

Add some fun to your child's school day with
these cute Lunchbox Notes!

Lunchbox CHampions



Shine brightly
You are a
champion!



Lunchbox CHampions



Think happy
Be happy!



Lunchbox CHampions



Smile.
I love you!



Lunchbox CHampions



Work hard
And be kind!



Check out more of Angela Price & Julie Petry's
Lunchbox CHampions ideas at
www.canadiensatschool.com



Lunchbox CHampions Activity Booklet



MONTREAL CANADIENS
CHILDREN'S FOUNDATION

What is a healthy lifestyle?

What you eat and what you do affects your body. A balanced diet means that your body is getting all the nutrients it needs. Exercising for around 60 minutes each day means that you'll stay fit and burn the right amount of calories.

QUIZ: How healthy are you?

- 1 How many servings of fruit and vegetables do you usually eat in a day?
 - a) one
 - b) two or three
 - c) four or more
- 2 How many processed snack foods - such as chips, chocolate or cookies - do you usually eat in a day?
 - a) three or more
 - b) one to two
 - c) none
- 3 How many sugary drinks do you usually drink in a day, including soda and fruit juice?
 - a) two or more
 - b) one to two
 - c) none
- 4 How much exercise do you usually do in a day?
 - a) 0 - 30 minutes
 - b) 30 - 60 minutes
 - c) 60 minutes or more
- 5 How much time do you usually spend watching TV or playing computer games?
 - a) more than two hours a day
 - b) between one and two hours a day
 - c) no more than one hour a day



If you answered **mostly C's**, well done! You have a balanced diet and are currently leading an active life! But, if you answered **mostly A's and B's** - You need to try to eat more healthy foods and aim to be physically active for at least 60 minutes every day.

Keeping healthy means doing things that are good for your body - things like eating nutritious foods, exercising, drinking water and getting enough sleep.



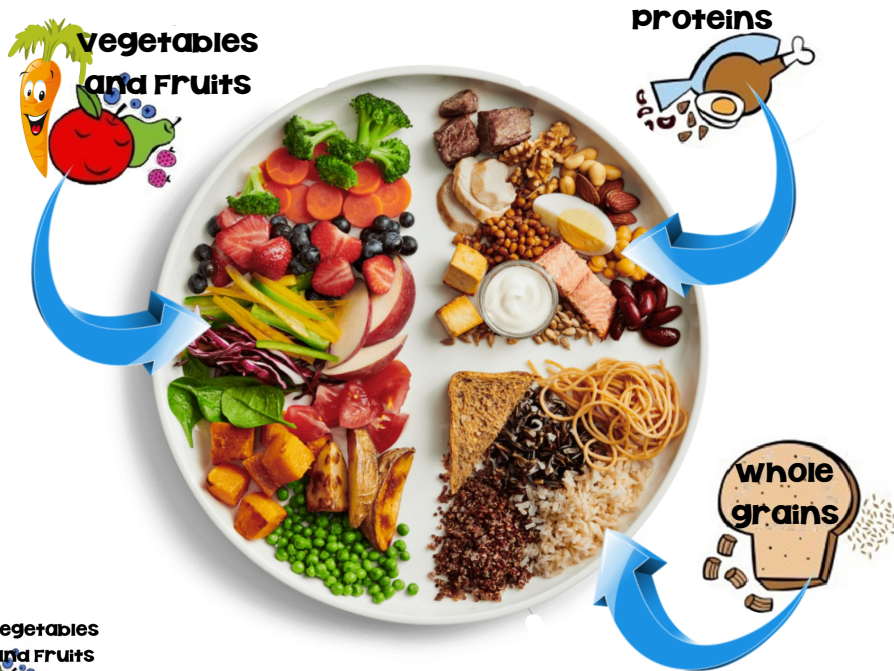
Word Unscramble

- | | |
|--------------------------|--------------------|
| 1) l r e x a _____ | 4) t r i u f _____ |
| 2) i e x c r e e s _____ | 5) t r a w e _____ |
| 3) e a b e s t i d _____ | 6) e l s p e _____ |

1. Relax 2. Exercise 3. Diabetes 4. Fruit 5. Water 6. sleep

Nutrition and healthy eating

Along with filling half of your plate with colorful vegetables and fruits (and choosing them as snacks), split the other half between whole grains and healthy protein.



- The more veggies - and the greater the variety - the better.
- Eat plenty of fruits of all colors.
- Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day).



- Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.
- Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).



- Go for foods made with grains, the less processed the better.
- Choose whole grains like whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread.

A Winning Lunch!

Healthy food fuels your body so you have energy for everything you do, including sports.

Think of your school lunch as the fuel you put in your tank. If you choose the wrong kind of fuel, you might run out of energy before the day is over.

So what is the right kind of fuel? What does a healthy lunch look like? There are many right answers to those questions. When you pack your lunch, be sure it includes your favorite healthy foods – stuff you know you like. It's not a one-size-fits-all lunch. It's a lunch just for you.

Proteins



Whole grains



Draw or write your favorite choices for a healthy lunch inside the lunch box.





Get cooking!

