

Kids Are Giants Too!

ACTIVITY BOOK



**Eat Healthy,
Stay Active and
Be Tobacco Free
to Stay in the
Game!**



Catholic Healthcare West



CHW

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**Eat Healthy,
Stay Active and
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Game!**

Created by the San Francisco Giants and Catholic Healthcare West Bay Area hospitals:



The Giants and CHW hospitals in your community want to help you make the right choices to stay in the game.



Think about how many important choices you make every day.

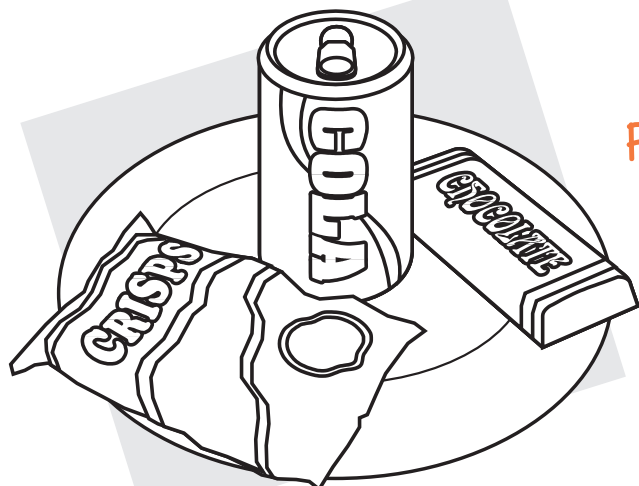
Like choosing what kind of snack to have at school or after school. Or doing an activity to use your muscles and make your heart beat fast and strong. And of course, saying "NO" to cigarettes and tobacco.

We want you to be the happiest and healthiest you can be. You have the freedom to make choices that can help you or hurt you.

So make the smart choice and Stay In The Game with us!

Let's talk about healthy eating.

Your body is like a car. It needs fuel to run. A car's fuel is gasoline. Your body's fuel is food and not just any food. You need healthy food to make your body strong and your brain smart. The Giants are professional athletes. Do you think they eat healthy fuel food or junk fuel food?



JUNKFOOD

FUELFOOD



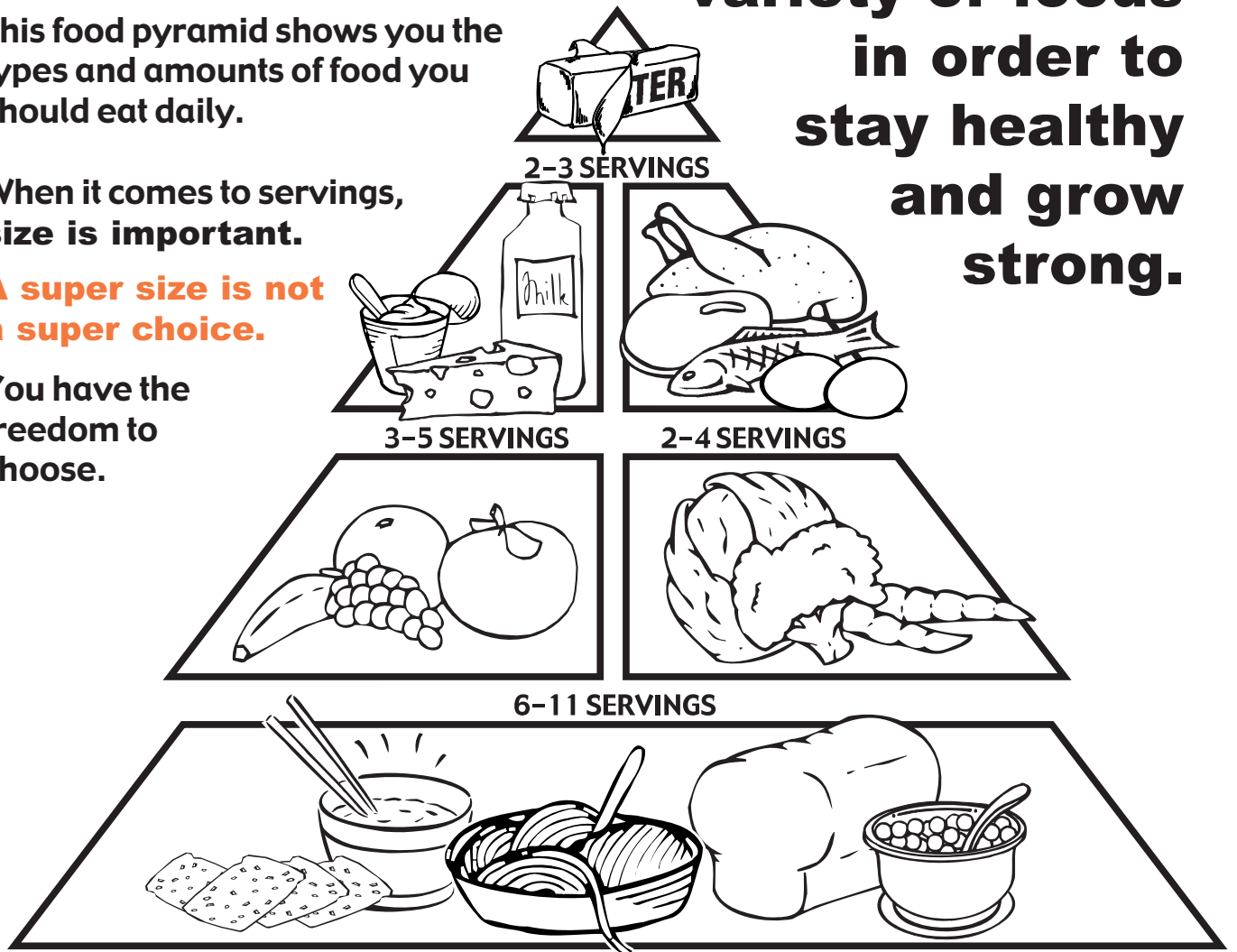
Your body needs a variety of foods in order to stay healthy and grow strong.

