

Hatch Patch Creations

From Our Home To Yours

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Harry, The Unhealthy Hippo Family Home Evening Packet

Contents:

Story, Picture Sheets,
Activity, Scripture,
Treat Recipe



\$5.00

Harry, The Unhealthy Hippo Family Home Evening Packet

Home Evening Outline

Opening Prayer

Opening Song

Scripture

Story

Game

Closing Song

Closing Prayer

Refreshments

Suggested Songs: "The Lord Gave Me A Temple", pg. 153 (Childrens)

"In Our Lovely Deseret", pg. 307 (Hymn)

Scriptures: D&C 89:4,18

Story: Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics. etc.

"Quest For The Wealth Of Health" Game: Preparation - Color game board (2 sheets) as desired. Cut the "Start" and "Finish" sheet along the dotted line. Overlap this sheet on to the other game board sheet and adhere on the back side forming an 11x17 game board. Laminate the game board. Make a double sided copy, or glue the cards back to back. Laminate and cut out game cards. Each player will need a small game piece.

Play - Choose which player will go first. Players place their game pieces on the "Start" position. Place game cards face down on the "Draw" box. The first player draws one card and reads what is on the card aloud. The player then follows the directions on the card and either goes backward or forward so many spaces. If a player draws a card that instructs him or her to go back so many spaces and the player is still on the "Start" position, the player simply loses his or her turn. Once a player has followed the instructions on the card, he places the card on the "Discard" box, and play rotates to the next player. The first player to reach the "Wealth of Health Treasure Chest" wins the game.

Mandy Monkey's Banana Treats



Ingredients:

- 8 inch tortilla shells
- bananas
- peanut butter

Directions:

Spread a 1/8 inch to a 1/4 inch layer of peanut butter on a tortilla shell. Peel a banana, and place on the edge of the tortilla shell. Roll banana and tortilla shell. Slice in 1 inch wide pinwheels and serve.

Harry's Fruit Juice Smoothie

Ingredients:

- 1 cup skim milk
- 1 cup apple juice
- 1 1/2 cups frozen strawberries
- 1 frozen banana
- 1 cup strawberry yogurt or strawberry banana yogurt

Directions:

Put all liquid ingredients into a blender. Add all frozen ingredients. Blend all ingredients together until smooth. Occasionally, you may need to stop the blender and stir all ingredients together. Serve immediately. YUMMY!!!!!!!!!!!!



For the family home evening treat, have fresh fruit and veggies with healthy dips, whole grain crackers, cheese, etc. and also Mandy Monkey's Banana Treats. Have Harry's Fruit Juice Smoothies for the drink.

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Harry, The Unhealthy Hippo

Harry stuffed another marshmallow into his mouth as he wound his way through the marsh grass. It seemed to him that walking was much harder than it had been just a few months before. And now, he couldn't wedge his way through the trees that he had always been able to move through. Something was different. "Oh well," he thought, "I'm getting older so I am just getting a little bigger."

Mandy, the monkey, suddenly jumped up on Harry's back. "How are you today?" she asked but Harry couldn't answer her because his mouth was too full of marshmallows.

"Harry," Mandy spouted. "Did you eat marshmallows for breakfast again today? Shame on you!"

Breakfast for Harry usually consisted of anything that was sweet and quick to grab as he headed out from the sandy valley surrounding his African home. Mother would always tell him to eat something healthy, but Harry never listened.

Today, Harry was worried about the test Mrs. Rhino was giving the students of her fourth grade class. He had not done well lately in school and Mother and Father were not very happy with him. It seemed that when things weren't going well, he just wanted to eat everything in sight. Today had been that way.

Harry had grabbed a candy bar, a can of soda pop, two cookies, a slice of fresh rhubarb pie and six large marshmallows to eat on his way to school. Not only was his breakfast very unhealthy, but it was way too many calories for one meal. To make matters worse, he was failing his gym class. He was just too big to get up on his front legs to do a tripod tumbling stand! But he didn't care. He had his whole life to start eating and exercising right. He would start later.

During his classes, Harry found himself thinking about getting home to that rhubarb pie and his Safari Game Cube. Mmmmmmmmm, it was going to be so good, if his brother Hank hadn't gotten to it first.

On the way home from school, Mandy couldn't help but notice Harry's heavy breathing. As she scampered down the path, she could hear Harry gasping for air as he began slowing his steps. "Come, on, slowpoke," she would call but Harry was getting slower and slower as sweat began to appear all over his little, fat hippo face.

