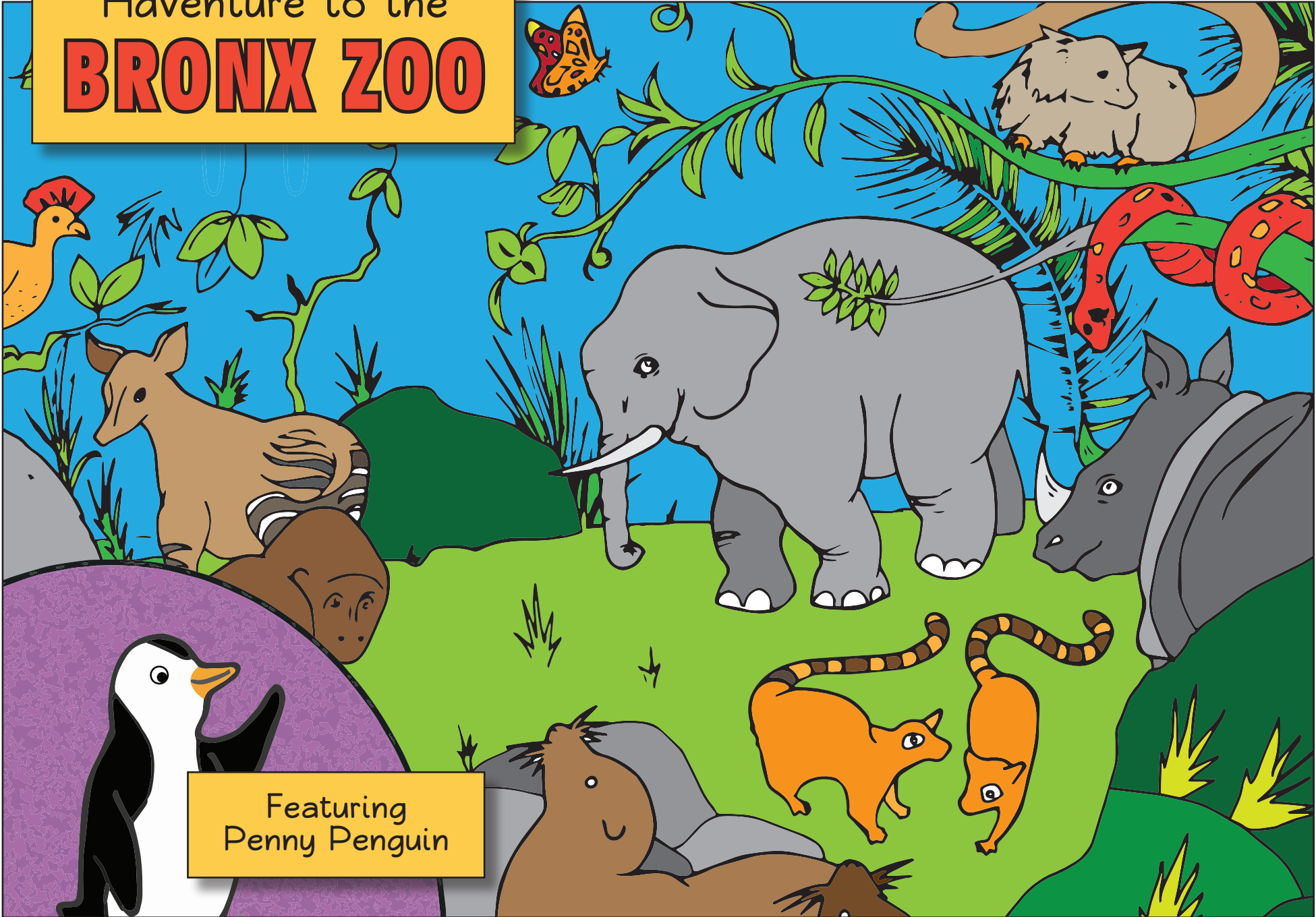


Penny Penguin's
Adventure to the
BRONX ZOO



Featuring
Penny Penguin

Dear Parents and Caretakers,

WELCOME TO PENNY PENGUIN'S ADVENTURE TO THE BRONX ZOO!

Penny enjoys her day doing many healthy activities indoors and outdoors. Each activity leads her one step closer to visiting her friends at the Bronx Zoo. Look out for Penny on every page!

This coloring book offers a fun activity for children, while promoting the important goals of healthy eating, physical activity and being active in the community. We have included some helpful resources in the back for parents.

November is American Diabetes Month—an opportunity to raise awareness of the impact of diabetes on our community and to promote healthy lifestyles that help prevent diabetes and other chronic diseases.

