



The Oliver Kids Team

Make **HEALTHY CHOICES** for Life![®]



The Oliver Kids Team®

The **Oliver Kids Team**® works in your schools and communities to TEACH, EXCITE, ACTIVATE and MOTIVATE kids about healthy lifestyles and healthy choices.

The “TEAM” includes educators, parents, mentors, community partners and others who are involved with kids.

It is a school-based program to prevent childhood overweight and obesity. The program promotes change by incorporating health and nutrition information into existing curriculum.

The most important goal is to begin making small steps towards a healthier lifestyle.

This manual will help you implement the program at your school. It contains the steps and resources for successful integration into a school’s existing curriculum and it can be adapted to each school’s needs and resources.



Seven simple healthy choices are the foundation of the program. These are goals written for elementary-age students, so the entire campus can follow them.

Make HEALTHY CHOICES for Life![®]

Choose 5-A-Day servings of Fruits & Vegetables

Have more water & less sugary beverages

Opt for Healthy Snacks

Increase active play & decrease screen time

Choose 3-A-Day servings of low-fat dairy products

Enjoy a healthy breakfast

Serve a smart portion size



Choose 5-A-Day servings of fruits and vegetables!

- ✓ USDA dietary guidelines suggest eating a colorful variety of 5 to 9 fruits and vegetables a day for better health.
- ✓ They are a good source of fiber and antioxidants that keep you feeling and looking great!
- ✓ They are excellent sources of Vitamin A and C.

Have more water & less sugary beverages!

- ✓ The body requires water to function properly, so it is very important to replenish the body's water supply.
- ✓ Sugary beverages contain more calories than most people think, so limiting these beverages is the healthiest option.
- ✓ One 12-ounce soft drink is about 160 calories and many energy drinks are loaded with sugar and calories.
- ✓ Water is the best choice and its calorie free!

Opt for healthy snacks!

- ✓ Eating healthy snacks can help keep your energy level high and keep you satisfied until your next meal.
- ✓ Fruits and vegetables are great snacks and are easy to take on-the-go!

Increase active play & decrease screen time!

- ✓ Spend 60 minutes of enjoyable, moderate-intensity physical activities every day.
- ✓ This can include playing out in the playground, raking leaves in the backyard, running, walking or dancing to your favorite music.



Choose 3-A-Day servings of low-fat dairy products!

- ✓ Dairy products provide many essential nutrients, including calcium, phosphorus, potassium, protein, vitamins A, D and B12, niacin and riboflavin.
- ✓ Only about 16% of students get the recommended amount of dairy products on a daily basis.
- ✓ Choose skim milk, low-fat cheese and low-fat yogurt.

Enjoy a healthy breakfast!

- ✓ Eating breakfast at home or at school is a healthy way to start the day.
- ✓ It lowers the risk of overeating during the rest of the day.
- ✓ It has also been found to improve school performance and social interactions and results in less absenteeism in students.

Serve a smart portion size!

- ✓ Being smart about the amount of food served reduces the amount of extra calories consumed.
- ✓ A serving of meat or protein is about the size of your palm.
- ✓ A serving of cereal is equal to the size of your fist.
- ✓ A ½ cup serving for fresh fruit is about the size of ½ a baseball.