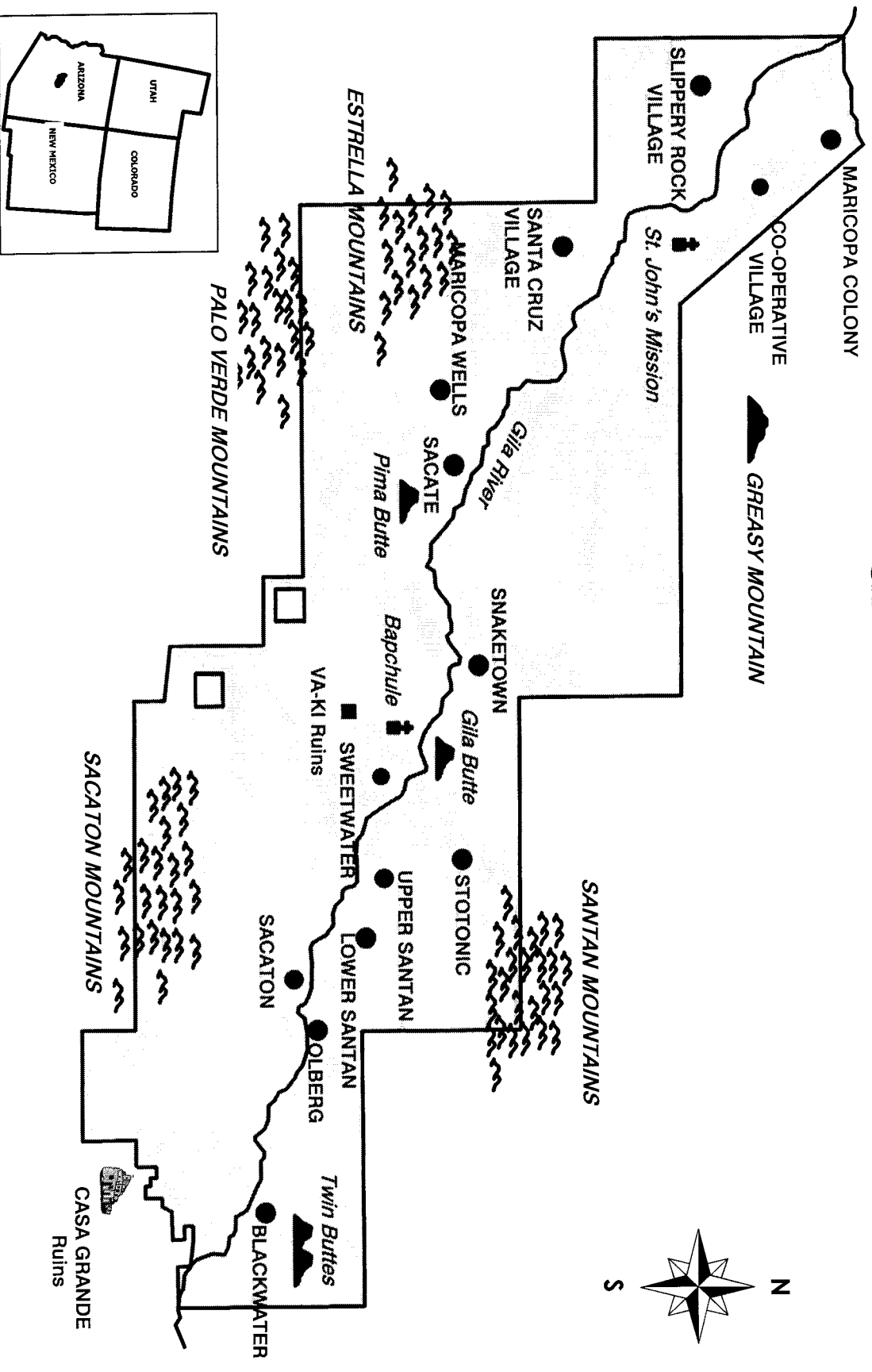
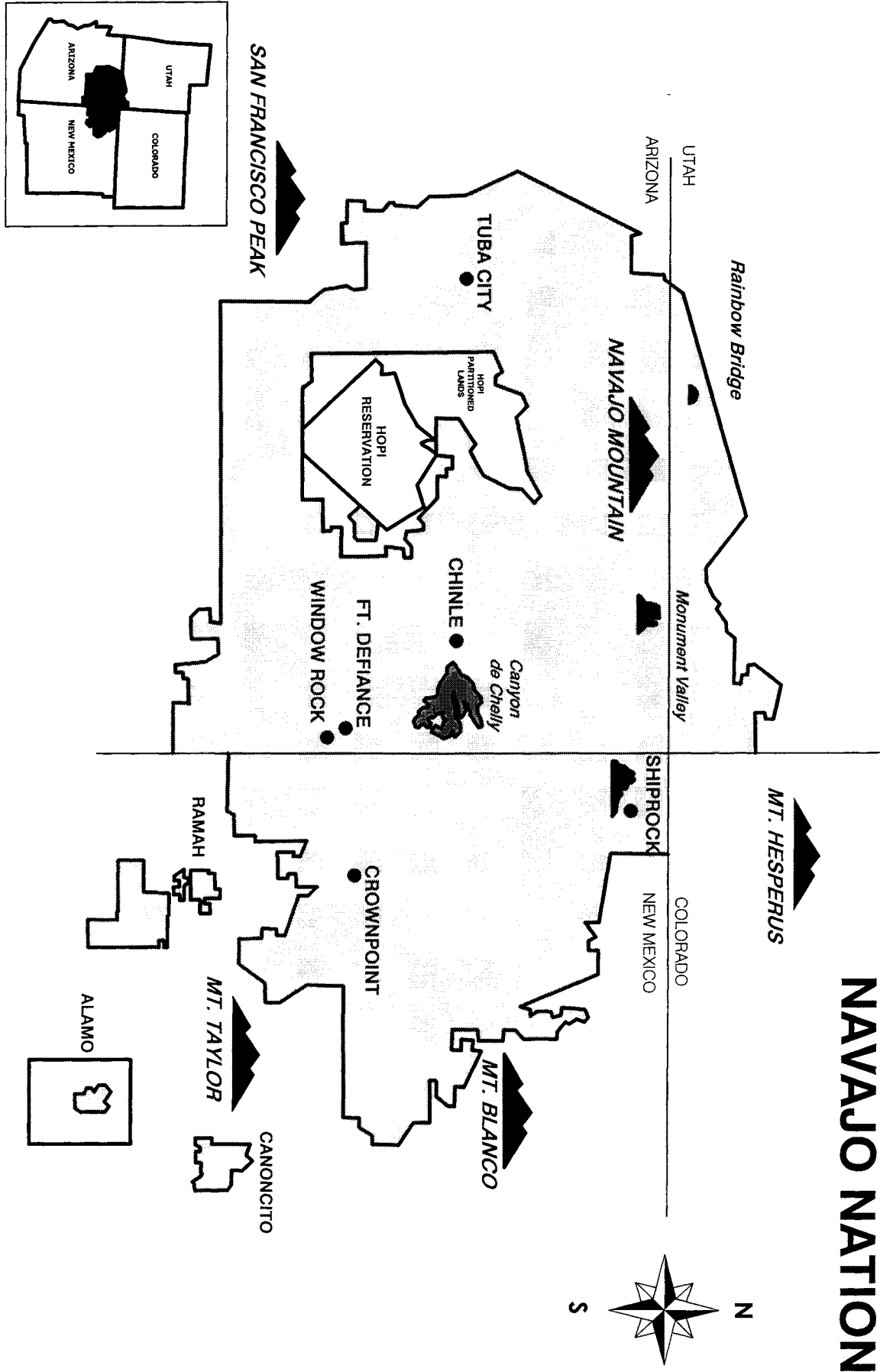


