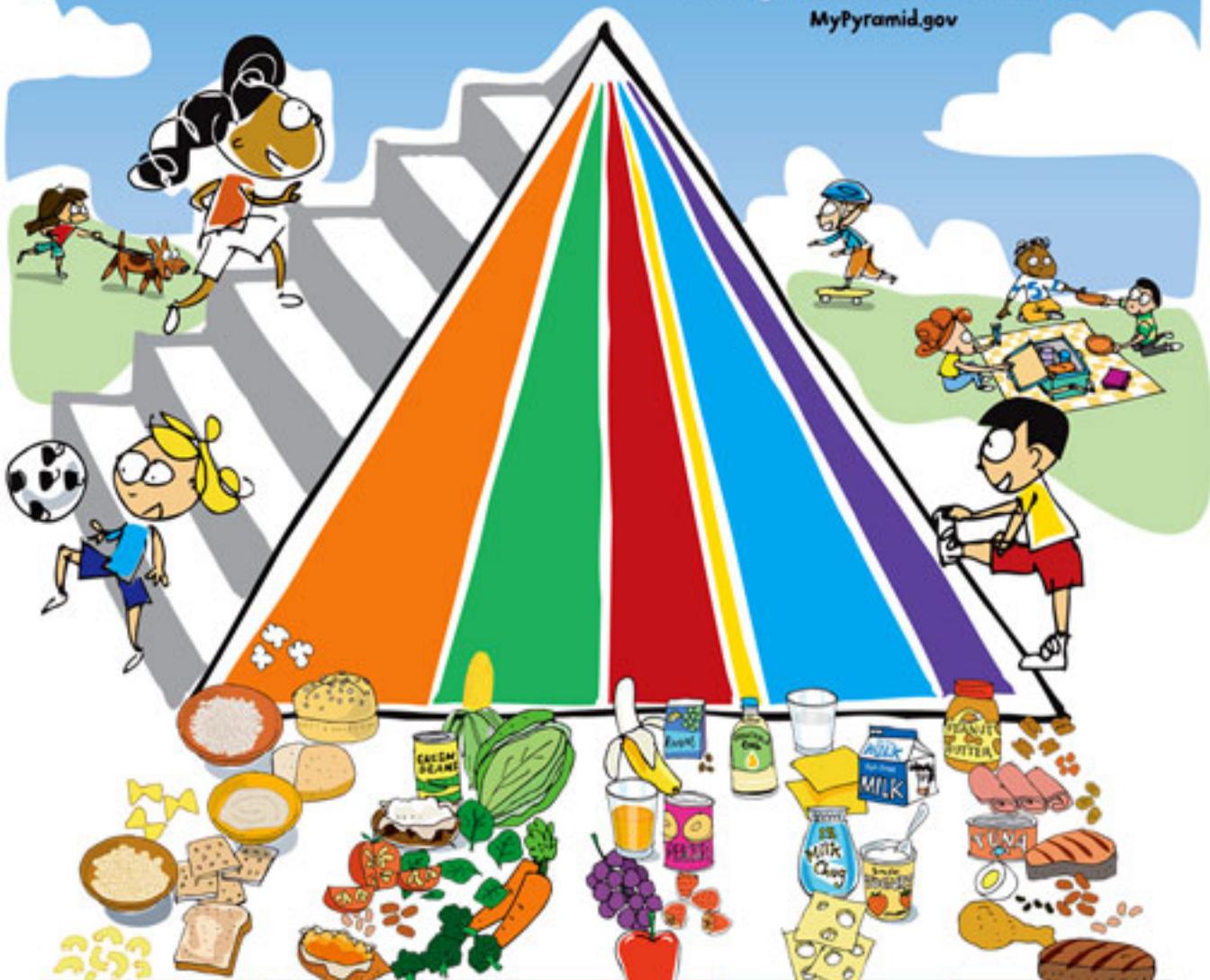
IT'S A THUMBS UP IDEA
TO REVIEW THE FOOD PYRAMID
BEFORE PLANNING YOUR MEALS!



MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" like "whole wheat".</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day: at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day: for kids ages 2 to 6, it's 2 cups	Eat 5 oz. every day
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Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

