

livehappy®

ACTIVITY GUIDE

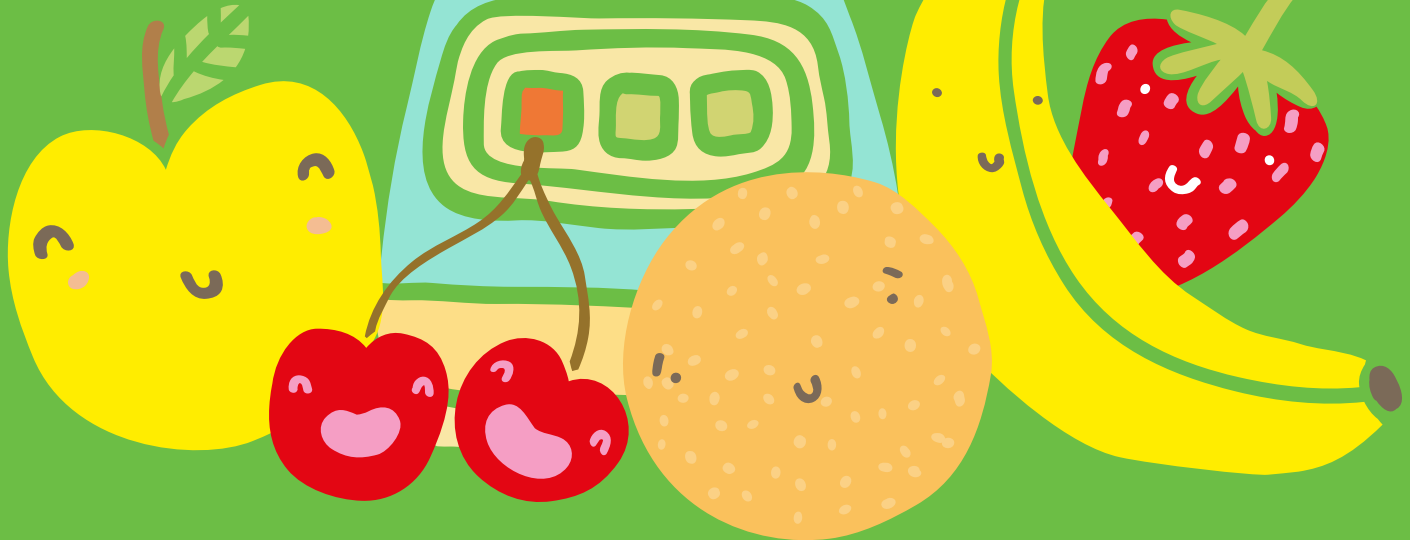
CREATED IN COLLABORATION WITH THE HIP HOP HEALTHY HEART PROGRAM FOR CHILDREN™

Lessons for a Life of Health and Happiness

The Hip Hop Healthy Heart Program for Children™ is a Comprehensive Healthy Literacy Education Curriculum (mind, body and emotion) for elementary school students created to build a culture of health through our educational system. This program provides an innovative approach to solve many of the greatest problems that face today's youth, all of which affect academic performance. It provides our children with the tools to help them blossom into their full potential (mentally, physically and emotionally). This guide encompasses the whole child. Learn more at ShapeUpUs.org.

*Plant-Based Nutrition
for Healthy Kids*

 **ShapeUpUS.org**
BUILDING A HEALTHIER FUTURE



Happiness and health go hand in hand. It's hard to be happy if you're not healthy, and one way to stay super healthy is eating nutritious foods. **livehappy** and **ShapeUpUS** are teaming up to bring you this awesome activity guide that will help you be healthier and happier.

This guide is filled with exercises that can be completed alone, with parents, a trusted adult or with friends!

PLANT POWER

A plant-based diet serves up healthy fruits and vegetables in their natural states and limits animal-based foods.

LET'S GO SHOPPING.

