

NUTRITION

FIFTH
GRADE
HEALTH
SURVEY

CHILD & ADOLESCENT HEALTH SURVEILLANCE

AMONG FIFTH GRADE STUDENTS IN OKLAHOMA:



43%

ATE FRUITS
ONE OR FEWER TIMES PER DAY

31%

ATE VEGETABLES
ONE OR FEWER TIMES PER DAY

42%

DRANK FRUIT JUICE
TWO OR MORE TIMES PER DAY

27%

DRANK SODA OR POP
TWO OR MORE TIMES PER DAY

EAT HEALTHY

Encourage our youth to make healthy choices!



AT SCHOOL

- Offer students a variety of fruits and vegetables daily.
- Encourage students to fill half their plates with fruits and vegetables.
- Place healthy food options where kids are most likely to choose them.
- Offer whole grain products in place of refined grains.



AT HOME

- Be a good role model. Your kids are more likely to eat vegetables and fruits if they see you eating them.
- Cut back on sweet treats. Make fruit the everyday dessert!
- Make better drink choices. Offer water, fat-free or low-fat milk, or 100% juice first, instead of soda or sugar sweetened drinks.
- Make treats "treats," not everyday foods.
- Serve new foods offered in the school cafeteria at home.