



# eat play grow™

Creative Activities  
for a Healthy Start



U.S. Department of Health and Human Services  
National Institutes of Health



The *EatPlayGrow*<sup>™</sup> curriculum has been developed with the generous support of:

**Laurie M. Tisch Illumination Fund**

**Institute of Museum and Library Services, a federal agency**

**W.K. Kellogg Foundation**

**Goldman Sachs Gives**

**New York City Department of Cultural Affairs**

**United Way of New York City**

**Walmart Foundation**

**Joan Ganz Cooney Fund at the New York Community Trust**

**Amherst Foundation**

**Dedicated to Laurie M. Tisch for her inspiration and leadership  
in the fields of health and art education.**

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This curriculum was reviewed for consistency with the 2010 Dietary Guidelines for Americans.

**In Partnership with**



**National Institutes of Health**

NIH Publication No. 13-7818

April 2013



**Developed by**



# Contents

## Introduction

About the <i>EatPlayGrow</i> <sup>™</sup> Curriculum and the Children's Museum of Manhattan (CMOM) .....	1
CMOM and NIH Collaboration Milestones .....	3
<i>EatPlayGrow</i> <sup>™</sup> Curriculum Advisors .....	6

## Section 1: *EatPlayGrow*<sup>™</sup> Curriculum Overview

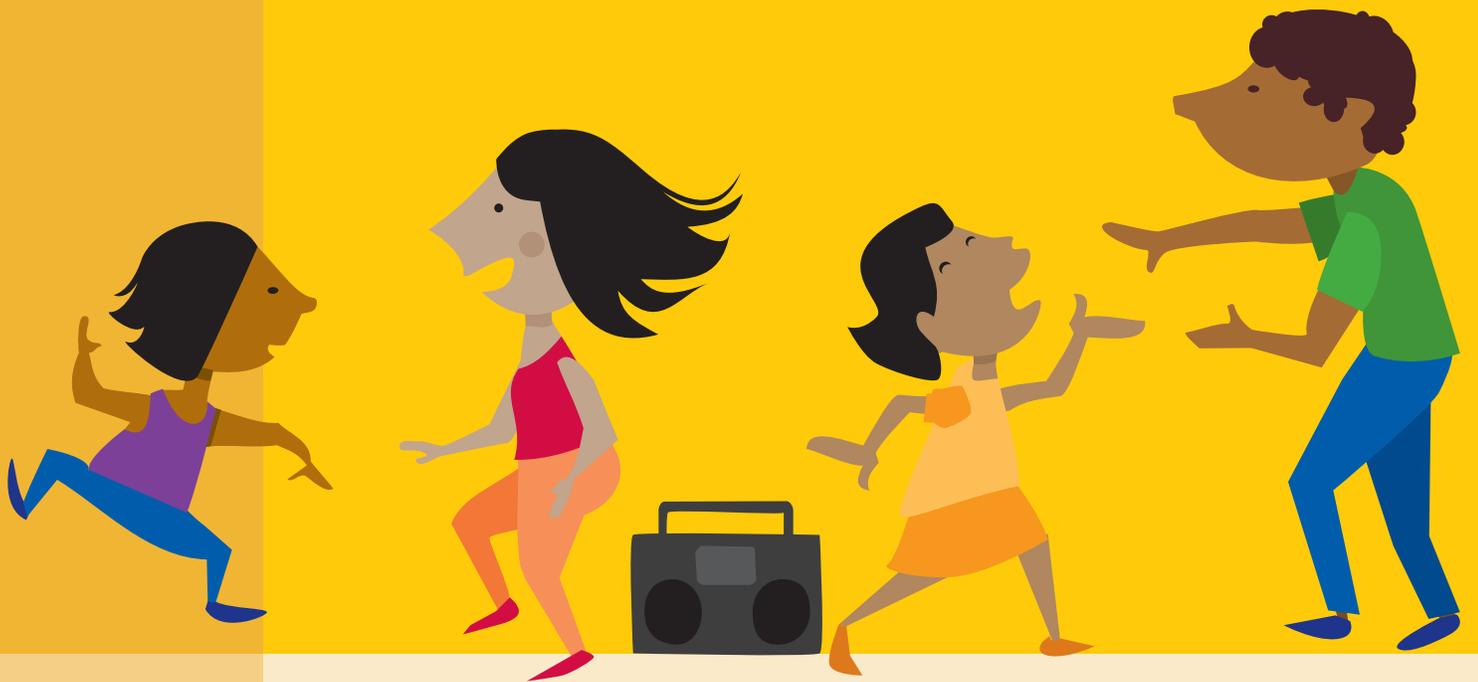
<i>EatPlayGrow</i> <sup>™</sup> Curriculum Overview with <b>We Can!</b> Messages .....	9
<i>EatPlayGrow</i> <sup>™</sup> Curriculum Guide .....	11

## Section 2: Lesson Plans, Support Materials, and Family Journal

My Five Senses .....	14
GO, SLOW, WHOA .....	26
Fabulous Fruits .....	42
Move to the Beat .....	56
Energy Balance .....	68
I Love My Veggies! .....	80
Perfect Portion .....	100
Dem Bones .....	110
Healthy Beverages .....	124
Smart Sleep! .....	139
Family Meal .....	148
Appendix: <i>Family Health Journal</i> .....	157



# Introduction



# About the *EatPlayGrow*<sup>TM</sup> Curriculum and the Children's Museum of Manhattan (CMOM)

In 2009, the Children's Museum of Manhattan (CMOM) launched the *EatSleepPlay*<sup>TM</sup> *Health Initiative* with the cooperation of the National Institutes of Health (NIH) and a National advisory board of pediatric and health experts, researchers, and community partners. At the heart of *EatSleepPlay*<sup>TM</sup> is CMOM's adaptation of the NIH's **We Can! (Ways to Enhance Children's Activity & Nutrition)**<sup>®</sup> program (originally for parents and children ages 8 to 13) into the 11 lesson *EatPlayGrow*<sup>TM</sup> curriculum for children ages 6 and younger and their adult caregivers. This curriculum combines the latest science and research from the NIH with CMOM's holistic arts and literacy-based pedagogy to engage families and adults who work with young children with creative programs and consistent health messages in informal and formal learning environments.

As part of the *EatSleepPlay*<sup>TM</sup> *Health Initiative*, CMOM also developed a comprehensive model of community engagement that utilizes the lessons from the *EatPlayGrow*<sup>TM</sup> curriculum to provide: **Direct Service Programs for Parents and Children** in low-income communities; **Professional Development Trainings** for adults who work with young low-income children; **Partnership Building and Community Resource Development** to create, build, and sustain a community network of organizations and city agencies; ***EatSleepPlay*<sup>TM</sup>: Building Health Every Day**, an interactive health exhibit at CMOM and accompanying public program series; and **exhibit component plans and visual treatments** for small museums, libraries, and community centers.

## EVALUATION RESULTS

Beginning in 2009, CMOM conducted a series of third party pilot evaluations to assess the impact of the *EatPlayGrow*<sup>TM</sup> curriculum on participants' health knowledge, attitudes, and behaviors. Studies were conducted in parent-child engagement programs with low-income families in the South Bronx and New Orleans (3-year study); professional development trainings with home-based childcare providers who work with low-income children in New York City (2-year study); and health education trainings for the staffs and families of eight Head Start centers in New York City (2-year study).

Evaluation findings show that across informal and formal settings, and with demographically diverse low-income audiences, participants made clear changes to their purchasing preferences and food habits; showed positive shifts in attitudes and behaviors around food, physical activity, and sleep; and highlighted the importance of working with children at a very early age. The findings also stated that one of the *EatPlayGrow*<sup>TM</sup> curriculum's successful elements was utilizing an engaging arts and literacy-based approach to translate complex health concepts to diverse audiences. Thus, despite traditional economic and other challenges that characterize food and nutrition habits in low-income communities, the research underscores the accessibility, adaptability, and cultural relevance of the *EatPlayGrow*<sup>TM</sup> curriculum in a range of high need childcare settings and home environments. The research also underscores the curriculum's effectiveness in connecting audiences to existing community-based programs and suggests that CMOM and its partners have created a unique "community hub" model of complementary components that provides an innovative solution to combating obesity.

## ABOUT CMOM

CMOM's mission is to *inspire children and their families to learn about themselves and the culturally diverse world in which they live, through a unique environment of interactive exhibitions and programs*. Since its founding in 1973, CMOM has emerged as a leader in developing interactive and educational exhibitions and programs that address the ever-evolving needs of families. CMOM has invested more than 30 years in the development of a comprehensive arts and literacy-based early childhood education methodology, which informs all of its interactive exhibitions, programs, and outreach activities. All of CMOM's exhibitions and programs are designed to accommodate diverse audiences, provide multiple opportunities for a child's emerging skills to flourish, and for parents, caregivers, and teachers to become active partners in a child's early education and healthy growth and development. Today, CMOM serves more than 400,000 individuals each year, including families who visit the Museum to experience its five floors of exhibitions and public programs, as well as 35,000 individuals who participate in CMOM's extensive community outreach programming in low-income communities throughout New York City. **For more information on CMOM and the EatSleepPlay™ Health Initiative please visit [www.cmom.org/eatsleepplay](http://www.cmom.org/eatsleepplay).**

## ABOUT WE CAN!

**We Can!** (Ways to Enhance Children's Activity & Nutrition)<sup>®</sup> is a science-based National education program developed by the National Institutes of Health (NIH), designed to help children stay at a healthy weight through improving food choices, increasing physical activity, and reducing screen time. The program's messages are derived from interventions shown to be effective in NIH-funded studies on obesity in children and adolescents, including clinical trials and community intervention studies. **We Can!** focuses on reaching parents and families as a primary group for influencing young people, and includes outreach to community organizations, national-level partners, and media to disseminate its messages. Program resources include parent and youth curricula; additional tip sheets and tools; guidance for community organizations on partnership outreach and participant recruitment/retention; and technical assistance/training, designed to enable communities and partners to adapt the program to fit their specific needs. In the past, communities have used the program's resources and activities to reach African American, Caribbean American, Hispanic American, Asian American and American Indian audiences. **We Can!** also offers a growing number of resources in Spanish. Four NIH Institutes support the program: the National Heart, Lung, and Blood Institute; the National Institute of Diabetes and Digestive and Kidney Diseases; the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development; and the National Cancer Institute. For more information, visit [www.nih.gov/wecan](http://www.nih.gov/wecan).



# CMOM and NIH Collaboration Milestones

## FALL 2008

- With mutual concerns over the health and wellbeing of children, the Children’s Museum of Manhattan (CMOM) and the National Institutes of Health (NIH) initiate a partnership with a Memorandum of Understanding to collaborate and address the epidemic of childhood obesity in low-income communities in the United States.

## FALL 2009

- CMOM receives a grant from the Institute of Museum and Library Services (IMLS) to launch the *EatSleepPlay™ Health Initiative* and adapt the NIH’s **We Can!** curriculum for early childhood audiences.
- CMOM receives a grant from the Laurie M. Tisch Illumination Fund in support of the *EatSleepPlay™ Health Initiative*.
- CMOM holds a press conference with the U.S. Department of Health and Human Services, NIH, IMLS, and the Office of the Mayor of New York City officially announcing the *EatSleepPlay™ Health Initiative*.



*EatSleepPlay™ Health Initiative* Press Conference with (L-R) Secretary Kathleen Sebelius, U. S. Department of Health and Human Services; Karen Donato, NIH; Laurie Tisch, CMOM Board Honorary Chair; John Rhea, Chairman, New York City Housing Authority; halley k harrisburg, CMOM Board Chair; Mayor Michael Bloomberg; Andrew S. Ackerman, CMOM Executive Director; Dr. Elizabeth Nabel, NIH.

- CMOM begins adapting the NIH’s **We Can!** curriculum into *EatPlayGrow™*, a CMOM/NIH/ **We Can!** early childhood obesity prevention curriculum for children ages 6 and younger.

## SPRING 2010

- CMOM launches *EatPlayGrow™* curriculum pilots with low-income families at three sites at East Side House Settlement in the South Bronx and initiates third party evaluations.
- CMOM launches family health public programs and festivals at the Museum utilizing the *EatPlayGrow™* curriculum. Partners include: DwellStudio, Lincoln Center Atrium, City University of New York’s Professional Development Institute, School of Public Health at Hunter College, The James Beard Foundation, Equinox, Whole Foods Market, and SuperSprowtz™.



A child enjoys a healthy snack of raw vegetables and hummus during CMOM's pilot program in the South Bronx.



Children from CMOM's pilot program in the South Bronx.

## SUMMER 2010

- CMOM receives a second IMLS grant to adapt and test the *EatPlayGrow™* curriculum for home-based childcare providers who work with low-income children in New York City in partnership with the City University of New York's Professional Development Institute.

## FALL 2010

- First evaluation report confirms that the *EatPlayGrow™* curriculum is effective and participants in the family engagement pilots in the South Bronx made clear changes to their purchasing preferences and food habits and showed positive shifts in attitudes and behaviors around food, physical activity, and sleep.
- United Way of New York City selects CMOM as lead partner of the *Healthy Eating for a Healthy Start* (HEHS) initiative. Over the next two years, CMOM adapts the *EatPlayGrow™* curriculum into an integrated health education program for staff and families of eight New York City Head Start centers.
- CMOM begins 2-year study to test the effectiveness of its program for home-based childcare providers and conducts trainings utilizing the *EatPlayGrow™* curriculum with New York City Department of Health and Mental Hygiene's Nurse-Family Partnership.

## SPRING 2011

- Pilot testing of the *EatPlayGrow™* curriculum begins with low-income families at Royal Castle Child Development Center, located in the Mid-City and Holly Grove neighborhoods of New Orleans.

## FALL 2011

- Evaluation reports on South Bronx and New Orleans pilots continue to confirm efficacy of the *EatPlayGrow*<sup>™</sup> curriculum across a variety of settings and with diverse audiences.
- First Lady Michelle Obama visits Royal Castle Child Development Center in New Orleans and participates in *EatPlayGrow*<sup>™</sup> curriculum pilot activities.



First Lady Michelle Obama visits Royal Castle Child Development Center in New Orleans.

- CMOM opens groundbreaking new health themed exhibition—*EatSleepPlay*<sup>™</sup>: *Building Health Every Day*—which utilizes lessons found in the *EatPlayGrow*<sup>™</sup> curriculum.



Children crawl through intestines to learn facts about digestion in CMOM's *EatSleepPlay*<sup>™</sup> exhibition.



Children crawl through a giant head to reach the Decision Center in CMOM's *EatSleepPlay*<sup>™</sup> exhibition.

## SPRING 2012

- With funding from IMLS, CMOM launches a partnership with the New York City Housing Authority to utilize the *EatPlayGrow*<sup>™</sup> curriculum family engagement programs and elements of *EatSleepPlay*<sup>™</sup>: *Building Health Every Day* to transform low-income housing in East Harlem into a “hub” of community learning.

## FALL 2012 AND BEYOND

- The *EatPlayGrow*<sup>™</sup> curriculum, a CMOM/NIH/*We Can!* publication and accompanying research reports are made available through the NIH and Association of Childrens' Museums' national networks.