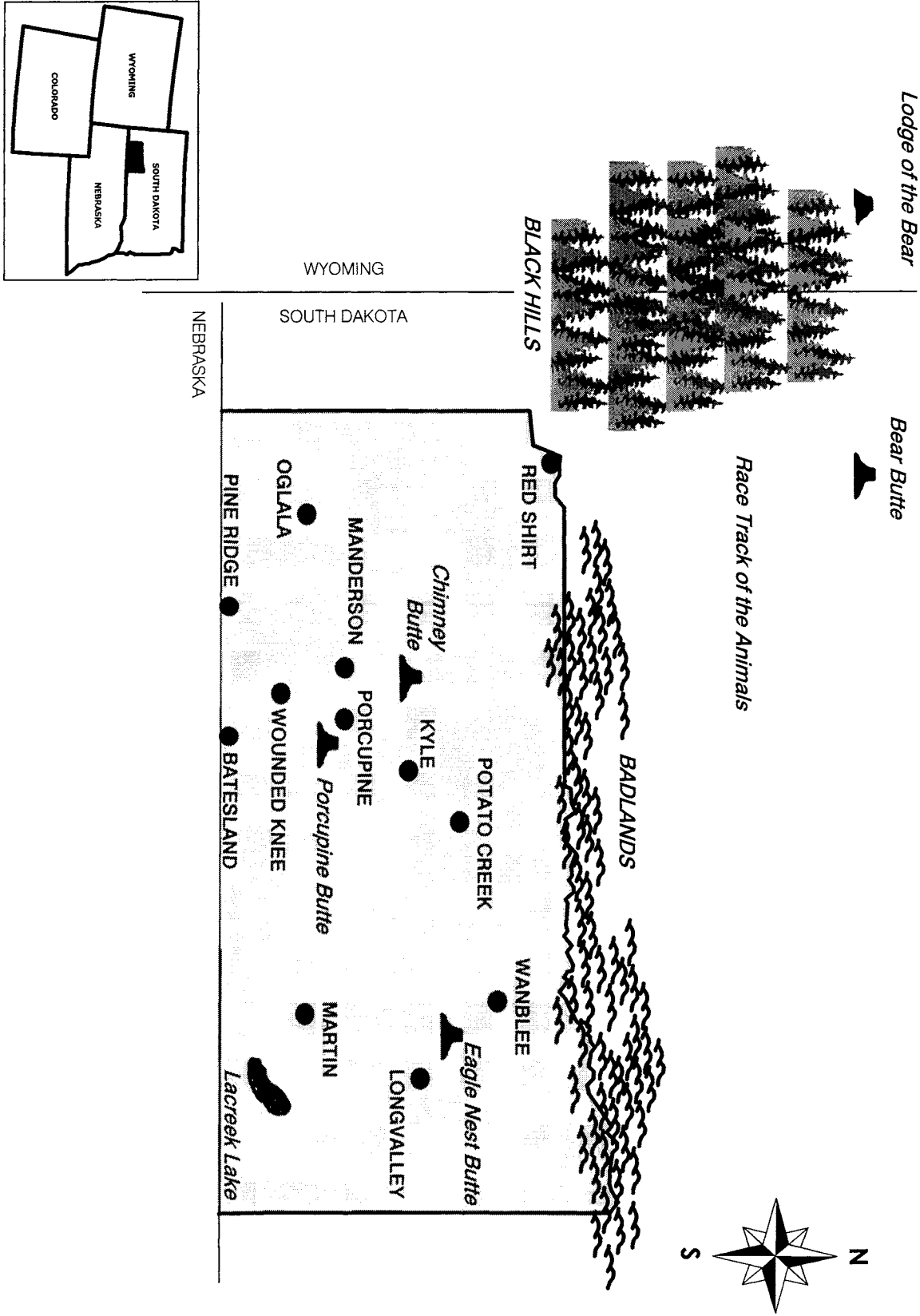
GILA RIVER INDIAN COMMUNITY



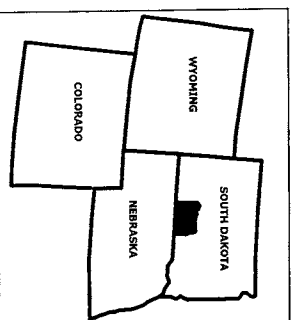
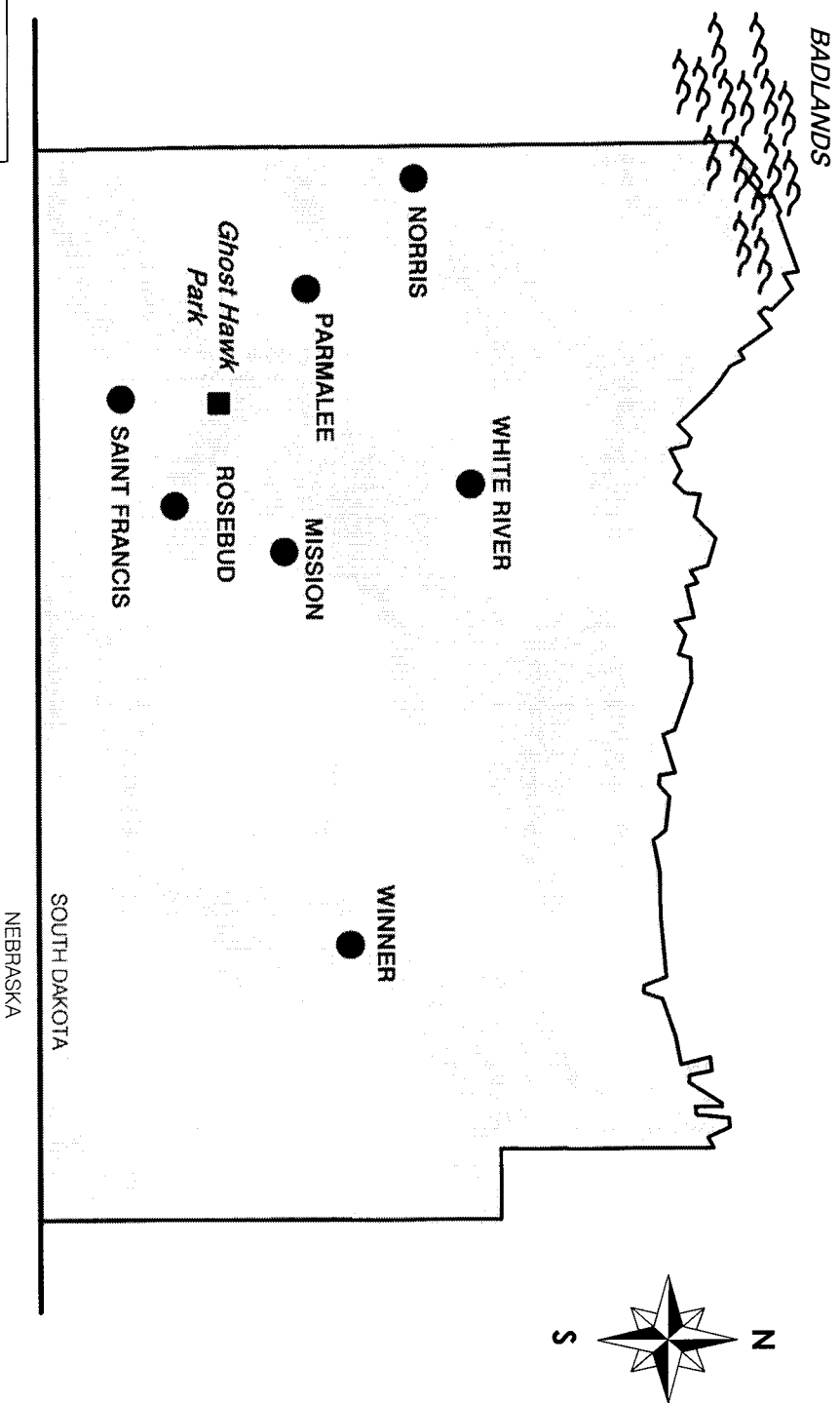
NAVAJO NATION



