



**JUMP UP!  
& GO!**<sup>SM</sup>

**Are You A  
Healthy Kid?**

Look inside to  
find out how  
healthy you are  
now, and how  
healthy you can  
be. It's fun, fast,  
and easy.

A program to help kids get  
healthy and grow strong.



An Independent Licensee  
of the Blue Cross and  
Blue Shield Association

# Get Healthy, Grow Strong

## Here's how you can **Jump Up** on your way to

**5** a day is the healthy way.

Eating five servings of fruits and vegetables every day helps provide the nutrients your whole body needs to develop. When you choose fruits and vegetables, let the rainbow be your guide.

Eating many different colors is one of the best ways to get all the nutrients you need to stay healthy and fight disease. Choose reds like tomatoes and strawberries, purples and blues like plums and blueberries; greens like broccoli and green beans; and oranges and yellows such as peaches and bananas. If you have a colorful plate, you will have a good diet.



**1** or more builds a strong core.

Try to get at least one hour of physical activity each day. It makes your bones, muscles, and heart strong. Being physically active also helps you keep your weight down and makes you feel better about yourself.

**and Go!**  
**good health.**

**JUMP UP!**  
**& GO!**



**2**

**or less for  
success.**

Keep your screen time down to two or fewer hours a day. Watching TV, using the computer, and playing a video game are all fun. But you need to do more active things to stay strong and healthy. Television is the main reason most kids don't go outside and play. Advertising on television also makes you want to snack and buy sugary foods.

**Okay kids, now that you've read all about it, which of the Jump Up and Go! goals will you and your parents work on?**

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# What's Your Health Score?

**Kids**—for each of the following questions, circle “yes” or “no.”

- |   |     |    |
|---|-----|----|
| 1. Do you eat five or more fruits and vegetables every day?                                     | Yes | No |
| 2. Do you have a favorite fruit that you eat every day?   | Yes | No |
| 3. Do you have a favorite vegetable that you eat every day?                                     | Yes | No |
| 4. Do you eat breakfast every day?  | Yes | No |
| 5. Do you watch no more than 2 hours of TV and videos every day?                                | Yes | No |
| 6. Do you play video games for no more than one hour every day?                                 | Yes | No |
| 7. Do you take physical education classes or participate in sports three or more times a week?  | Yes | No |
| 8. Do you participate in sports or dance programs outside of school?                            | Yes | No |
| 9. Do you have a favorite sport or physical activity that you love to do?                       | Yes | No |
| 10. Do you eat dinner at the table with all of the members of your family at least once a week? | Yes | No |

## Bonus question:

Do you have a TV in your bedroom? Yes No



Now that you're done, let's add up the answers.

### Scoring Key

For questions 1–10

Score 10 points for each "Yes" answer

Number of points: \_\_\_\_\_

### Bonus question

– Subtract 20 points for "Yes"

+ Add 20 points for "No" \_\_\_\_\_

**Total score:** \_\_\_\_\_

### Rating

**80 points or higher:**

Making the grade

**50 to 70 points:**

Good job, but think about how you can score higher

**Below 50 points:**

You're just getting started, so keep up the good work. Add a fruit or vegetable to your plate; get outside and play; just Jump Up and Go!

## Get Started

Use these helpful ideas to figure out a plan for success.

### A Rainbow of Good Food

For each color, name a new fruit or vegetable you'll try next week.

Red \_\_\_\_\_ Green \_\_\_\_\_

Yellow \_\_\_\_\_ Orange \_\_\_\_\_

Purple \_\_\_\_\_

Make a list of physical activities or sports that you will do for at least an hour every day in the coming week.

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

# Make A Healthy Match

**Kids, what do you know about getting healthy and growing strong? Find out by matching the questions with the answers.**

## Questions:

1. This is the number of servings of fruits and vegetables you should eat in one day.
2. This fruit can be baked in a pie, picked from a tree, or made into a sauce.
3. This morning fruit juice is full of vitamin C, and adds a bright color to breakfast.
4. A can of soda has this many teaspoons of sugar in it.
5. If you own a dog, you'll probably do a lot of this healthy activity.
6. This vegetable looks like a small green tree.
7. On most nights, almost half the families in America do this while eating dinner.
8. This healthy activity can also be a kind of transportation and was once called "sidewalk surfing".
9. This is one of the best ways to grow strong and stay healthy.
10. This muscle is the most important one in your body and needs regular exercise to stay strong.

## Answers:

- |                        |                      |   |                         |
|------------------------|----------------------|---|-------------------------|
| <b>A.</b> Apples       | <b>D.</b> At least 5 | <b>G.</b> Broccoli                      | <b>J.</b> Skateboarding |
| <b>B.</b> Walking      | <b>E.</b> 10         | <b>H.</b> Watch TV                      |                         |
| <b>C.</b> Orange Juice | <b>F.</b> The heart  | <b>I.</b> Get regular physical activity |                         |

Answer Key: How did you do? Check your answers.

1. D; 2. A; 3. C; 4. E; 5. B; 6. G; 7. H; 8. J; 9. I; 10. F

# Your Weekly Log



## Get Healthy. Grow Strong.

Use this log to track your **5-2-1** goals!

- 5**—Record the servings of fruits and veggies you eat each day. **5 or more** each day is the healthy way.
- 2**—Limit your screen time; try not to guess—you'll be a success if it's **2 hours or less**.
- 1**—Add up your time to get the activity score—get **1 hour or more** to build a strong core.

Family Member Name \_\_\_\_\_

Week of \_\_\_\_\_

	Mon Date:	Tues Date:	Wed Date:	Thurs Date:	Fri Date:	Sat Date:	Sun Date:
<b>5</b> Fruits and Veggies	1 _____	1 _____	1 _____	1 _____	1 _____	1 _____	1 _____
	2 _____	2 _____	2 _____	2 _____	2 _____	2 _____	2 _____
	3 _____	3 _____	3 _____	3 _____	3 _____	3 _____	3 _____
	4 _____	4 _____	4 _____	4 _____	4 _____	4 _____	4 _____
	5 _____	5 _____	5 _____	5 _____	5 _____	5 _____	5 _____
<b>2</b> Screen Time	q 2 hrs or under	q 2 hrs or under	q 2 hrs or under	q 2 hrs or under	q 2 hrs or under	q 2 hrs or under	q 2 hrs or under
	q Over 2 hrs	q Over 2 hrs	q Over 2 hrs	q Over 2 hrs	q Over 2 hrs	q Over 2 hrs	q Over 2 hrs
	Describe: _____	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____	_____
<b>1</b> Physical Activity	q 1 hr or more	q 1 hr or more	q 1 hr or more	q 1 hr or more	q 1 hr or more	q 1 hr or more	q 1 hr or more
	q 30 minutes or more	q 30 minutes or more	q 30 minutes or more	q 30 minutes or more	q 30 minutes or more	q 30 minutes or more	q 30 minutes or more
	Describe: _____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____	_____	_____	_____	_____	

Completed by participating family member \_\_\_\_\_

Confirmed by another family member \_\_\_\_\_

For more information or questions on Jump Up and Go!,  
call (617) 246-4649 or email [jumpupandgo@bcbsma.com](mailto:jumpupandgo@bcbsma.com).