Some foods come from plants. Some foods come from animals. Imagine that you are shopping only for foods that come from plants. If the food in the picture comes from a plant, draw a line from it to the shopping cart. If the food comes from an animal, draw a square around it.

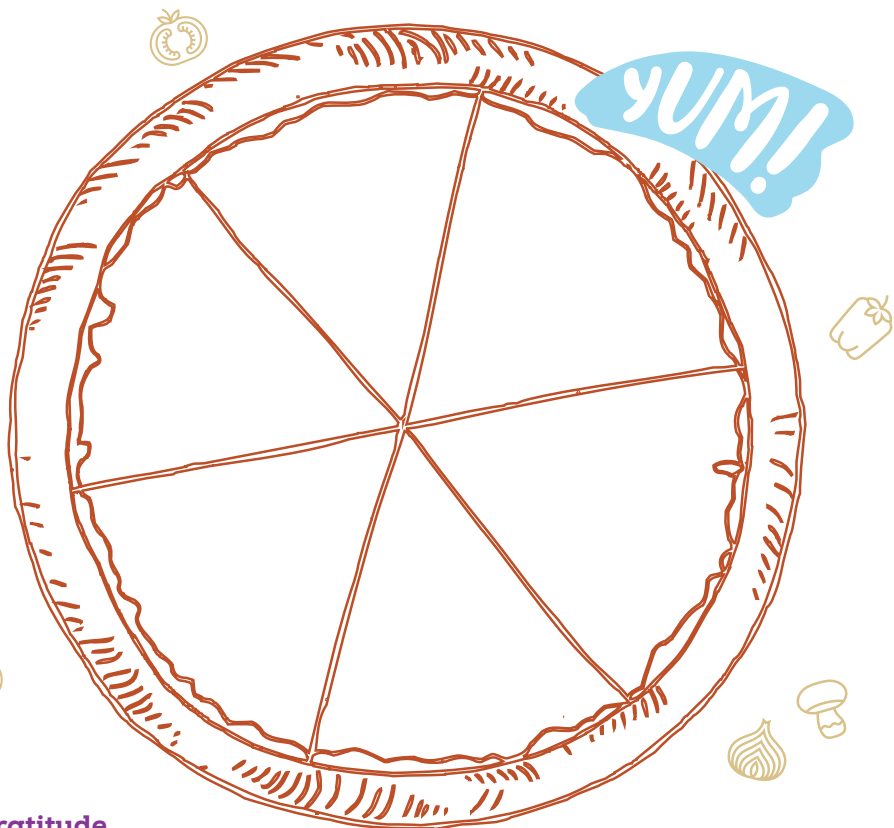


MAKE A PIZZA.

Choose from the ingredients below to create your favorite plant-based pizza.

Pesto	Spinach
Fresh Tomatoes	Broccoli
or a Sugar-free	Beans
Marinara Sauce	Parsley
Artichokes	Cilantro
Peppers	Oregano
Onions	Basil
Mushrooms	

Draw the ingredients on your whole-grain crust.



DID YOU KNOW?

...making gratitude a habit can have positive benefits to

your own happiness? Thanking people creates stronger

relationships, and finding kindness in others carves new "good mood" grooves into your brain!



Being happy contributes to more success in school and helps you keep trying, even when things are tough. A terrific way to

boost your confidence is to notice good things as they are happening.

Pick one of these activities to do for a week.

1. At the dinner table, discuss two positive things that happened to you that day.

2. Write down two good things each night.

After a week, how do you feel? We suggest to keep doing this!

Name your favorite.

What is your favorite food that comes from a plant? Draw a picture of that food below.



WHAT ARE #HAPPYACTS?

#HAPPYACTS are small acts of kindness that you can share to help make the world a happier place.

Throughout this activity guide you'll find fun activities that help make someone's day a little brighter. Just look for the #HappyActs.