Mandy took out the handkerchief that her mama had sent with her that morning and jumped upon Harry's back. She gently wiped the water from his head and face and then jumped back down so Harry could see her. She looked straight into his huge eyes and sternly pointed her finger at him.

"Harry, you're out of shape," she spouted. "You're going to die if you keep this up!"

A huge belly laugh erupted from Harry's very large mouth. "I know I'm out of shape but I'll get back in one of these days. Thanks for worrying about me, though." Who did Harry think he was fooling?

Mandy had gotten Harry to thinking, though, and all day long Harry thought about what he was doing to his body - the body that God gave him. It began to bother him that he was out of shape and getting fatter by the minute. He thought about not being able to run and play with his friends. He thought about not being healthy. But, what could he do?

On the way home from school, Harry was unusually quiet and Mandy couldn't help but wonder what was wrong with her best friend. "Hey, Harry, what's the matter?" Mandy quizzed.

"I've been thinking," Harry answered. "I want to feel better and have more energy and be able to run and play like I used to."

A huge smile spread across Mandy's face. "Yippeeeee!!!!," she screamed. "I thought this day would never come."

"Yes, but what am I going to do? How do I get started?" Harry asked.

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Mandy pulled her hand up to her chin as she thought about a plan for Harry. Then wonderful ideas began pouring into her head and she smiled at Harry. "Just leave it to me," Mandy said. "I'll see you in the morning for breakfast." With that, she scampered down from Harry's back and soon disappeared into the jungle.

Harry didn't sleep well that night because he was concerned about what Mandy had in store for him the next day. What if he couldn't do this? What if he just kept getting more and more unhealthy? After tossing and turning for most of the night, Harry got up and got ready for school. He washed his face and feet. Harry's big toes got very dirty from walking in the jungle.

Mandy's cheerful voice soon rang out as she plopped herself down at Mother Hippo's breakfast table. Mother had put wonderful things out for the children to eat. A huge pitcher of orange juice stood at the center of the table and there were pancakes, cereal, scrambled eggs and fresh fruit. Mandy licked her lips as she gazed down at the nice, yellow bananas.

Mother Hippo was so glad to have Mandy there. She too had been very concerned about her little hippo son but Harry hadn't wanted to listen to anyone about his unhealthy condition.

Sitting side by side, Mandy and Harry began their day. Mandy fixed a nice plate of a little bit of everything that was on the table. She set the plate in front of Harry. It was going to be hard for Harry to eat all this food that didn't have a lot of sugar in it, but he was determined to do it. Eating a little bit of everything was the key. There would be no forbidden foods, just better choices and fewer calories. Mandy informed Harry that he would be able to have some sweet snacks during the day, just not all day long. Harry felt better about that.

When the final school bell rang, Mandy raced Harry to the football field. Mandy won, of course, and Harry finally arrived, puffing and panting very loudly. It was so hard for Harry to run.

For a half an hour, Harry and Mandy played a rousing game of football. They ran and kicked and shouted and had a wonderful time. The thirty minutes went by very quickly. Then a wonderful thing happened on the way home.

"I feel good," said Harry. "I feel energized and the time went by fast." Mandy just grinned. "We will do the same thing tomorrow, my friend," Mandy announced and she was off to home again.

Weeks passed and the world was seeing a new Harry the Hippo. He could run for longer periods of time now and he could get through the trees much easier. He didn't pant and puff when they played football and his clothes were looser. Harry felt better because he was living healthy. Harry wasn't an unhealthy hippo any more.

Heavenly Father has already given us the secret to a healthy life. The word of wisdom tells us exactly what we should be eating to be healthy. It says: "All grain is good for food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground." (D&C 89:16) We are also told that meat is for man but to be eaten sparingly.

The secret to being healthy is to eat lots of wholesome foods, get moving in some way that gets our heart working harder for thirty minutes each day and take in fewer calories than we use. We can still eat the foods we like but all in moderation.

