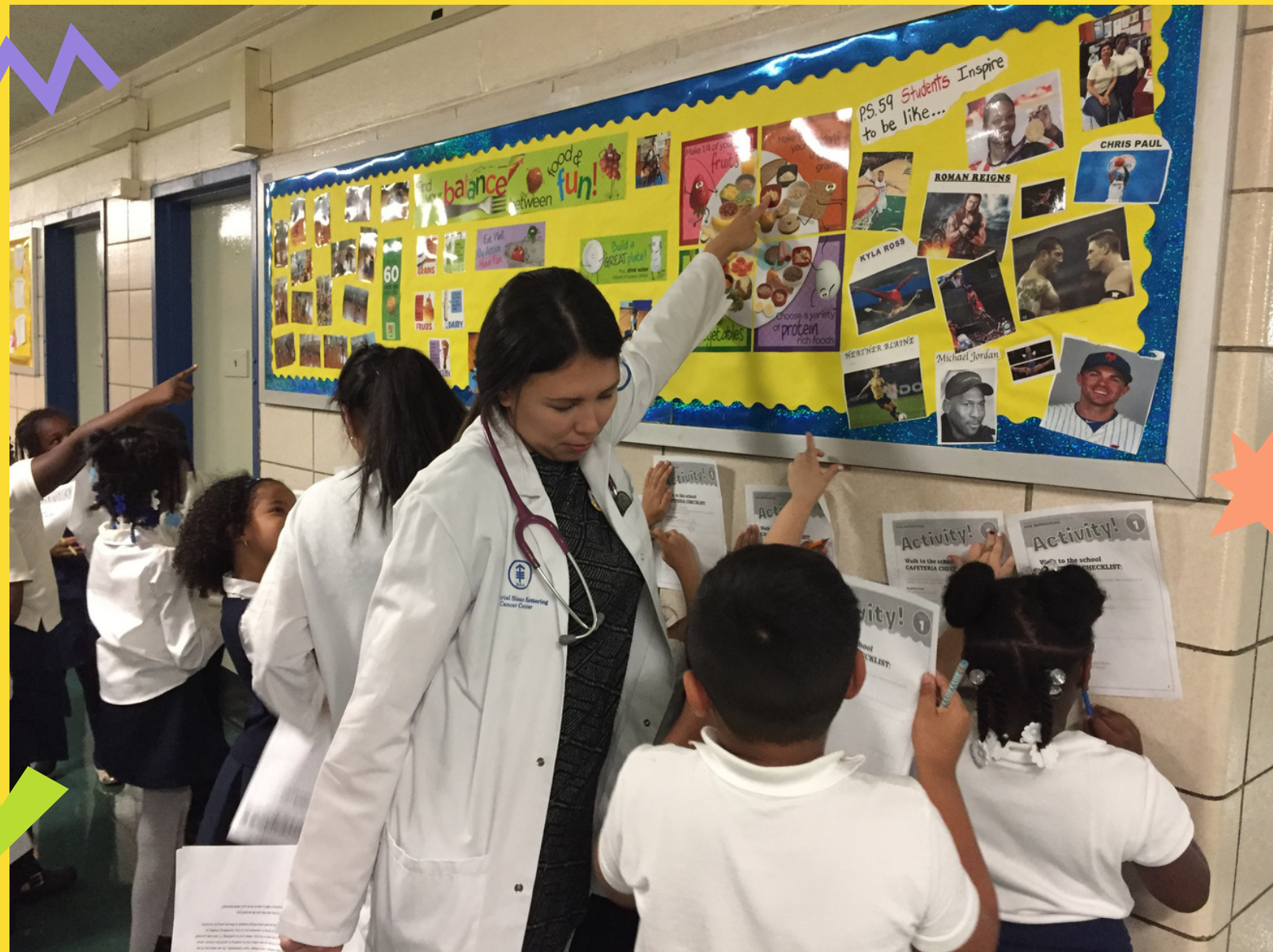


Lesson 7

ASK ME ABOUT FHC!



WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



We are doctors and union members!

We want you and your families to be happy and healthy.