This food pyramid shows you the types and amounts of food you should eat daily.

When it comes to servings, size is important.

A super size is not a super choice.

You have the freedom to choose.



EVERYDAY GUIDES FOR SERVING SIZES

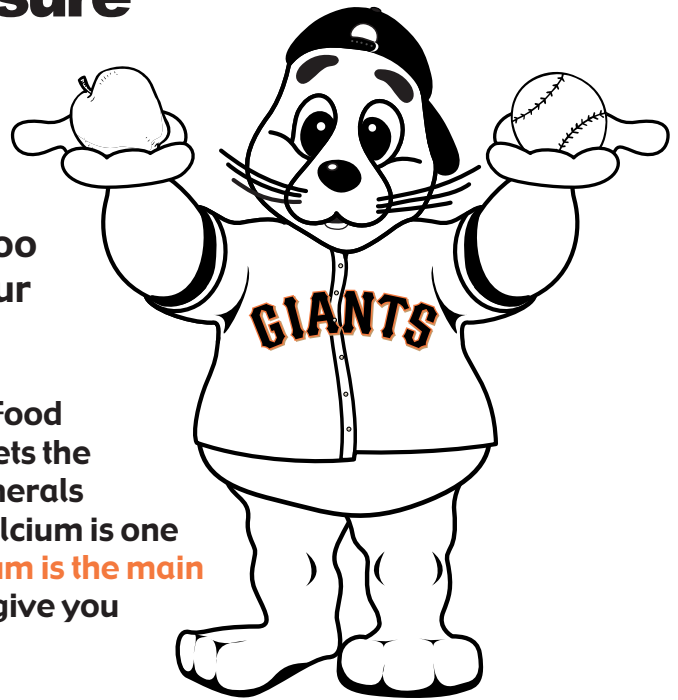
- 3 ounces chicken or fishDeck of cards or the size of your palm
- 1 cup of vegetablesSize of your fist
- Medium appleSize of a baseball
- 1/2 cup pasta, cookedIce cream scoop
- 1 1/2 ounces cheesePair of dice or pair of dominos
- 1 teaspoon butter or margarineTip of your thumb
- 1 cup dry cerealLarge handful

You also want to make sure you eat in **moderation**.

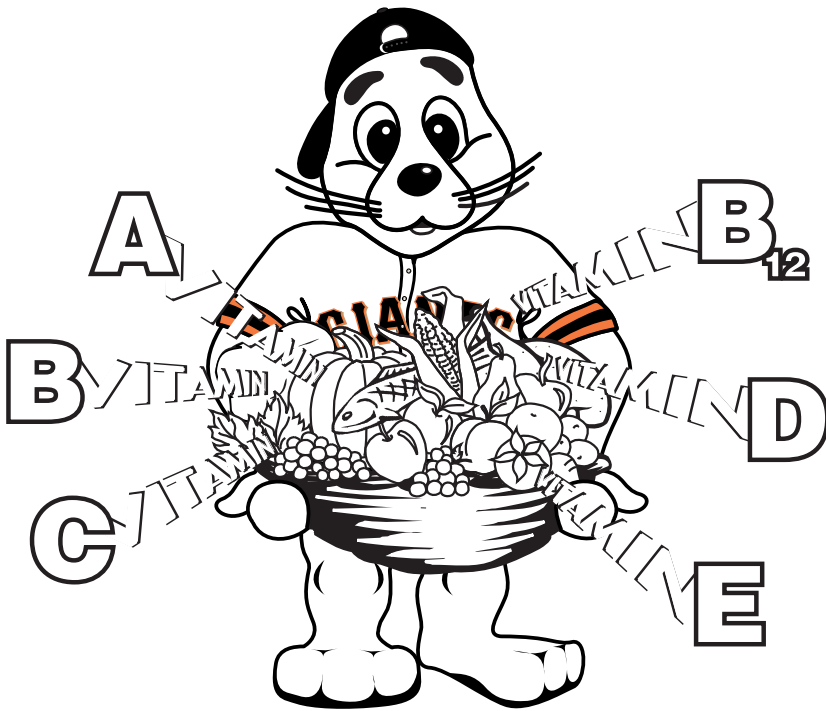
What does moderation mean?

Moderation means not too much and not too little. That's why it's good to remember your serving sizes.

It is important to eat a variety of foods within the Food Pyramid groups because that is how your body gets the vitamins and minerals it needs. Vitamins and minerals make your body strong and your brain smart. Calcium is one of the most important minerals for people. **Calcium is the main building block for strong bones.** Milk and yogurt give you lots of calcium and so do green leafy vegetables.



So next time you're offered spinach, ask for an extra serving and think how strong you're making your bones.



Water makes up a huge part of your body. Water carries nutrients to cells, gets rid of waste, circulates blood and controls body temperature. Clear, clean water washes the inside of your body just like your shower washes the outside of your body.

You might be surprised to learn that you need **8** glasses of water a day. Remember soda and milk do not count as water.