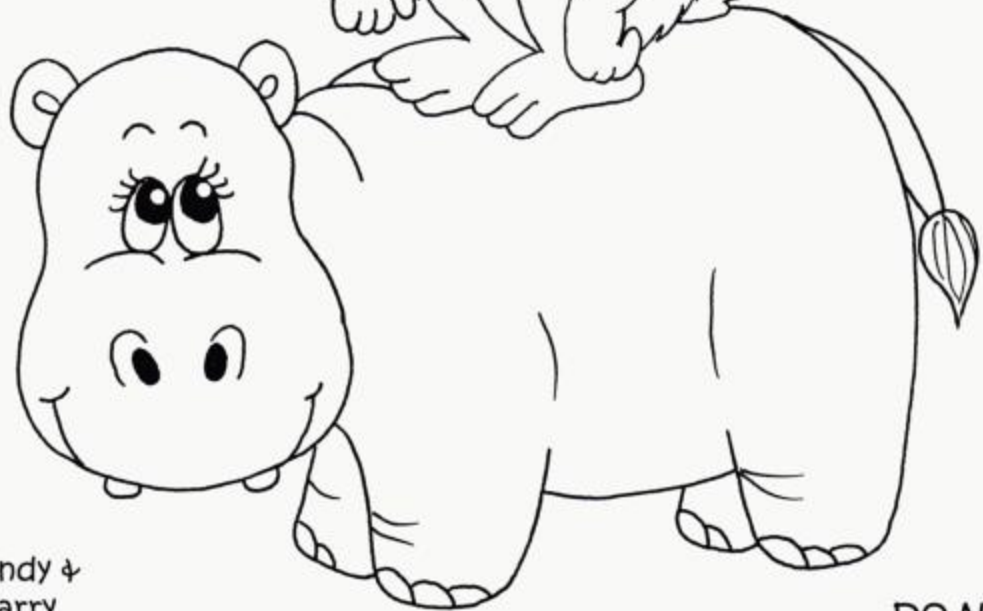
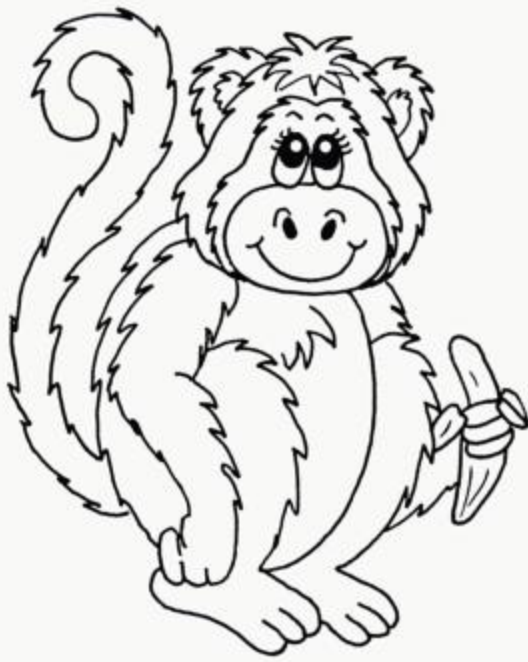
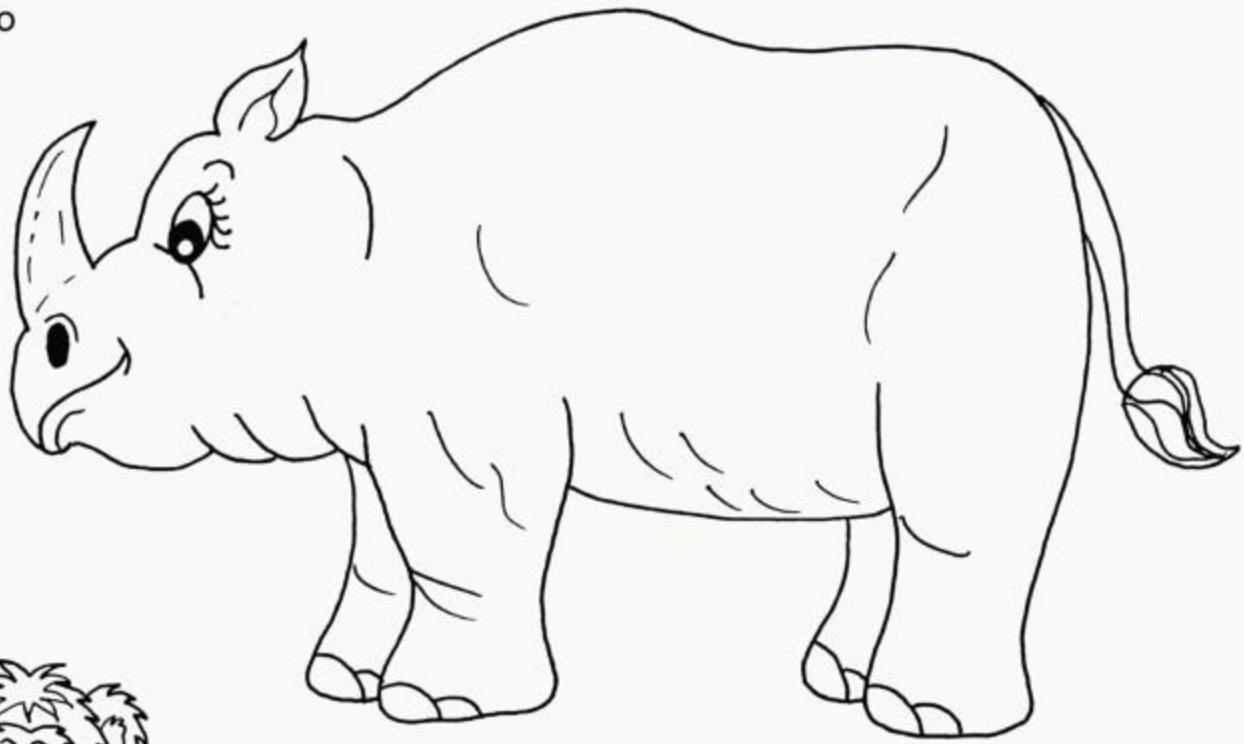
Section 59; verse 16-20 of the Doctrine and Covenants states: "Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart. Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul. And it pleaseth God that He hath given all these things unto man: for unto this end were they made to be used, with judgement, not to excess, neither by extortion."