We will break it up to make it FUN for YOU

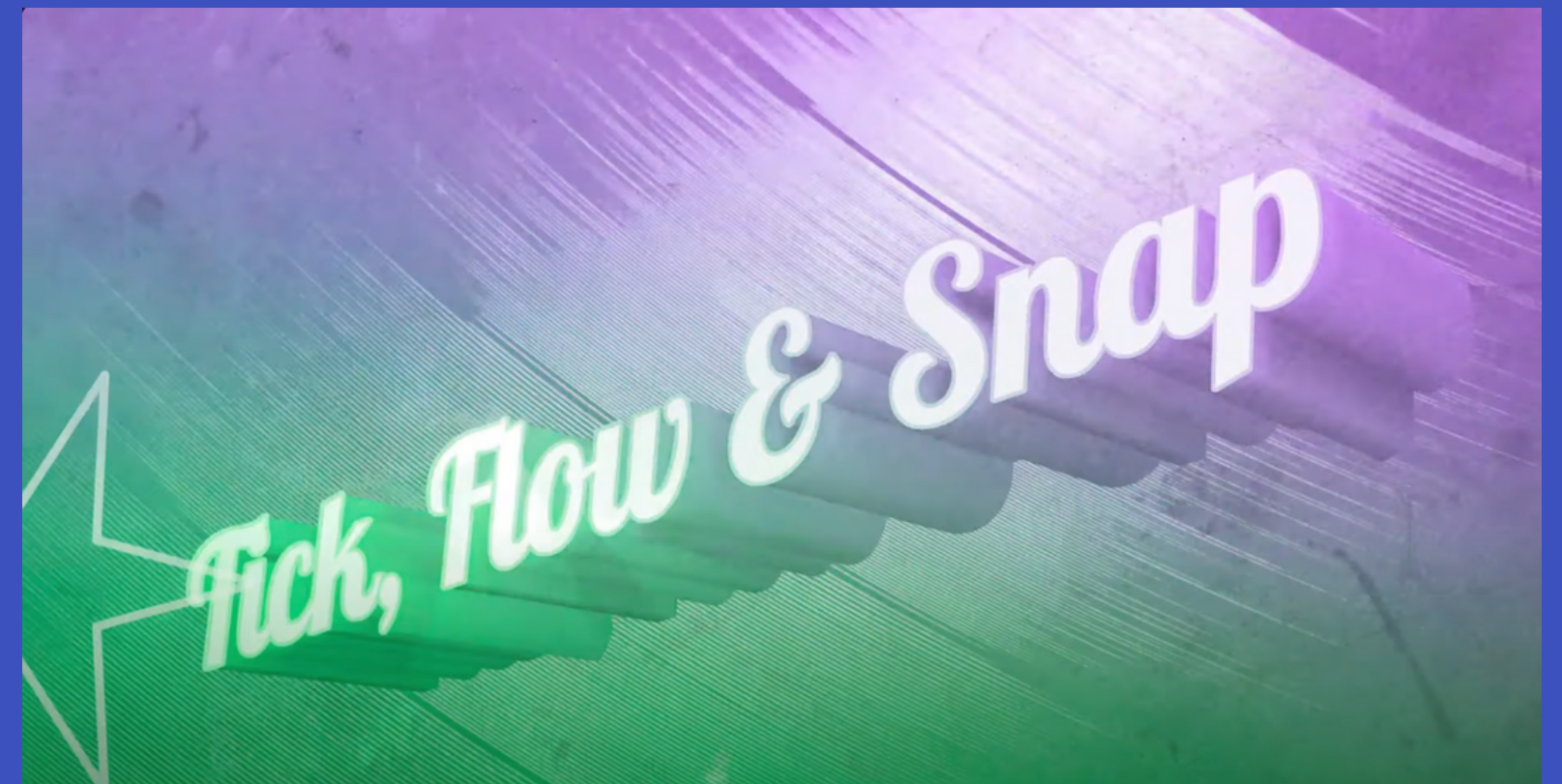
How will this go?



• We will move • Review ALL lessons • Fun activity

LET'S MOVE OUR BODIES!