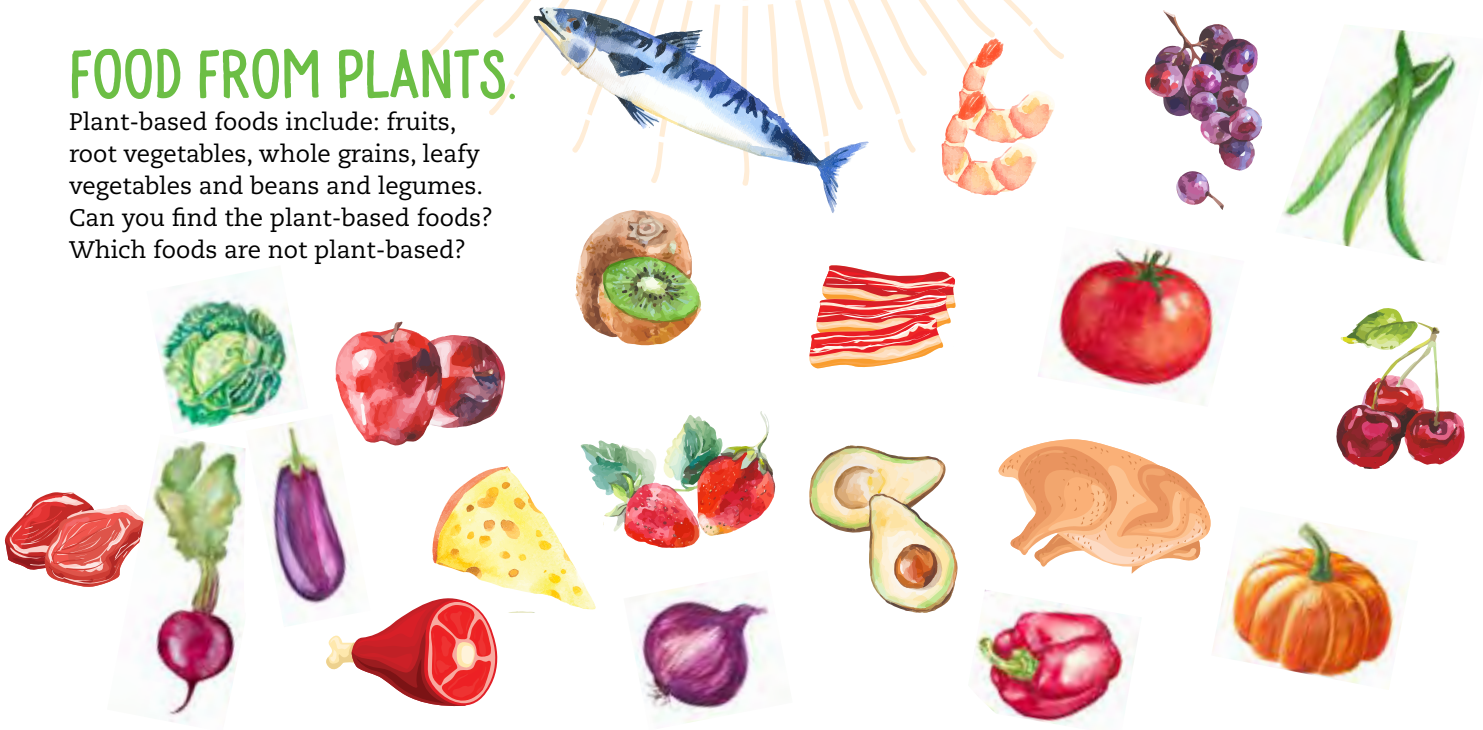


WHY DO I EAT?

Eating a nutritional and balanced meal keeps us healthy and strong. The right foods also give us the energy to do the things we love like walking the dog, riding a bike or playing with friends. A good diet will have all the nutrients we need to stay healthy and happy.

