

# Play Nice! Newsletter

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## School Talk

Simply educating kids about good nutrition can help them develop smart eating habits.

*National Heart,  
Lung, and Blood  
Institute (NHLBI)  
June 2005*

Check out our Obesity Prevention Program emphasizing Good Nutrition and Physical Activity.  
**WE COUNT**  
<http://www.peacefulplaygrounds.com/pedometers.htm>

## Kids Can Be Taught to Eat Healthy Foods, Study Finds

When it comes to making their own choices for meals and snacks, kids will choose hot dogs, chips, candy, and soda every time, right? Not necessarily. A recent study by the National Heart, Lung, and Blood Institute (NHLBI) suggests that simply educating kids about good nutrition can help them develop smart eating habits.

According to the NHLBI (part of the National Institutes of Health), providing kids with the knowledge and education to make healthier dietary choices is key. Of course, educating kids about healthy eating and helping them apply that knowledge can be difficult. That's why the Institute classified food into three groups:

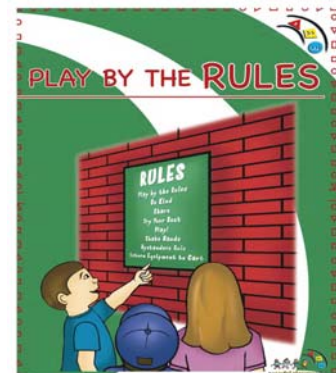
- the **Go** group, which includes heart-healthy foods that should be eaten every day because they are low in saturated fat and cholesterol (such as low-fat milk and whole-grain cereals)
- the **Slow** group, which includes foods that should only be eaten a few times a week (for example, waffles and pancakes)
- the **Whoa** group, which includes foods that should be eaten only once in a while because they are high in saturated fat and cholesterol (for example, French fries and doughnuts).

*National Heart, Lung, and Blood Institute (NHLBI)*



## "Nickelodeon Announces Giveaway Program to Encourage Healthy Play" GRANTS

Children's television network Nickelodeon will distribute more than \$1 million from September 2005 to June 2006. The "Let's Just Play" Give away offers kids around the United States the opportunity to take action and enter for a chance to improve their school or community program's fitness resources. Maximum Award: \$5000. Eligibility: Kids (6-15 years of age), partnering with teachers and other community-based leaders. Deadline: rolling, until May 31, 2006. [http://www.nick.com/all\\_nick/everything\\_nick/](http://www.nick.com/all_nick/everything_nick/)



**Peaceful Playgrounds Posters** communicate playground rules. "Be Kind", "You Can't Say, You Can't Play" and "Play by the Rules" etc. The Play by the Rules Poster above is one of the posters in the 10 poster set. Priced for individual sale or multiple sets for school sites. Check website for pricing. <http://www.peacefulplaygrounds.com/order.htm>