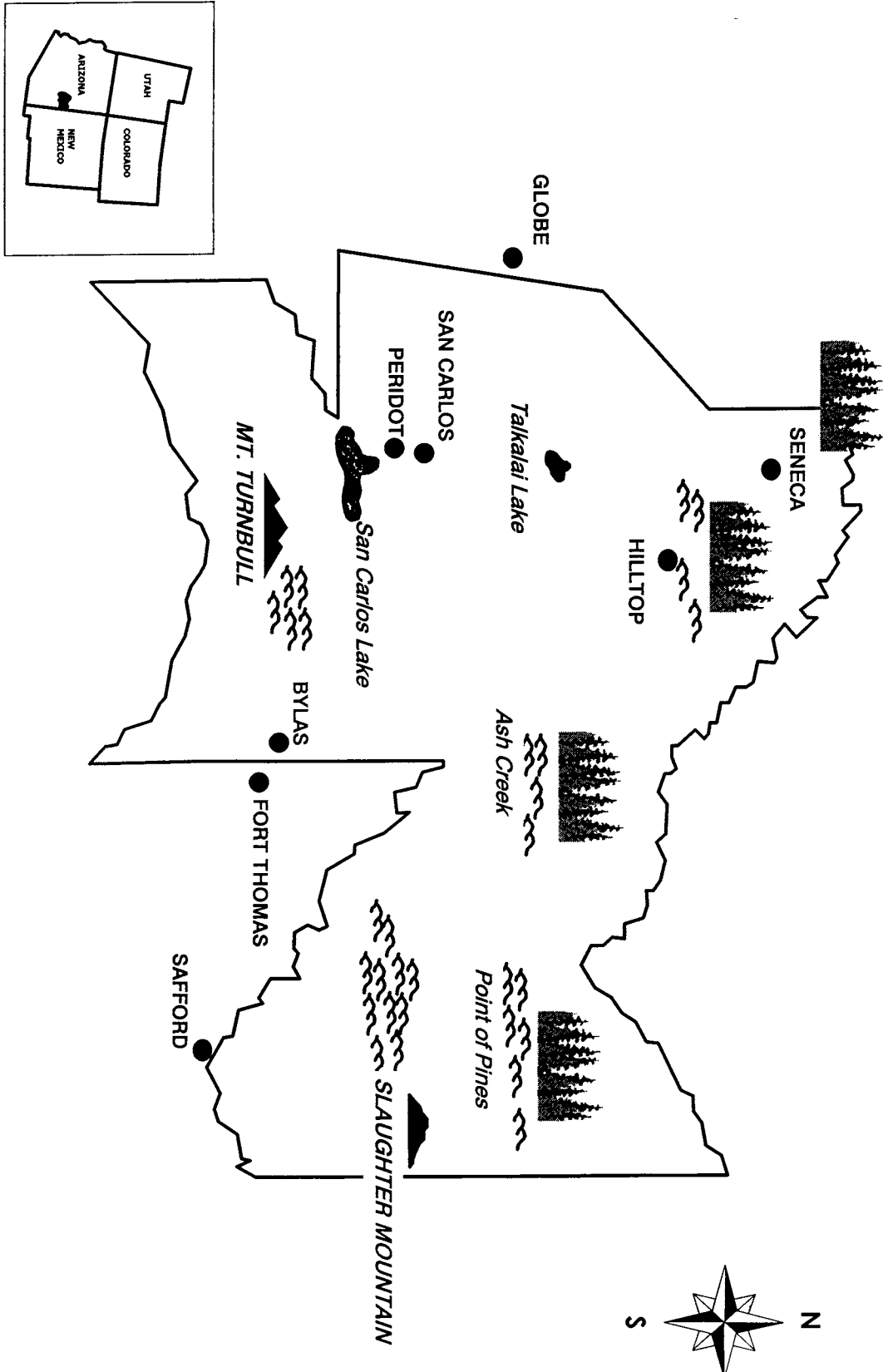
OGLALA LAKOTA TRIBE



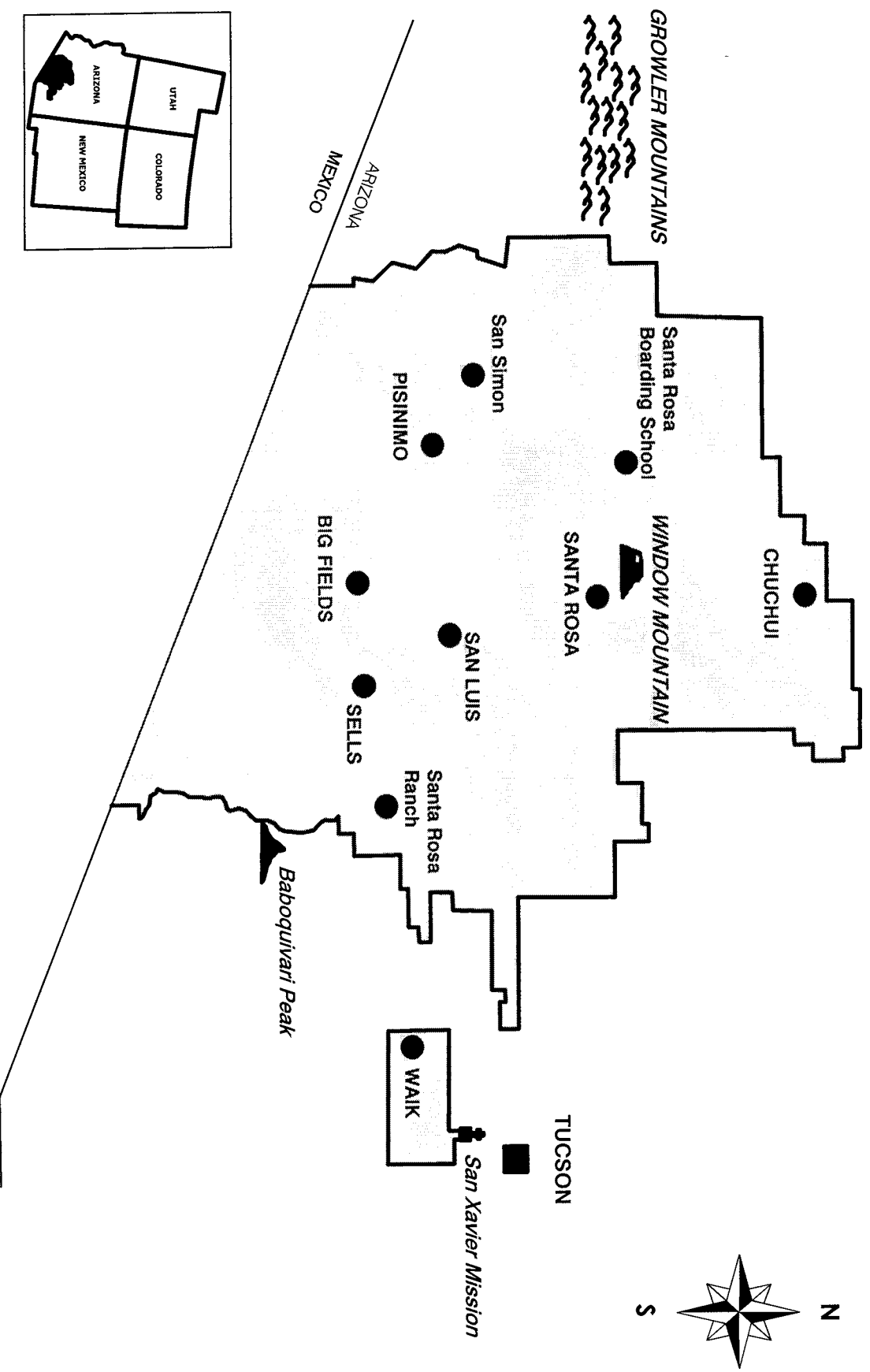
SICANGU LAKOTA TRIBE



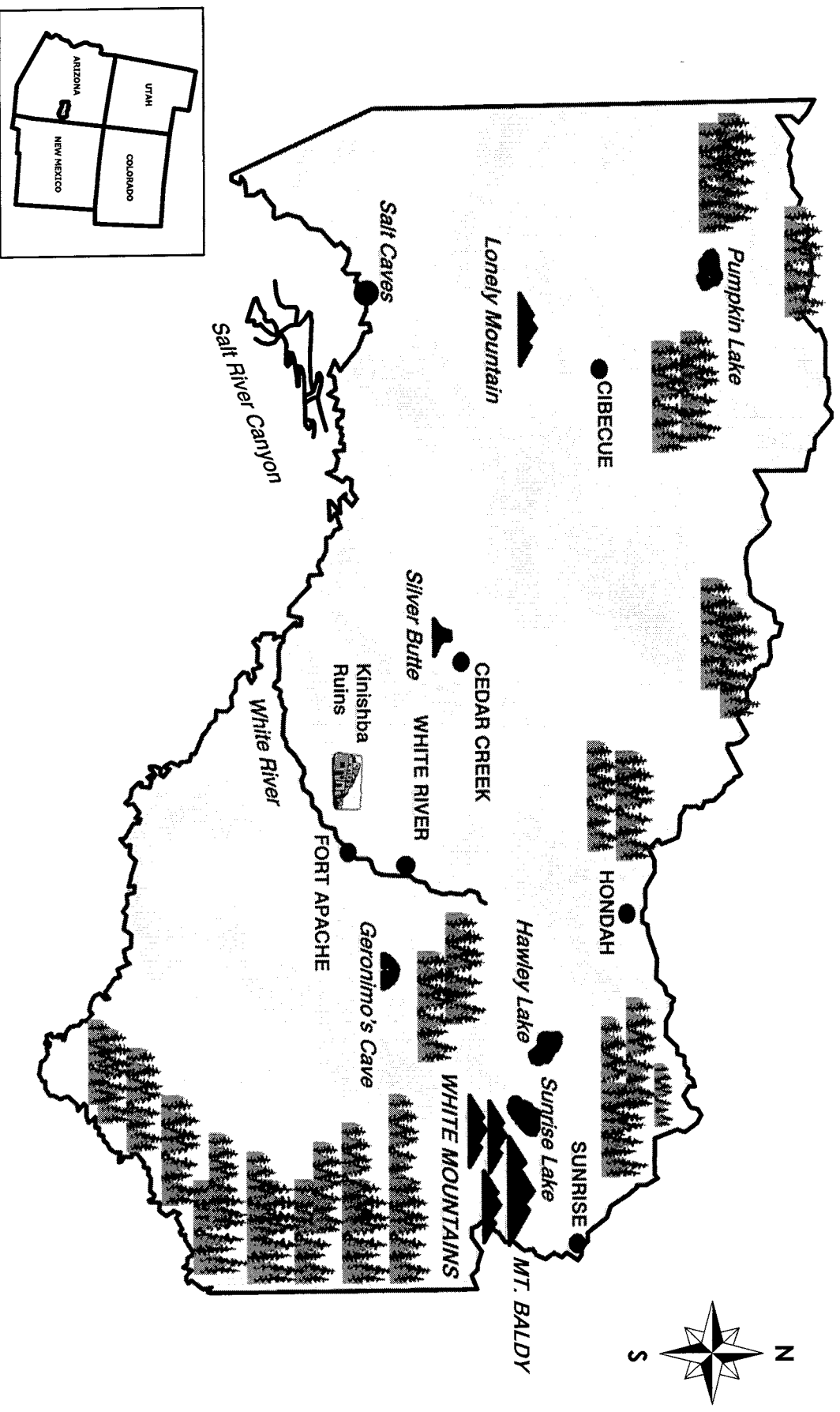
SAN CARLOS APACHE TRIBE



TOHONO O'ODHAM NATION



WHITE MOUNTAIN APACHE TRIBE



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



Action Bingo



B I N G O

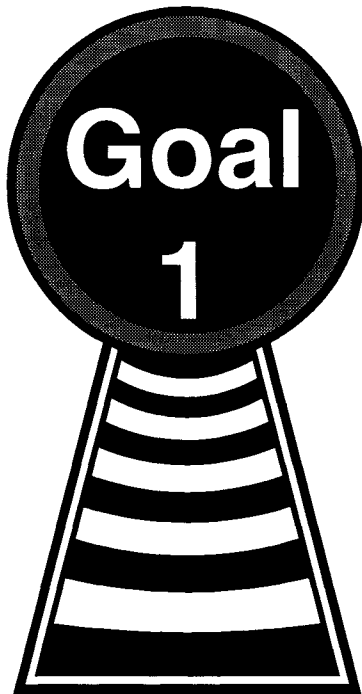
Jumping jacks	Line push-ups	Jog in place	Bend knees, touch toes: jump up, reach for the sky	Hop on one foot, then the other foot
Spread feet, twist body slowly from side to side	Hop in place	Arm circles forward, arm circles backward	Side bends on each side	Jump rope without the rope
Do the Funky Chicken	Ski jump from side to side	Say a tongue twister: Pathways Pals perform perfect push-ups	Hop forward, back, left, right	Twist, twist, twist – from right to left and then left to right
Jump up and click your heels	Smell the roses on the right and lilies on the left	Balance on one foot, circle your other foot; change feet	Run in place	Jump, up and down, flashing a victory sign
