



Movin' and Munchin' Schools

NUTRITION CHART



Nutrition Chart

Movin' and Munchin' Miles Earned

Has breakfast that includes a fruit or vegetable	1 each day
Eats a fruit and vegetable portion at every meal (If parents do this as well, double the points)	2 each day
Chooses a fruit or vegetable snack	1 each day
Does not drink any soda in one day	2 per day
Goes one week without soda	15
Drinks at least 5 glasses of water (including low-fat milk each day)	1 per day
Helps parents plan and prepare a healthy meal	2 per meal
Eats at least one meal together as an entire family without TV	2 per meal
Goes to a fast food restaurant no more than once a week (Double the score if do not go at all)	5
Tries a new healthy food	1
Gets at least 3 servings of low-fat dairy or non-dairy substitute in one day	1