



In general: Read or ask the children to read the words on each page, including the directions. Involve the children in all of the activities and encourage them to talk about what they are doing. Allow the children to color the pictures.

With the subject of healthy lifestyles and physical fitness, it is not recommended to use negative terms such as “obese,” “obesity” and “fat.” The goal for overweight children is to stabilize and stop their weight gain through healthy eating habits, not diet, so their weight can be redistributed evenly when they grow.

In addition, while the term “exercise” can be general and refer to countless physical activities, it can also connote going to a gym and lifting weights, running on the treadmill, taking aerobic classes, etc., which can seem intimidating and overwhelming to non-regular exercisers. If they don’t follow through with regular participation in those types of activities, they can then lose motivation and confidence in their efforts to be more active. So in our book, we refer to exercise as “physical activities” and “physical fitness” as much as possible, and recommend that you do as well.

### **Page 1: Juan’s Family**

- Discuss whether Juan’s favorite foods are healthy? Why or why not?
- Ask the children how they feel when they eat healthy foods and exercise. Discuss how they feel when they eat foods high in sugars, fats and salts and/or do not exercise.
- Ask the children what Juan’s family is eating for dinner. Are these foods healthy? Why or why not?

### **Page 2: What Juan Learned in School**

*Please note: There is a typographical error in Juan’s conversation with his parents. The word “vegetables” is misspelled. We regret the error.*

- Discuss why Juan’s family’s eating habits and lack of physical exercise are unhealthy. What are healthy foods to eat?
- Ask the children for ideas on physical activities that Juan’s family can do together.
- Discuss how the children play and exercise with their own families. What are fun activities to do with their families and friends?

### **Page 3: Packing for the Family Picnic**

*Please note: There is a typographical error at the bottom of this page. The word “chose” should be “choose.” We regret the error.*

- Ask the children to select nutritious foods and drinks for Juan’s family picnic. Why did they choose those foods?

- Ask the children what foods and drinks their family packs for picnics or long car trips.
- Have them color the foods and drinks that are nutritious. Discuss why they chose those items. What makes the other foods and drinks unhealthy?

**Page 4: Playing Outside**

- Discuss the activities that the children are doing outside. Do the students think they are fun? Why or why not?
- Have the children draw other fun activities to do outside. Discuss why they chose those activities.
- Have the children color the pictures.

**Page 5: What to Do When the Weather is Bad Outside**

- Discuss what games and physical activities the children can do inside when the weather is bad outside.
- Review each item with the students so they understand each picture.
- Have the children color the pictures.

**Page 6: Budgeting Time Spent Playing Videos, Going Online and Watching TV**

- Discuss with the children how much time they spend playing videos, going on the Internet or watching TV.
- Ask them why they should limit time spent on those activities. What activities can they do instead?

**Page 7: Eating Snacks in Moderation**

- Discuss with the students why people eat snacks.
- Ask them what their favorite snacks are. Discuss whether they are nutritious or not.
- Ask the children when they eat snacks. When should they eat them?
- Review the examples listed of healthy snacks. Ask the students for examples of other nutritious snacks.

**Page 8: Juan's Family is Healthy Together**

- Discuss why it's important to eat dinner together as a family on a regular basis.
- Ask the children why families should participate in physical activities together.
- Review the suggested eating guidelines.
- Discuss with the children how they can eat a healthier diet and do more physical activities with their families.

American Medical Association Alliance, Inc.  
 515 N. State Street, 9th floor  
 Chicago, IL 60610  
 Phone: (312)464-4470 Fax: (312)464-5020  
 E-mail: AMAA@ama-assn.org  
 www.amaalliance.org