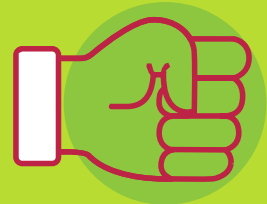
You move how you move



Let's Review Lesson 6



Palm of
your hand
Amount of
lean
protein



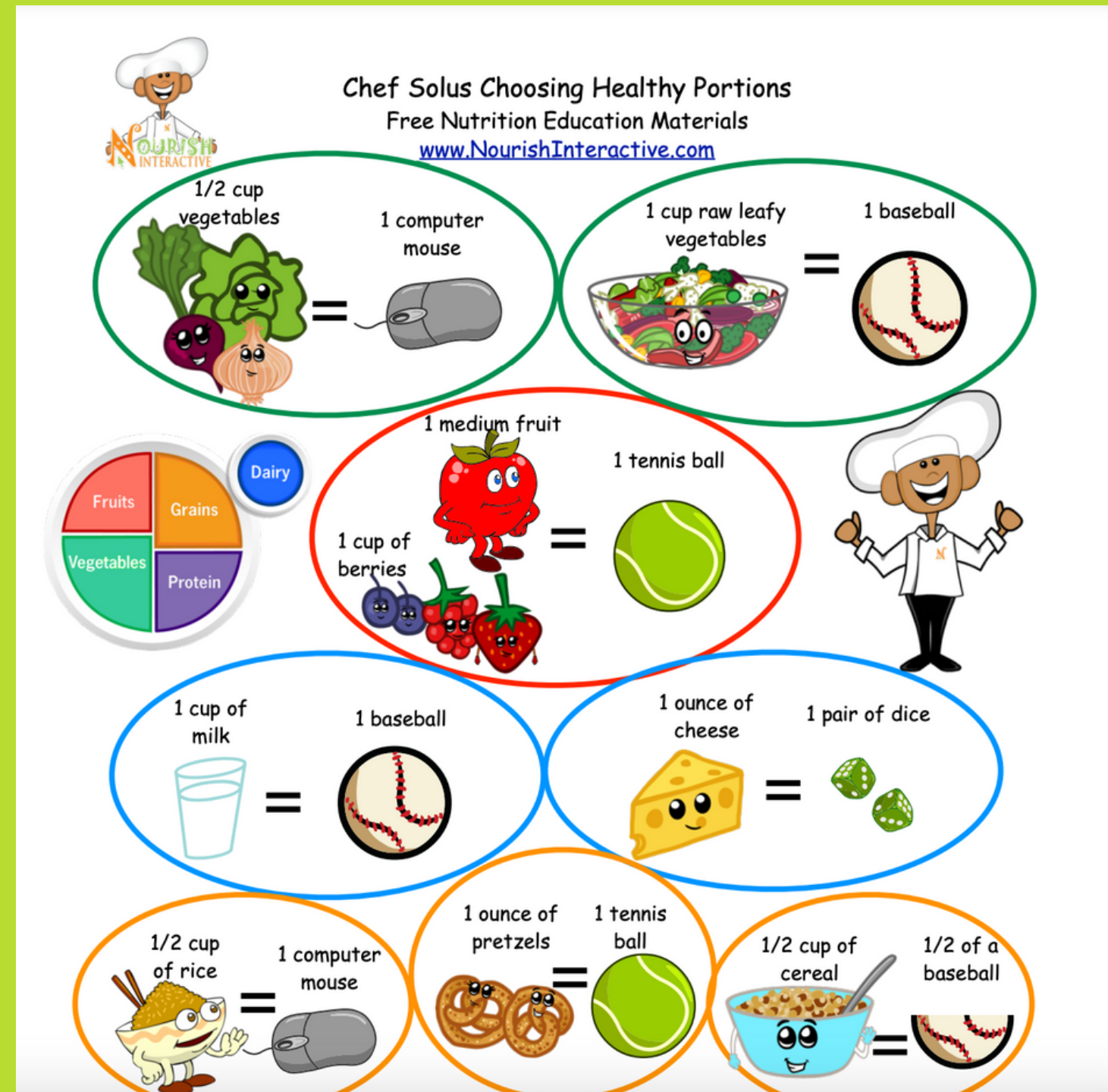
Your fist
Amount of rice,
cooked pasta
or cereal