# EatPlayGrow™ Curriculum Advisors

National Institutes of Health's **We Can!** (Ways to Enhance Children's Activity & Nutrition)® Program  
New York City Department of Health and Mental Hygiene  
New York City Administration for Children's Services  
New York City Department of Cultural Affairs  
New York City Housing Authority  
CUNY School of Public Health at Hunter College  
United Way of New York City  
East Side House Settlement  
Association of Children's Museums  
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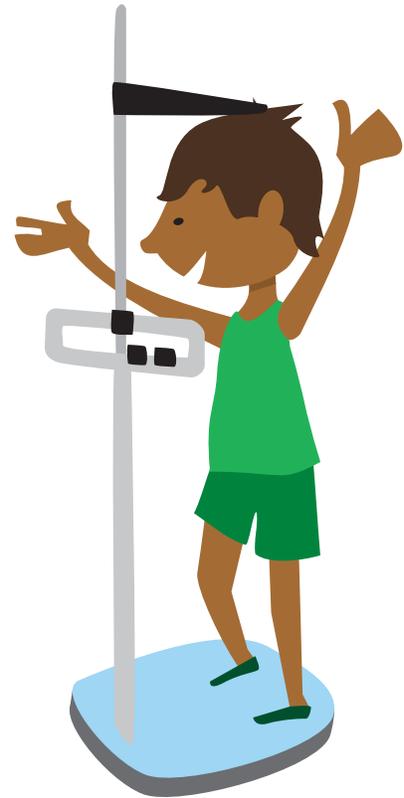
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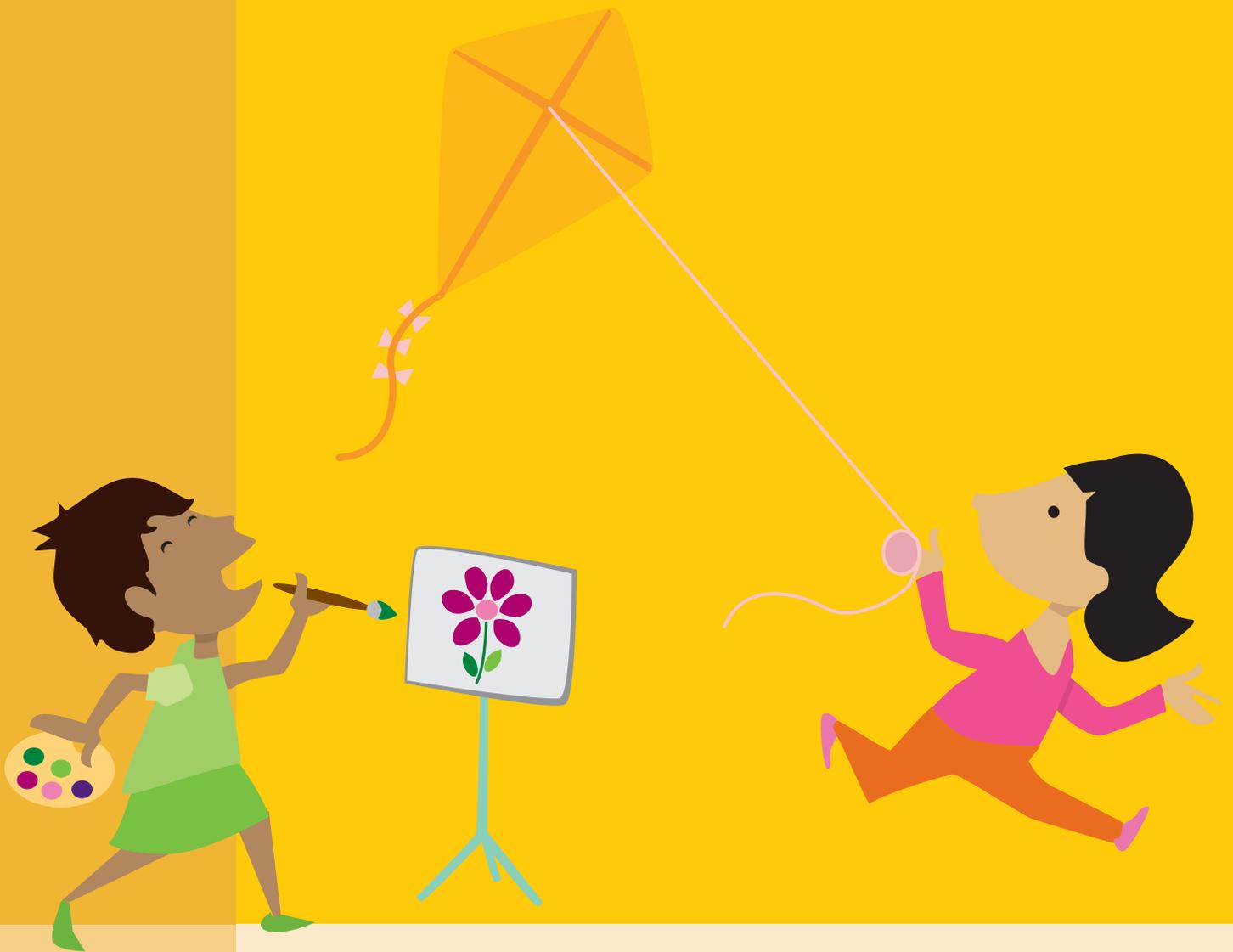
Robert C. Whitaker, M.D., M.P.H., Professor of Public Health and Pediatrics  
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Section 1:

*EatPlayGrow*<sup>TM</sup>

Curriculum Overview



# EatPlayGrow™ Curriculum Overview with We Can! Messages

CMOM's EatPlayGrow™ Curriculum	<b>We Can! Messages</b>
<p><b>1. My Five Senses:</b> Families use their five senses to understand how to listen to their body's nutrition and physical activity needs.</p>	<ul style="list-style-type: none"> <li>• Importance of food choices</li> <li>• Build a food vocabulary and knowledge base</li> </ul>
<p><b>2. GO, SLOW, WHOA:</b> Families learn the three <b>We Can!</b> food categories and how to recognize foods that are better choices for a healthy body.</p>	<ul style="list-style-type: none"> <li>• GO foods should be eaten often; SLOW foods should be eaten sometimes; and WHOA foods should be eaten sparingly</li> <li>• Limit the availability and accessibility of high-fat, high-calorie/low nutrient foods in the home</li> <li>• Increase availability and accessibility of healthy foods in the home</li> <li>• Balance energy in and energy out</li> <li>• Limit the availability and accessibility of sugar-sweetened beverages</li> </ul>
<p><b>3. Fabulous Fruits:</b> Families learn the importance of eating a variety of fruit every day as they learn to categorize, count, and sort fruit choices.</p>	<ul style="list-style-type: none"> <li>• Eat a variety of fruit daily</li> <li>• Increase availability and accessibility of healthy foods in the home</li> <li>• Limit the availability and accessibility of high-fat, high-calorie/low nutrient foods</li> </ul>
<p><b>4. Move To The Beat:</b> Families learn the importance of physical activity and are introduced to heart health through music, rhythm, and physical activity.</p>	<ul style="list-style-type: none"> <li>• Engage in 60 min. moderate activity on most, preferably all, days of the week</li> <li>• Reduce sedentary activity</li> <li>• Limit screen time to less than 2 hours daily</li> </ul>
<p><b>5. Energy Balance:</b> To attain a healthy weight, families learn <i>energy in</i> (foods eaten) must balance with <i>energy out</i> (physical activity).</p>	<ul style="list-style-type: none"> <li>• Engage in 60 min. moderate activity on most, preferably all, days of the week</li> <li>• Reduce sedentary activity</li> <li>• Limit screen time to less than 2 hours daily</li> <li>• Decrease intake of WHOA and SLOW foods</li> <li>• Increase intake of GO foods</li> </ul>
<p><b>6. I Love My Veggies!:</b> Families learn the importance of eating vegetables every day as they explore color, textures, and patterns, and learn new vocabulary.</p>	<ul style="list-style-type: none"> <li>• Eat a variety of vegetables daily</li> <li>• Increase availability and accessibility of healthy foods in the home</li> <li>• Limit the availability and accessibility of high-fat, high-calorie/low nutrient foods</li> </ul>
<p><b>7. Perfect Portion:</b> Families learn the important connection between portion control and healthy meals.</p>	<ul style="list-style-type: none"> <li>• Limit intake of high-fat and energy-dense foods that are low in nutrients</li> <li>• Control portion sizes</li> <li>• Sufficient fruit and vegetable intake per day</li> <li>• Drink water and fat-free or low-fat milk instead of sugar-sweetened beverages</li> </ul>
<p><b>8. Dem Bones:</b> Families are introduced to the skeletal system and the importance of calcium to build strong bones.</p>	<ul style="list-style-type: none"> <li>• Drink fat-free or low-fat milk instead of sugar-sweetened beverages</li> <li>• Eat a variety of vegetables daily</li> <li>• Engage in 60 min. moderate activity on most, preferably all, days of the week</li> <li>• Reduce sedentary activity</li> <li>• Limit screen time to less than 2 hours daily</li> </ul>

<p><b>9. Healthy Beverages</b> Families discover the benefits of drinking fat-free or low-fat milk and water instead of sweetened beverages.</p>	<ul style="list-style-type: none"> <li>• Water and fat-free or low-fat milk instead of sugar-sweetened beverages</li> <li>• Limit the availability and accessibility of sugar-sweetened beverages</li> </ul>
<p><b>10. Smart Sleep!</b> Families learn that developing a healthy sleep routine is as important as proper nutrition and physical activity.</p>	<ul style="list-style-type: none"> <li>• Not an official <i><b>We Can!</b></i> message, but considered by the NIH to be an important health topic for families</li> </ul>
<p><b>11. Family Meal</b> A chef-led class provides strategies for creating an easy, well-balanced, affordable meal, and a positive meal time environment.</p>	<ul style="list-style-type: none"> <li>• Limit intake of high-fat and high-calorie foods that are low in nutrients</li> <li>• Limit the availability and accessibility of sugar-sweetened beverages</li> <li>• Control portion sizes</li> <li>• Increase availability and accessibility of healthy foods in the home</li> <li>• Limit the availability and accessibility of high-fat, high-calorie/low nutrient foods in the home</li> </ul>



# EatPlayGrow™ Curriculum Guide

## WELCOME!

The *EatPlayGrow*™ curriculum offers engaging activities, essential facts, and simple strategies that make healthy choices fun and easy to include in daily routines—at home or at school!

In partnership with the National Institutes of Health (NIH), the Children’s Museum of Manhattan (CMOM) combined its existing arts and literacy-based early childhood education curriculum and family engagement program model with the NIH’s *We Can!* program into *EatPlayGrow*™ to create a series of 11 healthy lifestyles lessons for children age 6 and younger. The *EatPlayGrow*™ curriculum incorporates art-making, storytelling, music and movement activities into fun and hands-on educational lessons to teach young children and their adult caregivers about the importance of making positive choices in areas that most affect health: nutrition, physical activity and, based on the latest medical research, sleep.

## IMPORTANCE OF FAMILY LEARNING

A key National Health Standard for grades Pre-K to 2nd is the recognition that healthy habits start at home and that families play a crucial role in forming children’s healthy habits. By working, eating, and actively playing side-by-side, families can model, replicate, and extend the health activities found in the *EatPlayGrow*™ curriculum. The curriculum’s *Parent Handouts* and *Family Health Journal* are follow-up tools for families to help them discuss the lessons and assist parents as they employ information learned through the curriculum at home. Furthermore, doing these activities together, outside of a classroom setting, can deepen the bond between caregiver and child.

## SCHOOL AND DAY CARE SETTINGS

Schools and daycare facilities seek learning opportunities that are both interactive and engaging. *EatPlayGrow*™ lessons are designed to fit that goal with materials that are variable and flexible. This versatile curriculum can be incorporated into already existing programming or stand alone as its own health unit.



## LESSON STRUCTURE

*EatPlayGrow*™ lessons all follow a similar structure and are designed to address the multiple ways children learn and help adult caregivers understand and support their child’s development.

Each lesson clearly defines the appropriate National Pre-K Health Performance Standards and Preschool Readiness Skills they meet. Keeping in mind that children learn at their own pace, teachers and parents can feel free to adjust the length of activities accordingly. All lesson plans have visual aids that can be used to support and reinforce the lesson themes.

Each lesson includes the following components:

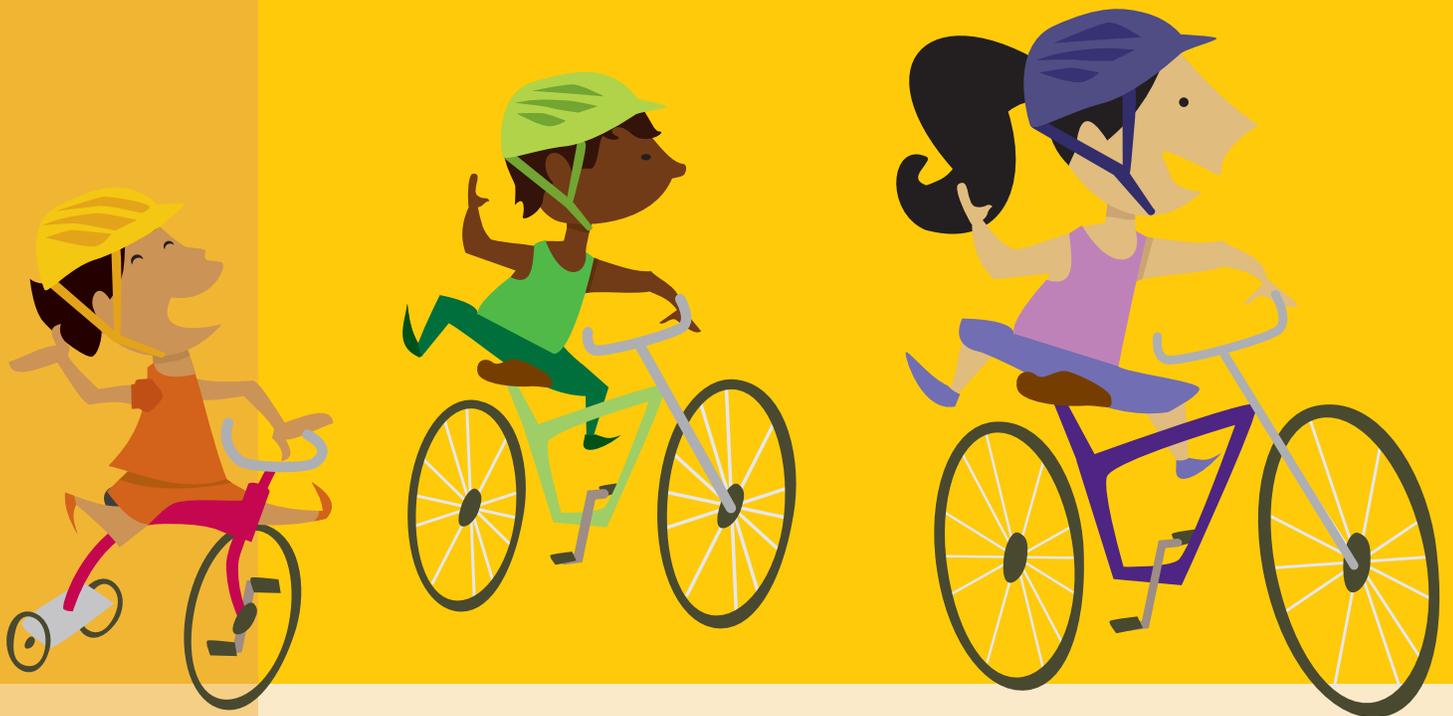
<b>Introduction/Discussion</b>	Best practices for leading participants through introduction and discussion on the specific health lesson.
<b>Key Teaching Messages</b>	Top health messages that connect to art and literacy activities in each lesson.
<b>Art Activity</b>	Highlights how children can apply new health expertise in creative ways, the importance of being creative with art materials, and allows children to express themselves and make independent choices as they explore the process of creation rather than the finished product.
<b>Healthy Snack</b>	Provide snacks that encourage healthy eating habits, while introducing families to new foods. It is also important to emphasize the importance of healthy hand washing practices to young children.
<b>Group Storytime</b>	Reading during each lesson is an important time for making further literacy connections to the health topic. As children hear stories, they learn new health vocabulary, and develop listening and reading readiness skills. They also build group participation skills and learn to be part of a group.
<b>Physical Activity</b>	It is important to get all participants moving and singing—habits we want to help develop from an early age! Look for children to demonstrate physical control and coordination of muscle groups, and to follow a sequence of movements.
<b>Parent Handout</b>	All families receive a lesson specific parent handout that reinforces health messages and provides hands-on activities to extend the learning at home.