Healthy eating and physical activity are two important ways to help children get healthy and stay healthy. These things don't have to be hard. Here are some simple ideas that are creative and fun:

Make Healthy Food Look Fun

- Put small pieces of different-colored food on the plate for a color explosion. For example: orange carrots, green cucumbers and red tomatoes—or red apples, green grapes and yellow bananas.
- Use cookie cutters to cut food into shapes.
- Arrange food on the plate so it looks like an animal, robot, monster, house or train.

Encourage Kids to Do Fun Physical Activities—On Their Own and With You

- Does your child like dancing? Playing basketball? Jumping rope? The best exercise to encourage is the one he or she loves.
- Put on favorite music and have the whole family dance around the house.
- Take a walk together and play a game—here are some ideas:
 - » Who can spot the most blue or red cars?
 - » Choose an object on the street and ask your child to guess what it is. If it's a car, say "I spy with my little eye something that begins with the letter C." Your child has to guess!
 - » Walk fast down the street—but don't step on any cracks!

Montefiore is committed to children's and family health, and we hope you and your child enjoy this coloring book.

Rita Louard, MD

Director, Clinical Diabetes Program

Ronit Fallek

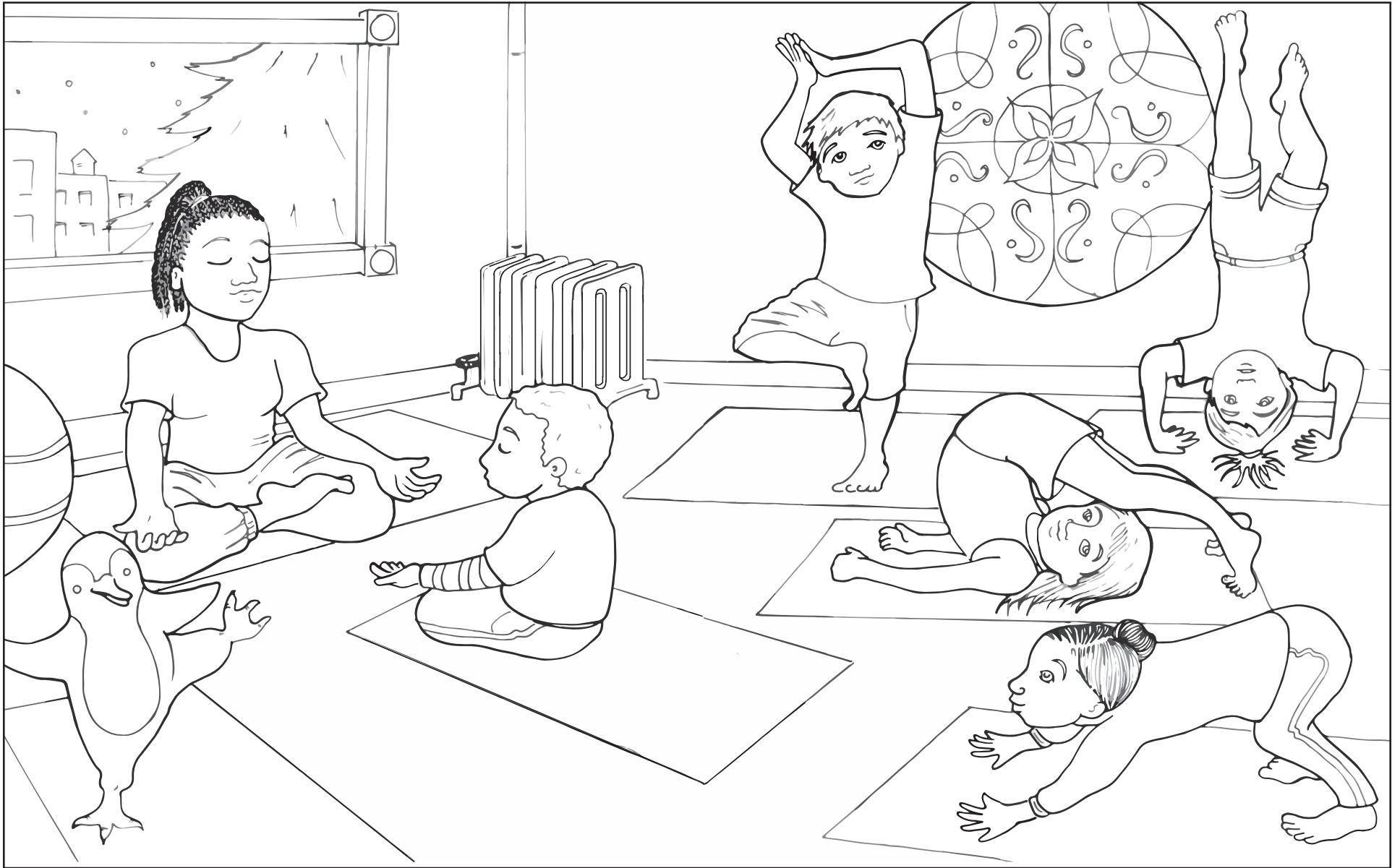
Director, Healing Arts Program

Illustrations by Clementine Martinez, © 2016

Download this coloring book for free in English and Spanish at: www.montefiore.org/HealingArts

Just remember:
small steps toward
a healthy lifestyle
can make a big
difference over time!

FIND YOUR INNER STRENGTH



Illustrations by Clementine Martinez, © 2016

Penny stretches her wings as she prepares for her adventure to the Bronx Zoo!

FRESH FOOD AT THE FARMER'S MARKET



Illustrations by Clementine Martinez, © 2016

Before starting her adventure, Penny eats a well-balanced breakfast including fresh fruit and vegetables. They came from a community garden!

YOUR PLAYGROUND



Illustrations by Clementine Martinez, © 2016

As Penny continues on her adventure, she decides to play with friends in the playground.

