

# Focus on Health Nutrition, and Physical Activity Information for Parents

F.S. 381.0056

St. Johns County School District, Health Services Dept.  
School Year 2024-25



## Hand Size Portion Guide

Source: Southern Illinois University Edwardsville



The Palm =  
a serving of  
protein.



The Fist = a  
serving of  
vegetables.



Tip of Thumb  
= a serving of  
fats



A Cupped Hand  
= a serving of  
carbs.

Your hands correspond to your body size. Bigger people need more food, and tend to have bigger hands, therefore getting larger portions. Smaller people need less food, and tend to have smaller hands, therefore getting smaller portions.

A key part of healthful eating means choosing appropriate amounts of different foods. When it comes to deciding how much to eat, the terms serving size and portion size are often used interchangeably. However, they don't mean the same thing.

**Serving size** is a standardized amount of food. It may be used to quantify recommended amounts, as is the case with the MyPlate food groups, or represent quantities that people typically consume on a Nutrition Facts label.

**Portion size** is the amount of a food you choose to eat — which may be more or less than a serving.

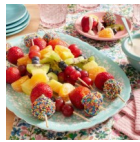
For example, the Nutrition Facts label may indicate ½ cup cereal for one serving but if you eat ¾ cup, that is your portion size.

## Making Healthy Food Together

Cooking together with your children provides an opportunity to spend time together, talk about the importance of eating healthy, and discuss portion sizes.

### Rainbow Skewers

Source: The Pioneer Woman



#### Ingredients

- 1 cup plain Greek yogurt
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp tangerine zest
- 1 15-oz. package donut holes
- 1 lb strawberries, hulled
- 4 small tangerines, peeled and segmented into groupings of 2
- 1 small pineapple, peeled and cut into 1-inch cubes
- 3 kiwis, peeled and sliced into 1/2-inch thick half-moons
- 1/2 cup blueberries
- 1/2 cup red grapes

#### How to Make It

In a medium bowl, combine the Greek yogurt, maple syrup, vanilla, and tangerine zest. Spoon the mixture into a serving dish and chill until ready to use.

To assemble the skewers, use 16 (12-inch) wooden skewers. Onto each skewer, thread 1 donut hole, 1 hulled strawberry, 1 tangerine segment, 1 pineapple cube, 1 kiwi slice, 2 blueberries, and 2 red grapes in that order. Repeat with the remaining fruit and donuts.

Serve chilled with the yogurt dip.

### Watermelon Smoothie

Source: The Pioneer Woman



#### Ingredients

- 3 cups watermelon, diced
- 1 cup frozen strawberries
- 3 large ice cubes
- 1 5.3-oz. container vanilla Greek yogurt
- 1/2 banana
- 1/2 lime, juiced

#### Instructions

Combine the watermelon, strawberries, ice cubes, yogurt, banana, and lime juice in a blender. Blend on low to break up the strawberries and ice, stopping to scrape the sides of the blender, as needed. Increase speed to high and blend until very smooth, about 20 seconds. Serve.



## School-Aged Children and Adolescents Physical Activity Recommendations

Source: CDC Healthy Schools

Students need 60 mins or more of moderate-to-vigorous intensity physical activity daily. Include activities that make their hearts beat faster, build muscles and strengthen bones. Examples:

### Moderate-intensity aerobic

Brisk walking, bicycle riding (mostly flat surface), active recreation (kayaking, riding a non-motor scooter, swimming), games requiring catching and throwing.

### Vigorous-intensity aerobic

Running, bicycle riding (including hills), active games involving running and chasing such as tag or flag football, jump roping, martial arts, soccer, basketball, swimming, tennis, vigorous dancing.

### Muscle-strengthening

Games such as tug of war, resistance exercises using body weight, resistance bands, weight machines, hand weights, some forms of yoga, rope or tree climbing, climbing on playground equipment.

### Bone-strengthening

Hopping, skipping, jumping, running, jumping rope, sports that involve jumping or rapid changes in direction.

### Benefits of Physical Activity

Academic performance, heart and lung health, brain health, healthy weight, bone strength, muscular fitness, long-term health.

For more information go to: <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

**Focus on Health**  
**Water Safety Information for Parents**

F.S. 1003.225

St. Johns County School District, Health Services Dept.  
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**Water Safety for Kids and Teens**

**Source:** Florida Department of Children and Families and Healthy Children.Org

Teaching water safety and how to swim is a key part of reducing child drownings. In Florida, drownings are one of the leading causes of child deaths.

**The following information is important to teach to your teen or younger child:**

- **Always supervise; it saves lives.** Drowning can happen quickly and quietly, which is why actively watching your swimmer is a necessity. Make sure your teen knows to swim only where there are lifeguards on duty and to never swim alone. Urge them to use the buddy system, even when swimming with large groups of friends. It is important for young children to know that the fun can't begin until a "Water Watcher" is present. Once an adult is watching, the swimming fun can start. Make sure your child knows never to go near the water alone and always has a swimming partner.
- **Wear a lifejacket.** Like adults, adolescents should always wear life jackets whenever they are on boats, jet skis and other watercraft. Younger children should also wear life jackets including while in a floating device or on a dock. If a child cannot swim or is an inexperienced swimmer, lifejackets should be utilized at all times while in the water. Never rely on inflatable tubes and rafts as life preservers.
- **Learn how to swim.** Swimming lessons have been shown to reduce drowning incidents, which is why the American Academy of Pediatrics recommends that children ages 4 and older learn to swim. Even if your child has taken swimming lessons, never assume that their risk of drowning has subsided. Always be cautious of pool floats or toys that could interfere with your child in the water. If your family hasn't been able to learn basic swim and water survival skills yet, it's not too late! Many organizations offer lessons specifically geared toward teens and adults.
- **Teach your teen to always enter the water for the first time feet first.** It is important to know the water's depth beforehand. Also, going in feet first helps them know whether there are underwater hazards like large rocks that can't be seen from the surface. Make sure they look for—and follow—any "No Diving" instructions posted. Diving into unsafe water can lead to serious, and sometimes permanent, spinal injuries.
- **If there is an emergency, call 9-1-1 or find an adult.** Although a child may have had swimming lessons or is utilizing a life jacket, sometimes water accidents do happen. Make sure your child knows to call for help or find an adult when trouble occurs. When watching a child swim, always make sure to have a cell phone nearby in order to call 911 if a dangerous situation arises. Stress the importance of staying away from pool drains and suction fittings in order to have a fun, safe swimming experience.

To find swimming lessons in your area. Contact your local YMCA, city facilities, or swim school.

**YMCAs in St. Johns County are listed below**

**Brown Family YMCA**  
170 Landrum Lane  
Ponte Vedra Beach, FL 32082  
Website:  
<https://fcymca.org/locations/ponte-vedra-ymca/>

**St. Augustine YMCA**  
500 Pope Road  
St. Augustine, FL 32080  
Website:  
<http://fcymca.org/locations/st-augustine-ymca/>

**Solomon Calhoun Community Center Pool**  
1300 Duval Street  
St. Augustine, FL 32084

For More Information on Swim Lessons go to <https://fcymca.org/youth-swim/>