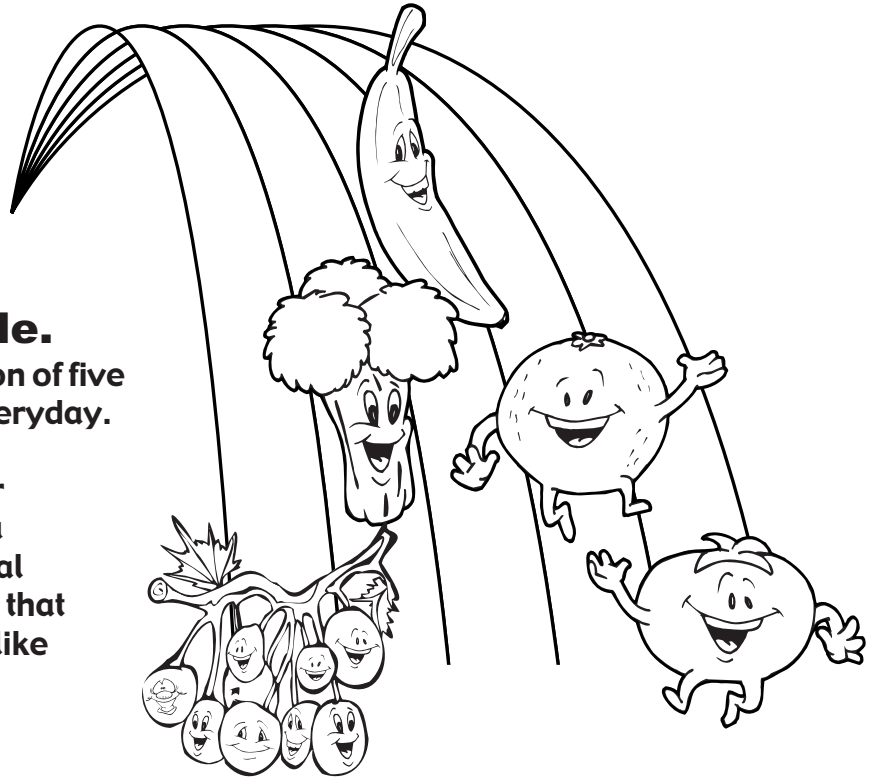


One food group that sometimes gets left out is the fruit and veggie group.

We like the 5-A-Day rule.

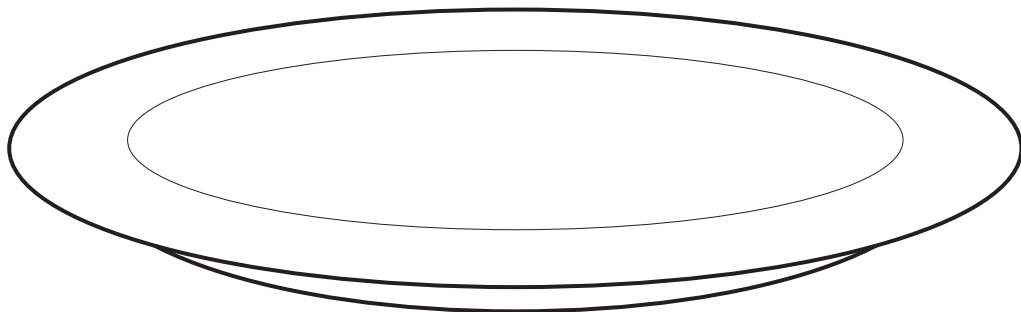
That means eating a combination of five servings of fruit and veggies everyday.

Another way to remember your fruits and veggies it to look for a rainbow on your plate. Not a real rainbow, but the splash of color that healthy fruits and veggies look like on your plate.



EXERCISE

Draw a rainbow of 5-A-Day fruits and veggies that you like on this empty plate.



Let's talk about Special Days and making choices and eating in moderation.

Holidays and celebrations like a birthday party or a Giants game are Special Days full of yummy food choices.

EXERCISE

List four of your favorite special days.

At a birthday party you'll probably be offered cake and ice cream and sweet sugar drinks. At a Giants game you might get to choose from a hot dog, peanuts, cotton candy, an ice cream treat and soda.

This is where moderation comes in. At the Giants game, if you want cotton candy, share it with your friends or family. Choose the peanuts or the ice cream. You don't need both!

You have the freedom to choose.



EXERCISE

You are at a birthday party and are given the choice between soda and chocolate milk for your drink. Would you choose chocolate milk or soda?

Why? _____

Snacking during the day is a good way to refuel your body.

Make smart snack choices. Smart snacks are low in sugar, salt and fat. Remember sweet and fatty foods are at the top of the pyramid – the smallest section – so they must be eaten in small servings.

EXERCISE

List six healthy snacks you can get and prepare for yourself.

The best way to start every day is with a healthy breakfast. Why?

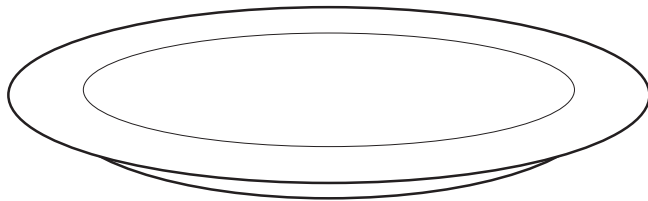
Because your body runs out of fuel during your long night's sleep and needs to be replenished just like a car's fuel tank after a long trip.

Kids who eat a healthy breakfast do better in school, are more active and are less likely to crave the bad fuel foods - or fatty and sugary foods.