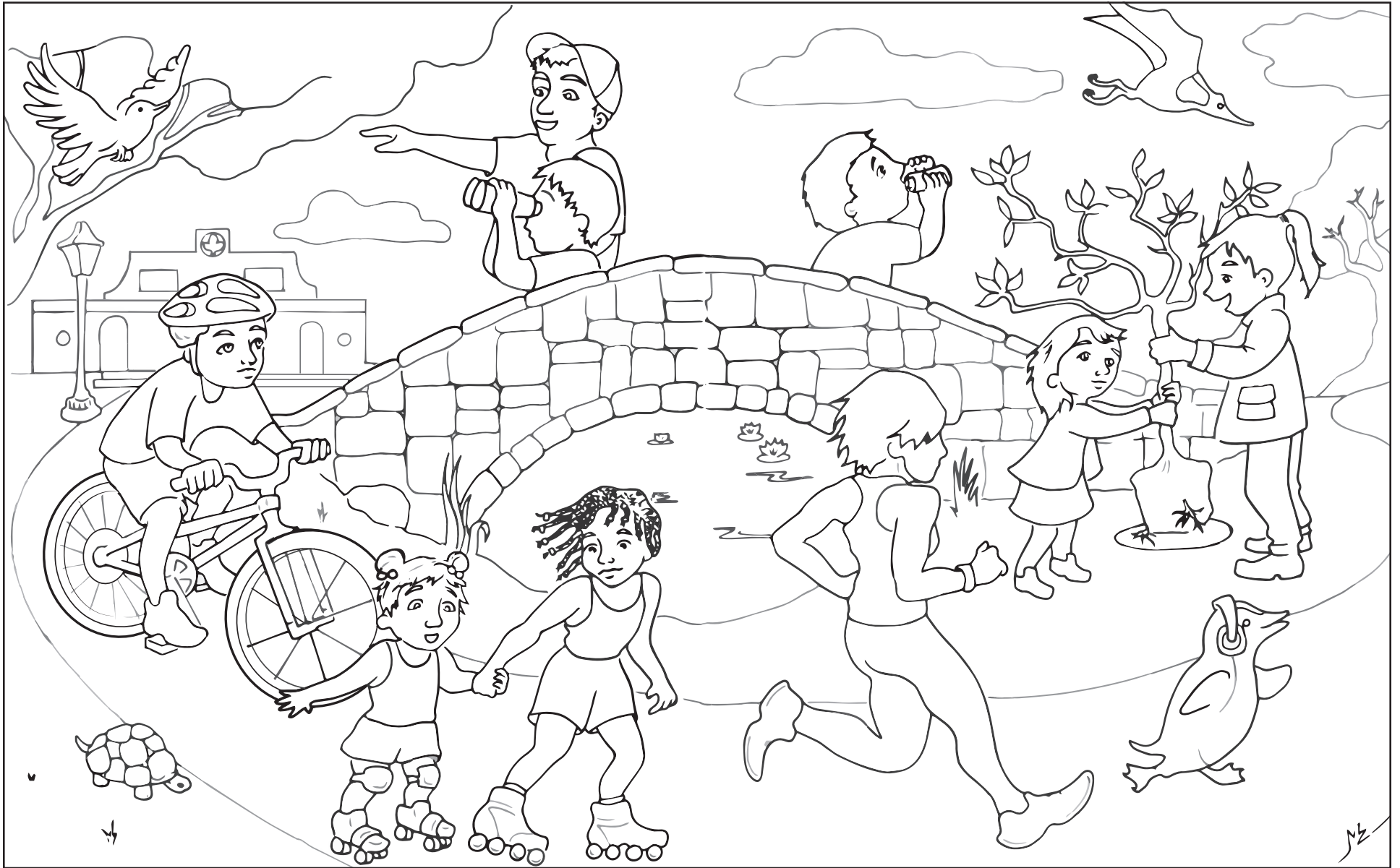
MURALS AND MUSIC ON THE BLOCK



Illustrations by Clementine Martinez, © 2016

Penny notices people laughing, painting and playing music. Penny loves being creative so she joins in.

ACTIVITIES AT VAN CORTLANDT PARK



Illustrations by Clementine Martinez, © 2016

As Penny walks through the park, she admires her friends planting a tree. Penny loves nature and taking care of the environment.

GETTING LOST IN YOUR IMAGINATION



Illustrations by Clementine Martinez, © 2016

The next part of her adventure is magical. Penny listens to her favorite book being read and uses her imagination.