Jump with feet together, then apart	Mirror your partner's movement	March up and down and keep knees high	Bent leg sit-ups	Cool waves to the left, then to the right

Fourth Grade Goal #1



I, _____, set the following goal to do more
(fill in your name)
exercise outside of school:

I plan to _____
(fill in the physical activity you plan to do)
at least 2 different times before the next Pathways
class on: _____ .
(fill in the goal date)



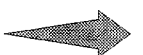
The days that I plan to do the activity are

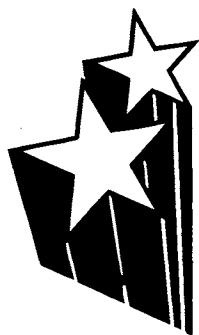
and _____
(fill in one of the days you plan to do your activity)
_____ .
(fill in the other day you plan to do your activity)

The place where I will do the activity is

_____ .
(fill in the place where you plan to do your activity)

_____ (your signature) _____ (signature of goal partner)





GOAL



☐ **Yes! I DID IT! I reached my Goal #1.**

I did the following physical activity outside of school

(fill in the physical activity that you did to accomplish your goal)

The days I did the activity were

(fill in the days you did your activities)

The place I did the activity was

(fill in the place or places where you plan to do your activity)

I know I was actively exercising because I felt the following body cues:

- ☐ warm face
- ☐ faster heart beat
- ☐ breathing harder
- ☐ sweating
- ☐ working muscles



(your signature)

(signature of goal partner)

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

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
Cheese
Cream

Mayonnaise
Salad dressing

Butter
Margarine
Lard
Bacon grease
Oil

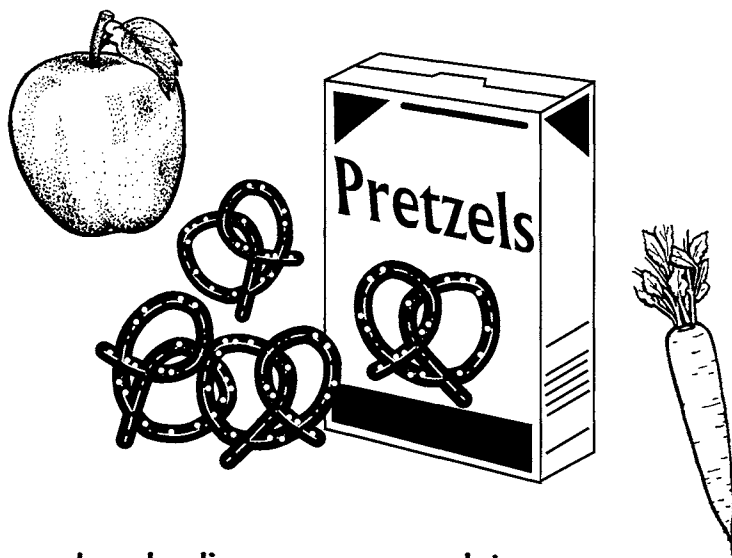
Taste-Testing Everyday Snacks



String Cheese Wrap-Arounds

Ingredients:

- 1 stick of string cheese
- 2 carrot sticks or baby carrots
- 2 pretzels
- 2 apple slices



Directions:

1. Put the cheese, carrots, pretzels, and apple slices on a paper plate.
2. Pull the cheese apart into six long, thin strings.
3. Wrap each string of cheese around each carrot, pretzel, and apple slice.



