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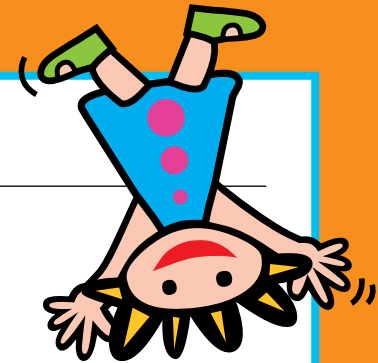


NSW HEALTH  
NORTHERN SYDNEY  
CENTRAL COAST  
AREA HEALTH SERVICE



# Passport

for Primary School Students



NAME: \_\_\_\_\_

Please tick:  BOY  GIRL

SCHOOL: \_\_\_\_\_

CLASS: \_\_\_\_\_

DATE STARTED: \_\_\_\_\_

GRAND TOTAL: \_\_\_\_\_

★ GOLD ★ SILVER ★ BRONZE



The name "Live Outside the Box" is adapted from  
Alberta Sport, Recreation, Parks and Wildlife Foundation

## A Message for Parents


*The 'Q4: Live Outside the Box Campaign' follows on from the first successful campaign conducted on the Central Coast in 2004. It is a local initiative aimed at informing and raising community awareness about the influences in our daily lives contributing to the increasing rate of overweight and obesity in children and adolescents.*

*We hope that you enjoy supporting your child in participating in this health promoting activity*

*For more information, see the website [www.healthpromotion.com.au](http://www.healthpromotion.com.au) or contact your local Health Promotion Unit:*

- **Central Coast Health Promotion Unit**  
PO Box 361  
Gosford NSW 2250  
Phone: (02) 4349 4800  
Fax: (02) 4349 4866
- **Ryde-Hornsby Kuringai Health Promotion Unit**  
37 Fourth Avenue  
Eastwood NSW 2122  
Phone: (02) 9858 7686  
Fax: (02) 9858 7963
- **Lower North Shore Health Promotion Unit**  
Block 4, Royal North Shore Hospital  
Pacific Highway, St Leonards NSW 2065  
Phone: (02) 9926 7354  
Fax: (02) 9906 7529
- **Northern Beaches Health Promotion Unit**  
Manly Hospital  
PO Box 465  
Manly NSW 1655  
Phone: (02) 9976 9531  
Fax: (02) 9977 7531

Dear Student and Parents,

Are you ready to join in the  **Q4: Live Outside the Box** Passport Activity? This is a fun way to learn about how being active and eating fruit and vegetables every day will help you to grow up to be strong and healthy.

Over the next 2 weeks you will score points for: spending less time in front of the TV or computer, being active, eating fruit and veg and limiting the amount of "extra" foods you eat. Your points are recorded in this special booklet called the **Live Outside the Box Passport**. The more points you collect in your passport, the more it shows you are on your way to "Living Outside the Box"!

## How do I fill out my Q4 Passport?

*Each day record:*

- 1 How many serves of fruit and vegetables you eat each day. Check out page 4 for information about serves of fruit and vegies and some yummy ideas!
- 2 How many "extra" foods you eat each day. Check out page 5 for information about serves of "extra" foods and ideas about eating less of these
- 3 How much time you spend being active when you are NOT at school (to the closest 15 mins). Check out page 7 to see what "being active" means and fun tips to increase your activity time
- 4 The amount of TV you watch or computer you use/play when you are NOT at school (to the closest half-hour). Check out page 7 for ideas for limiting TV watching and computer use

*Your parent or carer will need to sign your booklet every day to show that your points are correct.*

## PRIZES

After you have recorded your points for 2 weeks, you need to add the total for the 2 weeks together. You will be given a certificate for the amount of points you have scored.

- 141 – 210 points = **Gold** Certificate
- 71 – 140 points = **Silver** Certificate
- 35 – 70 points = **Bronze** Certificate
- Less than 35 points = Participation Certificate

Students who complete the passport challenge at your school will go in a draw to receive a prize pack! A prize will also be given to the Primary Schools with the highest participation rate.

