

Childhood Obesity Prevention Journal

Art Class

Storytime

The instructor reads the book about the very hungry caterpillar. The book describes a caterpillar that eats his way through a wide variety of food before pupating and emerging as a butterfly.

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One sunny Sunday, the caterpillar was hatched out of a tiny egg. He was very hungry. On Monday, he ate through one apple; on Tuesday, he ate through three plums--and still he was hungry. When full at last, he made a cocoon around himself and went to sleep, to wake up a few weeks later wonderfully transformed into a butterfly!

”

- Eric Carle -

After reading the story, the instructor will ask the children to imagine themselves as a caterpillar, and along with an apple or plums, what other foods do they think are delicious and healthy?



Source by The Very Hungry Caterpillar



The kids will start to brainstorm different ingredients and dishes that are good for their body.



Something colorful
ingredient...
red, green, purple...



Vegetables such as broccoli,
carrots, peas, and potatoes



Fruits such as watermelon,
oranges,
apples,
and strawberries.

Days of the week

Write down each day of the week

Monday, Tuesday, Wednesday, Thursday,
Friday, Saturday and Sunday

and ask the kids what the caterpillar ate on each
day of the week or what did you eat that was
healthy every day of the week



On Monday, I ate curry and rice. The curry had different vegetables.

On Tuesday morning, my mom cooked eggs and toasted grain bread.

On Wednesday, I picked some vegetables from my garden and ate with my family.

On Thursday, I ate yougurt and mango for snack.

On Friday, I drunk a cup of milk at night before go to bed.

On Saturday, I made avocado sandwich with my sister.

On Sunday, I ate Bibimbab. The Bibimbab had many kinds of vegetables.



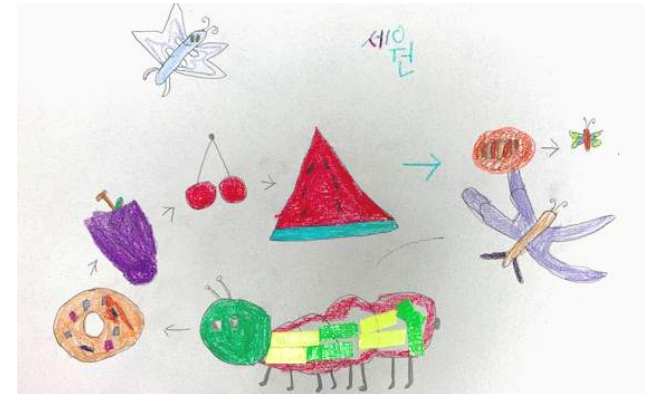
After drawing, KCC exhibited their drawings at KCC gallery.

Location: KCC gallery

Hour: July 11-25, 2019

List of kids:

Benjamin Park, Leina Han, Elizabeth Hong, Stanley Hyun, James Sung, Allison Park, Ryun yoon, Seehoo Deborah Sung, Chloe Seo, Preston TaeJun Park, kyu-min Rho, Hanna Jee, Joseph Yang, Katelyn Lee, Kyumin Rho, Brandon Cho, Justin Park, Aiden Hong, Kaylee Choi



Catapillar's Monday life- Sewon



Butterfly loves what I love -Allison Park



My garden at home -Kaylee Choi

Healthy Kids Day

Cooking Competition and fun activities

On Friday, August 9th, the Korean Community hosted Healthy Kids' Day sponsored by the Horizon Foundation. Healthy Kids' Day was divided into two parts: a Kids' cooking competition and Fun & Run Exercise Activity.

The Kids' Cooking Competition was a friendly competition between four groups, Group A, B, C, and D, which were tasked to make a healthy Korean dish, either bibimbap or gimbap, with the ingredients that were provided. Some of the ingredients include: tomatoes, lettuce, mushrooms, peppers, onions, carrots, cucumbers, eggs, and much more. Each group was evaluated on taste and presentation by a group of judges, and awarded points towards their total if they won. Group C ended up winning and all of the groups were able to enjoy their healthy meals together. Ultimately, this competition was meant to educate kids on how cooking with healthy ingredients can be tasty and fun.



Healthy Kids Day drawing

The Fun & Run Exercise Activity was held soon after the cooking competition, and promoted physical exercise in order to combat childhood obesity, which is running rampant in today's youth due to unhealthy foods and lack of exercise. KCC hosted several events, which included a three-legged race, a relay race, golf activity, and archery. Once again, everyone was split into four groups and quickly each event got very competitive. Each group participated in each event in hopes of gaining points and possibly winning a prize. Group D ended up winning and taking home the grand prize; a jump rope!



Healthy Kids Day



Healthy Kids Day drawing

Last Friday, the kids contributed in a cooking competition and divided into four teams: Team A, Team B, Team C, and Team D. At the front of the room, the gymnasium, where the competition took place, was a table covered in ingredients that could be utilized for each of the team's dishes.

There were all kinds of food, like rice, 김, sauces, and many vegetables. As one could tell, these are the ingredients used to make traditional Korean cuisines such as kimbap, bibimbap, and salad. The teams were graded upon presentation, creativity, and overall taste. The winner was Team C, with the winning dish bibimbap; it looked so delicious, as if it came from a Korean restaurant.

Afterwards, the kids got to get a taste of their creation as a lunch, and then they moved on over to the seminar room to watch a movie. TAs got to eat their own at-home lunch in the cafeteria, and make their way back to the fun movie.

Watching the movie, "Spy Kids 3: Game Over", was in place of the kids' recess time because the adults were busy setting up games and move competition in the gymnasium. In the gymnasium, the first activity was revealed.

Two campers tied corresponding opposite feet together, and each team raced to eat an onion ring off a string using only their mouth; then, the next pair went. Secondly, there was a relay race, where one TA fell on his face because he slipped (which was extremely funny), and finally, there was a competition for points where kids would first gold for 2 holes: the furthest hole would get more points than the closest put. After putting a gold ball in the hole, kids would try to hit a ball into a basket, which would get them some points as well. After that, they would roll a jumbo foam dice, and whatever number rolled, that would be how many points that team would receive. D Team won the overall competition, led by Dayna Shim, the best TA ever. Regardless, the kids waited for their parents in the seminar room, watching Power Rangers' on the TV. Winner won a jumprope, and everyone received a complementary pair of cute sunglasses. I bet it was a fun day for everyone who participated in the activities, and the kids would leave with a smile on their face, excited to tell their parents about their day.

- Danya Shim (Northern Valley Demarest, 9th)

We did a cooking competition. The kids learned about cooking and eating healthy and we helped them not be fat.

We also did many sporting events such as running a race.

The children got a lot of exercise. They learned how to be fit and how to be healthy.

- Noah Shim (Northern Valley Demarest, 12th)

On Friday, a cooking competition was held. During the competition, the value of healthy foods was taught. In addition to this, the children may have learned skills that can help them with cooking later in life. After the cooking competition, sporting events were held. While I was not present for this portion of the day, they had a positive impact on the health of the children.

- Andrew Kwak (Northern Valley Demarest, 9th)

We did a cooking competition. The kids learned about cooking and eating healthy and we helped them not be fat. We also did many sporting events such as running a race. The children got a lot of exercise. They learned how to be fit and how to be healthy.

- Matthew Kim (Northern Valley Demarest, 10th)