Did you like this snack? _____

Why or why not? _____

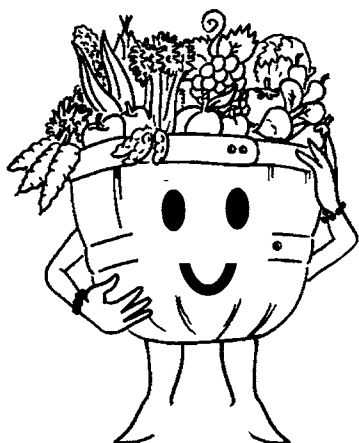
What other Everyday Foods do you think would taste good with string cheese? _____

Why are “String Cheese Wrap-Arounds” an Everyday Snack? _____

Everyday Snacks



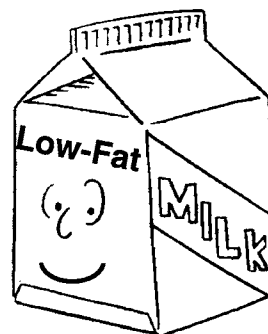
Fruits & Vegetables



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
Animal crackers
Crackers labeled "low-fat"
Graham crackers
Fig bars
Ginger snaps
Vanilla wafers



Cookies labeled "low-fat"
Rice cakes
Air-popped popcorn
Chips labeled "low-fat" or "non-fat" –
like potato, corn, and tortilla
Granola bars labeled "low-fat"
Cereals

Fourth Grade Goal #2



A Sometimes Food I usually eat is

I, _____, now set the following goal:
(fill in your name)

**I plan to eat an Everyday Food instead of the
Sometimes Food I usually eat.**

The Everyday Food I plan to eat is

_____ •
(fill in the Everyday Food you will try to eat)



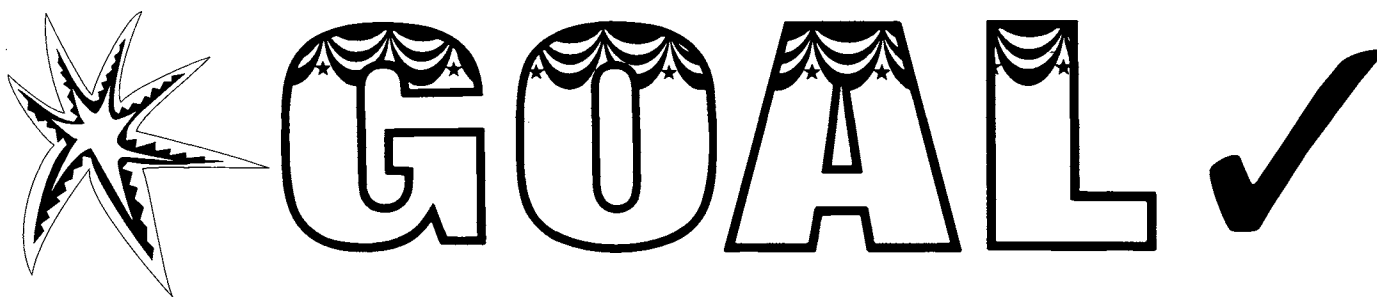
**I will eat this Everyday Food before
the first Pathways class next week:**

(fill in the goal date)

(your signature)

(signature of goal partner)





☐ **Yes! I DID IT! I reached my Goal #2.**

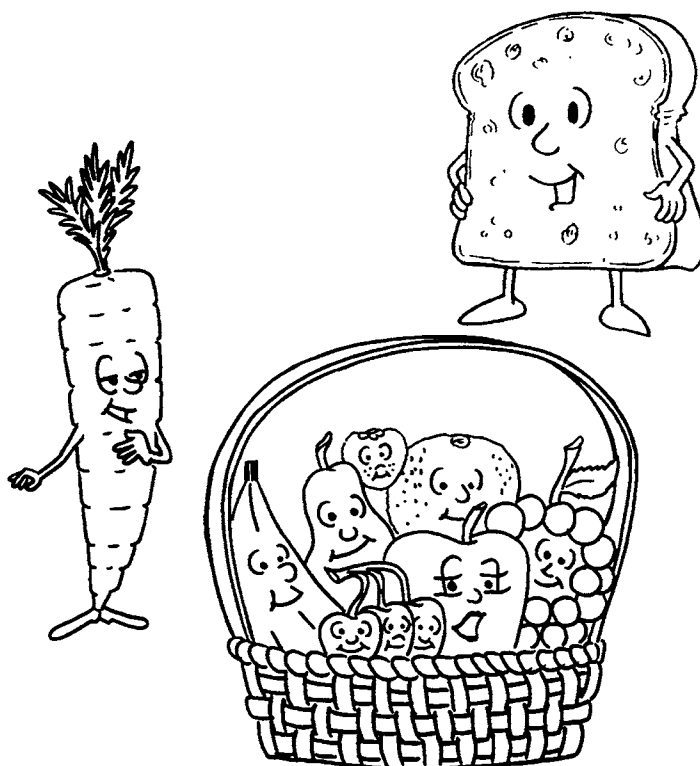
I ate the Everyday Food _____
(fill in the Everyday Food you ate instead of a Sometimes Food)

instead of the Sometimes Food _____
(fill in the Sometimes Food you usually eat)

(your signature)

(signature of goal partner)

**Everyday Foods
taste good!**



Beverages that Beat Pop

8

Water Rap



Water

When you're thirsty.
Here's what to do.
Choose water to drink.
It's best for you!

Diet Pop



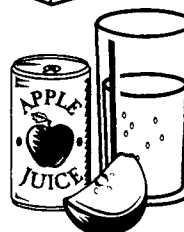
Sugar-free Kool-Aid



Skim or 1% Milk



100% Fruit Juice



Sparkling Water



Taste-Testing Everyday Beverages



Diet Pop #1: _____

Diet Pop #2: _____

Other Everyday Beverage #1: _____

Other Everyday Beverage #2: _____

Which diet pop did you like the best?