With just simple adjustments in our daily lives, we can be healthy, happy people. It really works! Remember, lots of fruits, vegetables and grains. Eat meat sparingly and get moving every day. We can all be healthier.

DISCUSSION

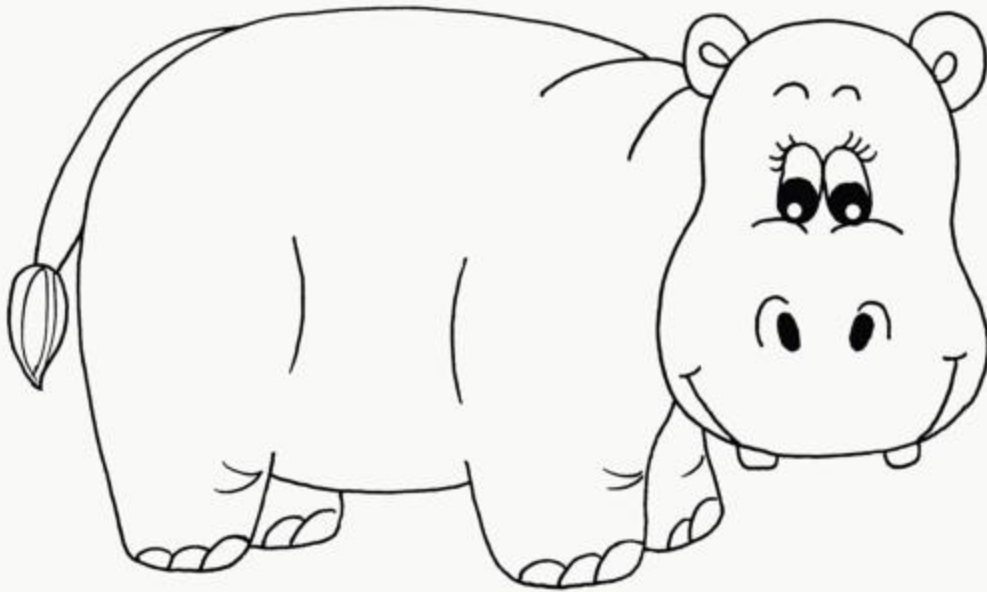
- Why was Harry getting fatter?
- What kinds of foods would be better for Harry to eat for breakfast?
- What kinds of fruits, vegetables and grains are your favorites?
- How can we become healthier?