Families also receive a *Family Health Journal* that encourages self-reflection on each of the health lessons. This is included as an appendix to this document.

## HAVE FUN!

Work to empower yourself and your community to learn and grow strong together!

Section 2:  
Lesson Plans,  
Support Materials, and  
*Family Health Journal*



# My Five Senses

## Early Childhood Health Lesson



**Objective:** Learn to use the five senses in order to understand how to listen to the body's nutrition and physical activity needs.

### **WE CAN! MESSAGES**

Importance of food choices.  
Building a food vocabulary and knowledge base.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify how the family influences personal health practices and behaviors.  
Demonstrate healthy ways to express needs, wants, and feelings.

### **ADULT MESSAGES**

Healthy habits begin at home and family is an influential factor.  
It is important for children to develop an understanding and awareness of the five senses and how the senses influence and relate to food and food choices.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Learn to identify body parts and learn about the five senses.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement, and music support a multi-disciplinary approach to teaching young children and adults.  
Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and "hello" song. When families are settled, ask: "Who eats?" Answer is EVERYONE! "What's your favorite food? Why does everyone eat?" These three questions will help families think about their personal interests and guide families to discuss the importance of food for the body. If not offered, be sure to mention: Food gives us important nutrients that help our bodies grow strong; food gives us energy to learn, play, and live.

Once the importance of food is discussed, lead families through a discussion about how foods are different. Some foods are better for us, while some foods are not. How can we tell how they are different by using our five senses (taste, smell, touch, sight, and even sounds)? Guide children and families through each sense and the appropriate body part where it is located, what it does, how it helps us identify foods.

Can they remember what they have recently tasted, seen, heard, smelled, and touched? The idea will be to explore new foods and promote the fact that "eating a variety is healthy!" Senses can help us listen to what our body is telling us; help children build self-esteem, self-awareness, and communication skills as they describe being hungry or full.

**Visual References:** Pictures of eyes, ears, nose, hands, and mouth with sensory boxes for touch, sight, taste, sound, and smell.

## KEY TEACHING MESSAGES

- All bodies are unique and special.
- We have five senses to experience the world: taste, sight, smell, hearing, touch.
- You can control what goes in your mouth.

## ART ACTIVITY: FIVE SENSES MASK

Using a variety of collage materials children and adults will create unique masks that help build knowledge around the importance of using their five senses when making food choices.

**Materials:** Canvas mask and glue sticks (one for each parent), scissors, and collage materials like ribbons, feathers, felt, pipe cleaners, and pom-poms.

**Set-up:** Place a piece of tape on the back of the canvas mask so they can stick to the table. Place one canvas mask and glue stick at each seat. In the center of each table place one or two handfuls of each collage material (ribbons, feathers, felt, pipe cleaners, anti sequins, and pom-poms). They can be placed in piles or spread across the table. Make sure that each child can reach the materials. Have pre-cut strips of masking tape ready in case children want to make more than one project. Have a marker in hand to write the children's names on their artwork when they are finished.

**Clean-up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!

We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!



## Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

## Movement/Music:

To highlight body awareness children and adults will participate in a series of Musical Movement Songs: Head, Shoulders, Knees, and Toes; Body Hokey Pokey; Simon Says; Five Senses Songs. See the next page (Five Senses Songs).

## Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

## GROUP STORYTIME

*My Five Senses* by Aiki

*I Wonder* by Harriet Fishel

*Jamberry* by Bruce Degen

## HEALTHY SNACK

Offer a variety of salty (taste; e.g., whole grain pretzels), sour (taste; e.g., lemon or dill pickles), sweet (smell and taste; e.g., oranges/clementines), sticky (touch; e.g., honey), smooth (touch; e.g., banana), crunchy (sound; e.g., sweet red pepper) and colorful (sight) foods that help discuss the five senses. An educator-led discussion will give children and adults the opportunity to learn more about how the five senses influence food choices. Discuss the importance of trying new foods and eating a variety of different foods to create a healthy, balanced diet.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** Try three new fruits or vegetables with your child this week!

**Fact of the Week:** It can take 8–15 tries before children like eating new foods.



## At-Home Strategies:

- Offer one new food with familiar foods.
- Try new foods when your child is rested and in a good mood.

## FIVE SENSES SONGS

### We All Have Five Senses

We all have five senses, senses, senses (Hold your five fingers out)  
We all have five senses. 1, 2, 3, 4, 5

Eyes are for seeing, seeing, seeing (Point to your eyes)  
Eyes are for seeing  
We see with our eyes

Noses are for smelling, smelling, smelling (Point to your nose)  
Noses are for smelling  
We smell with our nose

Tongues are for tasting, tasting, tasting (Point to your tongue)  
Tongues are for tasting  
We taste with our tongues

Ears are for hearing, hearing, hearing (Point to your ears)  
Ears are for hearing  
We hear with our ears

Hands are for feeling, feeling, feeling (Rub your arms)  
Hands are for feeling  
We feel with our hands

We all have five senses, senses, senses (Hold your five fingers out)  
We all have five senses. 1, 2, 3, 4, 5

### The Five Senses Song

Tune: "Old Mac Donald Had a Farm"

On my face I have two eyes;  
When I work and play.  
With a look, look here,  
And a look, look there,  
Here a look, there a look,  
Everywhere a look, look.  
On my face I have two eyes;  
Use them every day!

On my face I have a nose;  
Use it all the time.  
When I sniff it I can tell  
Vinegar from lime.  
With a sniff, sniff here,  
And a sniff, sniff there,  
Everywhere a sniff, sniff.  
On my face I have a nose;  
Use it all the time!



In my mouth I have a tongue;  
Use it when I eat.  
Tasting with it I can tell  
Sour from the sweet  
With a lick, lick here  
And a lick, lick there  
In my mouth I have a tongue;  
Use it when I eat!

### Five Senses

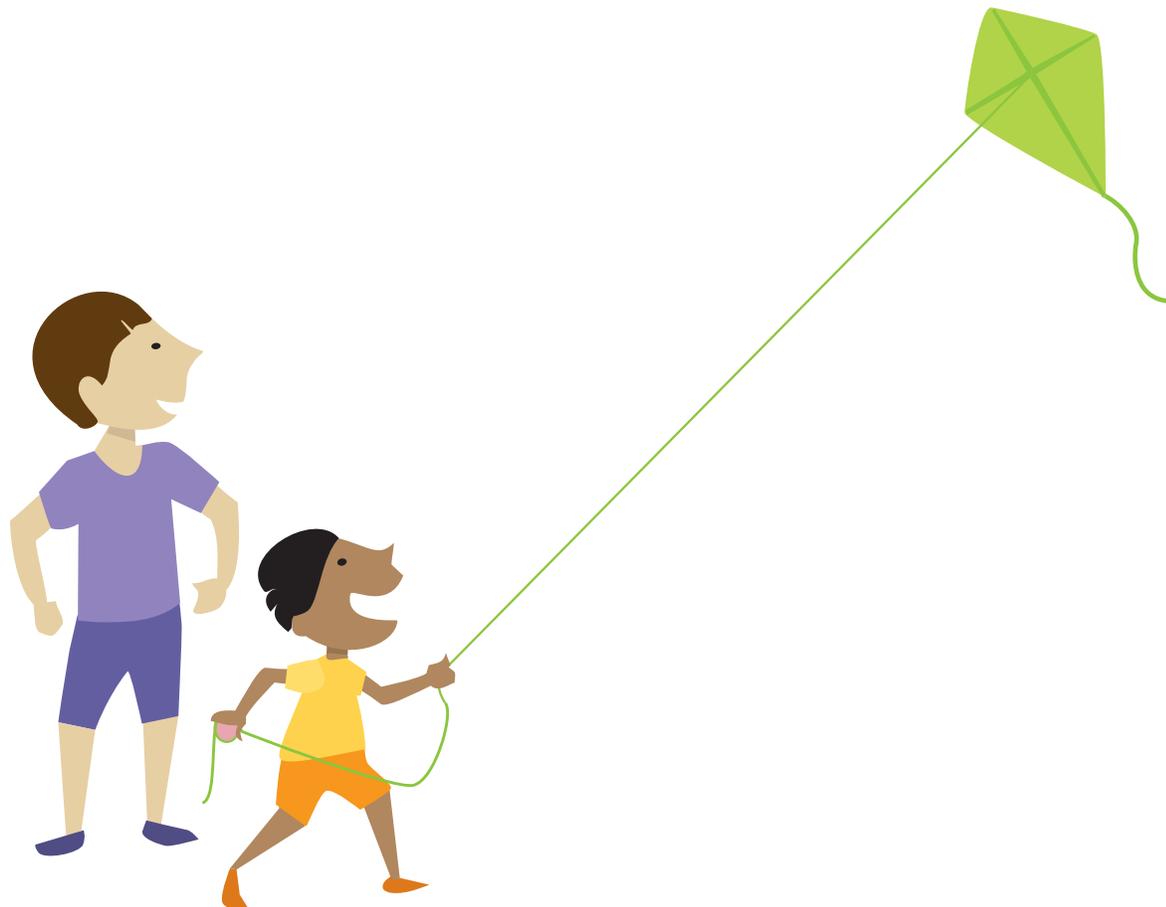
**Tune: "Where is Thumbkin?"**

Five senses, five senses  
We have them. We have them.  
They are used to help me see  
Seeing, hearing, touching,  
Tasting and smelling.  
There are five. There are five.



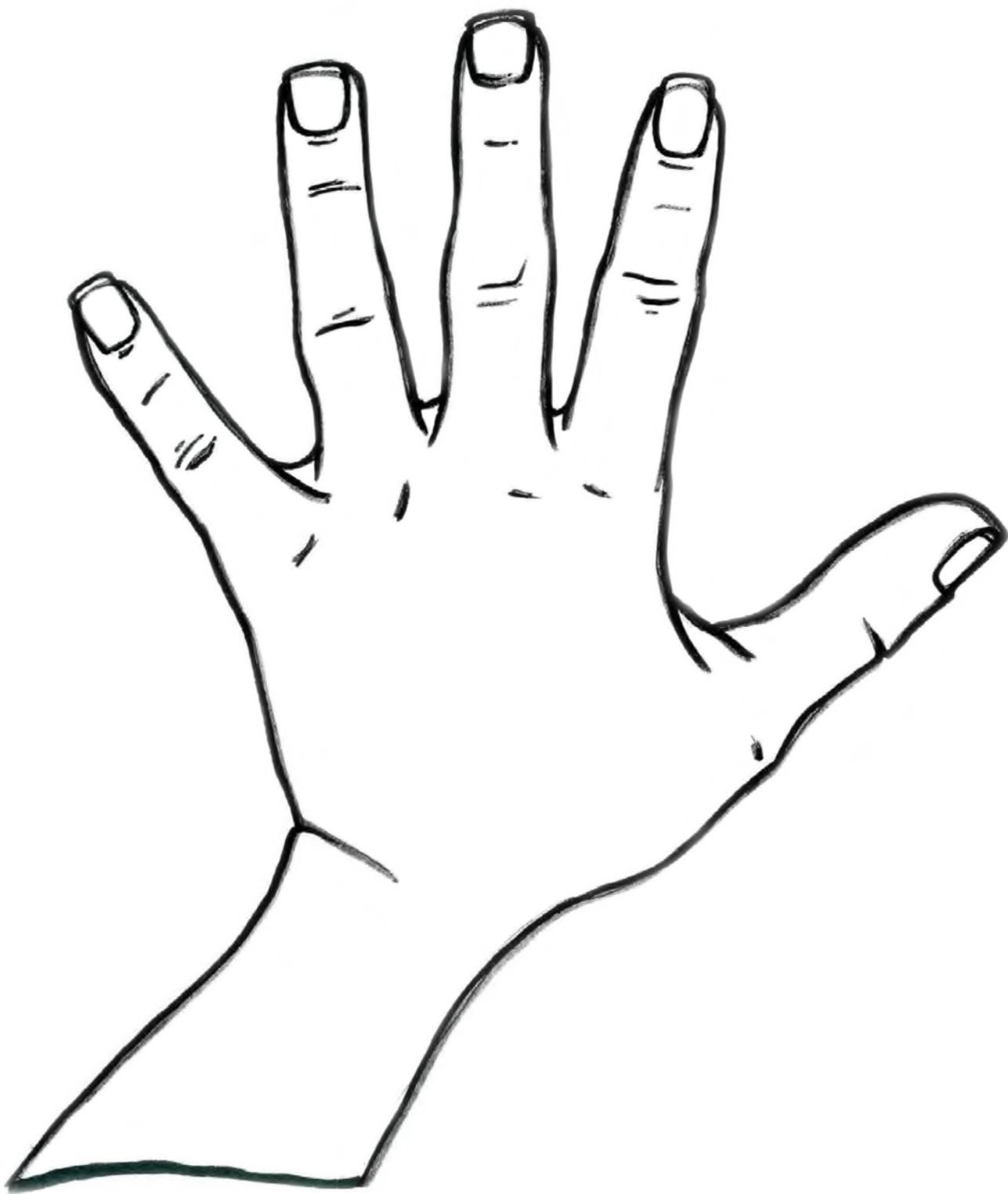
### LESSON VISUALS

- Hand
- Head (side-view)
- Eyes, nose, ear, mouth, hands



# Lesson: My Five Senses

Early Childhood Health Lesson



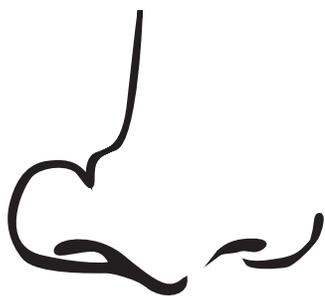
# Lesson: My Five Senses

Early Childhood Health Lesson



# Lesson: My Five Senses

Early Childhood Health Lesson



# My Five Senses

## Benefits of Your Five Senses:

1. All bodies are unique and special
2. We have five senses to experience the world: taste, sight, smell, hearing, and touch
3. You control what goes in your mouth



**Farmers Market or Green Cart Shopping List**

Pick one red fruit and one crunchy vegetable at your local market.