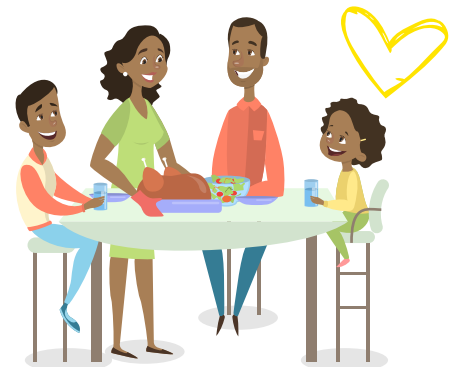
FOOD FROM PLANTS.

Plant-based foods include: fruits, root vegetables, whole grains, leafy vegetables and beans and legumes. Can you find the plant-based foods? Which foods are not plant-based?



DID YOU KNOW?

...eating with your family is great for your happiness! Rev Run from the legendary hip-hop group Run DMC loves to bring people together over food: “The key to a happy family is being together,” Rev says. “At the end of the day, it’s not the food that makes it fun. It’s good to have food, but there’s something about getting together. There’s something about knowing that everyone is coming over, the hours leading up to and after: football games, the music, people ringing the bell, smelling the food. It’s all about the togetherness.” To read more about Rev Run and family dinners, visit livehappy.com/rev-run.



How much sugar?

Investigate the amount of sugar in a can of soda..

Materials:

- 15 packets of sugar
- A large clear glass or cup
- A can of 12 oz soda

Instructions:

Hypothesis: How many packets of sugar are in a can of 12 oz soda? _____

- ✓ Read the Nutrition Facts label to find out how many grams of sugar in the can.
- ✓ 1 packet of sugar equals 4 grams.
- ✓ How many total packets are in your soda? _____
- ✓ Pour that many packets of sugar into the glass. Now take a good look!

Soda has lots of sugar. The recommended amount of sugar we should consume in a day is no more than 6 teaspoons (or 6 sugar packets). Too much sugar is bad for you.

What could you eat or drink instead? ☐ An orange ☐ Water ☐ Blueberries ☐ Small glass of juice



#HAPPYACTS:
Be grateful. Thank three people for something they've done for you.



Plant a gratitude fruit tree.

With the help of a teacher or parent, create a large gratitude fruit tree out of construction paper. Since fruits come in many colors (apples, pears, bananas, oranges, lemons), you have lots to choose from.

Here are the supplies you'll need:

- ✓ Construction paper
- ✓ Scotch tape
- ✓ A pen or pencil
- ✓ Scissors

Create a trunk with branches and leaves. With the help of a parent, tape your tree to a wall. Then create the fruits. Now write down all of the things you are grateful for on the fruit. Then, tape the fruit to the branches. Watch your gratitude tree grow.



FRUITFUL FEASTING

Eating fruits is always a treat! Fruits come in all sorts of yummy shapes, sizes and colors. The best part is, eating fruit is also good for you. Fruit can give you energy and vitamins. The brighter the fruit is, the more nutrients it contains. Eating a wide variety of fruits every day gives your body the best chances for overall health.

THE COLOR OF FRUITS.

Fruits can be classified by color. The brighter the color, the more nutrients a fruit contains. Nutrients in colorful plants include carbohydrates, protein, fat, vitamins, minerals, water and phytonutrients.

Which fruits are the brightest?

1. _____
2. _____
3. _____

Also, circle your favorite fruit in the table below.

GREEN	ORANGE	YELLOW	BLUE/PURPLE	RED
GRAPES GREEN HONEYDEW MELON KIWI PEAR	APRICOTS CANTALOUPE NECTARINE MANGO ORANGE PAPAYA PEACH TANGERINE	BANANA GRAPEFRUIT PINEAPPLE, FRESH LEMON	BLACKBERRIES BLUEBERRIES FIG GRAPES, RED PLUM PRUNES	APPLES CHERRIES CRANBERRIES GUAVA PINK GRAPEFRUIT POMEGRANATES RASPBERRIES STRAWBERRIES WATERMELON



Share with a friend. The next time your parent packs fruit in your lunch, you should try sharing your healthy snack with a friend. Science says that anytime we share, we bring happiness to ourselves and the person we are sharing with, even if it is just a smile. Sharing teaches us that we always need to care for others. For more on sharing, visit livehappy.com/sharing.