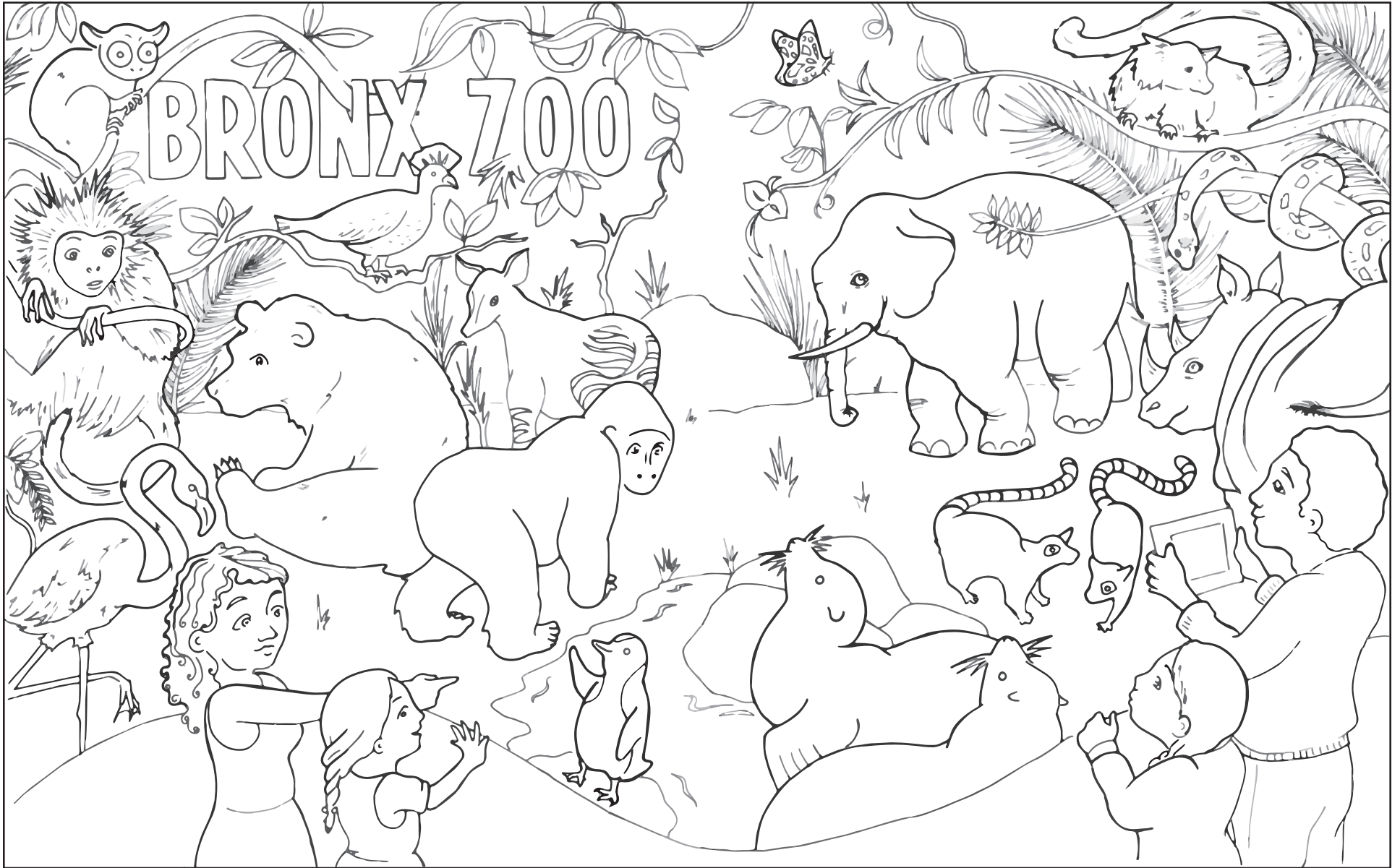
A PICNIC IN THE PARK



Illustrations by Clementine Martinez, © 2016

Penny has a picnic for lunch. She plays fun games and then she continues her adventure to the Bronx Zoo.

A TRIP TO THE BRONX ZOO



Illustrations by Clementine Martinez, © 2016

Penny arrives at the Bronx Zoo! She is so happy to see all her friends there. What a great day Penny has had!

RESOURCES FOR HEALTHY KIDS

For Parents and Caretakers

MyPlate Planner | *NYC Health*

www.choosemyplate.gov/MyPlate

These plates are an easy way to teach kids how to choose healthy portion sizes and healthy food.

Families Finding the Balance: A Parent Handbook | *We Can! U.S. Department of Health & Human Services*

www.nhlbi.nih.gov/files/docs/public/heart/parent_hb_en.pdf

A guide for parents on how to manage the whole family's weight through eating and exercise. (In English and Spanish)

For Kids Ages 2-5

GAMES AND VIDEOS ABOUT HEALTHY EATING

Healthy Eating | *PBS Kids*

<http://pbskids.org/games/healthyeating.html>

Online games about healthy eating with favorite characters like Cookie Monster, Grover and Curious George.

Fruit & Veggie Color Champions | *Produce for Better Health Foundation*

www.foodchamps.org

Online games, coloring sheets, activity pages and recipes to teach kids about fruits and vegetables.

Eating Well on a Budget | *Sesame Workshop*

<http://www.sesamestreet.org/toolkits/food>

Videos such as "Cookie Is a Sometimes Food" with Cookie Monster and "Healthy Eating" with Elmo.

PHYSICAL ACTIVITY VIDEOS

Exercise Videos | *Kids.gov*

<http://kids.usa.gov/watch-videos/exercise-and-eating-healthy>

Exercise videos with Elmo, Kermit the Frog and other favorite characters.

Children's Exercise Videos | *Songs for Teaching*

<http://freesongsforkids.com/childrens-exercise-videos>

Videos and songs to get kids moving.