## Family Goal

Goal: Enjoy your senses! Try three new fruits or vegetables with your child:

	1st Food	2nd Food	3rd Food
 What does it look like?	_____	_____	_____
 What does it smell like?	_____	_____	_____
 What does it sound like?	_____	_____	_____
 What does it taste like?	_____	_____	_____
 What does it feel like?	_____	_____	_____

**Fact of the Week** It can take 8–15 tries before children may like eating a new food.

### Strategy

Offer one new food with familiar foods.

### Surprising Fact

Your sense of taste is not just through your mouth; your nose is also an important tool for tasting.

### Health Tip

Try new foods when your child is rested and in a good mood.

# At-Home Tools

## Body Books

*My Five Senses*  
by Aliki

*I Wonder*  
by Harriet Fishel

*Jamberry*  
by Bruce Degen



## New Sense Words to Use

1. Eyes: See
2. Fingers: Touch
3. Mouth: Taste
4. Ears: Hear
5. Nose: Smell

## Did you know...

Offering a variety of foods to preschoolers helps children accept new foods and leads to healthier habits later in life.

## Five Senses Activities

### Taste Plate

Place three different foods on a plate. Help children describe how each food tastes, feels, and looks. Example: hard-boiled egg, pineapple slices, and whole grain crackers.

### Touch and Smell Surprise!

Take turns testing your senses. Close your eyes and try to guess by touching what the other player places in front of you.

### Eye Spy!

The first player spies an object nearby and gives the second player 3 hints to guess the object. Example: I spy something that is green, round, and small. (Answer: peas)



## Delicious Recipes

### Breakfast

Spread fat-free or low-fat cream cheese on whole wheat toast and place apple slices (or banana) on top.

### Ladybug Pizza

On each half of an whole wheat English muffin, place a slice of low-fat cheese and a slice of tomato. Add raisins for the spots!

### Creamy Salsa Dip

Combine salsa with fat-free or low-fat cottage cheese. Cut up carrot or celery sticks. Dip and enjoy!

# Mis Cinco Sentidos

## Beneficios de los cinco sentidos:

1. Todos los cuerpos son únicos y especiales.
2. Tenemos 5 sentidos para experimentar el mundo: gusto, vista, olfato, oído y tacto.
3. Usted controla lo que va a su boca.



Mercado de Agricultores  
o Lista de Compras del  
Carrito Verde

Escoje una fruta roja y un  
vegetal crujiente de tu  
mercado local.

## Meta Familiar

Meta: ¡Disfrute sus sentidos! Pruebe 3 frutas o vegetales nuevos con su niño:



¿Qué aspecto tiene?



¿A qué huele?



¿Cómo suena?



¿A qué sabe?



¿Qué se siente?

1era Comida

2nda Comida

3era Comida

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Dato de la Semana

Puede tomar 8–15 intentos antes de que a los niños les guste comer una nueva comida.

### Estrategia

Ofrezca una comida nueva junto con comidas familiares.

### Dato Sorprendente

Su sentido del gusto no sólo se percibe por la boca; su nariz también es una herramienta importante para degustar.

### Consejo de Salud

Trate nuevas comidas cuando su niño esté descansado y de buen humor.

# Herramientas en Casa

## Libros del Cuerpo

*My Five Senses*  
de Aiki

*I Wonder*  
de Harriet Fishel

*Jamberry*  
de Bruce Degen



## Nuevas Palabras de los Sentidos para Usar

1. Ojos: Ver
2. Dedos: Tocar
3. Boca: Degustar
4. Oídos: Escuchar
5. Nariz: Oler

## Sabía que...

Ofrecer una variedad de comidas a niños de edad preescolar los ayuda a aceptar nuevas comidas y los conduce a hábitos más saludables más adelante en sus vidas.

## Actividades de los 5 Sentidos

### Plato de Degustación

Coloque tres comidas diferentes en un plato. Ayude a los niños a describir a qué sabe, cómo se siente al tacto y cómo luce cada comida. Por ejemplo: huevo duro, trozos de piña y galletas integrales.

### ¡Sorpresa de Tacto y Olor!

Tome turnos poniendo a prueba sus sentidos. Cierre sus ojos y trate de adivinar tocando lo que el otro jugador coloca en frente de usted.

### ¡Ojo Espiador!

El primer jugador espía un objeto cercano y le da al segundo jugador 3 claves para adivinar el objeto. Por Ejemplo: Yo espío algo verde, redondo y pequeño. (Respuesta: guisantes)

## Deliciosas Recetas

### Desayuno

Esparza queso crema bajo o libre de grasa en una tostada integral y coloque rodajas de manzana (o banano) encima.

### Pizza de Mariquita

En cada mitad de un muffin inglés integral, coloque una rodaja de queso bajo o libre de grasa y una rodaja de tomate. ¡Agregue uvas pasas para las manchas!

### Dip de Salsa Cremosa

Combine salsa con crema agria baja o libre de grasa. Corte zanahoria o palitos de apio. ¡Sumérjalos y disfrútelos!



# GO, SLOW, WHOA

## Early Childhood Health Lesson



**Objective:** Learn the three *We Can!* food categories (GO, SLOW, and WHOA) and how to recognize foods that are the better choices for a healthy body.

### **WE CAN! MESSAGES**

GO foods should be eaten often; SLOW foods should be eaten sometimes; and WHOA foods should be eaten sparingly.

Limit the availability and accessibility of high-fat, high-density/low nutrient foods in the home.

Increase availability and accessibility of healthy foods in the home.

Balance energy in and energy out.

Limit the availability and accessibility of sugar-sweetened beverages.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify how the family influences personal health practices and behaviors.

Identify healthy behaviors that impact personal health.

### **ADULT MESSAGE**

Increase families' daily intake of "GO" foods, while reducing servings of "SLOW" and "WHOA" foods.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Learn to count, sort, and categorize.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and "hello" song. Begin a discussion by highlighting the differences between how foods taste, smell, look, and feel. Explain that different foods provide us with different nutrients and that these nutrients fuel our body and help us to play, learn, and grow.

Ask the adults "What is a calorie?" Explain how food's energy is measured in calories. The body needs calories/energy to perform basic functions (like breathing and digesting), but only a certain amount. GO foods are the lowest in fat and added sugar and are relatively low in calories, but are rich with nutrients. WHOA foods are the highest in fat and added sugars and are high in calories, with often low levels of nutrients. SLOW foods are in-between; they have nutrients but are higher in fat, added sugar, and calories than GO foods.

Ask children to name their favorite foods and help them discover if their favorite foods are GO, SLOW, or WHOA. Show examples of GO foods and discuss how GO foods are usually fruits and

vegetables, fat-free or low-fat milk, and whole grains. Discuss how GO foods should be selected most of the time for meals and snacks because they are so good for our bodies; they make us GO, GO, GO! SLOW foods should be eaten sometimes, and WHOA foods can be eaten only once in a while.

**Visual References:** Chart with GO, SLOW, and WHOA foods as images; and chart with text.

### Key Teaching Messages

- GO foods can be eaten anytime (most often)—they are lowest in fat, added sugar, and calories. Examples: fat-free and low-fat milk and milk products, fresh and frozen fruits, vegetables, and whole grains.
- SLOW foods should be eaten sometimes (less often at most several times a week)—they are higher in fat, added sugar, and/or calories. Examples: 100% fruit juice, pancakes, and baked chips.
- WHOA foods can be eaten only once in a while (least often)—they are very high in fat and/or added sugar, and are much higher in calories. Examples: French fries, doughnuts, fried chicken, candy, and fried potato chips.

### ART ACTIVITY: GO, SLOW, WHOA STOPLIGHT COLLAGE

Using a selection of GO, SLOW, and WHOA color-coded food images, children will create a collage that helps them learn to identify healthy food choices and GO, SLOW, and WHOA foods.

**Materials:** Oak tag paper with GO, SLOW, and WHOA stoplight image, popsicle sticks, cut out images of different GO, SLOW, and WHOA foods, glue, crayons/markers.

**Set-up:** Place the WHOA stoplight image at each seat. Use masking tape on all four corners to secure paper. Place the GO, SLOW, and WHOA cut out images in three different piles on the table. Help both children and parents identify and choose images from each group, and color them in before gluing them on the proper section of the stoplight collage. When children are finished with their collage, tape a popsicle stick on the bottom as a post. Have a marker in hand to write the children's names on their artwork when they are finished.

**Clean-up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus the children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

### PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

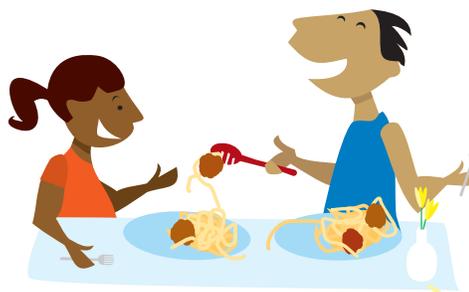
#### Warm-up:

##### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!



We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)



### **In and Out Circle Song**

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!

### **Active Play Time:**

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### **Movement/Music: GO, SLOW, WHOA Movement Game (based on red-light, green-light)**

Children develop body awareness and listening skills as they play a game of red-light, green-light based on GO, SLOW, and WHOA foods.

When the educator calls out or shows an image of a GO food children run in place, when the educator calls out or shows an image of a SLOW food children walk in place, and when educator calls out or shows an image of a WHOA food children sit down.

### **Cool-down:**

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

### **GROUP STORYTIME**

*The Very Hungry Caterpillar* by Eric Carle  
*Sweet as a Strawberry* by Sally Smallwood  
*Gregory, the Terrible Eater* by Mitchell Sharmat

### **HEALTHY SNACK**

Offer orange slices and whole grain low-fat rice cakes. An educator-led discussion will give children and adults the opportunity to discuss ideas and strategies for incorporating GO food snack choices into their daily diet.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** List one to three GO foods you will eat each day.

### Facts of the Week:

GO foods give our bodies important nutrients and are lowest in fat and added sugars—should be selected most of the time for meals and snacks! A medium apple has 72 calories, 0 grams of fat\*.

SLOW foods are higher in fat, added sugar, and calories—eat sometimes. A grab-size bag (2.1oz) of pretzels has 228 calories, 2 grams of fat\*.

WHOA foods are the highest in fat and added sugar, and many are low in nutrients—eat only on special occasions and in small portions. A glazed doughnut has 226 calories and 13 grams of fat\*.

\*Information from: [www.choosemyplate.gov/SuperTracker/foodapedia.aspx](http://www.choosemyplate.gov/SuperTracker/foodapedia.aspx), February 15, 2013

### At-Home Strategies:

- Serve a piece of fruit instead of cookies.
- Serve water and fat-free and low-fat milk instead of soda or juice. (Bonus: Tap water is free!)
- Remove tempting WHOA or SLOW snacks from the house (this includes regular soda, cookies, crackers, sugary cereals, etc.) Replace with healthy GO choices like water, fruit, and fat-free or low-fat yogurt.
- Remember, if you eat sweets and snacks, eat small amounts and only once in a while.

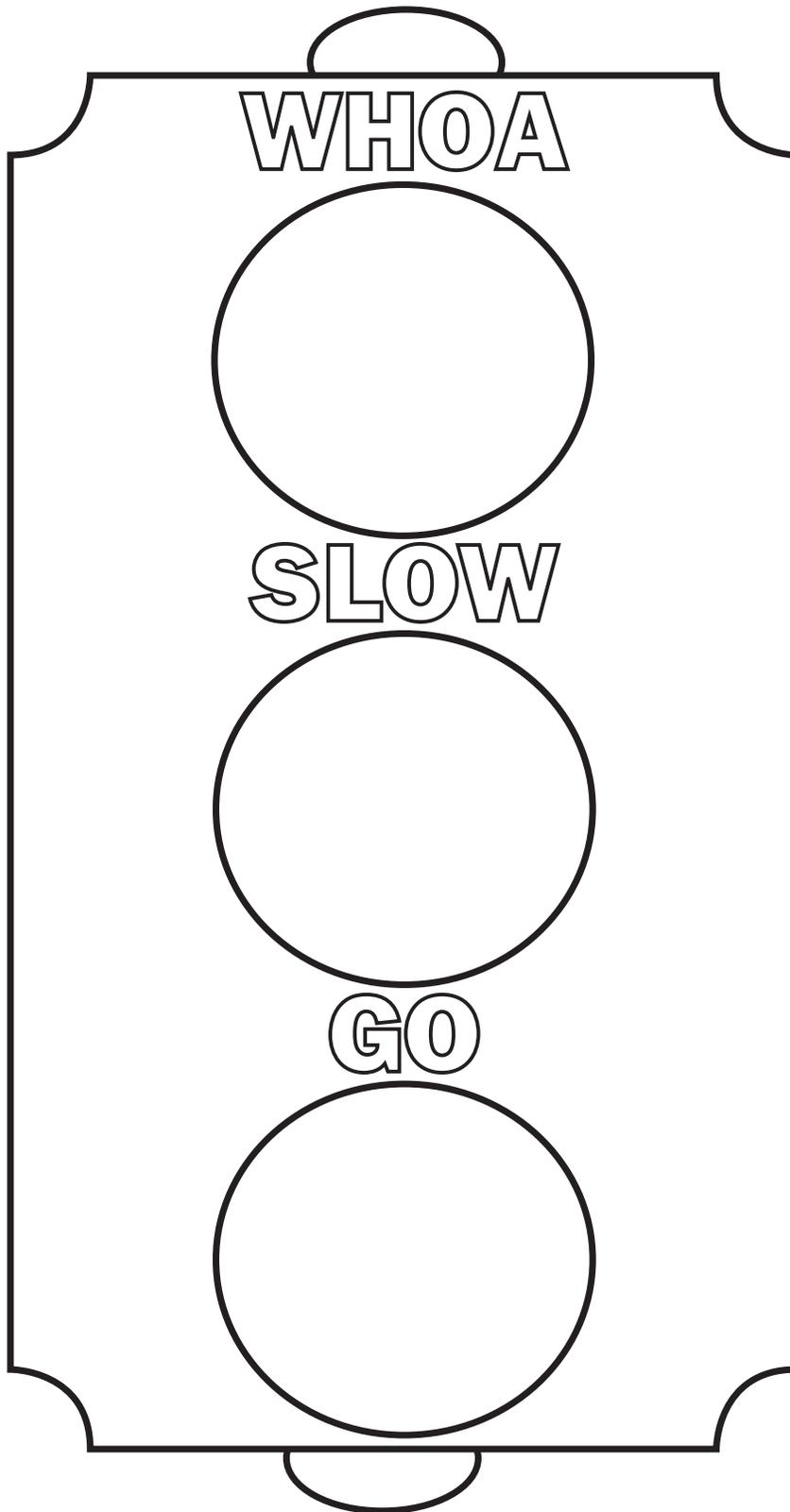
## LESSON VISUALS

- GO, SLOW, WHOA Stoplight
- Five (5) pages of GO, SLOW, WHOA foods
- The Hidden Sugar Truth