FRUIT GROUPS.

Draw a line matching the picture with the fruit.

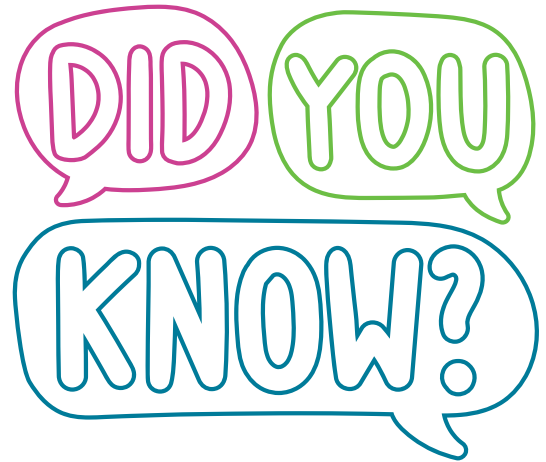
Berries (a small, sweet, simple fruit that has seeds and pulp)

Citrus (Fruit from flowering trees)

Melon (Fleshy fruit that grows on a vine)

Tree Fruit (Fruit that hangs from branches on trees)

Tropical (Fruits that grow in an area that surrounds the equator)



...that the tomato is a fruit and a vegetable? It's

true. The tomato is also a superhero food because it is packed with vitamins and nutrients that are good for your heart and bones. And that's super cool. To learn more about tomatoes, visit livehappy.com/tomatoes.

#HAPPYACTS: Smile at strangers. Give yourself a point for everyone who smiles back. Try to get 10 points every day. Challenge a friend to do the same!



Fruit word search.

Can you find all the fruit-related words?

B	A	N	A	N	A	I	O	N	C	A	M
S	P	C	A	R	T	A	R	T	D	T	C
N	P	E	A	R	L	M	A	R	O	M	A
A	L	S	S	A	Y	C	N	X	R	B	F
C	E	R	B	S	H	Y	G	R	A	T	R
K	T	R	O	P	I	C	A	L	N	S	U
S	W	R	O	B	E	R	R	Y	G	N	C
R	L	I	M	E	A	T	V	F	E	U	T
I	N	K	E	R	R	K	E	R	E	T	O
A	M	O	L	R	U	I	T	U	R	R	S
D	R	V	O	Y	I	E	K	I	W	I	E
P	O	V	N	G	E	C	I	T	R	U	S

Key:

APPLE	AROMA	BANANA	BERRY
CITRUS	FRUCTOSE	FRUIT	KIWI
LIME	MELON	ORANGE	PEAR
RASPBERRY	SNACKS	TART	TROPICAL

THE ROOT OF IT ALL

Tuber and root-based vegetables are often forgotten, but they have been an important part of our diet for a very long time. What makes these vegetables special is they are grown underground. Tuber and root veggies provide carbohydrates, which gives us energy, protect our hearts and keep our bodies fit.

HOW ARE TUBERS AND ROOT VEGETABLES GROWN?

- **Plowing and planting:** Farmers plow the soil with tractors to prepare it, then plant the seeds.
- **Watering and sunshine:** Seeds are watered by natural rain and irrigation. They also need sun to help them grow tall.
- **Harvesting:** Vegetables are harvested either by hand or by machinery.
- **Delivery:** Vegetables are put on trucks, trains, boats and/or planes to reach their destination.



Which underground vegetables are your favorite?

Circle them.



rutabagas



carrots



onions



sweet potatoes



radishes



jicama



beets



potatoes



turnips

DID YOU KNOW?