*Have fun!*

## Eating More Fruit and Vegetables

### SERVES OF FRUIT:

1 serve of fruit = 1 cup, 1 medium piece, 2-3 small pieces

### SERVES OF VEGIES:

1 serve of vegies = 1 cup salad, 1/2 cup cooked, 1 potato/carrot

### Ideas:

- Serve fruit and vegies with low fat dips
- Add fruit and vegies to muffins and scones, eg. pumpkin scones, blueberry muffins
- Choose frozen or canned fruit and vegies when fresh varieties are out of season
- Serve fruit or vegies at breakfast, eg. baked beans on toast
- Add zest to vegies using marinades, herbs, spices, lemon, orange juice, pepper or garlic
- Aim to eat at least 2 serves of fruit and 4 serves of vegies every day!
- Blend banana, apricots, strawberries or peaches with milk to make a delicious smoothie



## Make Fruit and Vegetables more appealing

- Keep lots of different cut up vegetables eg capsicum, mushroom, cherry tomatoes, and carrots in the front part of the fridge – cut them into fun shapes
- Try a platter of fruit or vegetables just prior to dinner when kids are hungry
- Try rolling banana in orange juice and coconut
- Freeze: orange quarters, grapes, banana, pineapple and other fruits

## Limit “Extra” or Sometimes Foods

The problem with extra foods is they don't provide any nutrients the body needs, but they do contribute lots of excess energy. Extra (sometimes) foods should only be eaten sometimes or in small amounts. The Guide to Healthy Eating recommends no more than 1-2 serves per day.

**Here are some examples of what a serve of “extra” (sometimes) foods is:** (based on how much it takes to provide 600kJ of energy):

1 donut	4 plain sweet biscuits or 2 chocolate biscuits
1 slice (40g) of plain cake	1/2 large muffin (cake muffin)
1/2 (25g) of a small chocolate bar	1/2 cup (50g) of lollies
1 small packet (30g) of potato chips	12 hot chips (60g)
1/3 (60g) of a pie or pastie	1/2 (40g) of a large sausage roll
2 1/2 Roll-ups™	1 1/2 biscuit and cheese dip combos
1/2 of an 85g instant noodle package	1 muesli bar
1 1/2 scoops (75g) of ice cream	1 small can or bottle (375 ml) of soft drink, cordial or fruit drink

## What is Better Food for Lunch Boxes?

Better Food	Better left out – these are extra foods
<ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Tinned fruit</li> <li>• Dried fruit</li> <li>• Vegetables</li> <li>• Sandwiches/rolls/lavash</li> <li>• Fruit buns, Scones, Pikelets</li> <li>• Fruit muffins</li> <li>• Plain cakes</li> <li>• Cheese and biscuits</li> <li>• Rice cakes, Corn thins</li> <li>• Tinned fish</li> <li>• Fruit flavoured yoghurt</li> <li>• Water and milk</li> </ul>	<ul style="list-style-type: none"> <li>• Muesli bars</li> <li>• Dried fruit bars</li> <li>• Fruit straps</li> <li>• Fruit flavoured lollies</li> <li>• Corn chips</li> <li>• Potato crisps/chips</li> <li>• Oven baked biscuits</li> <li>• Two minute noodles</li> <li>• Sweet biscuits</li> <li>• Chocolate</li> <li>• Lollies</li> <li>• Soft drink/Cordial</li> </ul>

## Breakfast... What Should You Eat?

Any breakfast is better than no breakfast, but try not to have give chips or soft drink as they're high in calories, sugar, and fat. They also don't contain the nutrients a child really needs. And they won't feel full for long. Just like with other meals, try to eat a variety of foods.

