

# Ensuring Success With the Health Through Literacy Take-Home Book Bag

## SUGGESTIONS FOR YOUR BOOK BAG PROGRAM

- Include a journal or composition book in the book bag and invite children and parents to reflect on what they learned from these books. You might wish to start the journal with a reflection of your own. Encourage children to review their classmates' reflections.
- You can get students excited about the book bag by holding a drawing each week to find out who gets to take it home.
- Give students a small prize, like a pencil or bookmark, when they return the book bag on time with both books, the laminated tip sheet, and the laminated parent letter inside.
- Create a bulletin board showing the items in the book bag. Let children add items to the bulletin board when they bring the book bag back. For example, younger children can put a picture up of a new fruit or vegetable they tried. Older students can write a short paragraph about an activity they did related to the books in the book bag. Encourage students to bring in pictures to post.
- If every student has taken the book bag home and you have a few more weeks at the end of the year, send the book bag home with students a second time. Students can be chosen by random drawing, or you can select students to take the bag home as a reward for good grades, good behavior, or special acts of kindness toward classmates.

## ADDITIONAL MATERIALS

Additional materials and replacement pieces can be ordered by contacting [resources@michiganfitness.org](mailto:resources@michiganfitness.org) or (800) 434-8642.

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## ABOUT THE BOOK BAG

This bag is intended to be sent home with students so they can share the books with their parents or caregivers. This bag was put together so students and their families can spend time with quality books that will get them to think about nutrition and physical activity.



One of the books in this bag is focused primarily on nutrition. The other book has a focus on physical activity.

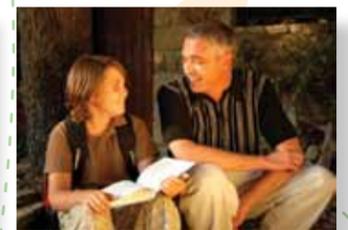
Tip sheets help the students' families think more about healthy foods and physical activity. The bag can be used at schools, after-school programs, or other programs that serve the families of elementary-school-age children.

## WHY BOOKS?

Reading can open all sorts of doors for students. And reading is a great activity for parents and their children to do together.

The tip sheet included in this book bag encourages parents to sit down and read with their younger children, or to use the books as a launching point for discussions with children in older grades.

The books selected were chosen for their messages about healthy eating and physical activity. They encourage children and their parents to explore new experiences.



# Health through Literacy

## BOOK BAG CONTENTS

### The bag contains the following materials:

- Two books:
  - *The ABCs of Fruits and Vegetables and Beyond*
  - *Nothing to Do* (for Kindergarten through 2nd grade) or *A Life Like Mine* (for 3rd–5th grades)
- This Ensuring Success instruction sheet, which tells you about the book bag and gives ideas on how to use it with your students.
- A family letter that introduces families to the book bag and its purpose.
- A page of activities and discussion ideas for each of the books. In grades K–2, this page is aimed at the parents/caregivers. For grades 3–5, this page is directed toward the students themselves; this page does, however, invite students to involve their parents/caregivers with the books.
- A tip sheet on reading with children, introducing new foods, and becoming more physically active.
- A recipe cards set (30 sets).
- Reclosable plastic bags (30) for the recipe cards, magnet and any other items you wish to send home with the book bag for students and their families to keep.
- A refrigerator magnet the student may keep.
- “Yours to Keep” stickers (1 sheet of 30) to place on the outside of the plastic bags.



## OTHER ITEMS TO INCLUDE

Everyone loves free stuff! Here are some ideas for other items you can include in the “Yours to Keep” bags:

- **Coloring, activity, and information sheets.** These are available online at the following Web sites:
  - [choosemyplate.gov/kids](http://choosemyplate.gov/kids)  
This site offers a variety of online activities, handouts, videos, songs and more to engage kids in healthier eating and physical activity.
  - [choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://choosemyplate.gov/healthy-eating-tips/ten-tips.html)  
This site offers handouts—geared for educators, adults or teens—that will help the reader and their family make healthier food choices.
  - [www.fns.usda.gov/sites/default/files/eatsmartminiposter.pdf](http://www.fns.usda.gov/sites/default/files/eatsmartminiposter.pdf)  
This shows the MyPlate graphic and information about each segment of the plate.
  - [www.fns.usda.gov/sites/default/files/eatsmartposter.pdf](http://www.fns.usda.gov/sites/default/files/eatsmartposter.pdf)  
The first page is the MyPlate graphic and information about each segment of the plate. Kids will enjoy the MyPlate poster on the second page.
  - [www.fns.usda.gov/sites/default/files/MyPlateAtHome.pdf](http://www.fns.usda.gov/sites/default/files/MyPlateAtHome.pdf)  
This handout helps children and their parents better understand the MyPlate guidelines.
  - <http://www.fruitsandveggiesmorematters.org/>  
The activity pages on this site help get children thinking about fruits and vegetables. You might also wish to download and send home some of the tip sheets for parents.
  - <http://www.wholegrainscouncil.org/resources/PDFs-from-the-Whole-Grains-Council>  
Coloring pages can help remind children which foods are predominantly grains.
  - <http://www.michiganbean.org/>  
This site provides information on the production and nutrition benefits of beans in Michigan. It also has recipes.
- **A bag of low-fat microwave popcorn.** Your food service program may be able to supply you with enough for each student to take a bag home.
- **Stickers with a health reminder.**

## RUNNING YOUR BOOK BAG PROGRAM

### We recommend the following steps to make sure your book bag program is successful:

1. Decide where you will keep the book bag and the supplementary materials. To save time, keep all the materials together.
2. Put a list of your students with your book bag materials. Check off each student’s name when you send the bag home with him or her.
3. Decide what your schedule will be for sending the book bag home. Sending it home over a weekend may work best for most students, since this will give them time to explore the books with their families. If you send it home on Thursday and expect it back on Tuesday, you’ll have the opportunity to remind the student on Monday to bring the bag back. And you’ll have a few days to make sure all the materials are in the bag and refill it with another “Yours to Keep” bag.
4. Order or print out any extra items you want to send home for students and their families. See the list on the next page for ideas.
5. Prepare the book bag materials. When you get your book bag, you might want to set aside time to label all the plastic bags and fill them with the recipes, magnet and other materials. That way, when the bag is returned, all you need to do is make sure all the materials came back that should have (two books, laminated tip sheet and laminated parent letter), and drop in a new “Yours to Keep” bag.