Mrs. Rhino



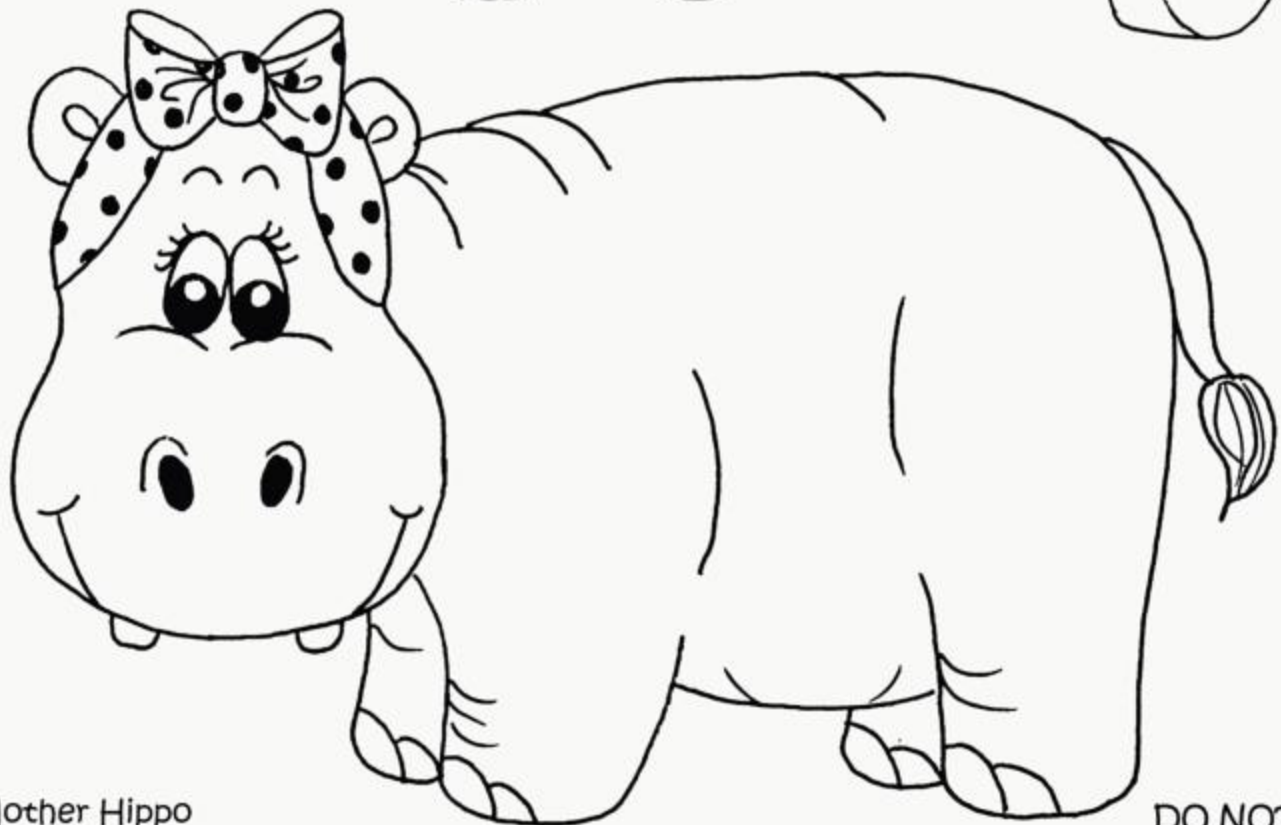
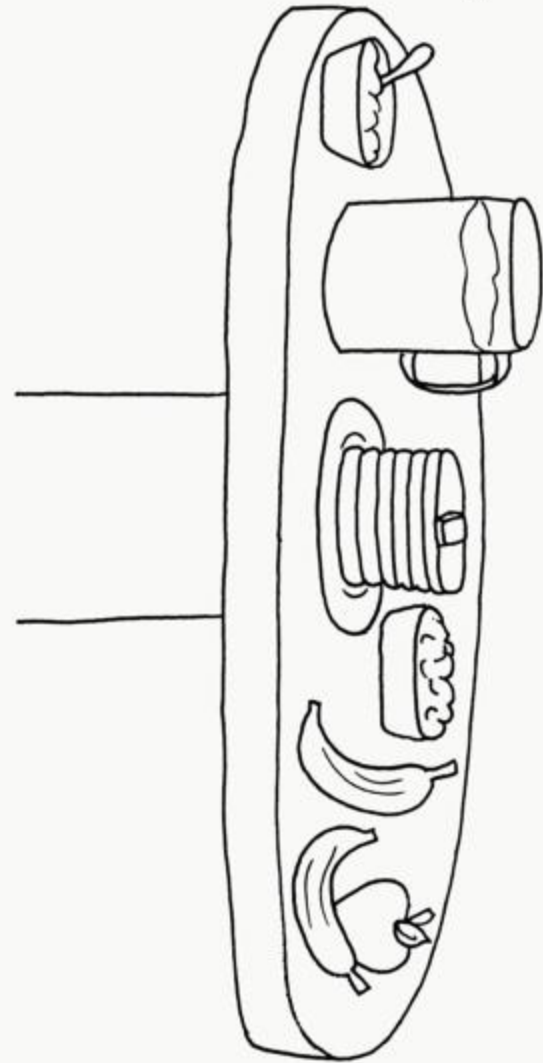
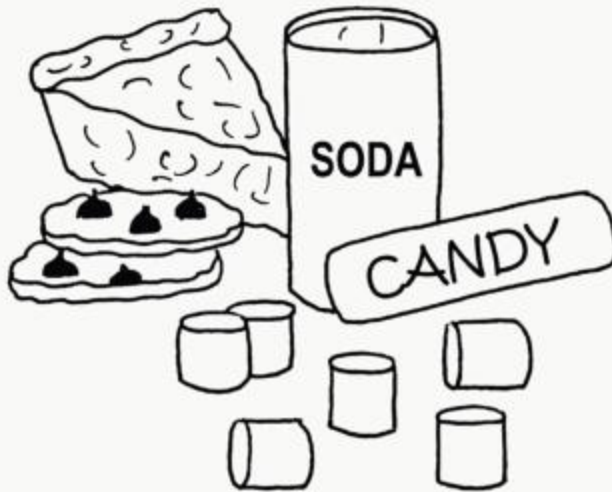
Mandy &
Harry

