



Pathways

Family Intervention



The goal of the Family component is to support and work with families by creating a healthy environment for their child through positive changes in dietary and physical activity patterns. It is advisable to seek volunteers help at the family events (parents, community members, and school staff).

Family Events

- **Family Fun Night (FFN)** - The purpose of a Pathways Family Fun Night is to provide an opportunity to share an evening of fun and learning about physical activity and healthful eating. The FFN includes interactive and fun booths.
- **Workshops/Events** - The intent of these workshops is to work with families to reinforce the health behaviors introduced and to have families to do hands on activities.
- **Ending Celebration Event** - The purpose of the Ending Celebration is to recognize the participation of fifth grade students and their families, teachers, school food service staff, and all the volunteers. This event allows students to demonstrate to their parents what they learned in Pathways throughout the year.

Family Packs

- The family packs consist of take-home materials designed to develop an involved, supportive, and informed home environment. Family Packs accompany classroom curriculum units that consist of two types: Snack Packs and Action Packs. Snack Packs are small packages of low-fat foods and tips given to the students to share with members of their household. Action Packs are envelopes containing worksheets suggested activities for students and their household member each sign a Return Card, checking the activities they accomplished.

Challenge Sheets

- **Family Challenges** - These challenges consist of take-home worksheets. The family challenges accompany classroom curriculum units and are take home worksheets. They suggest activities for students and their families to complete together. After the completion of each Family Challenge activity, the student and an adult family or household member each sign the challenge sheet and return back to the classroom. If the student returns four out of four challenge sheets, it is advised that he/she receives an incentive.

Any questions, contact Sally Davis at smdavis@unm.edu or call (505) 272-4462.

How Much SUGAR Is In Your Favorite Beverage?

Beverage	1 Serving (according to label)	Grams (g) of Sugar	Approximate Number of Teaspoons of Sugar
Bottled Water	12 oz.	0 g	0 tsp
Coke	12 oz.	39 g	9 3/4 tsp
Diet Coke	12 oz.	0 g	0 tsp
Pepsi	12 oz.	41 g	10 1/4 tsp
Diet Pepsi	12 oz.	0 g	0 tsp
Mountain Dew	12 oz.	46 g	11 1/2 tsp
Diet Mountain Dew	12 oz.	0 g	0 tsp
7-Up	12 oz.	39 g	9 3/4 tsp
Diet 7-Up	12 oz.	0 g	0 tsp
Root Beer	12 oz.	46 g	11 1/2 tsp
Sunkist	12 oz.	52 g	13 tsp
Dr. Pepper	12 oz.	40 g	10 tsp
Diet Dr. Pepper	12 oz.	0 g	0 tsp
Kool-Aid	12 oz.	36 g	9 tsp
Sugar-Free Kool-Aid	12 oz.	0 g	0 tsp
Country Time Lemonade	12 oz.	25 g	6 1/4 tsp
Sugar-Free Lemonade	12 oz.	0 g	0 tsp
Hi-C Fruit Punch	12 oz.	46 g	11 1/2 tsp
Nestea	12 oz.	33 g	8 1/4 tsp
Citra (Citrus drink)	12 oz.	36 g	9 tsp
Hawaiian Punch	12 oz.	43 g	10 3/4 tsp
Gatorade	20 oz.	14 g	3 1/2 tsp