Become a whiz in the kitchen. Try out these simple recipes to whip up some healthy snacks for your lunchbox.

Banana Sushi



- ◆ Spread some cream cheese or yogurt on a tortilla.
- ◆ Place a banana on one edge and roll it up.
- ◆ Slice it into rolls and voila! "Sushi" pieces.

- ◆ Add in some raw broccoli, carrots & cauliflower.
- ◆ Include a small container of dry cereal and a small serving of mixed berries.

Pancake Sandwich



- ◆ Spread two small leftover pancakes with cream cheese.
- ◆ Sprinkle on a few raspberries or blueberries.
- ◆ Then sandwich the two pancakes together and cut into four pieces.

- ◆ Add in some raspberries & blackberries and a cheese stick.
- ◆ Include a small container of dried cereal and an apple chunk.

Build your own Burrito



- ◆ Spread some refried beans on a tortilla.
- ◆ Sprinkle with shredded cheese and roll it up.

- ◆ Add in some cubed turkey or other cooked meat.
- ◆ Include a small container of cherry tomatoes and cheese crackers.
- ◆ For a sweet treat, add in some strawberries and mandarins.

Hummus Dunk



Dunking fruit & veggies in a healthy dip is a fun way to change up your lunch.

Try out these dips:

- ◆ Hummus
- ◆ Cottage cheese
- ◆ Applesauce
- ◆ Guacamole

- ◆ Then for healthy dippers you can include: Red and yellow bell peppers, crackers, carrots, pretzels, grapes, cherry tomatoes, tortilla chips. The choice is yours!

Nutrition and healthy eating

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day – two fruits and three vegetables.



Use the key below to solve this cryptogram and reveal the secret phrase.

Decode the Secret Message!

Key Code

A	B	C	D	E	F	G	H	I	J	K	L	M
9	1	21	2	16	18	14	19	11	13	6	10	20

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
12	4	22	24	7	5	25	23	8	3	17	15	26

5 19 4 4 25 18 4 7 9 25 10 16 9 5 25 18 11 8 16

5 16 7 8 11 12 14 5 4 18 18 7 23 11 25 5 9 12 2

8 16 14 16 25 9 1 10 16 5 9 2 9 1

Shoot for at least five servings of fruits and vegetables a day.



Healthy Snacking Logic Puzzle



Five friends are eating their snacks together at recess. Each person is eating something different. What snack did each person eat?

- Benoit ate a snack that starts with the same letter as his name.
- Julie and Charles do not like berries.
- Melanie did not eat the banana.
- Charles, Lise and Melanie do not like carrots.
- The person that ate the crackers has an N in their name.
- Charles did not eat the chickpeas.



	Carrots	Berries	Crackers	Chickpeas	Banana
Melanie					
Charles					
Julie					
Benoit					
Lise					



Melanie ate the crackers. Charles ate the banana. Julie ate the carrots. Benoit ate the berries. Lise ate the chickpeas.

Hydration is important

Without water, your body would stop working properly. Why? Your body has lots of important jobs and it needs water to do many of them.

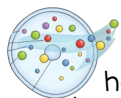
Did you know that
water...



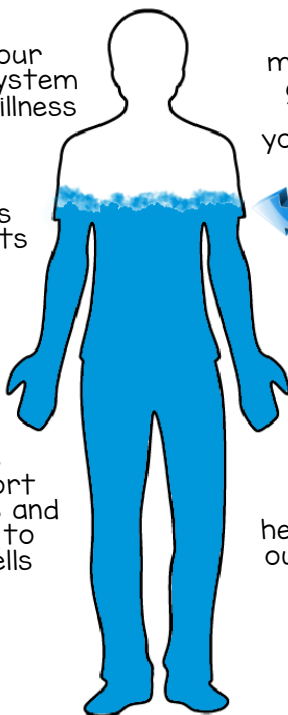
helps your
immune system
fight off illness



cushions
your joints
and
organs



helps
transport
nutrients and
oxygen to
your cells



makes up
almost
70% of
your body!



helps keep
your body
temperature
normal



helps flush
out toxins



When you're really thirsty, cold water is the best thirst-quencher!

Limit juice (which can have as much sugar as soda) to one small glass per day. Avoid sugary drinks, like sodas, sports drinks, and fruit punches. They contain a lot of added sugar, calories but not important nutrients.



Word Search - find all the words

E	M	P	F	C	I	D	P	B	N	I	G	G	Y	K
J	R	O	H	B	D	Z	J	S	O	M	W	G	P	G
M	S	U	H	E	V	X	T	G	I	M	O	V	S	R
A	M	A	T	E	A	N	O	C	T	U	V	G	W	S
O	K	W	O	A	E	L	Q	Q	A	N	W	Y	V	M
K	C	T	H	I	R	S	T	Y	R	E	D	I	W	J
A	P	P	R	C	S	E	I	H	D	Z	U	D	O	B
W	Q	T	B	N	N	C	P	B	Y	V	Q	I	N	O
S	U	D	I	U	Q	I	L	M	H	Z	N	C	E	D
N	N	X	W	H	B	Y	W	E	E	T	R	U	G	Y
C	O	A	A	O	C	N	Z	A	S	T	N	G	Y	G
T	J	R	G	C	E	L	L	S	T	X	F	E	X	Q
K	C	T	M	R	J	T	E	I	R	E	P	R	O	W
G	N	G	H	Q	O	S	U	K	L	D	R	C	A	H
W	L	P	S	Y	G	H	S	K	B	S	B	L	R	T

