



## Healthy Eating and Physical Activity Important for Kids

Help kids learn about healthy eating and physical activity.

Here are ten tips to get them on the right track.

- Start your day with breakfast.
- Eat lots of different kinds of food.
- Eat more whole-grain breads and cereals, fruits and vegetables.
- Keep moving to stay in shape.
- Snack smart.
- Balance your food choices so you don't eat too much of any one thing.
- Be adventurous - try new foods!
- Set healthy eating goals.
- Remember, all foods can be part of a healthy diet.
- Make healthy eating and physical activity fun!

*Adapted from: 10 Tips to Healthy Eating for Kids. International Food Information Council*

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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