Why? _____



Which other beverage did you like the best?

Why? _____

Fourth Grade Goal #3



Three times when I usually drink pop or other beverages containing a lot of sugar are:

1. _____
2. _____
3. _____

I, _____, now set the following goal:
(fill in your name)

I plan to drink an Everyday Beverage at least 2 of the times when I usually drink pop.

The Everyday Beverage I plan to drink is: _____

(fill in the Everyday Beverage you will try to drink)



I will drink this Everyday Beverage before the first Pathways class next week: _____

(fill in the goal date)

(your signature)

(signature of goal partner)



★ GOAL ✓

☐ **Yes! I DID IT! I reached my Goal #3.**

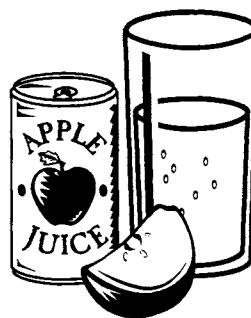
I drank the Everyday Beverage _____
instead of pop, _____ times.
(fill in number)

(fill in the Everyday Beverage
you drank instead of pop)

(your signature)

(signature of goal partner)

**Everyday
Beverages
are great!**



Fourth Grade Goal #4



I, _____, set
(fill in your name)
the following goal:



*I plan to do physical activities outside of school
at least 3 times during the next week.*

- My Plan -

*Write on this calendar the 3 times you plan
to do physical activities outside of school and
what physical activities you plan to do before
the first Pathways class next week on*

(fill in the goal date)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

(your signature)

(signature of goal partner)





☐ **Yes! I DID IT! I reached my Goal #4.**

What I Actually Did

Write on this calendar, the 3 times you did physical activities outside of school and what physical activities you did to reach your goal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

(your signature)

(signature of goal partner)

Taste-Testing Everyday Snacks



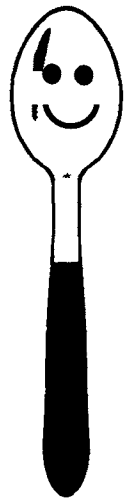
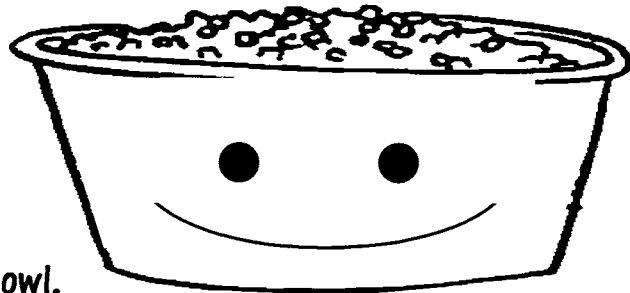
Super Sundae

Ingredients:

- 1/2 cup low-fat vanilla pudding
- 1 tablespoons fruit cocktail
- 1 tablespoon of cereal

Directions:

1. Measure pudding into a cup or bowl.
2. Add fruit cocktail to the pudding and stir.
3. Add cereal on top.



Did you like this snack? _____

Why or why not? _____

What other Everyday Foods do you think would taste good added to low-fat pudding? _____

Why is “Super Sundae” an Everyday Snack?

Fourth Grade Goal #5



Two times when I usually eat a Sometimes Food for a snack are:

_____ & _____
(fill in one of the times) (fill in the Sometimes Food)

_____ & _____
(fill in the other time) (fill in the Sometimes Food)

I, _____, now set the following goal:
(fill in your name)

I plan to eat a fruit or a vegetable for a snack instead of the Sometimes Food.



The fruits or vegetables I plan to eat are: 1. _____

(fill in the name of the fruit or the vegetable)

2. _____

(fill in the name of the fruit or the vegetable)

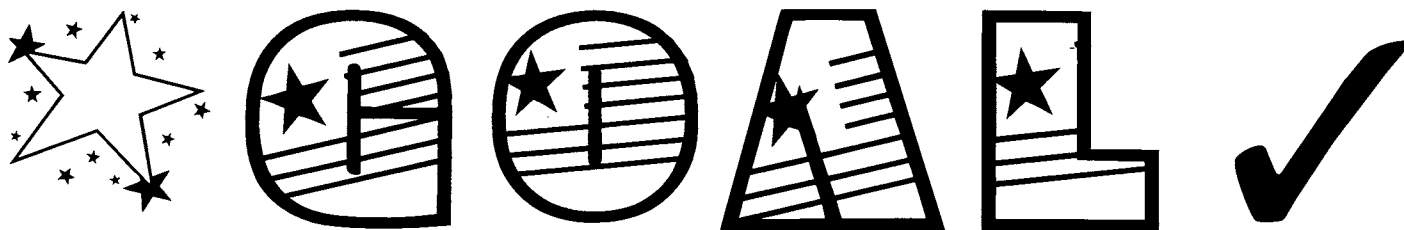
I will eat these before the first Pathways class next week:

(fill in the goal date)

(your signature)

(signature of goal partner)





☐ **Yes! I DID IT! I reached my Goal #5.**

I ate: _____ **times**
(fill in the fruit or vegetable you ate) (fill in number)
and
_____ **times**
(fill in the fruit or vegetable you ate) (fill in number)

instead of the Sometimes Foods I usually choose to eat.

(your signature)

(signature of goal partner)

**I will eat
fruits and
vegetables**

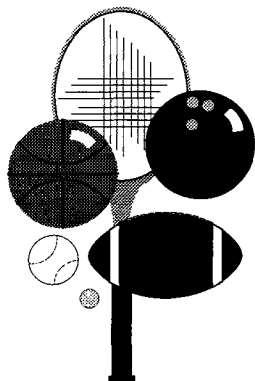


Why I Like to Exercise!

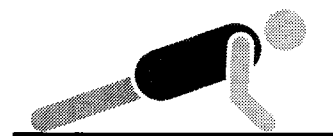


Directions: Here is a list of reasons why people like to exercise.
Put a check mark by every reason why YOU like to exercise.
If some of your reasons are not on this list, write them on the blank lines.

