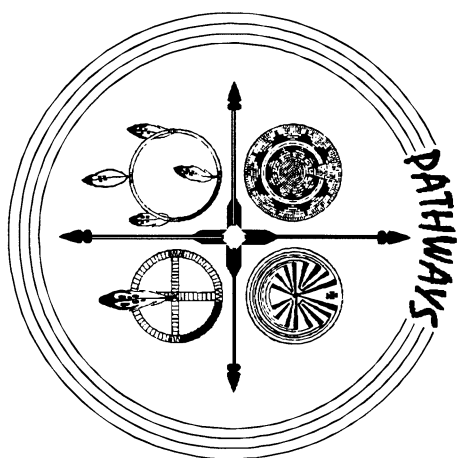


Week 3

Week 3



Family Pack

(Student's Name)

Week 3

Week 3



Family Pack: Week 3

Week 3 envelope includes the following items:

Everyday Foods List
Sometimes Foods List
String Cheese Wrap-Arounds Recipe Card
4th Grade Return Card: Week 3

Items students should put into their own bag:

Family Pack: Week 3 Envelope	1
String Cheese	2 sticks
Apple	1
Pretzel Twists	1 – 1 oz. pkg.

Everyday Foods

"Foods to eat almost anytime"



Everyday Foods are:

- ★ foods and beverages that have little or no fat.
- ★ foods that are not fried.
- ★ foods that have little or no fat added when cooked or served.
- ★ water, diet pop, and other beverages that have little or no sugar.

Breads, Rice, Pasta & Cereals

Breads

ash breads
bagels
corn tortillas
flour tortillas
French toast
kububu bread
kneel-down bread
oven bread
pancakes
pita bread
sandwich buns
soba
taco shells
waffles
wheat (pinole)
yeast breads

Crackers, Cookies & Snacks

air-popped popcorn
alkaad (Puberty Cake)
animal crackers
cookies labeled "low-fat"
crackers labeled "low-fat"
Cracker Jacks
fig bars
ginger snaps
graham crackers
pretzels
rice cakes
saltine crackers
vanilla wafers

Cereals

all cereals
corn meal mush (blue)
corn meal mush (yellow)

Rice & Pasta

brown, white, & wild rice
macaroni
noodles



Vegetables

Fresh, wild, frozen, canned, or dried.

asparagus	peas
beets	potatoes
boiled potatoes	pumpkin
broccoli	spinach
cabbage	squash
carrots	string beans
cauliflower	sweet potatoes
celery	timpsila
chile	tomatoes
cholla buds	wax beans
corn	wild asparagus
cucumbers	wild celery
green beans	wild mushrooms
hominy	wild onion
lettuce	wild spinach
lima beans	wild turnips
onions	zucchini
pangi (wild artichoke)	

All juices and sauces made from vegetables

Fruits

Fresh, wild, frozen, canned, or dried.

apples	kiwi
applesauce	Navajo melon
apricots	oranges
bananas	peaches
berries	pears
blackberries	pineapple
blueberries	plums
buffaloberries	pomegranate
cantaloupe	prickly pear
cherries	prunes
chokecherries	rose hips
currants	sandcherries
desert hackberries	strawberries
figs	watermelon
frozen fruit juice bars	wild bananas
grapes	wild grapes
grapefruit	wild strawberries
juneberries	

All juices made from fruits

Meat, Poultry, Fish & Dried Beans

Trimmed and cooked without added fat. Baked, boiled, broiled, grilled, microwaved.

Meat

beef	mutton
pork	rabbit
elk	squirrel
kidney	ham
deer	buffalo
gopher	goat
mountain sheep	heart
lean ground beef	
hot dogs labeled "low-fat"	
luncheon meat labeled "low-fat"	

Dried Beans

black turtle
dried lima
navy
teparty (brown)
teparty (white)
lentils
pinto
split peas
white
garbanzo (chick peas)

Fish

all fish not fried
tuna canned in water

Poultry

chicken without skin
turkey without skin
wild turkey



Milk, Cheese & Yogurt

Everyday Foods
page 3

Milk

Fresh, canned, or dried.

skim (fat-free)

1% (low-fat)

skim chocolate

skim evaporated

buttermilk

Cheese

string

low-fat cottage cheese

part-skim mozzarella

farmer cheese

processed cheese spread

cheese labeled "low-fat"

Yogurt

low-fat yogurt

low-fat frozen yogurt

Sauces, Dressings & Spreads

low-fat gravy

catsup

mustard

tomato sauce

barbeque sauce

salsa

syrup

low and non-fat

mayonnaise

low and non-fat

salad dressing

jam

jelly

honey

Sometimes Foods

"Foods to eat sometimes"



Sometimes foods are:

- ★ foods that have a lot of fat in them.
- ★ foods that are fried.
- ★ foods that have added fat when cooked and served.
- ★ pop and other beverages that have a lot of sugar in them.

