



CMDS Good Choices Week

Five Healthy Habits



1. Drink milk.

Have you ever wondered why your parents are always trying to get you to drink your milk? In order to grow and stay well, your body needs protein, carbohydrates, fats and a wide variety of vitamins and minerals. Milk is an excellent source of protein, calcium and Vitamin D. Although you can get plenty of protein from other foods, it's hard to get all the calcium and Vitamin D you need without drinking milk. (Cheese and yogurt have plenty of calcium, but they typically do not contain Vitamin D.) Kids your age should get 2-4 servings of milk or dairy each day!



2. Wash your hands.

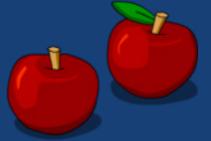


"Have you washed your hands?" How often do you get asked that question? Did you know that washing your hands with soap and water is the best way to prevent germs from spreading? Germs are everywhere! They are on everything that you have touched today! At school, you should always wash your hands before you eat, after you use the restroom, after blowing your nose or coughing, and after you play outside.

The preferred method for washing your hands is to use warm soap and water. Lather the soap on both sides of your hands, between your fingers, and even your wrists. If you sing the "Happy Birthday" song to yourself you will know you have washed long enough.

3. Focus on fruit.

Did you know you should be eating 2-4 servings of fruit every single day? Some of the most popular fruits are bananas, apples, oranges and grapes. Fruits may be fresh, frozen, canned, dried or juice.



Fruits contain essential elements that are important for your health, growth and development. You know what they say, "An apple a day keeps the doctor away."

4. Get plenty of rest.



Sleep gives your body and your brain time to rest. Scientists don't know why, but they think that sleep may be the time when the brain sorts and stores information, replaces chemicals and solves problems.

Kids between the ages of 5 and 12 need approximately 10 to 11 hours of sleep each night! Not getting enough sleep may make you feel cranky, clumsy or you may have problems thinking and doing normal tasks. So make sure you go to bed on time tonight!

5. Eat breakfast.

Did you eat your breakfast this morning? Breakfast is the most important meal of the day. Just like other meals, you should try to eat a variety of foods including fruit, vegetables, grains, dairy products and protein. Examples of good breakfast protein include: bacon, sausage, ham, eggs, peanut butter, yogurt, milk, or nuts.