...people from Okinawa, Japan live longer than most of the

people in the world? What's their secret? Many eat a diet full of vegetables and herbs and very little sugar. Okinawans are also known to stay very active and nurture their connections with others. This practice is called *ikigai*. To learn more about *ikigai*, visit livehappy.com/ikigai.



SPROUT A VEGETABLE!

Did you know you can make some vegetables sprout leaves by placing them in just water? Try it!

Take the top end of a chopped-up carrot. Then, place in a shallow dish and add some water. Within a couple of days, the top will have some small shoots growing out of the top. By the end of the week the carrot tops will have little leaves!

Create your own veggie pal!

In the space below, draw an outline of one of your favorite root vegetables. Now bring it to life! Give your veggie pal a name, a face, arms, legs, shoes, a jacket, etc. Think about what makes your pal happy. What does your pal like to do for fun?



MY PAL _____



It takes a village. Eating vegetables isn't the only way to make us happier, planting them can be fun, too. Community gardening

is a great way to get involved in your neighborhood. Connecting with people and nature makes us calmer and relieves stress. Plus, once your vegetables are ready to pick, you can share with neighbors or donate them to a local food pantry. For more on community gardening, visit livehappy.com/green.

#HAPPYACTS:

Compliment the first five people you see today.

YOU ARE FUNNY.

I like your shirt.

You look nice.



GROWLIN' FOR GRAINS

Grains are great. Whole grains are low in bad fat and can give us the carbohydrates and nutrients we need for energy. Grains also reduce the risk of some illnesses, including diabetes, strokes and heart attacks.

NAME THE GRAINS.

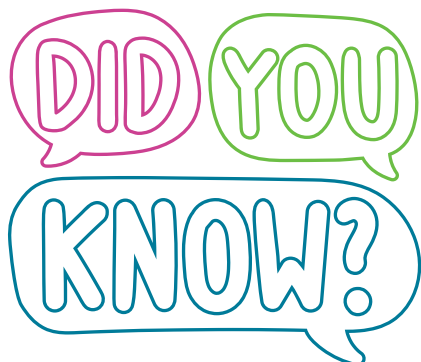
Types of whole grains include:

corn, bulgur, wheat, quinoa, rice, rye, oats, barley, spelt, millet, teff, buckwheat and flax.

CAN YOU NAME THE FIVE MOST USED GRAINS?

Some foods that have whole grains are whole wheat bread, oatmeal, whole wheat cereal and brown rice.

Which whole-grain food is your favorite?



...whole grains are a powerhouse of nutrition because they are nutrient dense? Nutrient density means that whole grains are packed with natural nutrients such as vitamins, minerals, complex carbohydrate and fiber, which help to keep blood sugar steady, cholesterol low and the digestive system working well.



corn



bulgur



wheat



quinoa



rice



rye



oats



barley



spelt



millet



teff



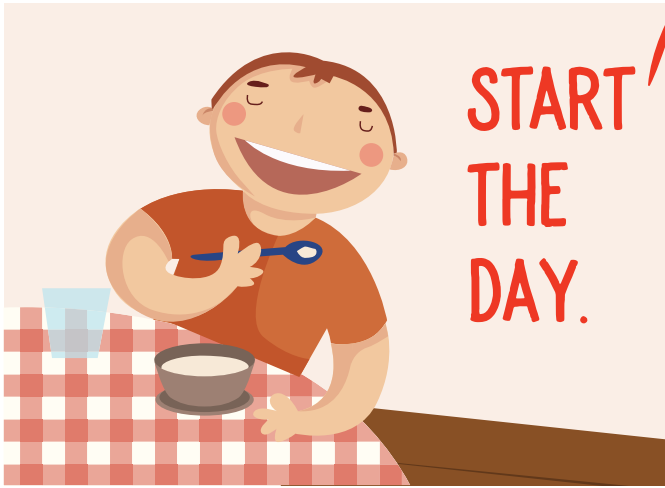
buckwheat



flax

True or False

1. Whole grains are bad for you. ____
2. The more a grain is processed, the lower its nutritional value. ____
3. Whole grains help lower blood pressure. ____
4. Grains are difficult and expensive to grow in large quantities. ____
5. Grains are commonly served as part of every meal throughout the world. ____



Work with your partner to create a different healthy breakfast menu in the space below on each of your worksheets. Choose foods, especially plant-based foods, that you enjoy eating. When you have created your menus, talk about which breakfast is likely to be healthier. What makes that meal healthier?