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Harry

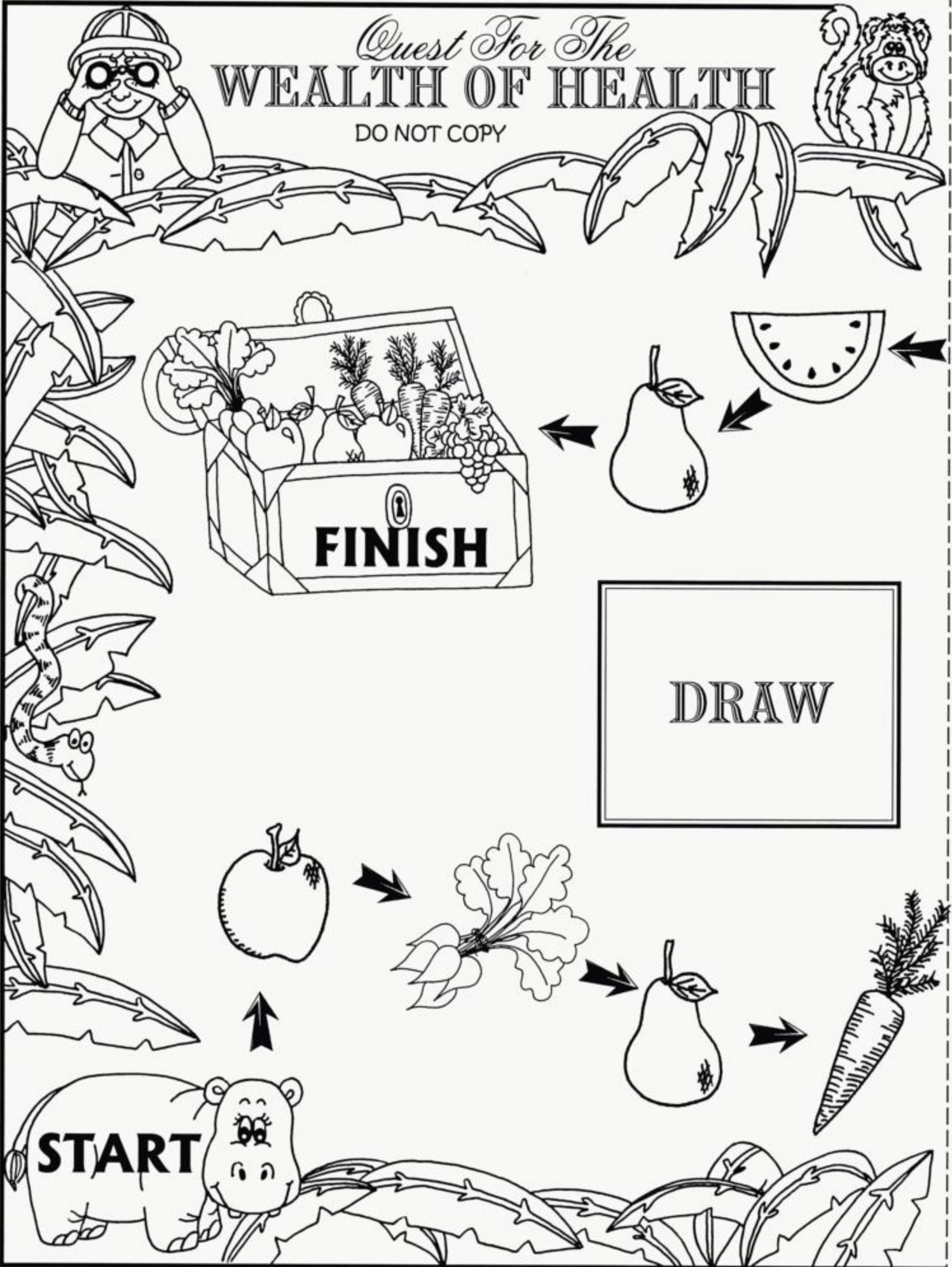
Unhealthy
Breakfast