### Here are some traditional breakfast ideas:

- eggs/tomato/mushroom on toast
- cold cereal and milk and fruit
- hot cereal, such as porridge
- yogurt with fruit or nuts
- fruit smoothie
- baked beans on toast
- or English muffin with cheese/tomato/banana

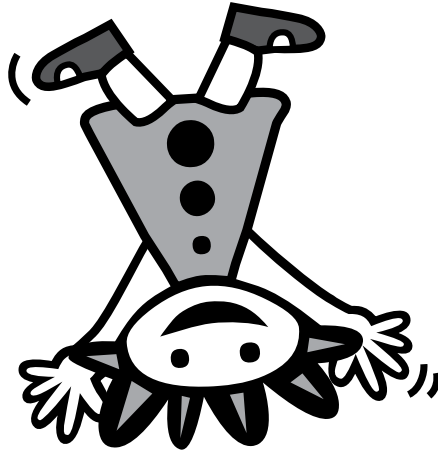
### And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, fold half and microwave; top with salsa)
- cottage cheese & fruit (variety of fruit mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich – grilled cheese, peanut butter or another favourite
- Leftovers (they're not just for dinner anymore!)

### Need more convincing?

Just in case you need more evidence that eating breakfast is the way to go... Children who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, children who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!



## Being More Active

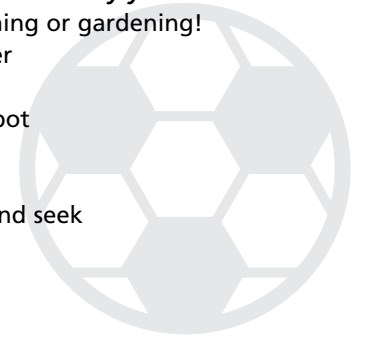
### This includes things you can do instead of watching TV!

Being active is what you are doing when you are not sitting down, and you are moving about. Your heart will also be beating a little faster.

It might be things like walking, running, playing sport, chasing, swimming, dancing, playing with a ball, climbing on equipment, playing at a park, bike riding, rollerblading, skateboarding, skipping, dancing, or playing with hula hoops.

### Try these ideas that will help increase the amount of activity you do:

- Impress your parents: help out with house cleaning or gardening!
- Have a run or throw a ball around before dinner
- Take the dog for a walk
- Get wet! Swim/surf/body board in a patrolled spot
- Go for a bike ride
- Dance/shake that body – it's great exercise!
- Make exercise fun – Twister, map games, hide and seek
- Play outside
- Don't use remote controls



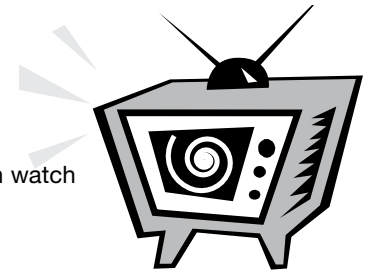
## Limiting TV/computer use

### Did You Know...?

- TV watching takes up more waking time than any other activity in a child's life?
- On average, a child watches 21 hours of TV each week. Is this true in your house?
- Children are exposed to over 20,000 advertisements a year through TV?
- Australia has highest incidence of food ads per hour in children's viewing times? Food ads make up 34% of all ads, and 79% of the foods being advertised are low in nutritional value

## Keep on top of TV!

- Restrict TV watching to less than 2 hours a day
- Negotiate with your child the programs that they can watch
- Do not use TV as a reward or punishment
- Do not eat whilst watching TV
- Be good role models for your children
- Resist advertisements. What is promoted on TV is often a trigger for children to eat "extra" or sometimes food or eat at times when they are not hungry
- Direct children towards other hobbies, games and activities, especially as a family



To get started, all you need to do is fill in the gaps on the next page.  
This will help later, to see if you have been successful in Living Outside the Box over the next two weeks!

## Use this sample day to help you fill in your first day...

Yesterday, which was Wednesday, I ate 2 serves of fruit, 3 serves of vegies, and 2 serves of "extra" foods. I was active for 45 minutes, and I watched TV/played on the computer for 1 hour.