# Lesson: GO, SLOW, WHOA

Early Childhood Health Lesson

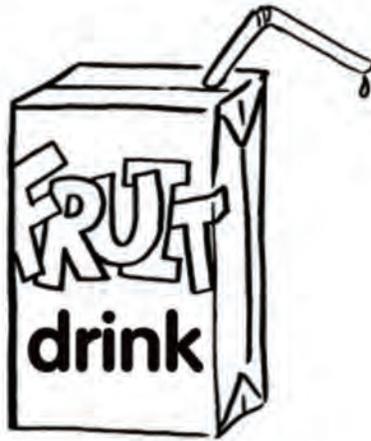


# Lesson: GO, SLOW, WHOA

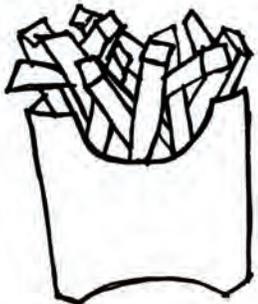
Early Childhood Health Lesson



GO



WHOA



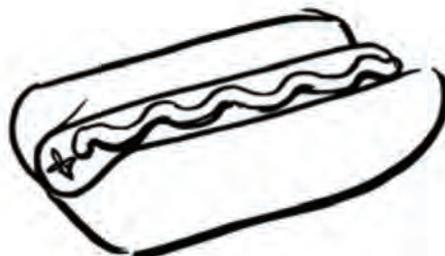
WHOA



SLOW



GO



WHOA

# Lesson: GO, SLOW, WHOA

Early Childhood Health Lesson



SLOW



SLOW



GO



WHOA



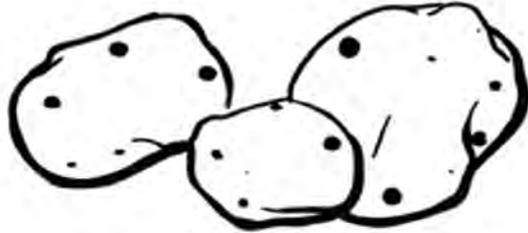
SLOW

# Lesson: GO, SLOW, WHOA

Early Childhood Health Lesson



SLOW



GO



WHOA



GO



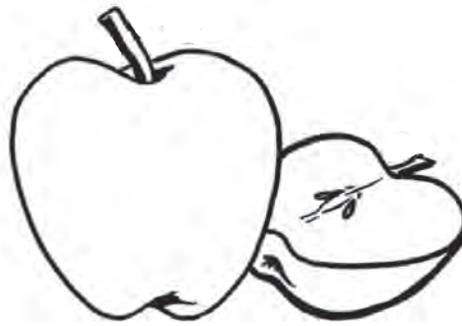
WHOA



GO

# Lesson: GO, SLOW, WHOA

Early Childhood Health Lesson



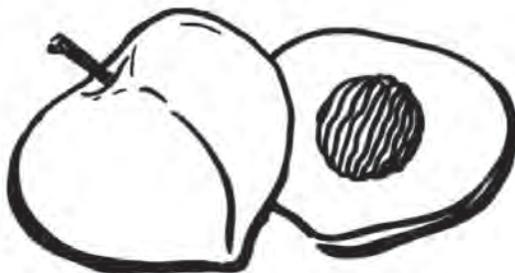
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GO



GO



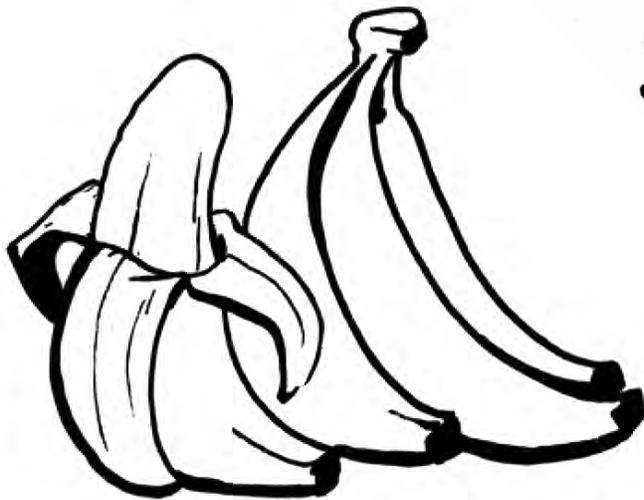
GO



GO

# Lesson: GO, SLOW, WHOA

Early Childhood Health Lesson



GO



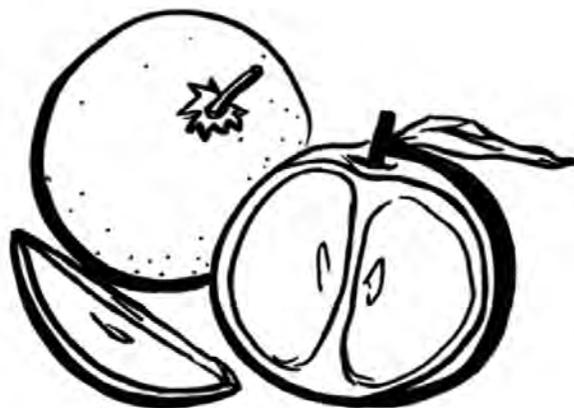
GO



GO

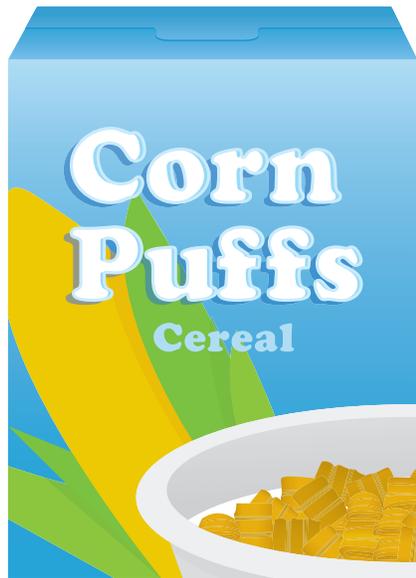


GO



GO

# The Hidden Sugar Truth



Teaspoons  
of Sugar=3

## Nutrition Facts

Serving Size 3/4 cups

Grams of Sugar 12 g

Calories 100

Fat 1.5 g

**Ingredients:** Cereal: Corn Flour, **Sugar\***, Oat Flour, **Brown Sugar\***, Coconut Oil, Salt, Niacinamide, Yellow 5, Reduced Iron, Zinc Oxide, Yellow 6, Thiamin, Mononitrate, BHT (A preservative), Pyridoxine Hydrochloride, Riboflavin, Folic Acid

## Nutrition Facts

Serving Size 1 Muffin

Grams of Sugar 44 g

Calories 480

Fat 15 g

Teaspoons  
of Sugar=11

**Ingredients:** Muffin: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamin Mononitrate, Enzyme, Riboflavin, Folic Acid), **Sugar\***, Blueberries, Water, Eggs, Soybean Oil, Contains less than 2% of the following: **High Fructose Corn Syrup\***, Leavening (Baking Soda, Sodium Aluminum Phosphate, Aluminum Sulfate), Modified Corn Starch, Soy Protein Isolate, Salt, Whey (a milk derivative), Mono and Diglycerides, Sodium Stearoyl Lactylate, Natural and Artificial Flavor, Sorbitan Monostearate, Polysorbate 60, Gelatinized Wheat Starch, Natural Flavor, Propylene Glycol; Topping: **Sugar\***.

\*The words highlighted in yellow refer to added sugar. Added sugar is the sugar added to processed food and drinks while they are being made. Naturally occurring sugar is the sugar found in whole, unprocessed foods, such as milk, fruit, vegetables, and some grains.



Blueberry Muffin

# La Verdad Oculta del Azúcar



## Datos de Nutrición

Tamaño de la Porción **3/4 taza**

Gramos de Azúcar **12 g**

Calorías **100**

**Ingredientes:** Cereal Harina de Maíz, **Azúcar\***, Harina de Avena, **Azúcar Morena\***, Aceite de Coco, Sal, Niacinamida, Amarillo 5, Hierro Reducido, Óxido de Zinc, Amarillo 6, Tiamina, Mononitrato, BHT (como preservativo), Piridoxina Clorhidrato, Riboflavina, Acido Fólico.

Cucharaditas de Azúcar = 3



**Panecillo de Moras**

## Datos de Nutrición

Tamaño de la Porción **1 Panecillo**

Gramos de Azúcar **44 g**

Calorías **480**

Grasa **15 g**

**Ingredientes:** Panecillo: Harina de Trigo Enriquecida (Harina de Trigo, Niacina, Hierro como Sulfato Ferroso, Tiamina Mononitrato, Enzimas, Riboflavina, Acido Fólico), **Azúcar\***, Moras, Agua, Huevos, Aceite de Soya, Contiene menos del 2% de lo siguiente: **Jarabe de Maíz Alto en Fructosa\***, Levadura (Bicarbonato de Sodio, Fosfato de Aluminio de Sodio, Sulfato de Aluminio), Almidón de Maíz Modificado, Aislado de Proteína de Soya, Sal, Suero (un derivado de la leche), Mono y Diglicéridos, Lactilato Estearoil de Sodio, Saborizantes Naturales y Artificiales, Monostearato de Sorbitán, Polisorbato 60, Almidón de Trigo Gelatinizado, Saborizante Natural, Glicol de Propileno; Cubierta: **Azúcar\***

Cucharaditas de Azúcar = 11



\*Las palabras resaltadas en amarillo se refieren a el azúcar agregada. El azúcar agregada es el azúcar que se agrega a los alimentos y bebidas procesados al momento de producirse. El azúcar de origen natural es la que se encuentra naturalmente en alimentos sin procesar, tales como la leche, la fruta, los vegetales, y algunos granos.

# GO, SLOW, WHOA

## Benefits of learning GO, SLOW, and WHOA foods:

1. Simple and easy way to recognize healthy food choices.
2. Families learn strategies for making healthy choices.

### Farmers Market or Green Cart Shopping List

Get your GO Foods! Choose a variety of fruits and vegetables at your local market!

## Family Goal

Goal: List 3 GO foods you will eat each day!

Monday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Tuesday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Wednesday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Thursday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Friday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Saturday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Sunday: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



**WHOA!**

**SLOW!**

**GO!**

**Fact of the Week** Foods that give our bodies important nutrients and are lowest in fat and added sugars—eat almost anytime! Foods that are higher in fat, added sugar and calories—eat sometimes. Foods that are the highest in fat and added sugar, and may be low in nutrients—eat only on special occasions.

### Health Tip

Replace WHOA foods with GO foods in your home.

### Surprising Fact

Regular soda is a WHOA food!



### Strategy

If you eat sweets, eat them only once in a while and in small amounts.

# At-Home Tools

## Books

*The Very Hungry Caterpillar*  
by Eric Carle

*Sweet as a Strawberry*  
by Sally Smallwood

*Gregory, the Terrible Eater*  
by Mitchell Sharmat

## New Food Words to Use

1. Fresh
2. Go
3. Slow
4. Whoa



## Did you know...

Some examples of GO foods are: fresh, frozen, and canned fruits and vegetables. SLOW foods are: 100% juice, pancakes, baked potato chips. WHOA foods are: french fries, fried chicken, doughnuts, and fried potato chips.



## Physical Activities

### Get Moving Together!

Sing and dance to Grand Old Duke of York, Shake Your Sillies Out, or Hokey-Pokey. Follow exercise with a hydrating, nutritious smoothie: blend ice, strawberries, and fat-free or low-fat milk.

### Cookie, Cookie, Cucumber!

Based on "Duck, Duck, Goose," use your nutrition knowledge to think of a WHOA food and a GO replacement. Remember: Healthy choices give you more energy to run around the circle! Follow with a glass of cold water and apple slices sprinkled with cinnamon.

## GO Recipes

### Breakfast

Add blueberries to oat cereal in fat-free or low-fat milk.

### Snack

An apple and a glass of fat-free or low-fat milk.

### Dessert

Fat-free or low-fat yogurt with strawberries and bananas.

Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002.

# SIGA, DESPACIO, PARE

## Beneficios de aprender acerca de las comidas SIGA, DESPACIO Y PARE:

1. Una manera simple y fácil de reconocer selecciones saludables de comida.
2. Las familias aprenden estrategias para hacer selecciones saludables.

Mercado de Agricultores o Lista de Compras del Carrito Verde

¡Consume comidas sigue!  
Escoje de una variedad de frutas y vegetales de tu mercado local.

## Meta Familiar

¡Haga una lista de 3 comidas SIGA que comerá cada día!

Lunes: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Martes: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Miércoles: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Jueves: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Viernes: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Sábado: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Domingo: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



**¡PARE!**

**¡DESPACIO!**

**¡Siga!**

**Dato de la Semana** ¡Comidas que le dan a nuestros cuerpos nutrientes importantes y son los más bajos en grasa y azúcares añadidos—cómalas casi a cualquier hora! Comidas que son más altas en grasa, azúcar añadido y calorías—cómalas algunas veces. Comidas que son las más altas en grasa y azúcares añadidos, y muchas son bajas en nutrientes—cómalas solamente en ocasiones especiales.

### Consejo de Salud

Reemplace comidas PARE con comidas SIGA en su casa.

### Dato Sorprendente

¡La gaseosa regular es una comida PARE!



### Estrategia

Si usted come cosas dulces, cómalas de vez en cuando y en pequeñas cantidades.

# Herramientas en Casa

## Libros

*The Very Hungry Caterpillar*  
de Eric Carle

*Sweet as a Strawberry*  
de Sally Smallwood

*Gregory, the Terrible Eater*  
de Mitchell Sharmat

## Nuevas Palabras de Comida Para Usar

1. Fresco
2. Siga
3. Despacio
4. Pare



## Sabía que...

Algunos ejemplos de comidas SIGA son: frutas y vegetales frescos, congelados o enlatados. Comidas DESPACIO son: jugo 100%, pancakes, papas horneadas. Comidas PARE son: papas a la francesa, pollo frito, donas y papas fritas.



## Actividades Físicas

### ¡Muévanse Juntos!

Cante y baile al ritmo de Grand Old Duke of York, Shake Your Sillies Out o Hokey-Pokey. Después del ejercicio beba un batido hidratante y nutritivo: licue hielo, fresas y leche libre o baja de grasa.

### ¡Galleta, Galleta, Pepino!

Basado en "Duck, Duck, Goose", use su conocimiento de nutrición para pensar en una comida PARE y un reemplazo SIGA. ¡Recuerde: Selecciones saludables le dan más energía para correr alrededor del círculo! Después beba un vaso de agua fría y rodajas de manzana espolvoreadas de canela.

## Recetas SIGA

### Desayuno

Agregue arándanos a cereal de avena con leche libre o baja de grasa.

### Merienda

Una manzana y un vaso de leche libre ó baja de grasa.

### Postre

Yogurt libre ó bajo de grasa con fresas y banano.

Fuente: Adaptación de CATCH (por sus siglas en inglés) Enfoque Coordinado para la Salud Infantil. Currículo para el 4to grado, Universidad de California y Flaghouse, Inc. 2002.