Mother Hippo

Quest For The
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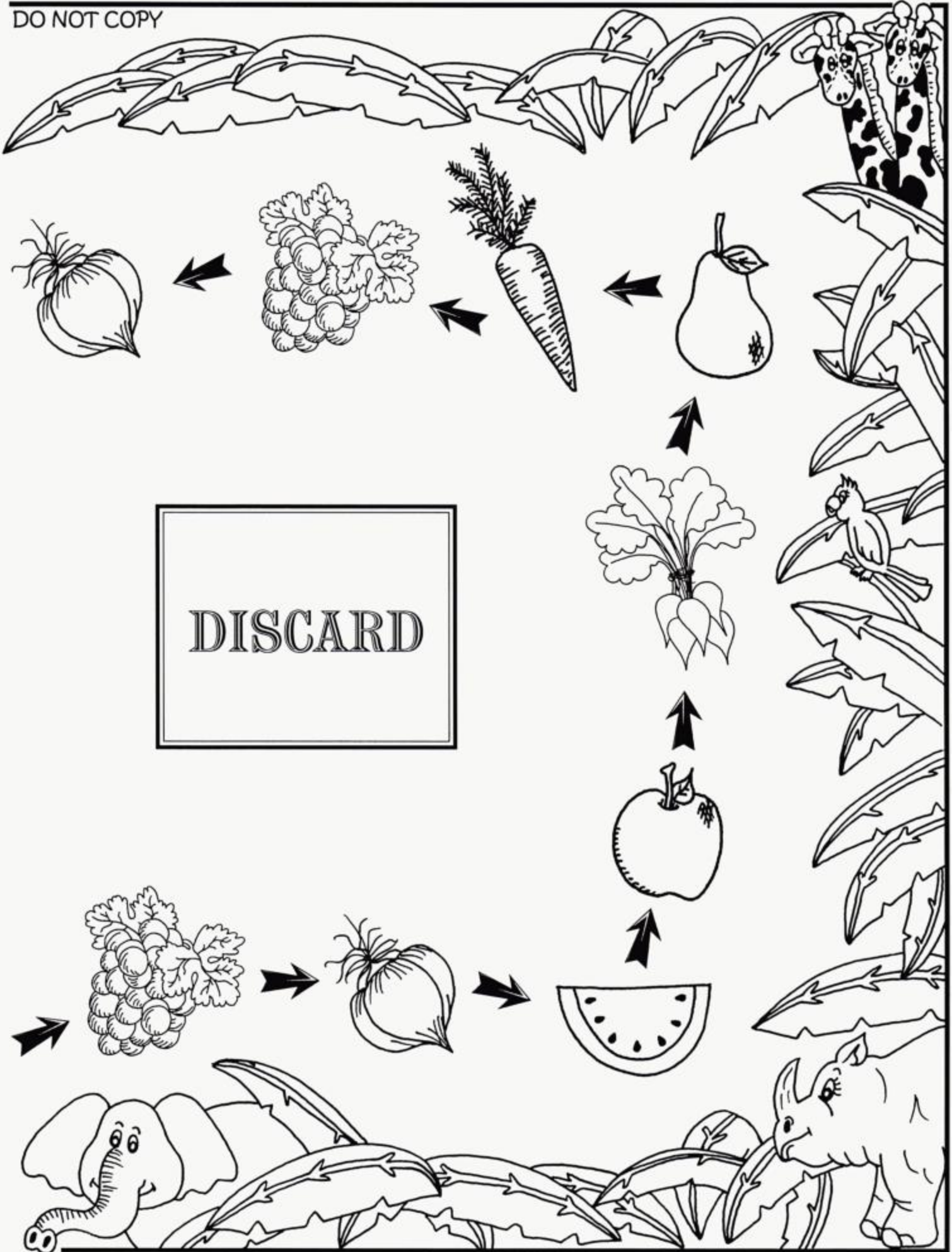