✓ Reasons to Exercise



- ☐ Makes me feel good!
- ☐ It's fun to do!
- ☐ It keeps me healthy!
- ☐ It makes me sweat!
- ☐ It's fun to do with my friends!
- ☐ It gives me something to do!
- ☐ It makes my heart stronger!
- ☐ It makes me better at sports!
- ☐ It makes me stronger!
- ☐ It's something I can do with my family!
- ☐ It gives me energy!
- ☐ It's a good way to make new friends!
- ☐ It helps me learn new things!



- ☐ _____ !
- ☐ _____ !
- ☐ _____ !
- ☐ _____ !

Taste-Testing Everyday Snacks

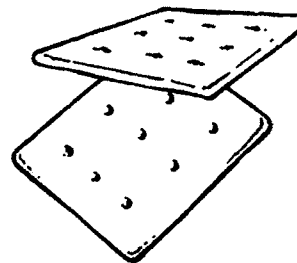


Cracker Creations

Ingredients:

- Snack 1 -

- 2 saltine crackers
- 2 teaspoons applesauce
- 2 teaspoons crunchy cereal

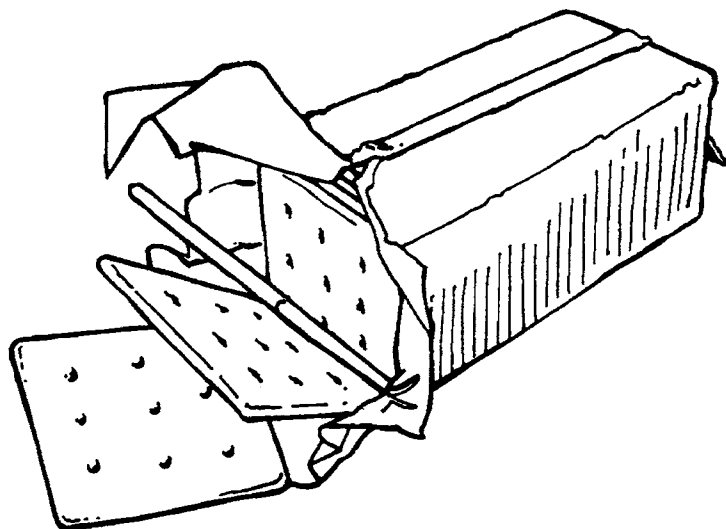


- Snack 2 -

- 2 saltine crackers
- 2 teaspoons low-fat cottage cheese
- 2 pickle slices

- Snack 3 -

- 1 saltine cracker
- 1 teaspoon jelly or jam
- 1 banana slice



Directions:

- 1) Get ingredients for Snack 1.
 - Place 1 teaspoon of applesauce on each of 2 crackers.
 - Add 1 teaspoon of cereal on top of applesauce.
- 2) Get ingredients for Snack 2.
 - Place 1 teaspoon of cottage cheese on each of 2 crackers.
 - Add 1 pickle slice on top of cottage cheese.
- 3) Get ingredients for Snack 3.
 - Place 1 teaspoon of jelly or jam on 1 cracker.
 - Add 1 slice of banana on top of jelly or jam.

Why are all of these saltine cracker snacks Everyday Snacks ?

Which of the cracker creations did you like the best?

What names did you think of for each of the cracker creations?

Snack 1: “ _____ ”

Snack 2: “ _____ ”

Snack 3: “ _____ ”

The Foods I'd Choose



List foods here: 

--

Everyday Foods Find



Directions: Put a ✓ next to each Everyday Food you find in your local store.

- ☐ Gummy bears
- ☐ Frozen fruit juice bars
- ☐ Fig bars
- ☐ Popsicles
- ☐ Ice cream bars labeled "low-fat"
- ☐ 1% milk
- ☐ Skim milk
- ☐ Pickles
- ☐ 100% fruit juice
- ☐ Marshmallows
- ☐ Rice Krispies Bars
- ☐ Slices of cheese pizza
- ☐ Cereals
- ☐ Gum
- ☐ Bottled water
- ☐ Graham crackers
- ☐ Grammy bears
- ☐ Saltine crackers
- ☐ Crackers labeled "low-fat"
- ☐ Pretzels



- ☐ Baked chips
- ☐ Chips labeled "low-fat"
- ☐ Cookies labeled "low-fat"
- ☐ Rice cakes
- ☐ Fresh fruit
- ☐ Canned fruit
- ☐ String cheese
- ☐ Vanilla wafers
- ☐ Low-fat yogurt
- ☐ Frozen low-fat yogurt
- ☐ Ginger snaps
- ☐ Animal crackers
- ☐ Bread
- ☐ Vegetable juice
- ☐ Dried fruits
- ☐ Hot dogs labeled "low-fat"
- ☐ Diet pop
- ☐ Fruit flavored suckers
- ☐ Black or red licorice

Fourth Grade Goal #6



I, _____, now set the following goal:
(fill in your name)

I plan to choose a low-fat Everyday Food instead of higher-fat Sometimes Foods the next time I buy something to eat at the store.

The Everyday Food I will choose to buy is:

(fill in the the name of the Everyday Food)



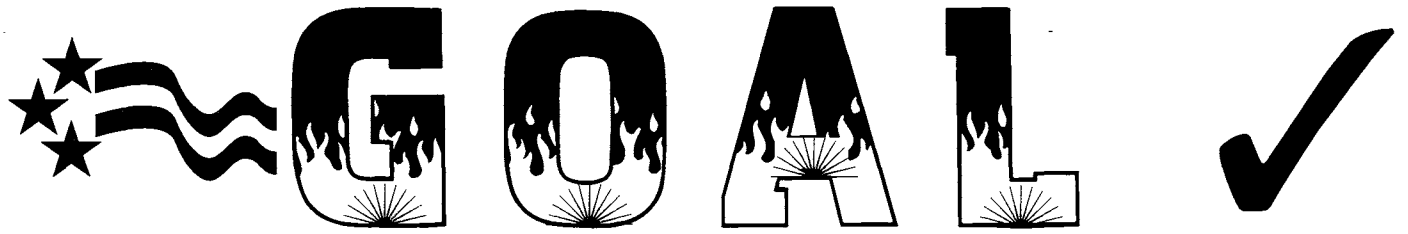
I will choose this Everyday Food before the first Pathways class next week: _____

(fill in the goal date)

(your signature)

(signature of goal partner)





☐ **Yes! I DID IT! I reached my Goal #6.**

I bought _____
(fill in the name of the Everyday Food you bought)

at _____
(fill in the name of the store)

instead of the Sometimes Foods I usually buy there.

(your signature)

(signature of goal partner)