BODY
CELLS
HEALTH
HYDRATION
IMMUNE
JOINTS

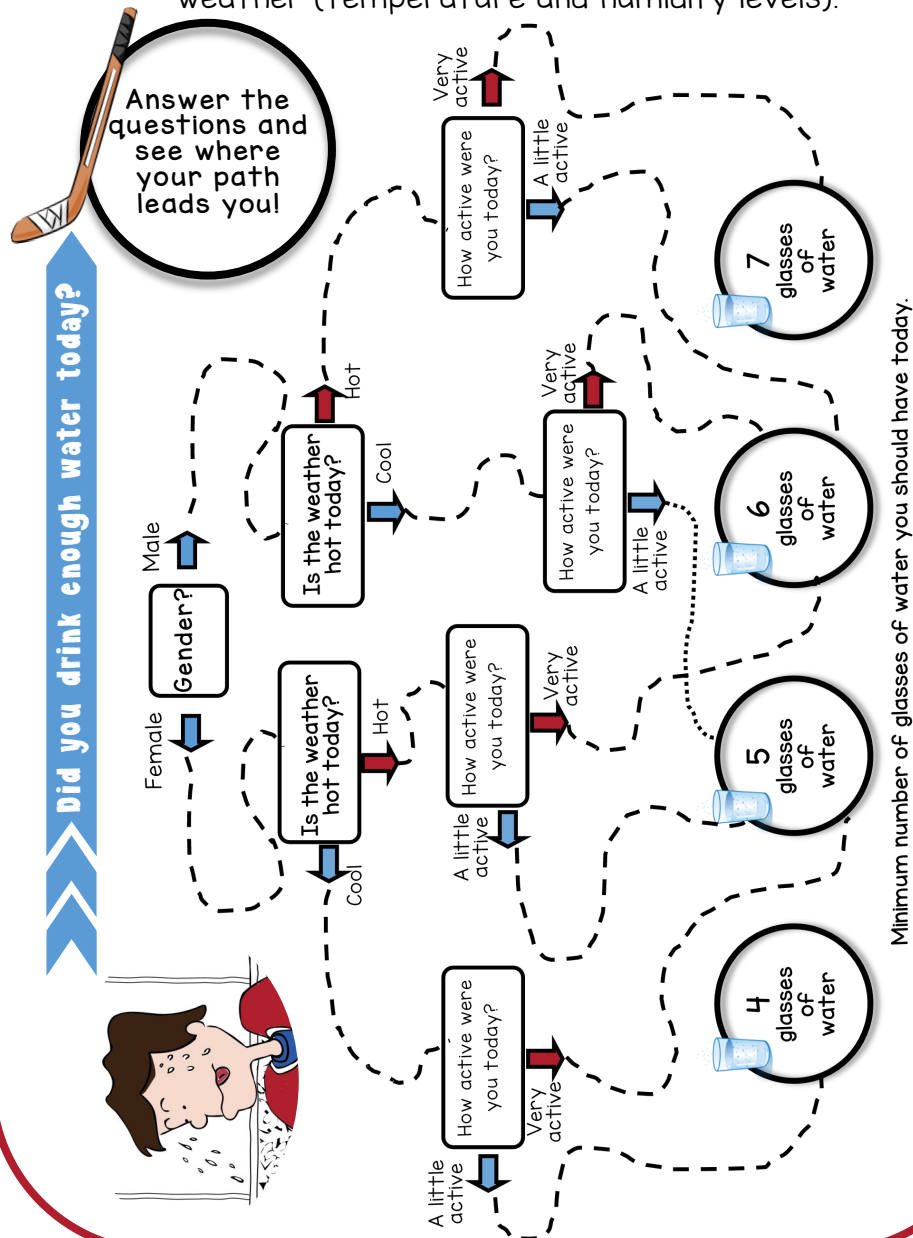
LIQUID
NUTRIENTS
ORGANS
OXYGEN
TEMPERATURE
THIRSTY

TOXINS
WATER



Hydration is important

Because water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. The amount you need depends on your age, body size, health, and activity level, plus the weather (temperature and humidity levels).



Water Tips

You can help your body by drinking when you're thirsty and drinking extra water when you exercise and when it's warm out. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!

1

Get in the habit of hydration

Drink water:

- When you wake up
- At each meal
- In between meals



2

Carry your water bottle

Pack your water bottle when you head off to school, to your sports and other activities.



3

Choose hydrating snacks

Your body also gets water from a lot of the food you eat. Fruit and vegetables contain quite a bit of water.

Hydrating Snacks Mystery

Circle the 4 snacks that contain the highest amount of water.



Watermelon, strawberries, lettuce and celery! They are over 90% water.