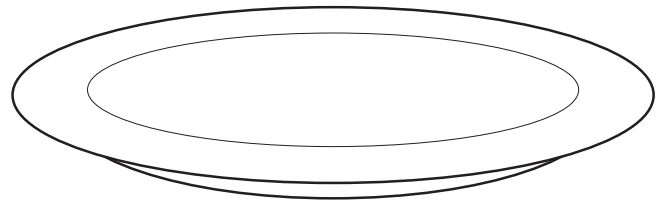
EXERCISE

My Menu for a Day

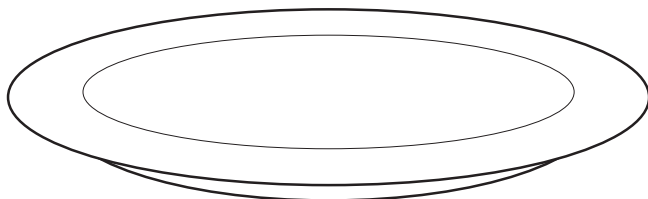
Below you see four plates. Draw a good breakfast on one plate, lunch on another, and dinner on another. On the fourth plate, draw some good snacks for the day. Make sure you reach the 5-A-Day fruits and veggies goal and don't go over recommended servings.



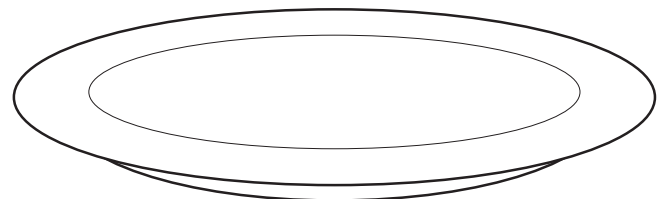
BREAKFAST



LUNCH

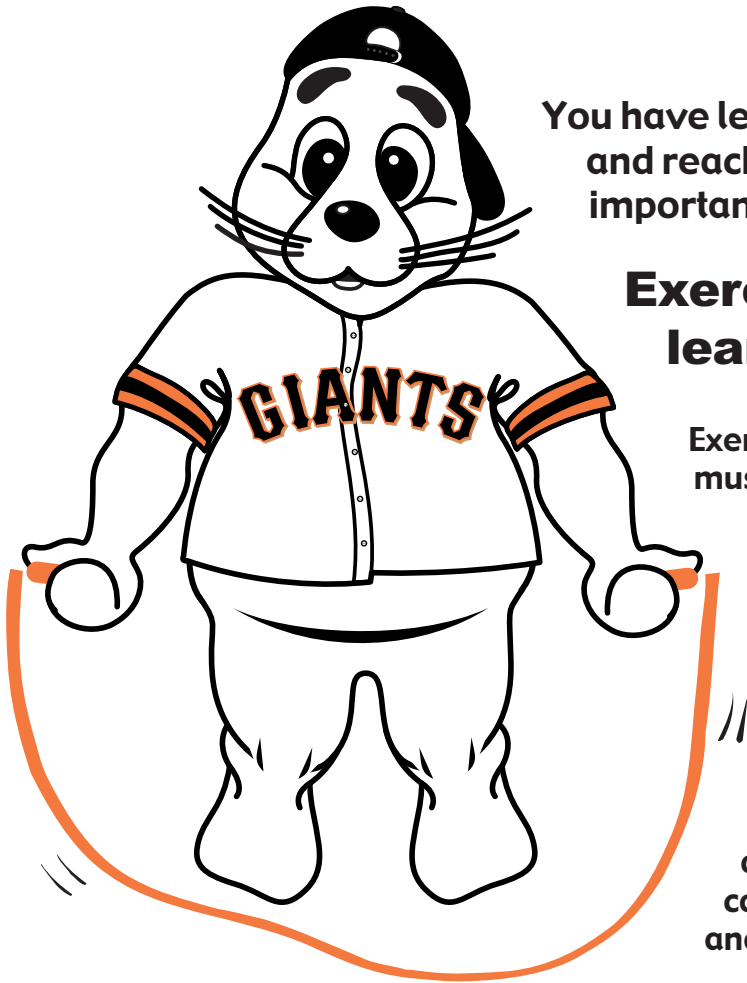


DINNER



SNACKS

CHOOSE TO MOVE!



You have learned that in order to feel great and reach your goals healthy eating is important. You also need to **exercise**.

Exercise keeps your body lean and strong.

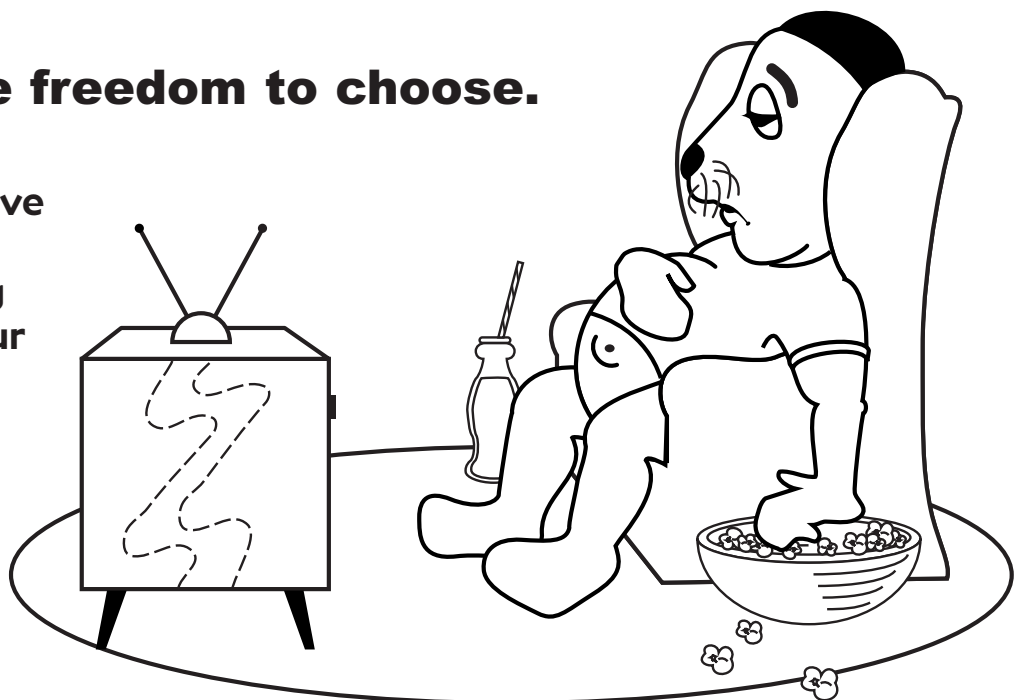
Exercise also keeps the most important muscle in your body healthy, your **heart**.