# Fabulous Fruits

## Early Childhood Health Lesson



**Objective:** Learn the importance of eating a variety of fruits every day.

### **WE CAN! MESSAGES**

Eat a variety of fruit daily.

Increase availability and accessibility of healthy foods in the home.

Limit the availability of high-fat, high-calorie/low nutrient foods in the home.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.

### **ADULT MESSAGE**

Eating a variety of fruits each day helps provide your body with essential nutrients, antioxidants, fiber, and water, and helps reduce the risk of developing certain diseases.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Learn pre-math skills, such as: counting, sorting, categorizing, color, shape, and pattern recognition.

Learn language skills by building a descriptive vocabulary.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Ask children and adults to name their favorite fruit and when they like to eat it. Ask children to describe their favorite fruit. Introduce descriptive vocabulary to help identify colors and textures, (i.e., bumpy, smooth, sweet, hard, and soft).

Discuss where fruit comes from, how fruit is natural, and grows on plants, trees or vines. Important to discuss the multiple benefits of fruits: not only is it very beneficial to the body, filled with many good nutrients, making people feel good and helping us grow, *but* it is also sweet and juicy, fun to eat, and is a GO food snack!

**Visual References:** Pictures of familiar and less common fruits, pictures of where different fruits grow, chart listing specific benefits of fruits (nutrients, vitamins, fiber, and water).

## Key Teaching Messages

- Eat two to four servings of fruit a day to help build healthy bodies and reduce the risk of developing certain diseases.
- Fruit provides nutrients, antioxidants, vitamins and minerals that benefit the body.
- Fruits are nutrient-dense. (Nutrient-dense means foods rich in nutrients)
- Fruit is a GO food.

## ART ACTIVITY: MODEL MAGIC FRUIT BASKETS

Using model magic and watercolors, children and adults will create a healthy fruit basket. Children will explore texture, shapes, size, and colors. Laminated pictures of fruit, as well as fruit samples, will be available to help introduce new fruits and build vocabulary.

**Materials:** model magic, watercolors and large paintbrushes (or washable markers), large popsicle sticks, and small paper bags.

**Set-up:** Form balls of model magic (can be a little bigger than a golf ball). Place one ball of model magic and one watercolor tray at each seat. Use a small amount of water in water cups or take a sponge or paper towel and squeeze water onto the watercolors, making them easier to use. Place a paintbrush next to each watercolor tray. Use large paintbrushes for the younger children since they will be easier to hold. Have extra balls of model magic ready in case a child needs more.

When the children are done with their projects, place projects on top of a paper bag and write the child's name on the bag. Children will be able to transport their creation home in the bag when it is time to leave.

**Clean-up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!  
We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!





### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music: Fruit Dancing With Scarves

Children and adults will learn creative movements; to roll like apples and oranges, peel like bananas, hang like cherries, bunch like grapes. Children and adults will also learn The Banana Song (see next page).

### Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

### GROUP STORYTIME

*Oliver's Fruit Salad* by Vivian French

*The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear* by Don Wood

*Blueberries for Sal* by Robert McCloskey

### HEALTHY SNACK: VARIETY OF FRESH FRUITS AND WATER

Offer different types of fruits (i.e., oranges, blueberries, kiwis, strawberries, raspberries, etc.)

Using the chart of fruit benefits, tell families the benefits of the fruit they are eating. For example, strawberries are FULL of nutrients, like vitamin C, which helps heal cuts and wounds and keep teeth and gums healthy\*. (\*Information from [www.fruitsandveggiesmatter.gov/benefits/nutrient\\_guide.html](http://www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html))

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

### REVIEW FAMILY HANDOUT

**Goal:** Eat three fruit servings every day!

**Bonus:** Try one new fruit.

**Fact of the Week:** It can take 8–15 tries before a child will accept a new food. Eat new foods with your child to set an example of healthy eating habits.

## At-Home Strategies:

- Replace dessert with fruit.
- Wash fruit before eating.
- Add fruit to cereal, non-fat or low-fat yogurt, and whole grain toast.
- Add banana or apple slices to peanut butter sandwiches.

## FRUITS SONGS

### The Banana Song

Grow banana, grow, grow banana (bring one arm at a time above your head)

Peel banana, peel, peel banana (bring one arm at a time down)

Go bananas, go, go bananas (jump up and down doing the mashed potato)

OR

Grow the apple, grow, grow the apple (standing straight)

Pick the apple, pick, pick the apple (hands above head picking apple off tree)

Eat the apple, eat, eat the apple (pretend you are eating the apple)

## LESSON VISUALS

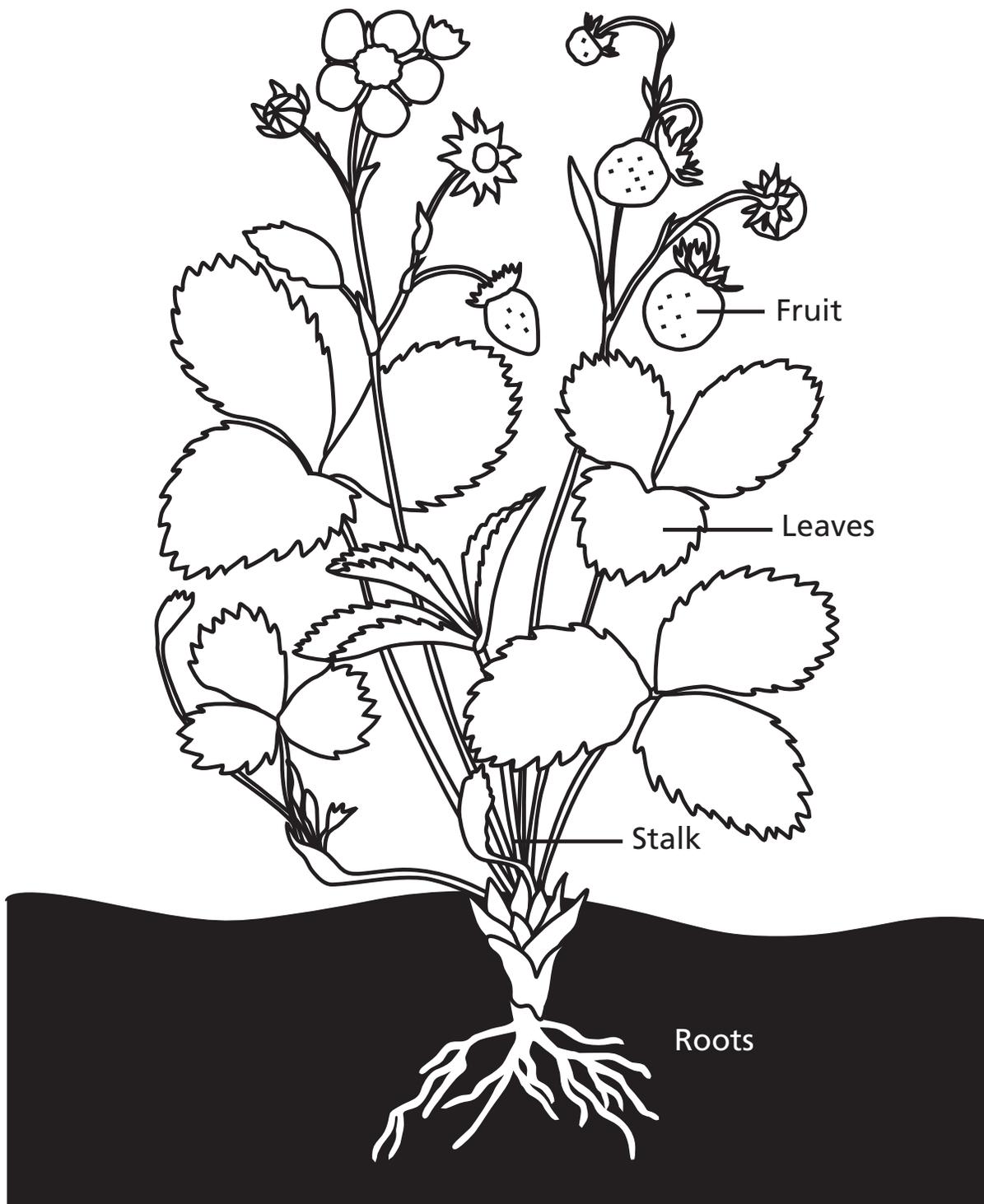
- Strawberry Plant
- Five (5) pages of fruits with letters



# Lesson: Fabulous Fruits

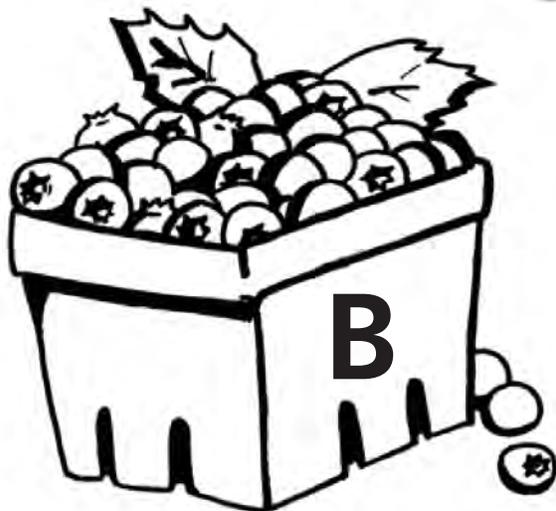
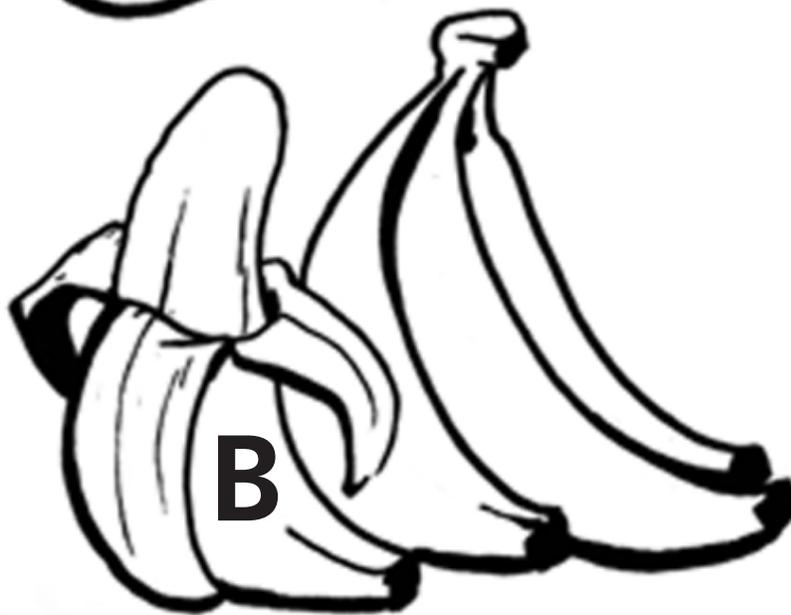
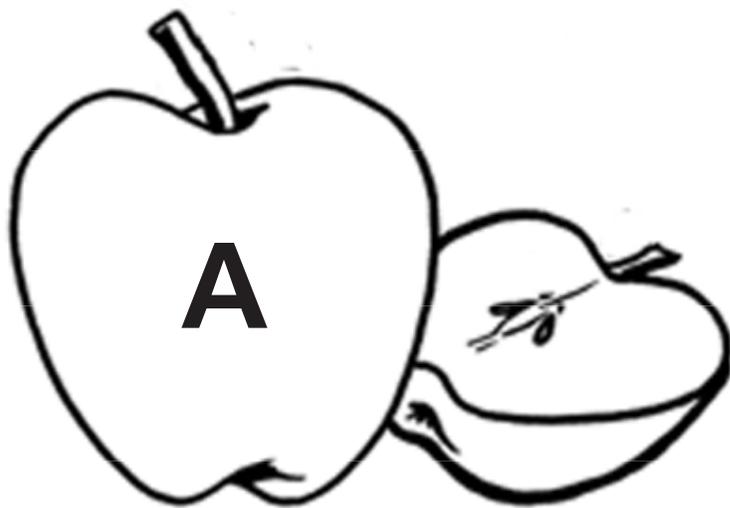
Early Childhood Health Lesson

## Strawberry Plant



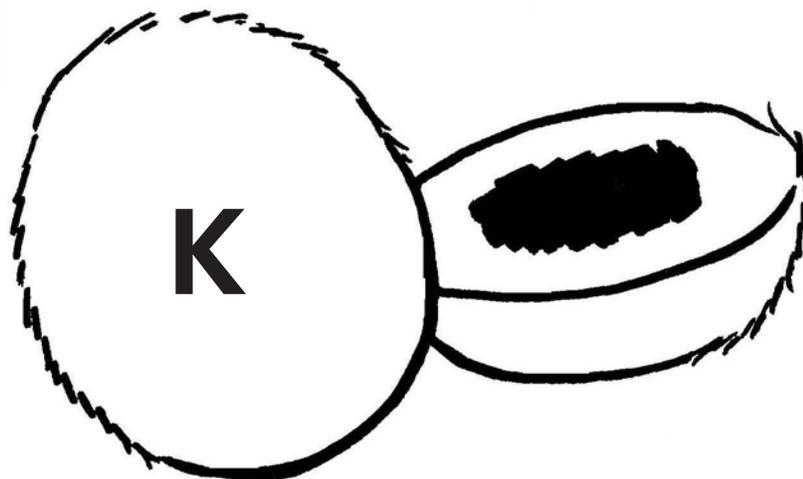
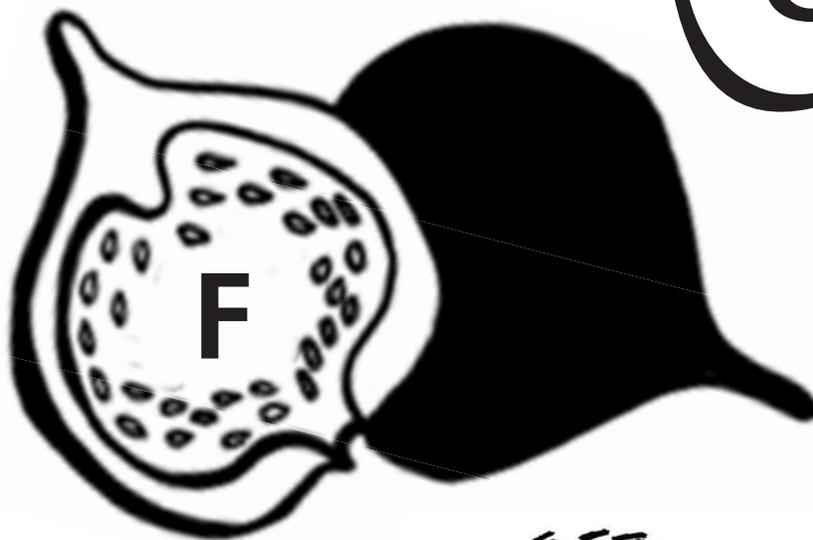
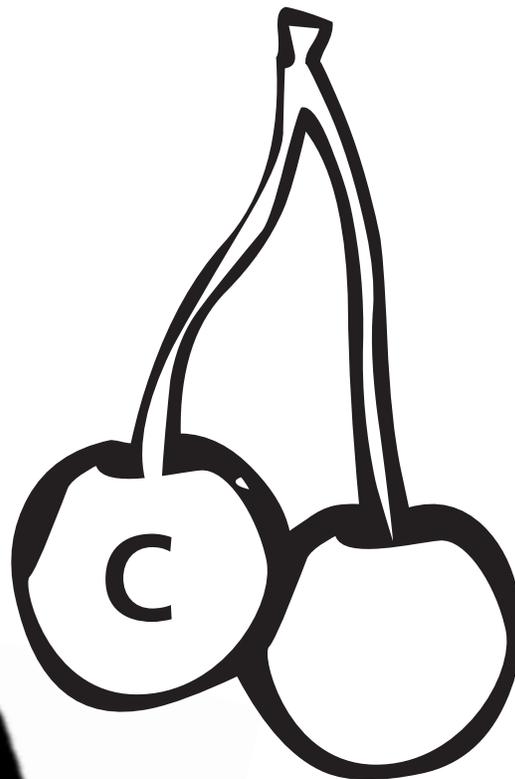
# Lesson: Fabulous Fruits