Your
thumb
Amount of
cheese



Tip of
your thumb
Amount of
peanut butter



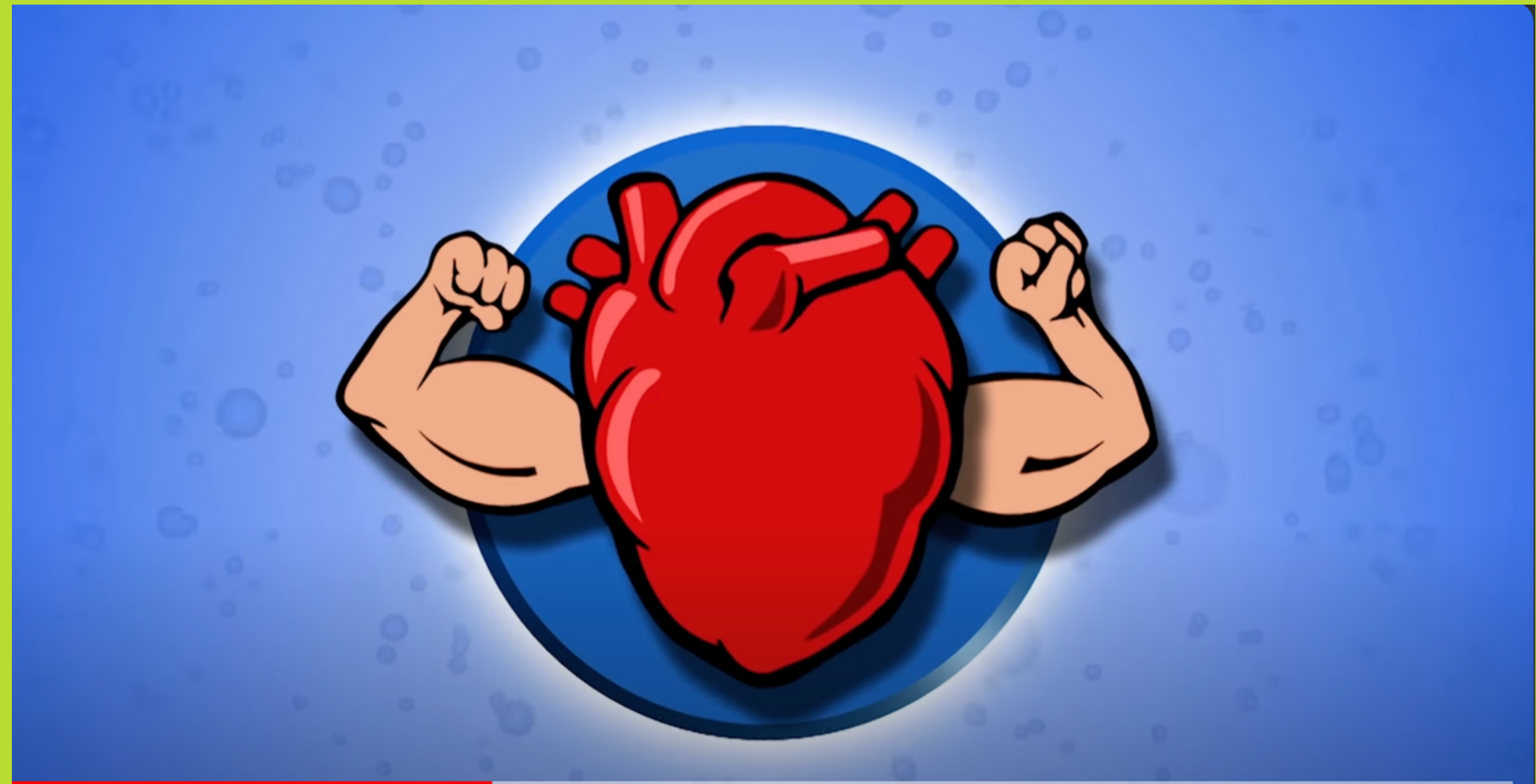
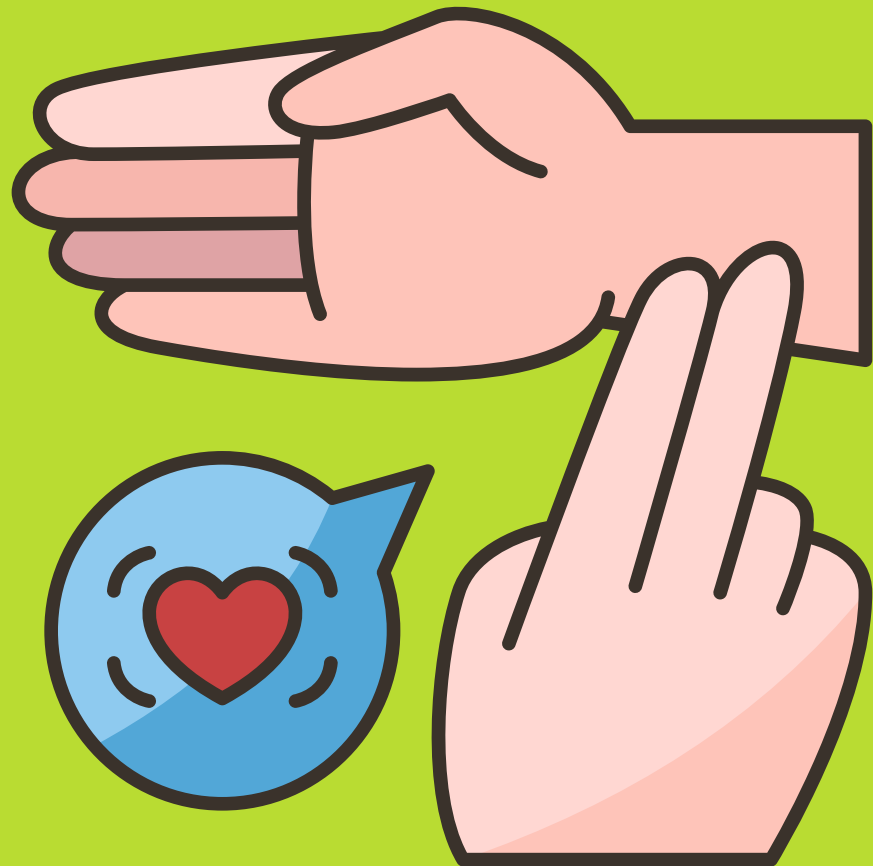
Let's Review Lesson 6



