



Building MyBody

Third-grade nutrition education newsletter

Lesson **6**

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. Listening to our body cues can 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.

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

- Start the day with breakfast.
- Set regular snack and meal times.
- Carry snacks when you know it will be a long time between meals.
- Carry water with you, and drink it regularly.
- Don't force your child to eat if he or she isn't hungry.

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, 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.
- Many people reach for a snack when they are bored. If you aren't hungry, don't eat — enjoy a walk instead.

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Healthy Snacking

Snacks can provide important nutrients for your children. Let your child help prepare the apples for this easy to carry snack.



Recipe

Baked Apple Chips

Ingredients:

- 2 large apples
- cinnamon (optional)

Directions:

1. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.
2. Arrange slices in a single layer on baking sheets. Sprinkle lightly with cinnamon if desired.
3. Bake at 200 degrees for about 1 hour. Turn slices over. Continue baking until dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from oven and cool. Store in an air-tight container for up to a year.

<https://www.foodhero.org/recipes/baked-apple-chips>

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! Exercise doesn't have to (and shouldn't) be painful.



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