Early Childhood Health Lesson



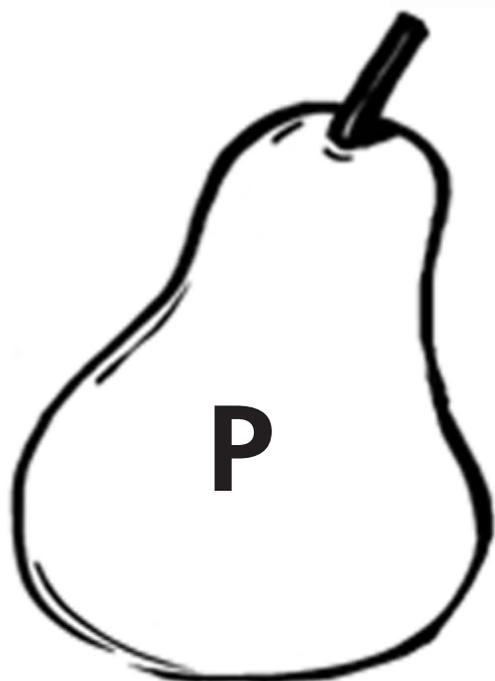
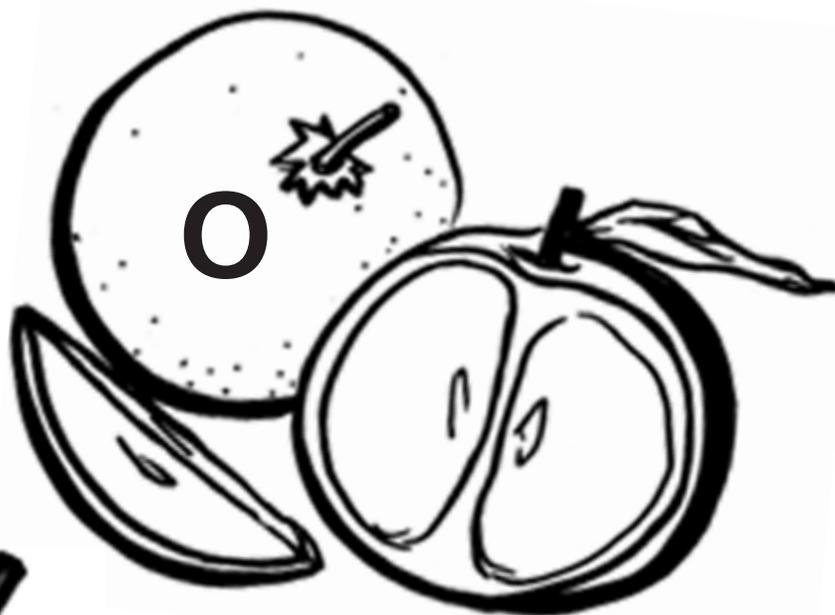
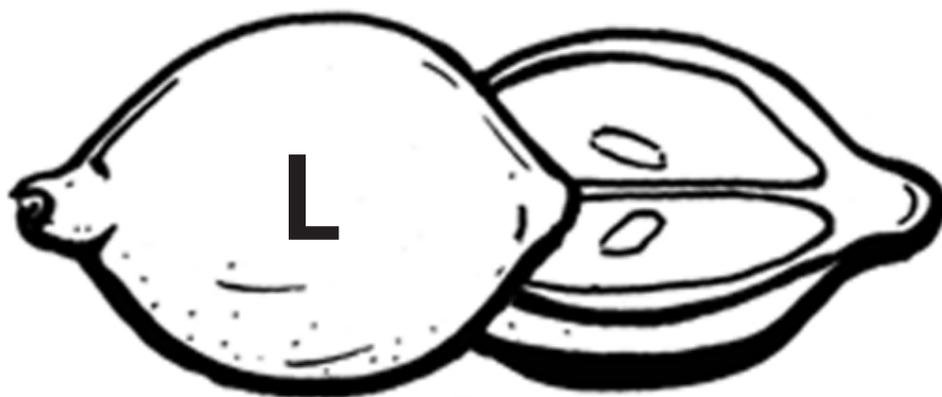
# Lesson: Fabulous Fruits

Early Childhood Health Lesson



# Lesson: Fabulous Fruits

Early Childhood Health Lesson



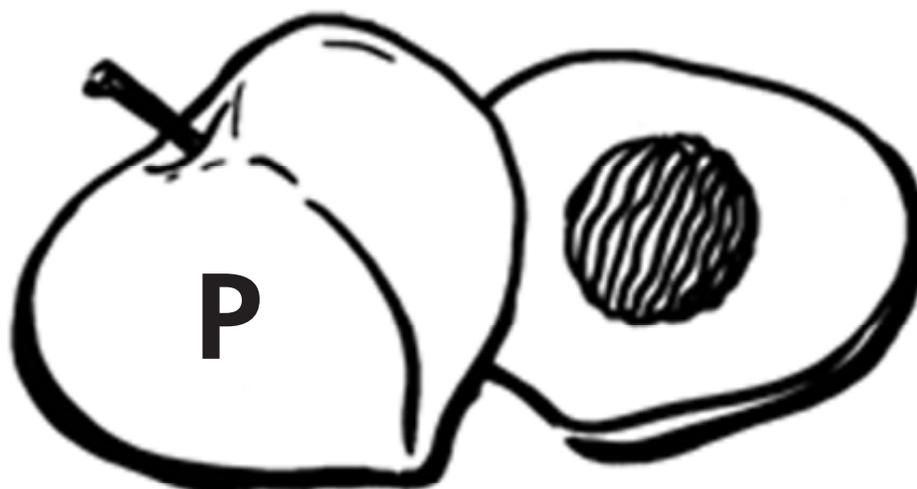
# Lesson: Fabulous Fruits

Early Childhood Health Lesson



# Lesson: Fabulous Fruits

Early Childhood Health Lesson



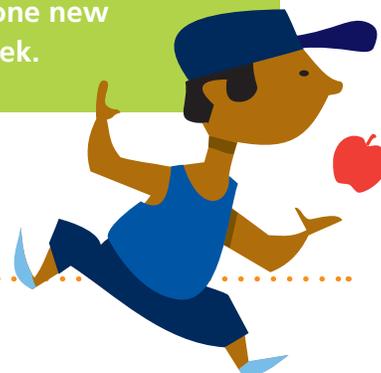
# Fabulous Fruits

## Benefits of Fruit:

1. GO food!
2. Packed with vitamins and minerals.
3. Low in fat and calories.
4. Good source of fiber.
5. Huge variety to choose from.
6. Different colors provide different nutrients.

Farmers Market or Green Cart Shopping List

Try at least one new fruit this week.



## Family Goal

Goal: Eat two to four fruits servings every day! Check if you reached your goal:

Monday	1. _____	2. _____	3. _____	<input type="checkbox"/> Great start!
Tuesday	1. _____	2. _____	3. _____	<input type="checkbox"/> Good Job!
Wednesday	1. _____	2. _____	3. _____	<input type="checkbox"/> Well Done!
Thursday	1. _____	2. _____	3. _____	<input type="checkbox"/> Keep Going!
Friday	1. _____	2. _____	3. _____	<input type="checkbox"/> Fantastic!
Saturday	1. _____	2. _____	3. _____	<input type="checkbox"/> Way to go!
Sunday	1. _____	2. _____	3. _____	<input type="checkbox"/> You did it!

BONUS: Can you try one new fruit? I tried \_\_\_\_\_. It gets ★★★★★ (circle the stars, 5 = delicious!)

**Fact of the Week** Blueberries have more antioxidants than most other fruits and vegetables. (Antioxidants help protect your body's cells from being damaged.)



### Surprising Fact

Fruit that is fresh, frozen or canned in fruit juice are all GO foods.

### Health Tip

Wash all fresh fruit before eating.



### Strategy

Have fruit for dessert.

# At-Home Tools

## Fruit Books

*Oliver's Fruit Salad*  
by Vivian French

*The Little Mouse,  
the Red Ripe Strawberry  
and the Big Hungry Bear*  
by Don Wood

*Blueberries for Sal*  
by Robert McCloskey



## New Fruit Words to Use

1. Crunchy
2. Juicy
3. Sticky
4. Sweet
5. Smooth



## Recipes to Include Fruit

### Breakfast

Cereal with fat-free or low-fat milk and blueberries

### Lunch

Fat-free or low-fat cheese melted over apple slices, on whole grain toast

### Afternoon Snack

Apple slices sprinkled with cinnamon

### Dessert

Bowl of frozen cut grapes (red or green)  
Hint: cut before freezing!

## Did you know...

As you cook and prepare food with your children, you are helping them learn to count, categorize and recognize colors and shapes.

## Fruit Activities

### Create a Funny Fruit Face

Use a variety of fruits cut into shapes for mouth, nose, eyes, ears, and hair. Arrange on your plate. The best part is eating the face when you are done!

### "I Spy" Colors

While shopping, try to spot the colors of the rainbow (red, orange, yellow, green, blue, indigo, violet).

### Ants on a Log

Using celery sticks, fat-free or low-fat cream cheese and raisins, design what looks like ants crawling along a straight, crunchy log!



# Frutas Fabulosas

## Beneficios de las Frutas:

1. ¡Comida SIGA!
2. Llenas de vitaminas y minerales.
3. Bajas en grasa y calorías.
4. Buena fuente de fibra.
5. Gran variedad para escoger.
6. Diferentes colores proveen diferentes nutrientes.

Mercado de Agricultores  
o Lista de Compras del  
Carrito Verde

Prueba por lo menos una  
nueva fruta esta semana.



## Meta Familiar

Meta: ¡Coma de dos a cuatro porciones de fruta cada día! Compruebe si alcanzó su meta:

Lunes	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Buen comienzo!
Martes	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Buen trabajo!
Miércoles	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Bien hecho!
Jueves	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Siga así!
Viernes	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Fantástico!
Sábado	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Va por buen camino!
Domingo	1. _____	2. _____	3. _____	<input type="checkbox"/> ¡Lo logró!

BONO: ¿Puede probar una fruta nueva? Yo probé \_\_\_\_\_. Recibe ★ ★ ★ ★ ★ (marque la cantidad de estrellas... 5 = ¡deliciosa!)

## Dato de la Semana

Los arándanos tienen mas antioxidantes que la mayoría de las frutas y verduras. (los antioxidantes ayudan a proteger del daño a las células del cuerpo)



### Dato Sorprendente

Frutas frescas, congeladas y enlatadas en su jugo son comidas SIGA.

### Consejo de Salud

Lave todas las frutas frescas antes de consumir.



### Estrategia

Coma frutas como postre.

# Herramientas en Casa

## Libros de Frutas

*Oliver's Fruit Salad*  
de Vivian French

*The Little Mouse,  
the Red Ripe Strawberry  
and the Big Hungry Bear*  
de Don Wood

*Blueberries for Sal*  
de Robert McCloskey



## Nuevas Palabras de Frutas para Usar

1. Crujiente
2. Jugosa
3. Pegajosa
4. Dulce
5. Suave



## Sabía que...

A medida que usted prepara comida con sus niños, usted les está ayudando a aprender a contar, categorizar y reconocer colores y formas.

## Actividades con Frutas

### Cree una Cara Divertida de Frutas

Use una variedad de frutas cortadas en formas para la boca, nariz, ojos, orejas y pelo. Arréglelas en un plato. ¡La mejor parte es comerse la cara cuando haya terminado!

### "Yo Espío" Colores

Mientras hace mercado, trate de ubicar los colores del arco iris (rojo, anaranjado, amarillo, verde, azul, índigo, violeta)

### Hormigas en un Tronco

¡Usando palitos de apio, queso crema libre ó bajo de grasa y uvas pasas, diseñe lo que parecería hormigas caminando a lo largo de un tronco crujiente!



## Recetas que Incluyen Frutas

### Desayuno

Cereal con leche libre o baja de grasa y arándanos

### Almuerzo

Queso libre o bajo de grasa derretido encima de rodajas de manzana, en una tostada integral

### Merienda de la Tarde

Rodajas de Manzana espolvoreadas con canela

### Postre

Un tazón de uvas congeladas y cortadas (rojas o verdes)  
Sugerencia: ¡córtelas antes de congelarlas!

# Move to the Beat

## Early Childhood Health Lesson



**Objective:** Learn how important daily physical activity is for maintaining health.

### **WE CAN! MESSAGES**

Kids should engage in at least 60 minutes or more of moderate-to-vigorous activity each day.  
Reduce sedentary activity.  
Limit screen time to less than 2 hours daily.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.

### **ADULT MESSAGE**

To maintain a healthy weight, being physically active is just as important as eating right.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

It is important for children to develop listening and counting skills, build gross motor skills, and body awareness.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.  
Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Lead families in hand-clapping rhythms that imitate various heartbeats. Ask families if they have ever heard this beat inside their own body. If yes, ask what families think is making that beat. If no, have children run around the room and stop suddenly, close their eyes and place a hand on their chest. Children should be able to feel their heart beating. Explain to families how the heart is a part of your body that never stops (not even during sleep). The heart is a muscle that needs to be kept strong and healthy; how can we do that? We can move our bodies every day.

**Visual References:** Energy Meter chart, images of actual-size adult heart, child heart and the circulatory system, and fun family activities that exercise the heart muscle.

### **Key Teaching Messages**

- Daily physical activity improves lung capacity, bone density, muscle strength, brain function, heart strength, and blood vessels while also lowering stress levels and reducing the risk of developing obesity, diabetes, high blood pressure, and high cholesterol.

- Being active every day is good for your body!
- High-fat and high-calorie foods that do not have beneficial nutrients can increase a person's body weight, increasing their risk of developing high blood pressure, diabetes, and other conditions.

## ART ACTIVITY: HEART DRUMS

Each parent and child will receive a drum to decorate. Using glue sticks and various collage materials, each unique drum will help children connect drum beats to healthy heartbeats in their body.

**Materials:** Various containers for drums (coffee cans, plastic containers, shoe boxes), glue sticks, collage materials, fabric squares, and textured paper.

**Set-up:** Place a drum (i.e., shoe box, coffee can, or plastic containers) and glue stick at each seat. In the center of each table place one to two handfuls of the materials (ribbons, feathers, felt, pipe cleaners, and pom-poms, etc.). They can be placed in piles or spread across the table. Have a marker in hand to write the children's names on their artwork when they are finished. Designate an area for projects to dry.