Your heart supplies the body with oxygen and oxygen is needed for all parts of your body to stay alive.

You may think exercise must always be organized sports, going to the gym or activities that you do in P.E. class. Exercise simply means physical activity, which means moving around. Running, kicking, jumping, catching, biking, swimming, throwing and skating are all forms of exercise.

You have the freedom to choose.

Every time you move around, you are positively affecting your **heart** and your body!



The Giants get a lot of physical activity every day.
 That's because playing baseball and staying fit is their job.
For a healthy kid, it is a good idea to be physically active for two hours every day.



Look at the following activities and write down how many minutes you spend on each. Use the blank spaces to fill in other kinds of physical activity you do.

Minutes

Riding a bike	_____
Playing tether ball	_____
Skating/Roller blading	_____
Kickball	_____
Jumping rope	_____
Walking the dog	_____
Walking to school	_____
Household chores	_____
Playing ball	_____
_____	_____
_____	_____
_____	_____

TIP: Remember, it is also important to spend part of your day doing your homework, singing, playing your musical instrument or reading a good book.

Q: Do you do two hours of physical activity every day?

Add the minutes up. My total = _____

Next time you do an activity, stop after 15 minutes and feel your heart beating. It will be beating a lot faster than when you were sitting at your desk.



Write down three new activities you'd like to begin doing:

You have the freedom to choose to be **“In The Game”** or **“In the Stands”**

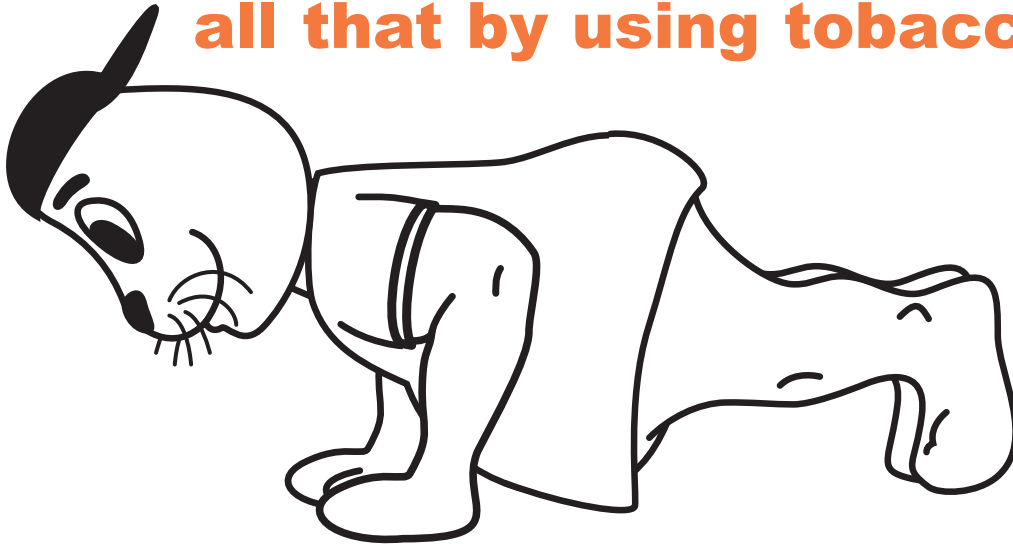
Many **activities** really are exercise. On the following chart, check whether the activity allows you to be **“in the game”** (physically active) or **“in the stands with the fans.”** (non-physical activity)



