



Focus on Health Nutrition, and Physical Activity Information for Parents

F.S. 381.0056

St. Johns County School District, Health Services Dept.
School Year 2024-25

Healthy
Vegetables
Fitness
Nutrition
Running
Fruits
Walking
Activity
Happy
Exercise

Hand Size Portion Guide

Source: Southern Illinois University Edwardsville



The Palm =
a serving of
protein.



The Fist = a
serving of
vegetables.



Tip of Thumb
= a serving of
fats



A Cupped Hand
= a serving of
carbs.

Your hands correspond to your body size. Bigger people need more food, and tend to have bigger hands, therefore getting larger portions. Smaller people need less food, and tend to have smaller hands, therefore getting smaller portions.

A key part of healthful eating means choosing appropriate amounts of different foods. When it comes to deciding how much to eat, the terms serving size and portion size are often used interchangeably. However, they don't mean the same thing.

Serving size is a standardized amount of food. It may be used to quantify recommended amounts, as is the case with the MyPlate food groups, or represent quantities that people typically consume on a Nutrition Facts label.

Portion size is the amount of a food you choose to eat — which may be more or less than a serving.

For example, the Nutrition Facts label may indicate ½ cup cereal for one serving but if you eat ¾ cup, that is your portion size.

Making Healthy Food Together

Cooking together with your children provides an opportunity to spend time together, talk about the importance of eating healthy, and discuss portion sizes.

Rainbow Skewers

Source: The Pioneer Woman



Ingredients

- 1 cup plain Greek yogurt
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp tangerine zest
- 1 15-oz. package donut holes
- 1 lb strawberries, hulled
- 4 small tangerines, peeled and segmented into groupings of 2
- 1 small pineapple, peeled and cut into 1-inch cubes
- 3 kiwis, peeled and sliced into 1/2-inch thick half-moons
- 1/2 cup blueberries
- 1/2 cup red grapes

How to Make It

In a medium bowl, combine the Greek yogurt, maple syrup, vanilla, and tangerine zest. Spoon the mixture into a serving dish and chill until ready to use.

To assemble the skewers, use 16 (12-inch) wooden skewers. Onto each skewer, thread 1 donut hole, 1 hulled strawberry, 1 tangerine segment, 1 pineapple cube, 1 kiwi slice, 2 blueberries, and 2 red grapes in that order. Repeat with the remaining fruit and donuts.

Serve chilled with the yogurt dip.

Watermelon Smoothie

Source: The Pioneer Woman



Ingredients

- 3 cups watermelon, diced
- 1 cup frozen strawberries
- 3 large ice cubes
- 1 5.3-oz. container vanilla Greek yogurt
- 1/2 banana
- 1/2 lime, juiced

Instructions

Combine the watermelon, strawberries, ice cubes, yogurt, banana, and lime juice in a blender. Blend on low to break up the strawberries and ice, stopping to scrape the sides of the blender, as needed. Increase speed to high and blend until very smooth, about 20 seconds. Serve.



School-Aged Children and Adolescents Physical Activity Recommendations

Source: CDC Healthy Schools

Students need 60 mins or more of moderate-to-vigorous intensity physical activity daily. Include activities that make their hearts beat faster, build muscles and strengthen bones. Examples:

Moderate-intensity aerobic

Brisk walking, bicycle riding (mostly flat surface), active recreation (kayaking, riding a non-motor scooter, swimming), games requiring catching and throwing.

Vigorous-intensity aerobic

Running, bicycle riding (including hills), active games involving running and chasing such as tag or flag football, jump roping, martial arts, soccer, basketball, swimming, tennis, vigorous dancing.

Muscle-strengthening

Games such as tug of war, resistance exercises using body weight, resistance bands, weight machines, hand weights, some forms of yoga, rope or tree climbing, climbing on playground equipment.

Bone-strengthening

Hopping; skipping, jumping, running, jumping rope, sports that involve jumping or rapid changes in direction.

Benefits of Physical Activity

Academic performance, heart and lung health, brain health, healthy weight, bone strength, muscular fitness, long-term health.

For more information go to: <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>