THE HUNGER SCALE



Let's Review Lesson 5



Source: Exercise Your Heart (KSPS Fit Kids, 0:41)

Let's Review Lesson 5

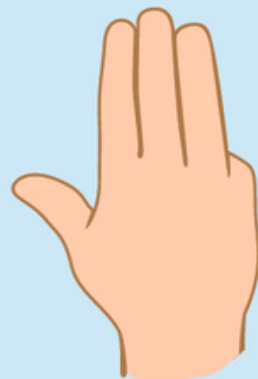


How to Check Your Pulse



1

Turn one arm, so your palm is facing up.



2

Place the middle three fingers of the other arm in the upper groove of the upturned wrist, below where your thumb connects to your wrist.



3

Press firmly. You should feel a subtle pulsing beating or throbbing) sensation. If you can't feel anything, apply more pressure with the tips of your fingers.



+



+



+



+



+



+



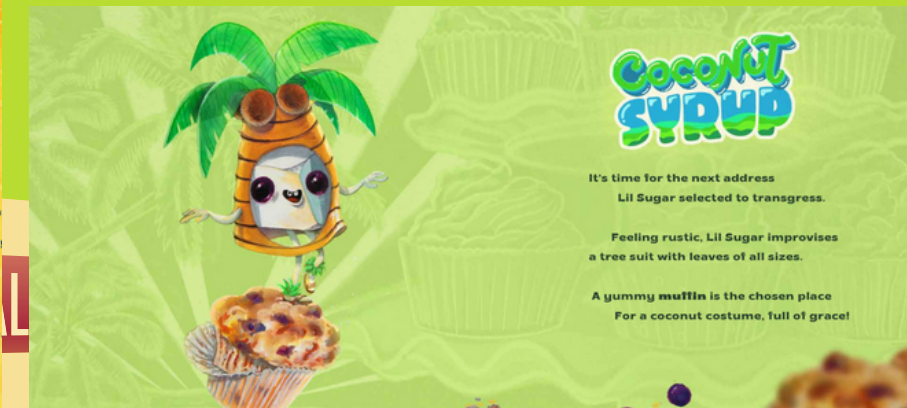
+



Let's Review Lesson 4



Aim for less than
24g/day



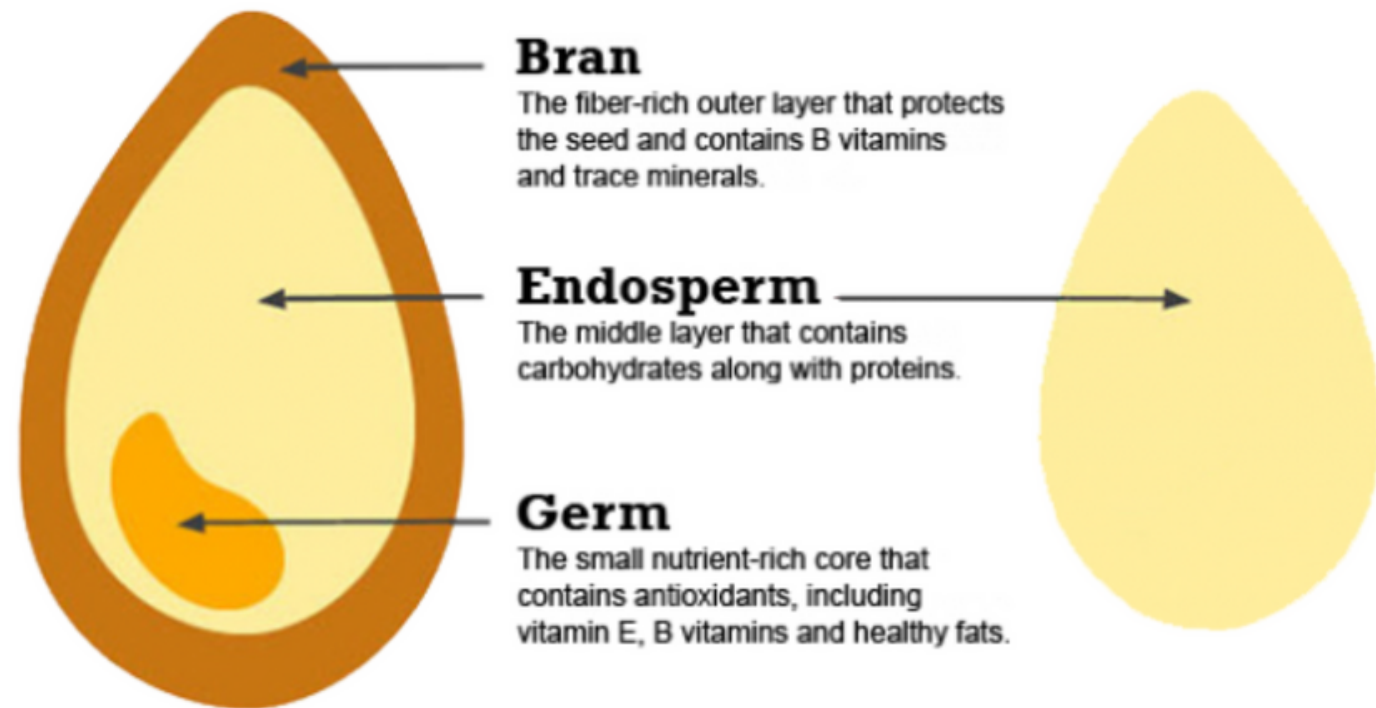
Let's Review Lesson 3



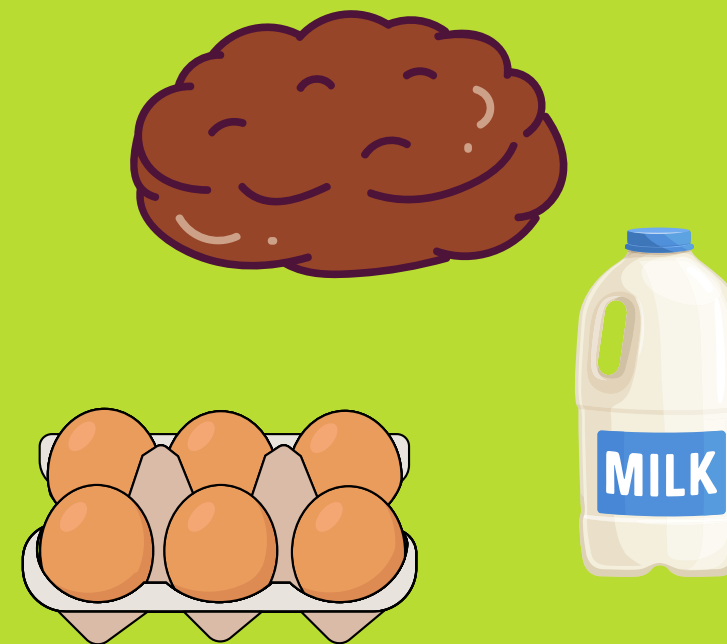
Whole Grain

vs.