For Kids Ages 6+

GAMES ABOUT HEALTHY EATING

Fruit & Veggie Color Champions | *Produce for Better Health Foundation*

www.foodchamps.org

Online games, coloring sheets, activity pages and recipes to teach kids about fruits and vegetables.

Smash Your Food | *Food N' Me*

www.foodnme.com

This game has kids guess how much salt, sugar and oil is in pizza, hamburgers and other foods—and then smash the foods to find the answers! The website has other games too.

Healthy Hiker Build-A-Meal | *Denver Museum of Nature & Science*

<http://apps.dmns.org/nutrition>

Kids choose food for the hungry hiker to give her a balanced meal. Will that food give her the energy to reach the top of the mountain?

MUSIC AND VIDEOS FOR PHYSICAL ACTIVITY

Dance Party | *Jump with Jill.com*

www.jumpwithjill.com/danceparty

Dance along to these videos that get you moving with healthy messages.

Move Mixer and Fitness Challenge | *Kidnetic.com*

www.kidnetic.com/kore

Pick the music and the robot's dance moves for "Move Mixer" and dance along! Or take the "Fitness Challenge" and do 10 different exercises while the stopwatch times you.

Online Fitness and Yoga Workouts | *SparkPeople*

www.sparkpeople.com/resource/videos.asp

Free online fitness and yoga videos.

Free Workout Music Online

Pandora, www.pandora.com

8 Tracks, www.8tracks.com

Jango Music Network, www.jango.com

There is nothing like music to get you moving. (Enter search terms like "Zumba fitness" or "dance cardio.")

OTHER COOL SITES

100 Push-ups (or Sit-ups) Training Program

www.hundredpushups.com

Start from 1 pushup or situp and build up to 100 over 6 weeks. All it takes is 30 minutes a week!

The Snack Neutralizer

www.thesnackneutralizer.com

Kids can find out what it takes to burn the calories they eat. For example, one piece of pie needs an hour of basketball!

