



Building MyBody

Third-grade nutrition education newsletter

Lesson 7

Get a clue...

... about body cues. Body cues tell us what we need. They tell us when we are hungry, thirsty, full and when we are in need of sleep. They also tell us when we need to get up and move, when we are getting a good workout, and when we have exercised enough. Your child may talk to you about body cues. Body cues help keep us healthy.

Stop, look and listen

Listening to hunger cues can help our bodies get the nutrients they need. If we drink water when we are thirsty, we feel better than if we wait too long. If we eat when we are hungry, we feel better than if we wait until we feel starved. If we stop eating when we are full, we feel better than if we eat until we are stuffed. And stopping when we are pleasantly full can keep us from gaining too much weight!

Here are some ideas that can help your children respond to hunger and thirst cues:

- Start the day with breakfast.
- Eat regular meals and snacks.
- Carry snacks when you know it will be a long time between meals.
- Carry water with you, and drink it regularly.

What can you do to help your children respond to hunger cues?

Your children take their lead from you and watch what you do. If they see you doing what is suggested on this page (right), they are more likely to do the same. Circle those you plan to do. Add other ideas in the space provided.



- Take your time eating and stop before you are too full.
- If you aren't hungry, don't eat — enjoy a walk instead.

- _____
- _____

Recipe

Fizzy fun

Kids need to drink plenty of plain water. And for a change, a Fruit Fizzy will satisfy their thirst, too.

Fruit Fizzy

Ingredients:

- ½ cup 100 percent fruit juice — orange, grape, cranberry, or any flavor you like
- ½ cup club soda
- ice (optional)

How to make it:

1. Pour fruit juice in a tall cup.
2. Add club soda.
3. Add some ice.
4. Stir it up and enjoy!



No pain, **more** gain

Exercise cues work the same way. If we feel restless, it's probably time to move. People feel better and sleep better when they exercise regularly. A faster heartbeat, faster breathing and sweating are all signs of a good workout. And our bodies tell us when to stop, too. The old thinking was no pain, no gain. But times have changed! You can be active without pain.

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