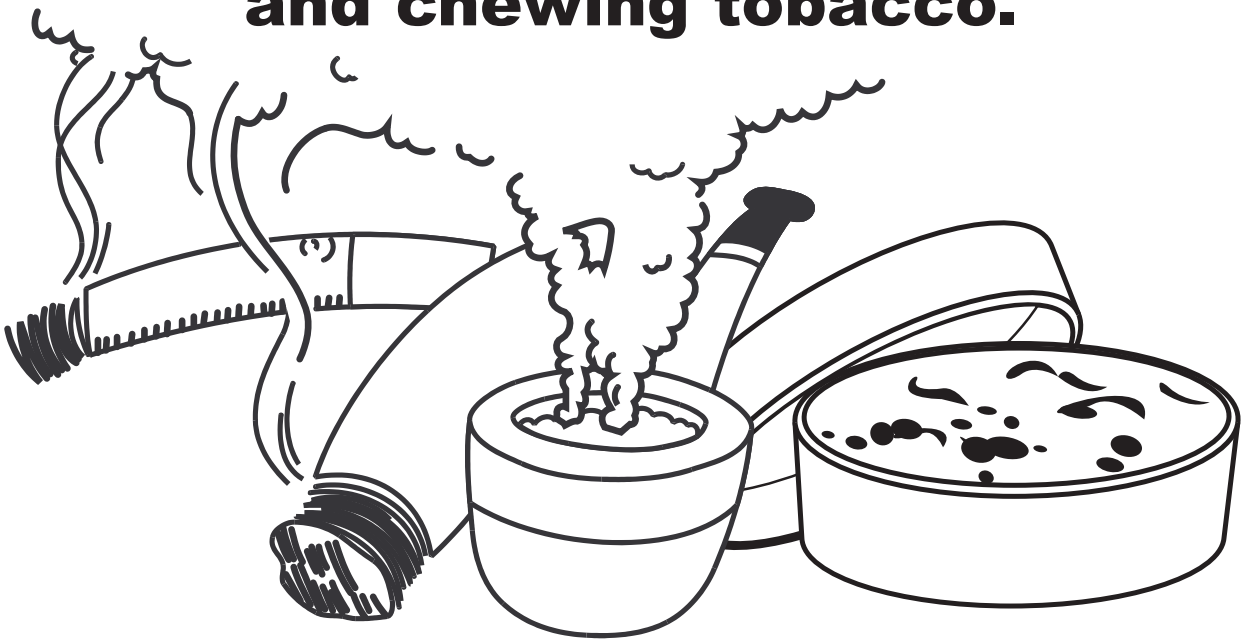
Planting a garden	<input type="checkbox"/>	<input type="checkbox"/>
Helping vacuum the house	<input type="checkbox"/>	<input type="checkbox"/>
Playing video games	<input type="checkbox"/>	<input type="checkbox"/>
Practicing a dance routine	<input type="checkbox"/>	<input type="checkbox"/>
Putting on a puppet show	<input type="checkbox"/>	<input type="checkbox"/>
Putting on a gymnastics show	<input type="checkbox"/>	<input type="checkbox"/>
Riding a scooter	<input type="checkbox"/>	<input type="checkbox"/>
Riding a bicycle	<input type="checkbox"/>	<input type="checkbox"/>
Skating	<input type="checkbox"/>	<input type="checkbox"/>
Watching a baseball game	<input type="checkbox"/>	<input type="checkbox"/>
Playing ball	<input type="checkbox"/>	<input type="checkbox"/>
Playing on the computer	<input type="checkbox"/>	<input type="checkbox"/>
Walking to your friend's house	<input type="checkbox"/>	<input type="checkbox"/>
Watching your favorite movie	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping	<input type="checkbox"/>	<input type="checkbox"/>
Lying in bed listening to music	<input type="checkbox"/>	<input type="checkbox"/>

Eating right and exercising will make your body healthy and strong.

Why would you want to destroy all that by using tobacco?



Tobacco is a plant used to make cigarettes, cigars, pipes and chewing tobacco.



You have the freedom to say NO to tobacco.

There are more than 4,000 chemicals or drugs in tobacco.

Drugs in tobacco are not good for you. They are made of chemicals that are very harmful.



NAILPOLISH REMOVER

You will also find the following cancer causing agents and metals in cigarettes:

CANCER CAUSING AGENTS

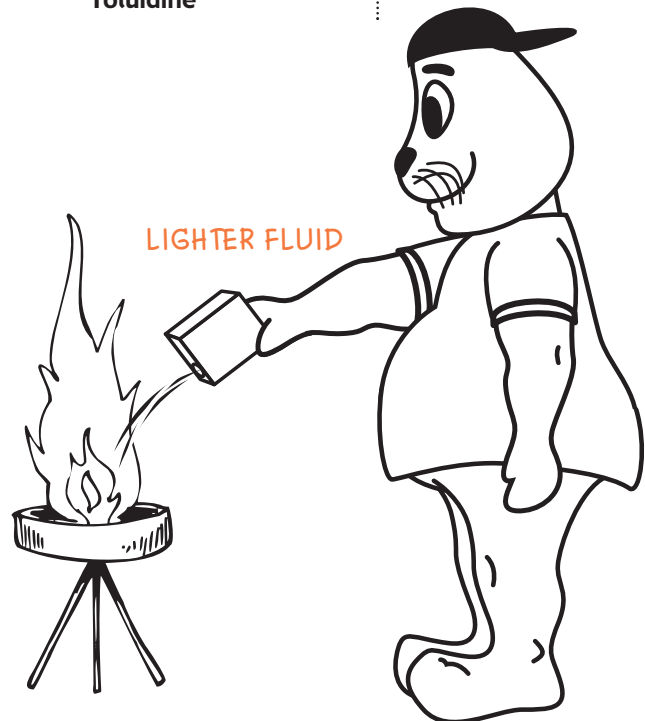
METALS

Nitrosamines
Crysenes
Cadmium
Benzo(a)pyrene
Polonium
Nickel
P.A.H.s
Dibenz Acidine
B-Naphthylamine
Urethane
Nitroso-nicotine
Toluidine