Breads, Rice, Pasta & Cereals

Breads

Breads with a lot of added butter or margarine

Fry bread

Biscuits

Croissants

Doughnuts

Muffins

Sweet rolls

Rice & Pasta

Rice and pasta with added
butter, oil, or cheese

Crackers, Cookies & Snacks

Chips: potato, corn, and tortilla

Crackers

Cakes

Cookies

Popcorn with added butter

Milk & Cheese

Whole milk, 2%, and 1-1/2%

Cheese: American

Swiss

cheddar

colby

Cream cheese

Whole cottage cheese

Ice cream

Sour cream

Vegetables

Deep fat fried vegetables, like French fries

Vegetables with added fat



Meat, Poultry, Fish, Dried Beans, Nuts, Seeds & Eggs

Sometimes Foods
page 2

Meat

Ground meat not drained and rinsed
Beef with fat not trimmed
Pork and ribs with fat not trimmed
Hot dogs
Luncheon meat
Sausage
Spam
Bacon
Antelope
Jerky
Muskrat
Canned meat

Fish

Fried fish – sticks and fillets
Fish – canned, packed in oil

Poultry

Fried chicken
Wild duck
Dove
Quail

Dried Beans

Dried beans with added fat

Nuts & Seeds

Nuts
Peanuts
Peanut butter
Pinon
Sunflower seeds

Eggs

Sauces, Dressings & Spreads

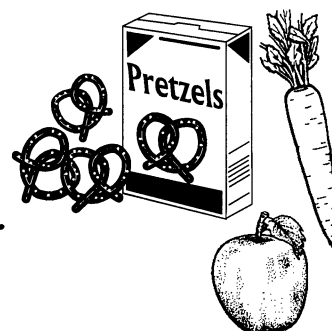
Gravy	Mayonnaise	Butter
Cheese	Salad dressing	Margarine
Cream		Lard
		Bacon grease
		Oil

String Cheese Wrap-Arounds

Make a snack that's really fun to eat!

Pull a stick of string cheese apart into long, thin strings.
Wrap strings of cheese around:

- pretzels
- slices of fresh fruit – like apples, pears, oranges
- sticks or pieces of fresh vegetables - like celery, baby carrots, broccoli

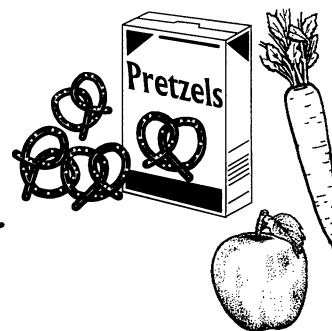


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Week 3

Pathways Family Pack 4th Grade Return Card

Week 3

Our family completed the Week 3 Family Pack! ☐ YES ☐ NO

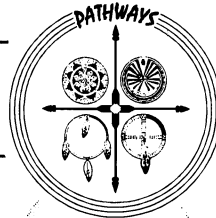
List four Everyday Foods your family likes to eat:

Student Name (Print)

Student Signature

Adult Signature

Today's Date



Reminder: Please return this card to your teacher.

Teacher's Name

Week 3

Pathways Family Pack 4th Grade Return Card

Week 3

Our family completed the Week 3 Family Pack! ☐ YES ☐ NO

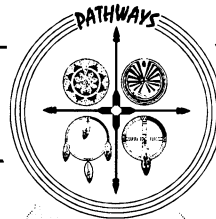
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Adult Signature

Today's Date



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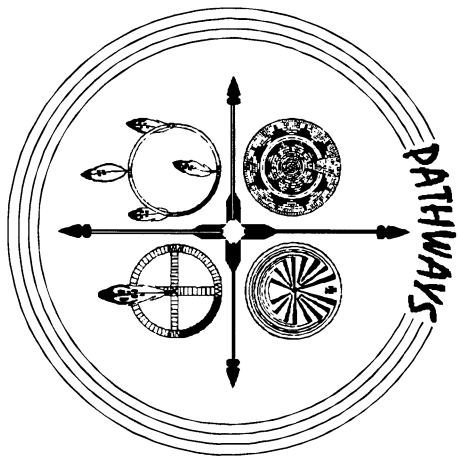