Suggested breakfast menu

Our group's healthiest breakfast menu

Why it's healthy...

What's in the ingredients?

Examine the ingredients list on one or more grain-based food product(s). List which ingredients are plant-based, which ingredients were added to the grain and which nutrients it contains.

FOOD	Contains these plant-based ingredients	Contains these added ingredients	Contains these preservatives
Example: Cheerios	whole grain oats	corn starch, sugar, salt	tripotassium phosphate, Vitamin E

Do any of the grain-based products you examined note whether they were made with genetically modified seeds or ingredients?



Don't forget to play. Playtime as a family is essential for family happiness. It can teach you lessons in sportsmanship, communication and social skills. Have a family meeting and designate one night a week for a family game night. For more on the benefits of playing, visit livehappy.com/games.

#HAPPYACTS:
Post encouraging notes on lockers, bathroom mirrors and in hallways.



MAKE ROOM FOR LEGUMES

Legumes may have a funny name, but the protein punch these little guys provide is no nonsense. Legumes provide up to 10 percent of the recommended protein needed for a healthy diet. Protein, along with carbohydrates and healthy fats, is essential for living. Every part of the body, from your skin to your bones, needs protein.

Legumes include: Lentils, chickpeas, peas, butter beans, red kidney beans and soybeans.

TYPES OF LEGUMES.

How many beans can you name? See if you can name five.

1. _____
2. _____
3. _____
4. _____
5. _____

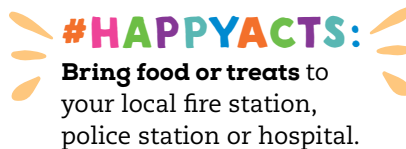
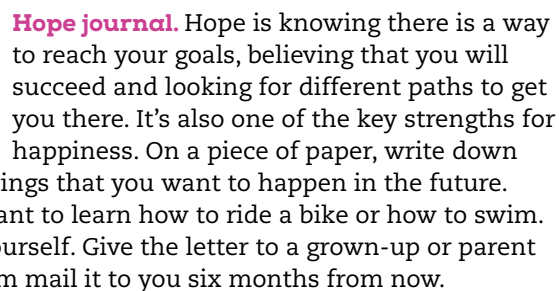
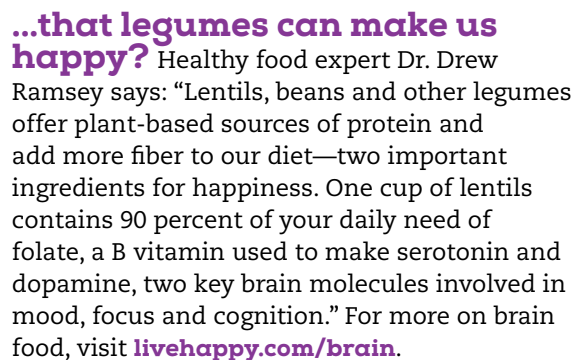
Name the nutrients?

Name six nutrients we find in beans and legumes. As your teacher describes how the nutrient helps your body, record information you want to remember in the second column.

Nutrient	How it helps your body

TORTILLA PHOTOGRAPH: ©BY TIMQUO/SHUTTERSTOCK; ANIMAL, ©CANNE WILSON

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____











LET'S HEAR IT FOR VEGGIES

Vegetables come in many different shapes, sizes and colors. A stalk of corn is long and yellow. A Brussels sprout is small and round. Before, we talked about vegetables that grow underground. Now let's talk about the vegetables that grow above ground.