Aluminum
Zinc
Magnesium
Mercury
Gold
Silicon
Silver
Titanium
Lead
Copper

SUBSTANCE found in these PRODUCTS

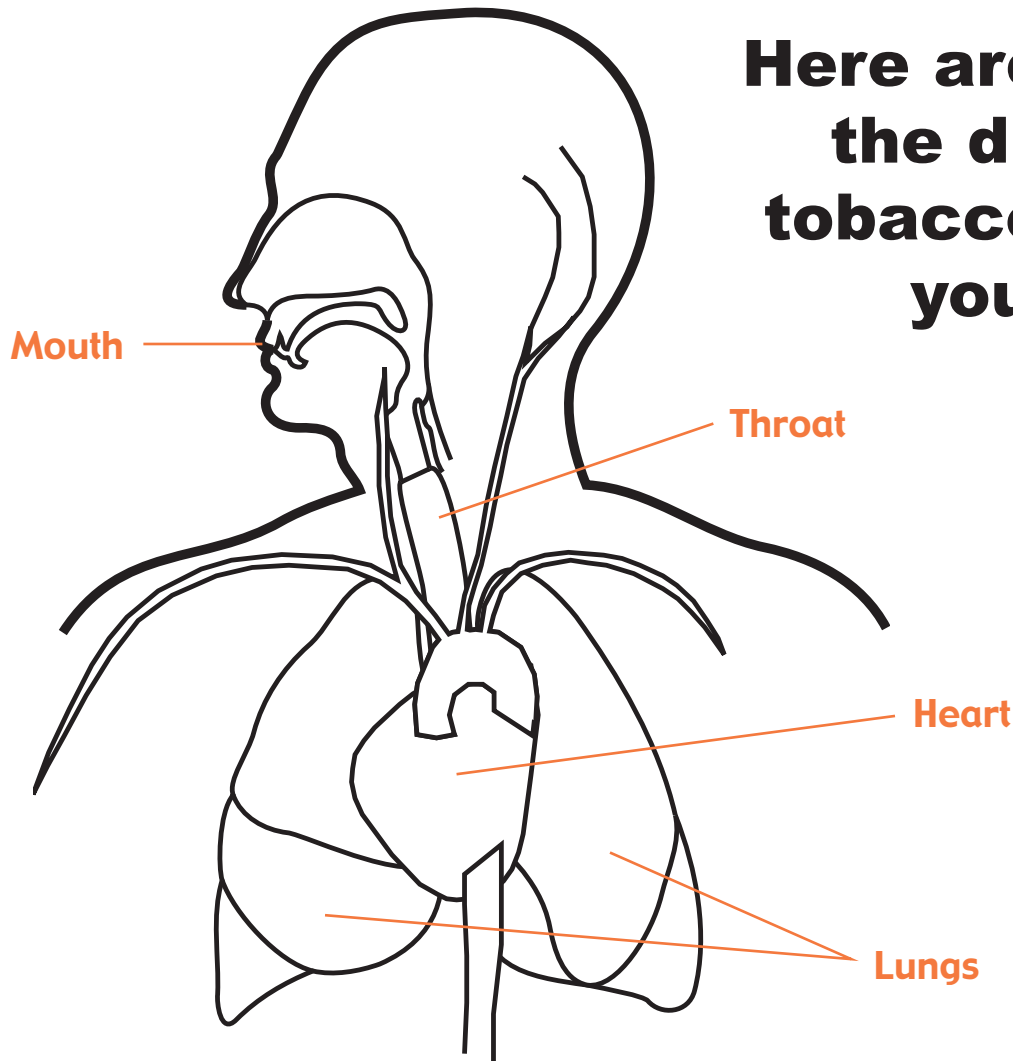
Acetone	Nail polish remover
Acetic Acid	Vinegar
Ammonia	Floor/toilet cleaner
Arsenic	Poison
Butane	Cigarette lighter fluid
Cadmium	Rechargeable batteries
Carbon Monoxide	Car exhaust fumes
DDT/Dieldrin	Insecticides
Ethanol	Alcohol
Formaldehyde	Prserved for bodies & fabric
Hexamine	Lighter Fluid
Hydrogen Cyanide	Gas chamber poison
Methane	Swamp gas
Methanol	Rocket fuel
Napthalene	Mothballs
Nicotine	Insecticide
Nitrous Oxide Phenols	Disinfectant
Stearic Acid	Candle wax
Toluene	Industrial solvent
Vinyl Chloride	Makes PVC



LIGHTER FLUID

You can see that some of these chemicals are also used in things you'd never put in your body, like rocket fuel, toilet cleanser and poisons.

Here are ways the drugs in tobacco harm your body



- 1) **Mouth:** Smoking and chewing tobacco cause gum disease and may cause cancer of the mouth and make your teeth yellow and dirty and gives you stinky breath.
- 2) **Throat:** The tiny hairs that keep your throat and lungs clean, also known as cilia, are damaged by smoking.
- 3) **Lungs:** Dirt, tar, and germs collect in the lungs and block up the little tubes that let air into your lungs. Serious and deadly illnesses such as cancer, emphysema, and bronchitis result from smoking.
- 5) **Heart:** Your blood vessels carry blood around your body. Your blood takes oxygen, which is like food for your body, to all parts of your body - your toes, fingers, brain and everywhere else. The drugs in tobacco make your vessels smaller so it is hard for blood to travel to all these different body parts. This can lead to a heart attack, stroke or other serious problems.

When you smoke, your heart also beats faster because you are not taking in enough oxygen. This means your heart is working harder. This also can lead to a heart attack.

Cigarettes are harmful to your health and cause millions of people to die.