Family Pack: Week 4

Week 4 envelope includes the following items:

Jumping for Fitness Sheet
Family Team Action Goal Sheet
Everyday Snacks List
4th Grade Return Card: Week 4

Week 4



Family Pack

Week 4

(Student's Name)

Week 4

Week 4

Jumping for Fitness



Fourth Grader: Teach your Family Team this new activity! Cut out these Jump Cards and put them in a bag. Draw out one card at a time and demonstrate the activity for your family team. Lead your team in doing each activity for about 30 seconds at first, and then try for longer as your team practices the activity.



Stop exercising if you feel pain, faint, dizzy, or short of breath. You may want to consult your physician if you feel any of these symptoms.

Frog Jump

Start in squat position with knees bent and hands on floor. Jump up and move forward using arms and legs. You can make this fun by making frog sounds, “ribbit, ribbit, ribbit.”

Line Hop

Play “Follow the Leader” around the room, by having student hop from side to side down an imaginary line. Change leaders (leader goes to end of line) every 15 seconds, next person in line takes over as leader.

Imaginary Jump Rope

Pretend you have a jump rope and are practicing for the World Championship. Let’s see how many jumps you can make without missing!

1, 2, 3, 4, 5, 6 . . . etc.

(Keep going until everyone runs out of energy.)

Hop and Kick

Hop on left foot and kick out right leg in front of your body. Hop on right foot and kick out left leg in front of your body. Continue to switch legs and kicks.

Jump Turns

From a standing position, bend your knees and jump up and turn your body to the right. Use your arms to help you with the jump. Try to do four $\frac{1}{4}$ turns and come back to starting position. Next try $\frac{1}{2}$ turns; then $\frac{3}{4}$ turns; and then full – all the way around - turns.

Ski Jumps

With feet together, jump from side to side, keeping knees bent. Then jump forward and back. Finish by jumping forward, left, back, right, to make a square.

Jump Tucks

Stand with arms raised to shoulder height in front of your body. Jump up, raising knees as high as you can in a tucked position. Try to touch arms with knees.

Straddle Jump

Place feet together, arms at hips. Jump and move legs out to shoulder width (like a jumping jack without the arm movement). Jump again and move legs together. Jump out, jump together. Repeat.



Family Team Action Goal

Directions:

Think about active games or exercise you could do together as a family team and then set a family goal. Some activities your team might like to do together: hiking, dancing, basketball, running, frisbee, softball, volleyball, biking, soccer, or walking.



We, the _____
(write in your family team's name)

set the following goal. We will be more active by doing the following activity together as a team:

(write in the name of the physical activity your team will do)

Remember to fill in the goal check after your team does the activity.

Goal Check



WE DID IT! The activity our team did together was:

(write in the name of the activity your team did)

(fourth grader's signature)

(parent or guardian's signature)

Everyday Snacks

Fruits & Vegetables

Fresh fruits
100% fruit juices
Canned fruits
Dried fruits
Frozen 100% fruit juice bars
Fresh vegetables
Vegetable juices

Milk, Yogurt & Cheese

String cheese
Low-fat yogurt
Low-fat dip
1% and skim milk
Frozen low-fat yogurt
Low-fat ice cream

Breads, Rice, Pasta & Cereals

Pretzels	Cookies labeled "low-fat"
Animal crackers	Rice cakes
Crackers labeled "low-fat"	Air-popped popcorn
Graham crackers	Chips labeled "low-fat" or "non-fat" - like potato, corn, and tortilla
Fig bars	Granola bars labeled "low-fat"
Ginger snaps	Cereals
Vanilla wafers	

Week 4

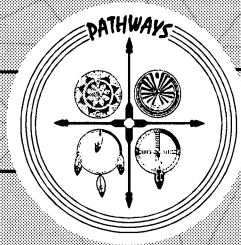
Pathways Family Pack 4th Grade Return Card

Week 4

Our family completed the Week 4 Family Pack! ☐ YES ☐ NO

What is the team goal your family set this week?

Student Name (Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name

Week 4

Pathways Family Pack 4th Grade Return Card

Week 4

Our family completed the Week 4 Family Pack! ☐ YES ☐ NO

What is the team goal your family set this week?

Student Name (Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name