<p>Find your balance between food and fun</p> <ul style="list-style-type: none"> Move more. Aim for at least 60 minutes everyday, or most days. Walk, dance, bike, rollerblade – it all counts. How great is that! 	<p>Fats and Sugars – know your limits</p> <ul style="list-style-type: none"> Get your fat facts and sugar smarts from the Nutrition Facts label. Limit solid fats as well as foods that contain them. Choose food and beverages low in added sugars and other caloric sweeteners.
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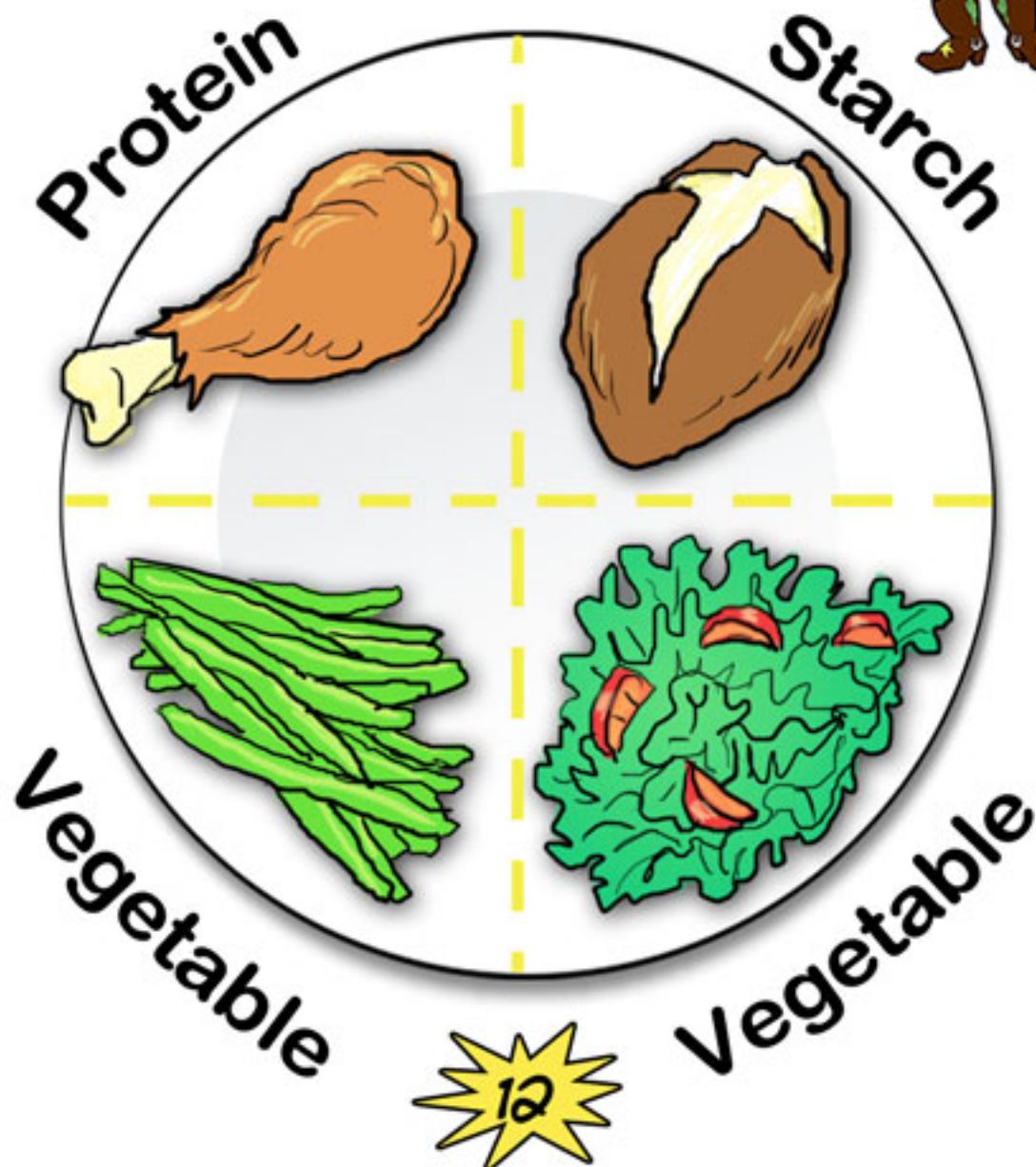
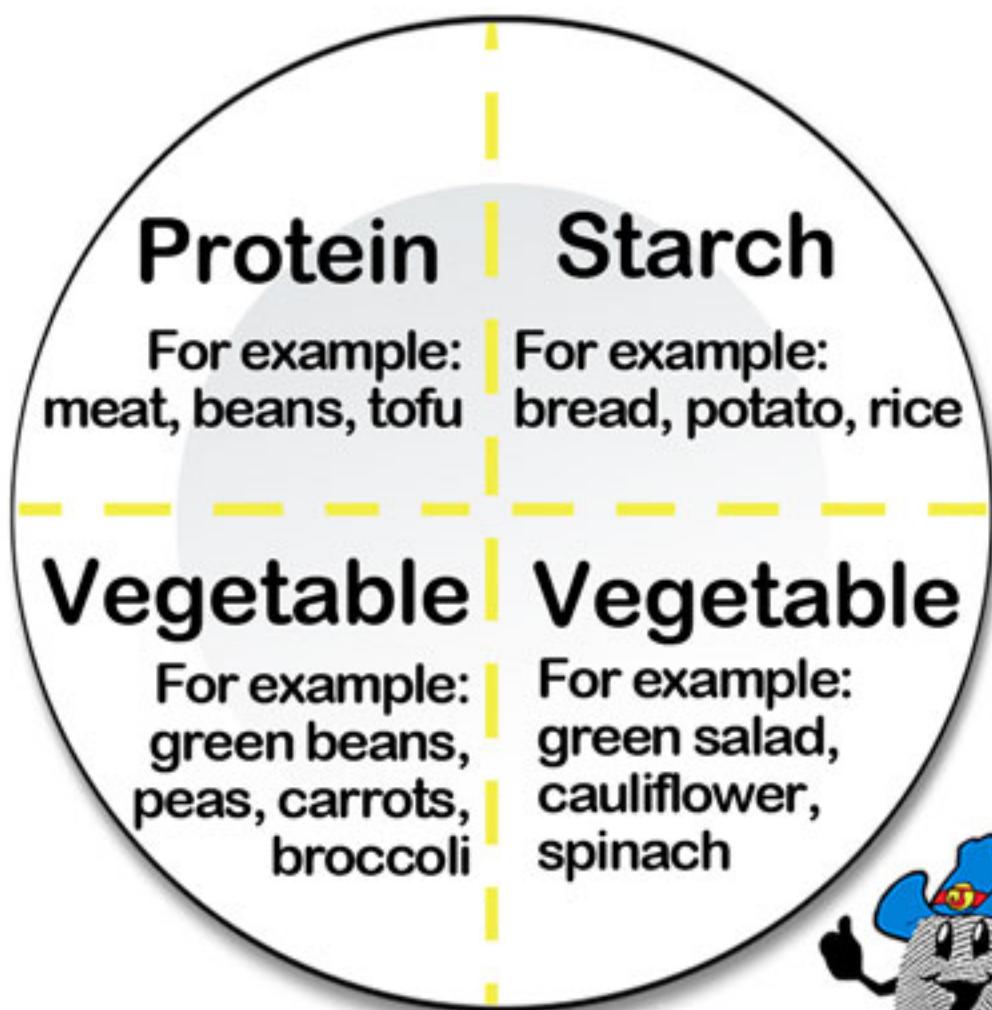
U.S. Department of Agriculture
 Food and Nutrition Assistance
 Nutrition.gov



