



Together we can prevent diabetes!

Eagle Adventure, Lesson 1

This week we learned how important it is to move our bodies, play hard and eat healthy foods. Eating fruits and vegetables and being active helps keep our bodies in balance. Balance is the key to staying healthy and strong.

Ask an adult in your home to help you do this page. Draw or write activities and foods that are more healthy. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

INSTEAD OF THIS

I WILL TRY THIS



Cupcake



Candy Bar



Watching TV



Playing Video Games

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____



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NESTWORK



Eagle Adventure, Lesson 2

This week we learned that it is important to move our bodies every day to stay healthy and strong. Moving our bodies helps us have energy to play and have fun outside. We can keep our bodies healthy by moving and playing and eating fruits and vegetables.

Ask an adult in your home to help you do this page. Think of some activities you could do instead of sitting and draw or list the activities under the Moving Activities side. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

SITTING ACTIVITIES

MOVING ACTIVITIES



Watching TV



Playing Video Games



Playing on the Computer

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____



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NESTWORK



Eagle Adventure, Lesson 3

This week we learned that it is important to eat many different colors of fruits and vegetables to stay healthy and strong. We can keep our bodies healthy by moving and playing and eating colorful fruits and vegetables every day.

Ask an adult in your home to help you do this page. Think of fruits and vegetables that you could eat of each color and write them down or draw pictures of them in the chart. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

| | FRUIT | VEGETABLE |
|-------------------|-------|-----------|
| RED | | |
| ORANGE/ YELLOW | | |
| BROWN/ WHITE | | |
| GREEN | | |
| PURPLE/ BLUE | | |

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____





Eagle Adventure, Lesson 4

This week we learned about everyday foods and sometimes foods. Fruits and vegetables are healthy everyday snacks. We can keep our bodies healthy if we eat fruits and vegetables, drink water and play hard.

Ask an adult in your home to help you do this page. Think of everyday foods that you could eat instead of the sometimes foods listed below and write them down or draw pictures of those foods. Remember to return this Nestwork in your folder, and you will get an Eagle Sticker.

SOMETIMES FOODS

EVERYDAY FOODS



Sugar Cereal



Cookie



Chips



Soda

This week I will do these healthy activities with a friend or family member: _____

My family and I will try this fruit for a snack: _____

My family and I will try this vegetable for a snack: _____

Parent or Guardian Signature: _____