So... to fill in your passport for this day, this is what it would look like:

Day	I ate fruit today	I ate vegies today	"Extra" foods
	<i>Pieces/serves</i> 0 fruit = 0 points 1 fruit = 1 point 2 fruits = 2 points maximum	<i>Pieces/serves</i> 0 vegies = 0 points 1 vegies = 1 point 2 vegies = 2 points 3 vegies = 3 points 4 or more vegies = 4 points maximum	Add points to your score if you had: 0 extra foods = 2 points 1 extra food = 1 point 2 or more extra foods = 0 points
<b>Wednesday</b>	2 points	3 points	0 points

Wednesday continued...

I was active out of school today for...	Not counting time at school, the time I spent on the TV and/or computer today was...	Total points for the day	Parent/carer signature
<i>To closest 15 mins:</i> 0 mins = 0 points 15 mins = 1 point 30 mins = 2 points 45 mins = 3 points 60 minutes or more = 4 points maximum	<i>To closest 1/2 hour:</i> 1 hour = 3 points 1 1/2 hrs = 2 points 2 hrs = 1 point More than 2 hrs = 0 points	<i>Maximum Total of 15</i>	
3 points	3 points	11/15	Mary Blaggs

## Now it's your turn!

Yesterday, which was \_\_\_\_\_ day, I ate \_\_\_\_\_ serves of fruit, \_\_\_\_\_ serves of vegies, and \_\_\_\_\_ serves of "extra" foods (see page 6).  
I was active for \_\_\_\_\_ minutes, and I watched TV/played on the computer for \_\_\_\_\_ minutes/hours.

Now practice filling in your passport by writing in what you did yesterday.

Day	I ate fruit today	I ate vegies today	"Extra" foods
	<i>Pieces/serves</i> 0 fruit = 0 points 1 fruit = 1 point 2 fruits = 2 points maximum	<i>Pieces/serves</i> 0 vegies = 0 points 1 vegies = 1 point 2 vegies = 2 points 3 vegies = 3 points 4 or more vegies = 4 points maximum	Add points to your score if you had: 0 extra foods = 2 points 1 extra food = 1 point 2 or more extra foods = 0 points
_____ day	_____ points	_____ points	_____ points

continued...

I was active out of school today for...	Not counting time at school, the time I spent on the TV and/or computer today was...	Total points for the day	Parent/carer signature
<i>To closest 15 mins:</i> 0 mins = 0 points 15 mins = 1 point 30 mins = 2 points 45 mins = 3 points 60 minutes or more = 4 points maximum	<i>To closest 1/2 hour:</i> 1 hour = 3 points 1 1/2 hrs = 2 points 2 hrs = 1 point More than 2 hrs = 0 points	<i>Maximum Total of 15</i>	
3 points	3 points	11/15	



# WEEK 2

Day	I ate fruit today	I ate vegies today	"Extra" foods
	<i>Pieces/serves</i> 0 fruit = 0 points 1 fruit = 1 point 2 fruits = 2 points maximum	<i>Pieces/serves</i> 0 vegies = 0 points 1 vegies = 1 point 2 vegies = 2 points 3 vegies = 3 points 4 or more vegies = 4 points maximum	Add points to your score if you had: 0 extra foods = 2 points 1 extra food = 1 point 2 or more extra foods = 0 points
<b>Monday</b>	_____ points	_____ points	_____ points
<b>Tuesday</b>	_____ points	_____ points	_____ points
<b>Wednesday</b>	_____ points	_____ points	_____ points
<b>Thursday</b>	_____ points	_____ points	_____ points
<b>Friday</b>	_____ points	_____ points	_____ points
<b>Saturday</b>	_____ points	_____ points	_____ points
<b>Sunday</b>	_____ points	_____ points	_____ points