“White” Grain



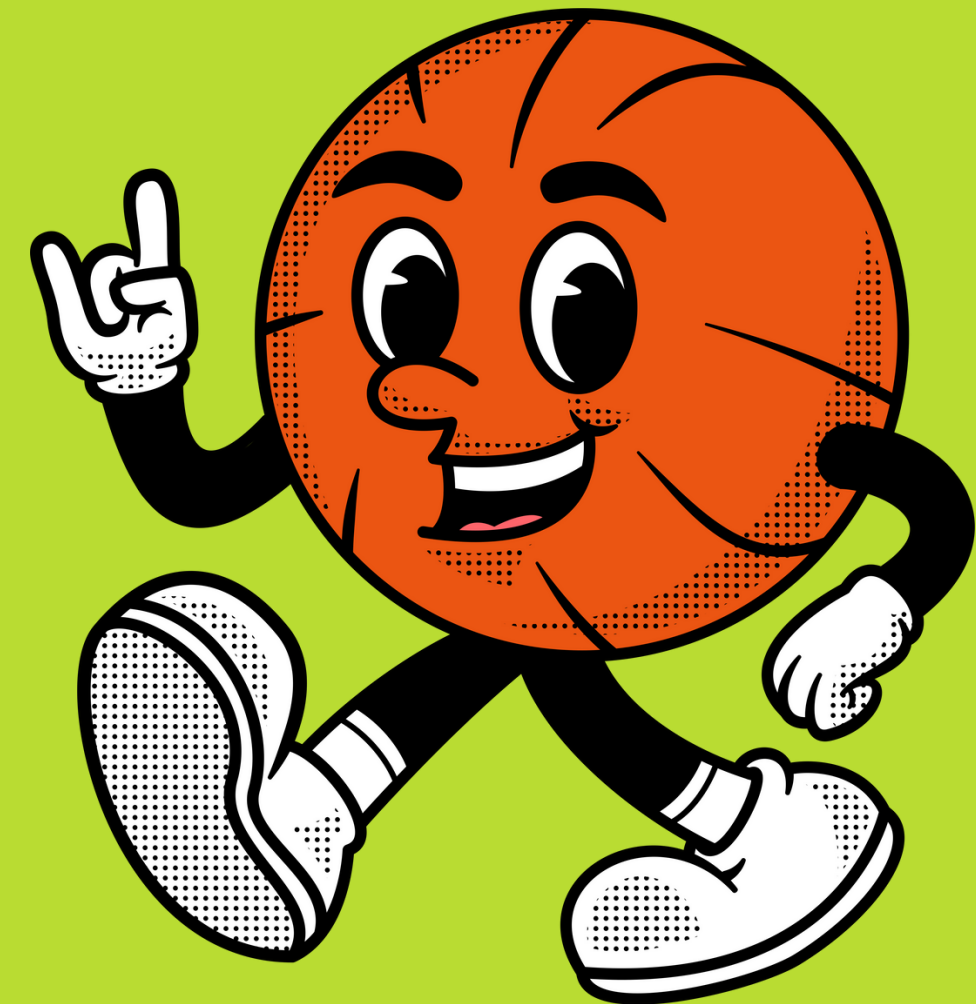
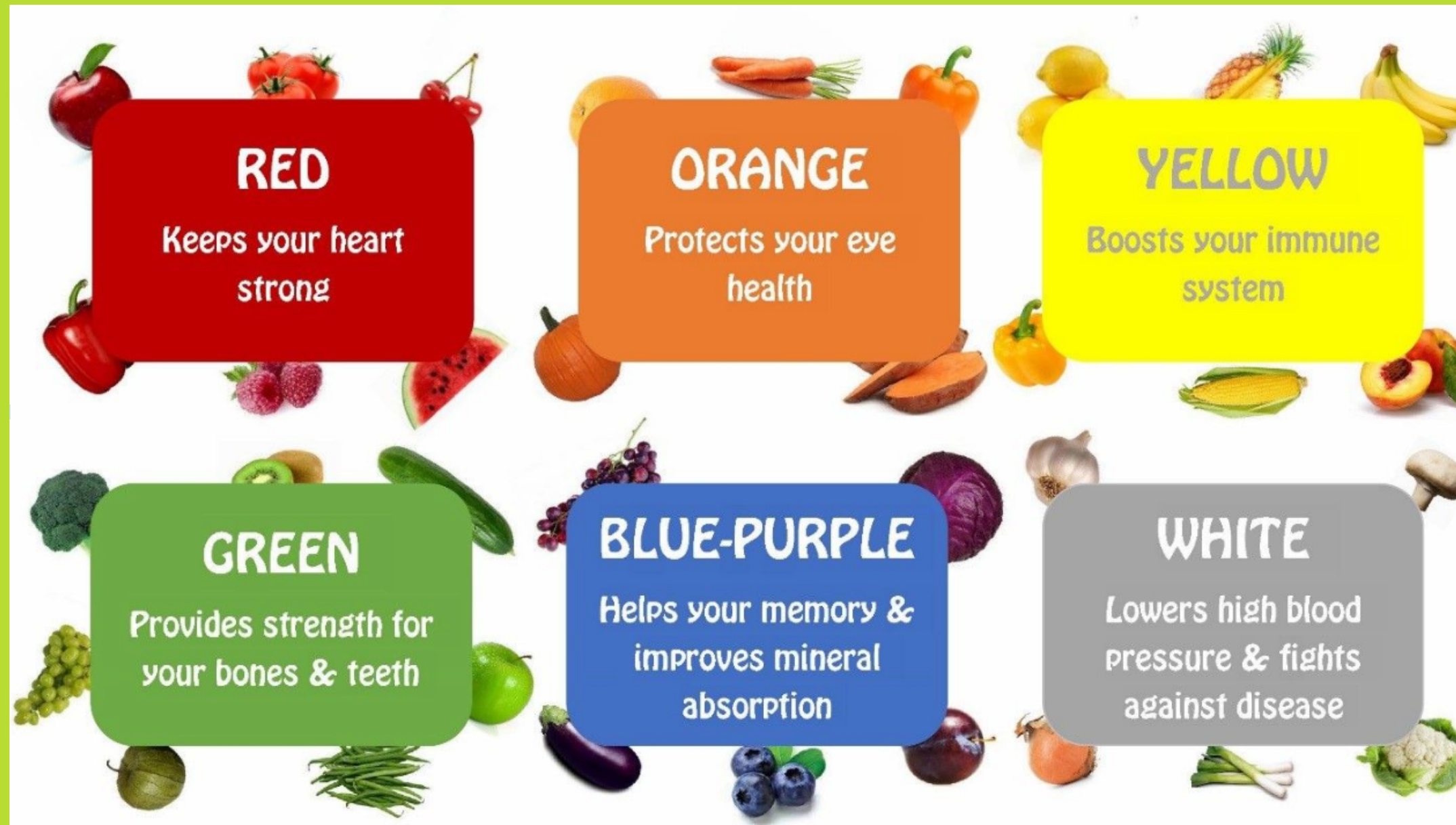
Animal sources



Plant sources



Let's Review Lesson 2



Let's Review Lesson 1



BREAK IT UP



ACTIVITY

It's YOUR turn!

Write us a prescription.



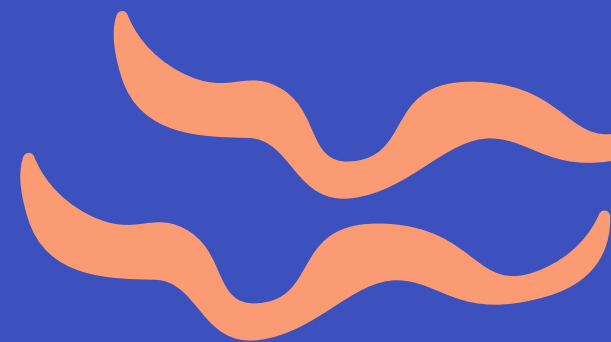


REFLECTION



Tell us how you did on your FHC challenges!

SHARE IT!





GOODBYE!



Enjoy your FHC tote bag!

SHARE IT!