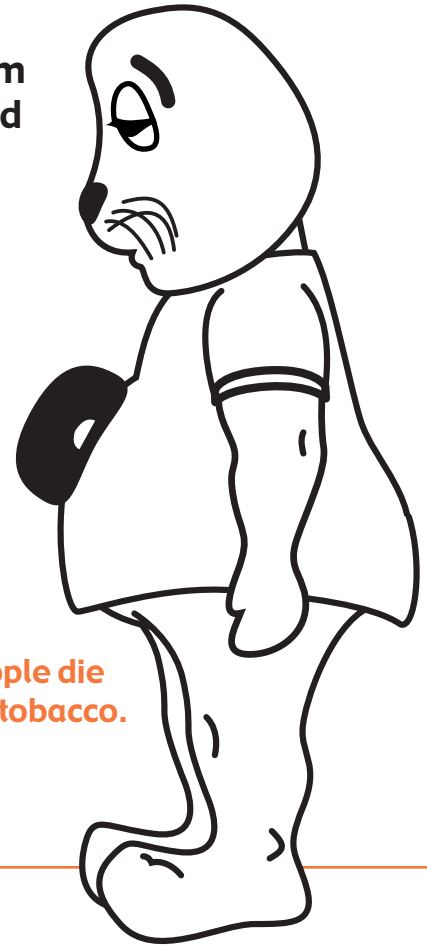
In fact, the number of people who die each day from using tobacco is about the same number who would be killed if a jumbo jet crashed every day.

Or put another way,
one cigarette shortens a smoker's life by about 5-1/2 minutes.

Or put another way,
one person dies every 8 seconds from tobacco use.



Many people die from using tobacco.



BRAINTEASER:

If someone smokes a pack of cigarettes a day (20 cigarettes), by how many minutes will his/her life be shortened from just one day of smoking? Convert the number of minutes into hours.

One reason people start smoking is peer pressure.

Peer pressure is when other kids make fun of you because you don't do something. Because this makes you feel bad, you may make poor choices to have others accept you. Sometimes when kids are doing something they know they shouldn't be doing, they use peer pressure to get you to do it, too. They use peer pressure so they don't feel so bad.



Who are some of your friends and peers who make healthy choices?

What are some of the good choices they make?

How does this affect you and the choices you make?



Here are some ads for tobacco products.

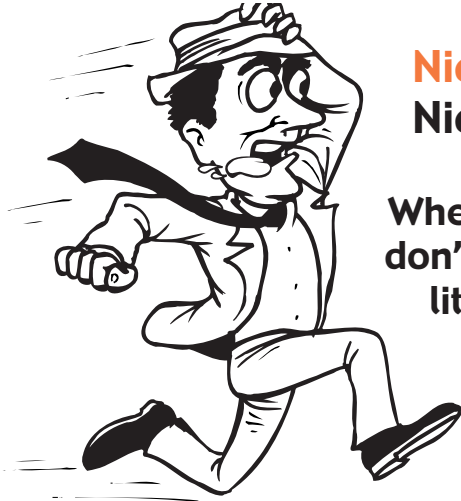


Another reason people start to smoke is because of advertising

Glamorous advertising also pressures you to smoke but what they really want is the money you spend to buy their cigarettes.

Q: What are these ads telling you? _____

One of the main reasons people do not quit smoking is because they are addicted to the nicotine in tobacco.



Nicotine is one of the many drugs in tobacco. Nicotine is highly addictive.

When people first start to smoke or chew, they often don't like it because it makes them feel dizzy and even a little sick. Sometimes, it also gives people headaches.

The nicotine is a sneaky drug. It enters your body and makes you start craving it. It makes people want it more and more, even when they know it is bad for them to smoke or chew.



Look up the word "addiction" in your dictionary. Write a sentence with the word.



Tobacco hurts more than just the smoker

Chemicals in cigarette and cigar smoke are also harmful to people nearby who are forced to breathe in air with the second-hand smoke. **Second-hand smoke makes people more likely to develop asthma, lung cancer, and other health problems.** You have the freedom to protect bystanders health by the choices you make.

GOOD NEWS: California has passed laws prohibiting smoking in public places such as restaurants, schools, and sports stadiums, including **Pacific Bell Park**.



Q : What would you do if someone was smoking near you?

Q : What should you say if someone offers you a cigarette?

IF SMOKING IS SO BAD FOR YOU, WHY DON'T PEOPLE STOP DOING IT?



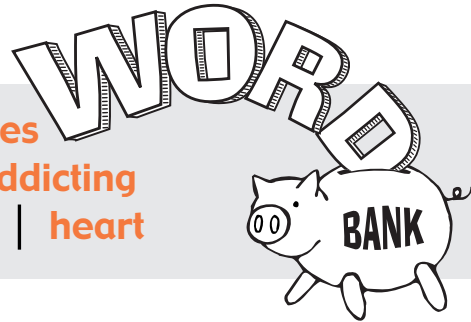
Why do **YOU** think people who smoke don't just quit?

If you know someone who wants to quit smoking or chewing, you can let him or her know that they can get some help to quit. They can call the **California Smokers Helpline** at 1-800-766-2888 or **Quit Chewing** at 1-800-844-CHEW.

You have the freedom to choose. Being good to your body means eating healthy, exercising and not using tobacco.

Complete each sentence with a word from the word bank.

moderation | two hours | fruit | veggies
water | peer pressure | advertising | addicting
apple | I | body | second-hand smoke | heart



1. A serving size for a medium sized _____ is the same size as a baseball.
2. _____ of physical activity per day is recommended.
3. Many children try smoking because of _____.
4. Exercise makes your _____ and _____ strong and healthy.
5. Tobacco companies use _____ to make smoking look glamorous and fun.
6. Eating not too much and not too little is eating in _____.
7. _____ is harmful for people who don't smoke themselves.
8. Drinking 8 glasses of _____ a day helps keep your body clean.
9. Nicotine, the main drug in tobacco, is _____. It makes you crave more.
10. It is healthy to eat 5 servings of _____ and _____ a day.
11. Who is in charge of your health? _____ am in charge of my health!



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Created by the Giants and Catholic Healthcare West Bay Area hospitals:



St. Mary's Medical Center



Sequoia Hospital



Saint Francis Memorial Hospital