Star Reward Guide for Kids Activity Worksheets (Download Level 1 or 2, some lessons have 1 sheet which can be used for both levels)

Note=Hand out lanyards with rewarded stars to kids that completed both colored worksheets

**Week 1:** “I Eat Right Intro” IER1
- Level 1 (K-3)
- Level 2 (4th-6th)
- Pass out week 1 pink

**Week 2:** “I Am Active Intro” IAA1
- Level 1 (K-3)
- Level 2 (4th-6th)
- Collect week 1 pink, pass out week 2 pink

**Week 3:** “The 5 Food Groups” IER2
- Level 1 (K-3)
- Level 2 (4th-6th)
- Collect week 2 pink
- Pass out week 3 orange

**Week 4:** “Snacks Can Be Healthy Too” IER5
- Level 1 (K-3)
- Level 2 (4th-6th)
- Collect week 3 orange. Pass out week 4 orange
- H/O lanyards with pink stars to those who complete both pink worksheets

**Week 5:** “Why Water?” IER10
- 1 sheet for both levels
- Collect week 4
- Pass out week 5 yellow

**Week 6:** “Different Types of Physical Activity” IAA3
- 1 Sheet for both levels
- Collect week 5 yellow. Pass out week 6 yellow.
- H/O lanyards with orange stars to those that completed both orange worksheets

**Week 7:** “Mindful of Sugar” SP35
- Level 1 (K-3)
- Level 2 (4th-6th)
- Collect week 6.
- Pass out week 7 green

**Week 8:** “What Does A Healthy Meal Look Like?” IER3
- Level 1 (K-3)
- Level 2 (4th-6th)
- Collect week 7. Pass out week 8 green
- H/O lanyards with yellow stars

**Week 9:** “Turn Off That TV” IAA4
- Level 1 (K-3)
- Level 2 (4th-6th)
- Collect week 8
- Pass out week 9 blue

**Week 10:** “Reading Labels” SP33
- 1 Sheet for both levels
- Collect week 9. Pass out week 10 blue
- H/O lanyards with green stars

**Week 11:** “Healthier Beverage Choices” IER12
- 1 Sheet for both levels
- Collect week 10, Reward blue stars
- Pass out week 11 purple

**Week 12:** “Awareness of Others” SP24
- 1 Sheet for both levels
- Collect week 11. Reward purple stars

These worksheets were developed thanks to students of the University of Iowa Institute of Public Health Research and Policy.