NAME THE VEGGIES.

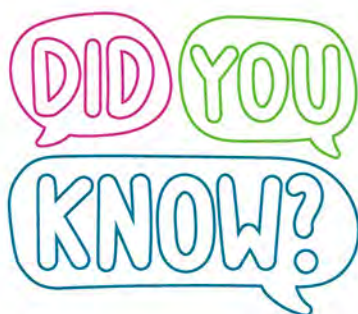
We eat different parts of vegetables. Some examples are below. Can you name the pictures of the vegetables?

PART WE EAT	EXAMPLE
Bulb: the underground, resting stage of a plant	
Fruit: seed-bearing part of a plant	
Leaf: green parts attached to the stem that make food for the plant	
Pod: fruit that splits open to release its seeds	
Root: the underground part of a plant that stores food and holds the plant in place	
Seeds: the grains of plants capable of producing new plants	
Stem: main stalk of the plant that grows above ground	
Tuber: usually grows underground with tiny buds or eyes that can produce a new plant	

INCREDIBLE EDIBLES.

In each space, write what part of the vegetable we eat: Is it the bulb, fruit, leaf, pod, seed, stem, root or tuber?

eggplant 	tomato 
cauliflower 	cucumber 
beet 	mushrooms 
pumpkin 	bell peppers 
celery 	green beans 
broccoli 	butternut squash 



...colorful fruits and vegetables contain hundreds of phytonutrients, vitamins and minerals that work together to promote health and prevent disease? When you eat fruits and vegetables, all of the nutrients are easily absorbed to provide the maximum health benefits.

CREATE YOUR OWN SPECIAL SALAD.

Draw the vegetables and other ingredients you would enjoy eating together on the plate. Be sure to include a variety of textures, colors, flavors. Give your salad a name.

MY SALAD'S NAME IS:



Optimism is about seeing the best in yourself, others and your surroundings. If you are having a bad day, collect five things in your house that make you smile. Put them in a shoebox. Decorate your "good things" box, and whenever you are having a bad day, you can open it up and see the things that make you happy.

Set up your snacks.

Read about the snacks below. Choose which food groups are included in each snack. Put an X in the spaces next to the snack to show which food groups it contains.

Mixed Food Snacks

	Grains	Veggies	Fruit	Beans & Legumes	Nuts & Seeds
Breakfast in the Afternoon Whole-grain cereal such as oatmeal, Shredded Wheat, Grape Nuts, etc. with blueberries					
Make-a-Face Snack Whole grain bread spread with nut butter. Make a face with raisins, dried cranberries, dried apricots, fresh apple slices, or other dried or fresh fruit in season					
Ants on a Log Spread celery sticks with nut butter; top with golden raisins, dried cranberries, or dried cherries					
Sticky Dip Carrot and celery sticks with hummus					
Anytime Salad Pre-washed salad greens topped with sliced cucumbers, fresh strawberries and sliced almonds					
Make Your Own					



Practice self-kindness and spend 30 minutes doing something you love today.





LAUGHING OR SMILING CAN HELP US FEEL BETTER WHEN WE ARE DOWN.



Write down three things that make you laugh.

1. _____
2. _____
3. _____

I'll bet you are already smiling.

Now, write down your favorite joke about a fruit or vegetable:

Now, tell your joke to three people.



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Shape Up US™ - Dedicated to Preventing Obesity and Empowering Children and Families to Lead Healthier, Happier Lives

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Share happiness.

Do you want be a Happy Activist? To honor the International Day of Happiness on March 20, Live Happy encourages you to join happy activists around the world in sharing a happiness wall! Find out how to participate or print your own wall at livehappy.com/happyacts.

Happiness walls can be anywhere, including at home, school or in your community. Get a grown-up's help to register your happiness wall at livehappy.com/wallmap.

