

Lifelong Eating & Activity Patterns

Session 1: Ready, Set, Go!

What is healthy eating and good physical activity?
Setting Goals and Non-food rewards
Taste Testing: Smoothies

Session 2: MyPyramid

How many servings should I be eating?
Portion Distortion vs. Recommended Serving Sizes
LEAP into Action
Taste Testing: Veggie Roll ups

Session 3: Body Style

Using Praise and Positive Statements
Successful Limit Setting
Taste Testing: Fruit & Veggies with low-fat dips

Session 4: Supermarket Smarts

How do I read those food labels?
Fiber and how to get enough
Taste Testing: Crock Pot Tostadas

Session 5: Cooking Up Some Fun

Fight BAC-Food Safety
Recipe Modification—how to make your favorites healthier!
Taste Testing: Tortilla Peanut Butter Roll-ups

Session 6: Restaurant Rescue & Celebration

How much sugar is in that drink?
Fast Food Tune Up
Taste Testing: Healthy Banana Splits

Sign Up for LEAP Classes beginning May 30th 2007

Contact OPT for Fit Kids 345-0678

1311 Mangrove Ave Suite B Chico

\$40 for families who qualify for Medi-Cal or Healthy Families

\$100 for privately insured

SOME PARTIAL SCHOLARSHIPS AVAILABLE

www.optforfitkids.org