FINISH

DRAW

START

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DISCARD

<p>You and your family go to a buffet for dinner. You eat salad, fresh fruit and veggies. Way To Be!!!!</p> <p>GO AHEAD 2 SPACES</p>	<p>Jog in place for sixty seconds.</p> <p>GO AHEAD 4 SPACES</p>	<p>Stand up and do twenty jumping jacks.</p> <p>GO AHEAD 4 SPACES</p>
<p>It is your turn to do the treat for Family Home Evening. You cut up fresh fruit for your treat. Great Choice!!!!</p> <p>GO AHEAD 3 SPACES</p>	<p>Jog in place for thirty seconds.</p> <p>GO AHEAD 3 SPACES</p>	<p>You have been outside playing basketball all afternoon with your friends. When you come in, you drink water instead of a soda. Wonderful!!!!!!</p> <p>GO AHEAD 3 SPACES</p>
<p>You and your friends stopped by the school vending machines after school to purchase a snack. All of your friends purchased candy, you purchased a granola bar. Way To Be A Good Example!</p> <p>GO AHEAD 3 SPACES</p>	<p>Your school class went on a field trip. For your snacks you took an apple and some fruit juice. Way To Be!!!!!!</p> <p>GO AHEAD 2 SPACES</p>	<p>Instead of staying in and watching T.V., you went for a bicycle ride with your little brother. Fantastic!!!!!!</p> <p>GO AHEAD 2 SPACES</p>
<p>You went shopping with your family at the mall. The store you wanted to go to was on the third floor. You chose to take the stairs instead of the elevator. Great Excercise!</p> <p>GO AHEAD 3 SPACES</p>	<p>You had oatmeal, a piece of toast, a small glass of orange juice and milk for breakfast. Healthy Choice!!!!</p> <p>GO AHEAD 2 SPACES</p>	<p>You make sure that after every meal you brush your teeth. Way To Take Care Of Those Chompers!!!!</p> <p>GO AHEAD 2 SPACES</p>
<p>While eating lunch at school, you ate your carrots even though you don't like them because you know they are good for you. Wonderful!!!!</p> <p>GO AHEAD 3 SPACES</p>	<p>You participated in P.E. class even though you don't like some of the physical activities they were doing. Great Job!!!!!!</p> <p>GO AHEAD 2 SPACES</p>	<p>For an after school snack you ate carrot and celery sticks instead of candy. Fantastic!!!!!!</p> <p>GO AHEAD 2 SPACES</p>

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You didn't have time to sit down and eat a healthy breakfast, so you grabbed a couple of candy bars as you ran out the door.

GO BACK 3 SPACES

You didn't like what they were serving for lunch at school, so instead you decided to skip eating lunch and just have a can of pop.

GO BACK 2 SPACES

Your friends came over and invited you to come and play basketball with them, but you wanted to stay inside, sit on the couch and play video games.

GO BACK 4 SPACES

Your mom cooked green beans for dinner. When she wasn't looking, you scraped your green beans into the garbage instead of eating them.

GO BACK 3 SPACES

You decided not to go to P.E. class because you hate getting all sweaty, so instead you went to the library during P.E. class.

GO BACK 4 SPACES

Your family wanted to go for a walk after dinner. You wanted to stay in and watch T.V. so you did not go with them.

GO BACK 2 SPACES

You slept in all of Saturday morning and woke up at lunch time. You slept a total of fourteen hours. Way too much sleep!!!!

GO BACK 4 SPACES

You went to a friends house for dinner. You ate the main course, skipped the vegetables and salad and went straight for the dessert.

GO BACK 3 SPACES

You sat on the couch while playing video games and ate an entire bag of potato chips and drank three cans of pop.

GO BACK 3 SPACES

Stand up and do ten jumping jacks.

GO AHEAD 3 SPACES

Lay down on the floor and do ten sit ups.

GO AHEAD 4 SPACES

Get down on the floor and do five push ups.

GO AHEAD 3 SPACES

You went out to eat at a restaurant for dinner. You chose to drink milk instead of pop. Good Choice!

GO AHEAD 2 SPACES

For Family Home Evening your family played football in the back yard. It was great excercise! Fabulous!!!!!!

GO AHEAD 3 SPACES

Some friends at school offered you a cigarette. You told them no thank-you and told them that smoking is not good for you. Great Integrity!!!!!!

GO AHEAD 4 SPACES

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"The healthy
man, who takes
care of his physical being,
has strength and vitality;

his temple is a fit
place for his spirit
to reside."



David O. McKay