

# Health Trek 1: Confronting Barriers

**Check It Out!** Is your home team on the right “trek” in your eating and physical activity habits? For each question, circle one answer. How often does your home team:

	3 = Often	2 = Sometimes	1 = Seldom
1. Drink, and cook with, non-fat/skim or 1% low-fat milk, unsweetened soy milk—instead of 2% or whole milk?	3	2	1
2. Do a physical activity such as walking, jogging, riding a bicycle, swimming, doing yoga, or lifting weights?	3	2	1
3. Eat a fruit and/or a vegetable at meals and snacks?	3	2	1
4. Cook or bake with healthier fats such as olive oil or vegetable oil—instead of shortening, margarine, butter, or lard?	3	2	1
5. Take the stairs—instead of using the elevator or escalator?	3	2	1
6. Eat broiled, baked, or grilled foods—instead of fried foods?	3	2	1
7. Walk or ride a bike to get from place to place?	3	2	1
8. Eat a small serving of an entrée or dessert—instead of a large serving?	3	2	1
9. Add salt to foods just before eating them?	3	2	1
10. Drink water—instead of a soft drink, sports drink, or energy drink?	3	2	1
11. Eat whole-grain foods such as whole-wheat bread or brown rice—instead of refined-grain foods such as white bread and white rice?	3	2	1
12. Take a walk together?	3	2	1
13. Choose a small-size popcorn—instead of a large-size—at the movie theater?	3	2	1
14. Do a physical activity—instead of playing video games or watching TV?	3	2	1
15. Eat a whole-grain, low-sugar cereal for breakfast—instead of a sugary cereal?	3	2	1
16. Try a vegetable that you’ve never tried before?	3	2	1

**Add the circled numbers and write your total here:** \_\_\_\_\_

If you answered “seldom” to any of these questions, ask yourselves “why?” As a family, identify some of your barriers to healthful behaviors and list them on the lines on the back of this page.

## INTERPRETING YOUR SCORE:

**36–48** Keep up the good work! You’re doing well by eating healthful foods and average food portion sizes, and by regularly doing physical activities.

**25–35** You’re on the right track! You often choose healthful foods and are generally physically active.

**16–24** Be on the alert! Look back over the questions to see where your home team can make some changes to eat healthful foods more often and do more physical activities together.

## THE BASICS OF HEALTHFUL LIVING

- Eat a variety of fruits and vegetables each day. Eat one or more fruits and/or vegetables with every meal or snack.
- When you eat grains (rice, oats) and foods made with grains (bread), at least half of the time choose whole grains such as whole wheat, rye, barley, or brown rice.
- Consume three cups of non-fat/skim or 1% low-fat milk, unsweetened soy milk, or low-fat yogurt with no added sugar each day.
- When selecting and preparing meat, poultry, fish, or dried beans, make choices that are lean, low-fat, and low-salt.
- Choose and prepare foods and beverages that are low in sodium (salt) and added sugars.
- Cook or bake with healthier fats, such as vegetable oil or olive oil—instead of shortening, margarine, butter, or lard.
- Most days of the week do at least 30 minutes of physical activities (for kids: 60 minutes each day of the week). Also, consume the number of calories that are recommended for your height, weight, age, and activity level. (For information on the number of calories and amount of each food group you should consume, see [www.choosemyplate.gov](http://www.choosemyplate.gov))
- Among the physical activities you do, include aerobic activities, stretching exercises, and weight lifting.
- Don't use tobacco.
- Reduce the amount of salt you use while preparing foods and before eating them.

### OUR HOME TEAM'S Top 5 BARRIERS to Healthful Living

All food and beverage choices matter. Choose a variety of nutrient-dense foods across and within all food groups that help you to achieve a healthy body weight, adequate nutrients, and less chance of chronic disease.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

□ - \_\_\_\_\_ -

■ **YES!** We read Health Trek 1, completed the checklist, and listed some barriers.

Check the adults on your home team for Health Trek 1: Mom Dad Other \_\_\_\_\_

**Student** \_\_\_\_\_ **Teacher** \_\_\_\_\_

□ **Due date for return slip** □

***Health Trek 1***