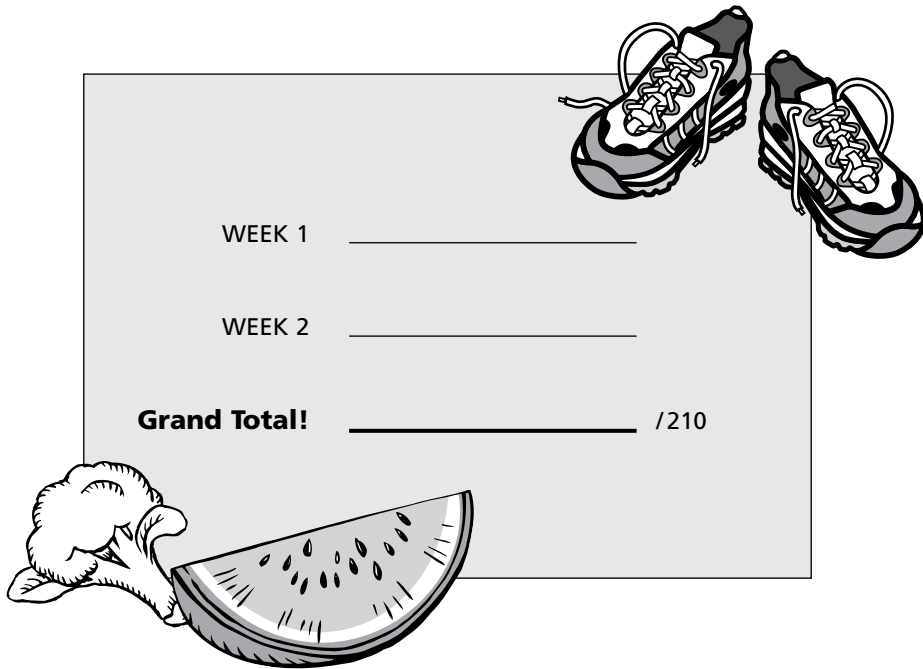
I was active out of school today for...	Not counting time at school, the time I spent on the TV and/or computer today was...	Total points for the day	Parent/carer signature
<i>To closest 15 mins:</i> 0 mins = 0 points 15 mins = 1 point 30 mins = 2 points 45 mins = 3 points 60 minutes or more = 4 points maximum	<i>To closest 1/2 hour:</i> 1 hour = 3 points 1 1/2 hrs = 2 points 2 hrs = 1 point More than 2 hrs = 0 points	<b>Maximum Total of 15</b>	
_____ points	_____ points	_____ points	_____ points

<b>Add Total for Week 2 =</b>  <b>/105</b>
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# Congratulations

For completing the "2 Week Challenge"!

**ADD** totals from **Week 1** and **Week 2** here for your Grand Total.



WEEK 1 \_\_\_\_\_

WEEK 2 \_\_\_\_\_

**Grand Total!** \_\_\_\_\_ /210

Write your Grand Total on the cover of this Passport.

Hand your Passport in to your teacher.  
You will receive a certificate based on your Grand Total very soon.

Were you able to **LIVE OUTSIDE THE BOX?**

Have a look at your first day on the sample page (page 9) and the last day (page 13), and see for yourself!

## Parent/Carers, what did you think of...



Once your child has completed the 2 week activity, please fill in this form to tell us how useful this activity was for you and your child. Return the passport to your child's class teacher.

- How involved were **you** in *Live Outside the Box*?  
 Very involved     Slightly involved     Not involved at all
- Was it easy to support your child to be in *Live Outside the Box*?  
 Very easy     Easy     Somewhat difficult     Far too difficult
- Please answer the following questions about different activities that were part of *Live Outside the Box* by **ticking the appropriate boxes**:

ACTIVITIES	Please tick those aspects of the competition your children liked	Please tick those areas of your children's behaviour that changed during the <i>Live Outside the Box</i> challenge	Were you able to incorporate any of the activities into your family's routine
Limiting TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limiting computer game use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More active play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- How can families be further supported to practice these healthy behaviours?  
 \_\_\_\_\_  
 \_\_\_\_\_
- Please tell us one **NEW** thing you learned during the *Live Outside the Box* challenge:  
 \_\_\_\_\_
- Overall, how would you rate the *Q4 Live Outside the Box* challenge? (please tick)  
 Excellent     Good     Poor     Very poor
- Do you have any suggestions on how LOTB might be improved?  
 \_\_\_\_\_  
 \_\_\_\_\_

Thank you for taking the time to complete this survey!