THE SNEAKER PROJECT
ACTIVITY BOOK

Super Nutrition Education for All Kids to Eat Right
www.hss.edu/SNEAKER

Funded in part by The New York State Osteoporosis Prevention and Education Program (NYSOEP)
The SNEAKER© Project began in 2003, and since then, Hospital for Special Surgery’s Education Division has conducted several SNEAKER© programs reaching over 3,000 New York City children. The SNEAKER© project was first sponsored by the Indirect Vitamins Purchasers Antitrust Litigation Settlement, administered by the New York State Attorney General. Support continues through funding from the New York State Osteoporosis Prevention and Education Programs (NYSOPEP).

SNEAKER© is designed to provide culturally sensitive nutrition education information to English, Chinese and Spanish speaking children and their families in New York City. Each SNEAKER© education session differs in format, ranging from small group sessions to large groups attending health fairs, but the focus remains on achieving these key SNEAKER© educational goals:

- To appreciate the importance of calcium intake and the various forms of calcium
- To understand the value of consuming whole grain and other high fiber foods
- To recognize the perceived versus real amounts of sugar hidden in certain foods and beverages
- To learn the definition of portion control and understand portion sizes
- To identify healthy food options for the school cafeteria, fast food restaurants and home

In 2005, the bilingual SNEAKER© cookbook was published and has been the recipient of several awards and distinctions for print media. The SNEAKER© cookbook includes recipes submitted from children who participated in SNEAKER© programs and is designed based on the project objectives of providing children and parents with healthy, easy and low-cost recipes.

Our latest project, this SNEAKER© coloring and activity book, contains activities designed to educate children about eating in a safe and healthy way.
Every Color Every Day

Grains  Vegetables  Fruits  Oils  Milk  Meat & Beans

Color each section of the Food Pyramid:

Grains = Orange  Vegetables = Green
Fruits = Red  Oils = Yellow
Milk = Blue  Meat & Beans = Purple

The colors represent the five food groups plus oils.

The different sizes remind you to choose more foods from the groups with the widest stripes.
Fiber in Your Diet

Foods rich in fiber help digestion and promote good health. Did you know fiber can also keep your heart strong?

Find the healthy foods with fiber in the puzzle!

SDWRBLOHG
QTAOAERCUC
NEOECBABB
PYRRRHNE
PEASRBGIA
CGATPAEPN
BANANACSS

(Answers on page 15)

Find these words:
BANANA, BEANS,
CARROTS, CEREAL,
ORANGE,
PEAR, PEAS,
SPINACH
Calcium for Strong Bones

Calcium can be found in dairy foods such as milk, cheese yogurt and pudding. Some green vegetables, cereals and beans also contain calcium.

Color the foods below and try one at each meal. Choose low-fat for an even better choice!

Orange Juice with added Calcium
Canned Salmon eaten with bones
LOWFAT RICOTTA CHEESE
GREEN BEANS
CEREAL Fortified with added Calcium
FROZEN COLLARD GREENS
PIZZA SLICE
LOWFAT MILK 1% or less
TOFU with Calcium
LOWFAT PUDDING
CHEESE

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Are You Eating Healthy?

Circle the food that does not belong in the food group.

(Answers on page 15)
Have You Been Fishing?

What cold water fish provides Omega-3, and is a good source of Vitamin D?

Parents:
Did you know your child needs 400IU of Vitamin D a day?

Connect the dots to answer the question.

Key
IU-International Units

Ans: Salmon
Hi Kids! My name is Ms. Broccoli Spears. Eating me will give your body calcium, potassium and vitamins C, K and A.

Don't forget to choose a variety of brightly colored vegetables to eat everyday.
Eating fruit and vegetables such as apples, strawberries, carrots and celery is a healthier choice for snacks.

Always remember to wash fruit and vegetables before cutting or eating them.
Eat a Variety of Colorful Fruit!

Color each picture by number.

1 = red, 2 = purple, 3 = green, 4 = yellow, 5 = white
“1, 2, 3...GO!”

Exercising everyday keeps your body healthy and fit. Physical activity that puts weight on your feet helps build strong bones too! Remember to exercise for a total of 60 minutes everyday.
Is that 1 cup of fruit?

Fruits drawn to actual sizes. Color the pictures.

1 cup
1 medium apple

2 1/4"

1 cup
1/8 medium cantaloupe (1 slice)

1 cup
1 large banana

8"
The Scoop on Hidden Sugar

1 serving in a 12 ounce can of soda.

40 grams of sugar!

How many grams of sugar are in a serving of soda? __________

Hint: there are 4 grams in 1 teaspoon
40 grams $\div 4 = 10$ teaspoons

Color the number of sugar teaspoons in your can of soda.

There are (the amount of teaspoons you colored) __________ teaspoons of sugar in your soda.

Think about what you drink!
Color these healthy no-added sugar drinks, as a better choice!

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Party In The House!

Help Anna Apple and Pablo Pear find their way through the maze to the healthy party foods!

Start

(Answer on page 15)

Finish
Answer Key

Fiber in Your Diet
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Are You Eating Healthy?
Circle the food that does not belong in the food group.

Party In The House!
Help Anna Apple and Pablo Pear find their way through the maze to the healthy party foods!

Start

The Scoop on Hidden Sugar
1 serving in a 12 ounce can of soda.
40 grams of sugar!

How many grams of sugar are in a serving of soda? 40

Hint: there are 4 grams in 1 teaspoon
40 grams ÷ 4 = 10 teaspoons

Color the number of sugar teaspoons in your can of soda.

There are (the amount of teaspoons you colored) 10 teaspoons of sugar in your soda.

Think about what you drink!
Color these healthy no-added sugar drinks, as a better choice!
A special thank you to all those who have contributed to the development of this SNEAKER® activity book.

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About Hospital for Special Surgery

Founded in 1863, Hospital for Special Surgery (HSS) is a world leader in orthopedics, rheumatology and rehabilitation. HSS is nationally ranked No. 1 in orthopedics and No. 4 in rheumatology by U.S. News & World Report (2008), and has received Magnet Recognition for Excellence in Nursing Service from the American Nurses Credentialing Center. A member of the New York-Presbyterian Healthcare System and an affiliate of Weill Cornell Medical College, HSS provides orthopedic and rheumatologic patient care at New York-Presbyterian Hospital at New York Weill Cornell Medical Center. Hospital for Special Surgery is located in New York City and online at www.hss.edu.

Public and Patient Education Department
at Hospital for Special Surgery

The department offers a multitude of programming and practical information on musculoskeletal conditions and other health related topics of interest to patient and the general public. The department strives to provide current and evidence based information to our community through disease management programs, lectures/symposia, workshops, exercise classes, support groups, and publications. For more information visit us on-line www.hss.edu/pped.

Leon Root, MD Pediatric Outreach Program

This program provides free musculoskeletal screenings to children in medically underserved communities in New York City. Through education and early detection, POP is leading the effort to prevent long-term disability from musculoskeletal disease or injury and to educate parents and children about musculoskeletal health. The program also arms physicians-in-training with cultural sensitivity skills needed to overcome the barriers to health care access and delivery faced by patients from diverse linguistic and cultural backgrounds. For more information visit us on-line www.hss.edu/pped/pediatric-outreach-program.asp.
Check out the SNEAKER website, and submit your own healthy recipe!

Go to: www.hss.edu/SNEAKER