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THE DIVIDED PLATE

NOT ONLY DOES THE DIVIDED PLATE CONCEPT HELP KEEP PORTIONS REAL, IT ALSO HELPS YOU EAT A HEALTHY VARIETY OF FOODS.



THUMBS UP JOHNNIE'S HEALTHY AND HANDY SHOPPING LIST:



JUST A FEW
GOOD IDEAS FOR
YOUR FAMILY!

IT'S NOT ALL YOU NEED,
BUT IT'S A GOOD START!

- | | | |
|----------------------------------|--|--|
| <input type="checkbox"/> MILK | <input type="checkbox"/> CELERY | <input type="checkbox"/> GRAPES |
| <input type="checkbox"/> YOGURT | <input type="checkbox"/> POTATOES | <input type="checkbox"/> FRUIT JUICE |
| <input type="checkbox"/> CHEESE | <input type="checkbox"/> CARROTS | <input type="checkbox"/> TOMATO JUICE |
| <input type="checkbox"/> EGGS | <input type="checkbox"/> BROCCOLI | <input type="checkbox"/> RICE |
| <input type="checkbox"/> HAM | <input type="checkbox"/> BEANS | <input type="checkbox"/> PASTA NOODLES |
| <input type="checkbox"/> TURKEY | <input type="checkbox"/> PEANUT BUTTER | |
| <input type="checkbox"/> CHICKEN | <input type="checkbox"/> NUTS | |
| <input type="checkbox"/> OATMEAL | <input type="checkbox"/> LEAN HAMBURGER | |
| <input type="checkbox"/> APPLES | <input type="checkbox"/> MULTIGRAIN CEREAL | |
| <input type="checkbox"/> ORANGES | <input type="checkbox"/> MULTIGRAIN BREAD | |
| <input type="checkbox"/> BANANAS | | |



TAKE THE FITROPOLIS PLEDGE WITH YOUR KIDDO...



FITROPOLIS PLEDGE

I AM GONNA EAT RIGHT, FOR ME & MY BELLY...
I'LL PUT DOWN MY SODA AND MY DONUT FULL OF JELLY.
I AM GONNA DRINK MY MILK, HAVE CARROTS
FOR BUDDY AND ME...
PLAN ALL MY MEALS WITH BALANCE & BROCCOLI.
I'LL DRINK WATER DAILY, EXERCISE & PRACTICE.
THIS IS GOOD STUFF TO KEEP THE KICK IN MY CACTUS!



I TOOK THE
FITROPOLIS
PLEDGE!



Thumbs Up Johnnie

THUMBS UP JOHNNIE

X SIGN _____

KIDDO

X SIGN _____

PARENT

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WRITTEN BY MICHELLE BAIN
ILLUSTRATED BY LORENZO LIZANA

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