**Clean-up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-Up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!

We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!

### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch



- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

Educators should continually highlight how much fun the families are having as they move together. Educators discuss strategies to reduce screen time and incorporate more activities for families throughout the day.

**Drum Circle:** Educators and children try out a variety of slow and fast beats on their drums to illustrate how heart rates can change. Then educators and children stand and repeat various beats with their feet and hands. Songs: I've Been Working on the Railroad and Bingo.

**Drum Beat Dance:** Educators and parents tap out a variety of slow and fast beats on the drums while the children dance to the rhythms. Educators encourage children to imitate large and small animal movements. Examples: slide like a snake, fly like a bird, hop like a kangaroo, swim like a fish, climb like a bear.

**Heart Beat:** Have children run in place for twenty seconds, then place their right hand over their heart to feel their increased heartbeat. Then have children lie down on floor and remain quiet while listening to their heartbeat return to a normal rhythm.

**Songs:** My Heart, I Love You (See next page)

Educators stress the **We Can!** message: Be active and have fun!

### Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

### GROUP STORYTIME

*Thump, Thump, Rat-a-Tat-Tat* by Gene Baer

*The Animal Boogie* by Debbie Harter

*From Head to Toe* by Eric Carle

### HEALTHY SNACK

Offer healthy mini-sandwiches (e.g., whole wheat crackers, low-fat cream cheese, and bananas). An educator-led discussion will give children and adults the opportunity to learn about different ways to do physical activities and incorporate them during their day.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** 60 minutes (1 hour or more) of daily activity!

**Bonus:** Replace three WHOA foods with three GO foods.

**Fact of the Week:** Physical activity habits established in childhood may last a lifetime.

### At-Home Strategies:

- Walk to school, walk to work, and take the stairs.
- Listen to music and dance around the house.
- Substitute fried foods with fresh, steamed, roasted, grilled, baked, or boiled foods.
- Cook with vegetable oil instead of butter, margarine, or lard.
- You don't have to meet your daily physical activity goal all at once. Many little activities add up!
- Reduce screen time to increase activity time!

## SONGS

### My Heart

My heart is a muscle that's pumpin' blood,  
Pumpin' blood, pumpin' blood  
My heart is a muscle that's pumpin' blood  
To make my body healthy.

### I Love You

I love you, You love me.  
We're a happy family.  
With a great big hug and a kiss from me to you.  
Won't you say you love me too?



## LESSON VISUALS

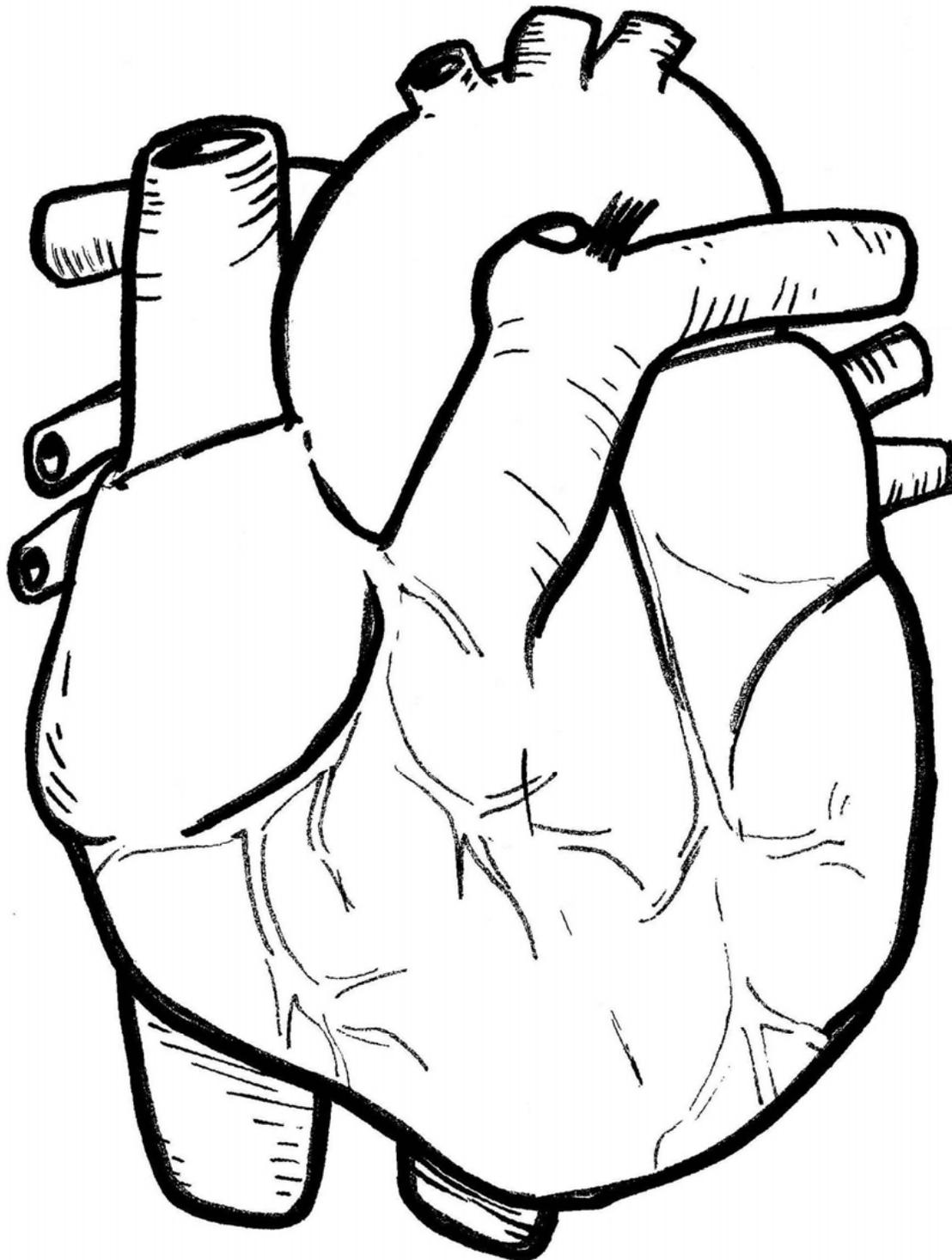
- Human Heart
- Body outline with heart
- Low, moderate, and high activity images



# Lesson: Move to the Beat

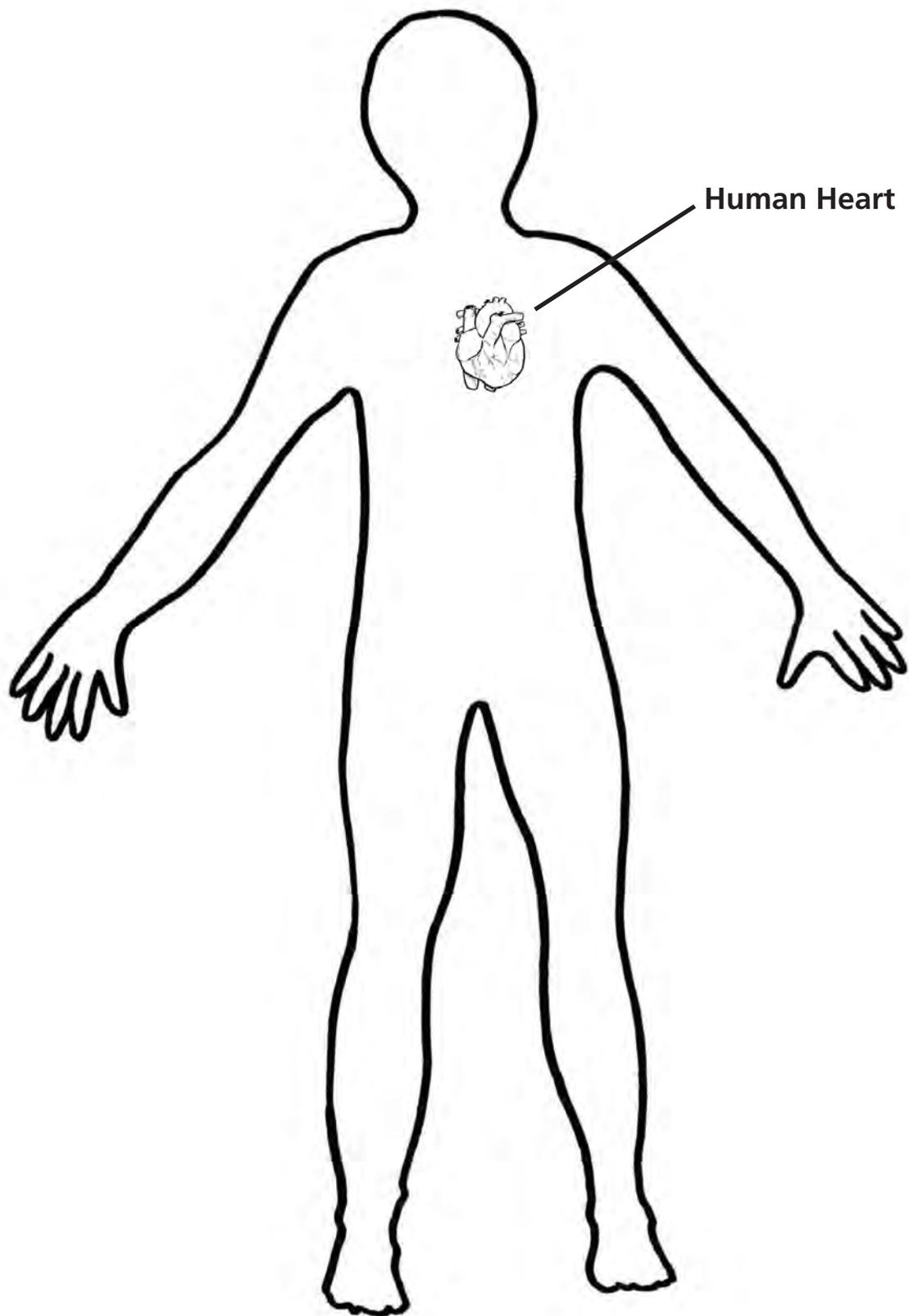
Early Childhood Health Lesson

## Human Heart



# Lesson: Move to the Beat

Early Childhood Health Lesson



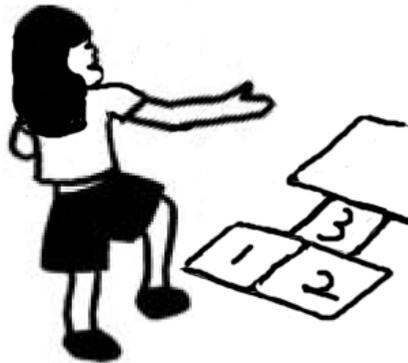
Human Heart

# Lesson: Move to the Beat

## Early Childhood Health Lesson

### Low Energy

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### Moderate Energy

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# Lesson: Move to the Beat

Early Childhood Health Lesson

## High Energy

---



# Move to the Beat

## Benefits of Physical Activity:

1. Reduces risk of stroke, heart attacks, and being overweight.
2. Strengthens heart and other muscles.
3. Strengthens bones
4. Reduces stress.

**Farmers Market or Green Cart Shopping List**  
 Try good-for-your-heart avocados or pineapples from your local market.



## Family Goal

**Goal: Get 60 minutes of daily activity! Did you reach your daily goal?**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/> 60 minutes						
<input type="checkbox"/> over 60 min.						
<input type="checkbox"/> under 60 min.						

BONUS: Combine good exercise with good nutrition.

Replace three WHOA foods this week with three GO foods. (Example: We ate an apple instead of a bag of potato chips.)

1. We ate \_\_\_\_\_ instead of \_\_\_\_\_.
2. We ate \_\_\_\_\_ instead of \_\_\_\_\_.
3. We ate \_\_\_\_\_ instead of \_\_\_\_\_.

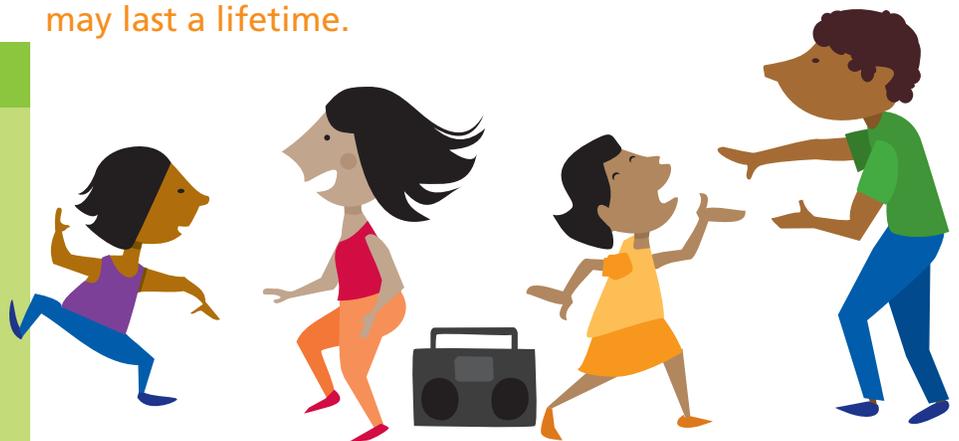
**Fact of the Week** Physical activity habits established in childhood may last a lifetime.

### Strategy

Your daily activity does not have to be continuous.

Example:

- 20 minutes of physical activity such as dancing
- + 10 minute walk to school
- 30 minutes!



# At-Home Tools

## Heart Healthy Books

*Thump, Thump,  
Rat-a-Tat-Tat*

by Gene Baer

*The Animal Boogie*

by Debbie Harter

*From Head to Toe*

by Eric Carle



## Health Tip

Cook with vegetable oil instead of butter, margarine, or lard.

## New Heart Words to Use

1. Beat
2. Fast
3. Slow
4. Move
5. Hop
6. Run

## Did you know...

There are GO fats and WHOA fats. GO fats are found in avocados, vegetable oils (olive oil is great, canola, and peanut oil work, too) and fish (salmon, mackerel, trout). WHOA fats are found in fried foods, baked goods, whole milk, ice cream, and high-fat meat.

## Fun Activities

### Dance Party!

Play your favorite music and turn your living room into a dance party.

### Jump Rope

Take turns swinging and jumping with friends and family.

### Family Challenges!

Take the stairs instead of the elevator. Leave your stroller at home and walk together!

## Good-for-the-Heart Recipes

### Breakfast

Add fat-free or low-fat milk and apple slices to instant oatmeal for a filling, fiber-loaded, heart healthy breakfast.

### Lunch

Add slices of avocado to a turkey sandwich

### Snack

Have a cup of fresh fruit instead of a bag of potato chips.

### Dinner

For a healthy stir-fry, heat 1 tablespoon of vegetable oil in a pan, add chicken strips and cut up vegetables.

# Muévase al Ritmo

## Beneficios de la Actividad Física:

- 4. Reduce el riesgo de derrame, ataques del corazón y sobrepeso.
- 3. Fortalece el corazón.
- 3. Fortalece los huesos.
- 2. Reduce el estrés.

Mercado de Agricultores ó Lista de Compras del Carrito Verde  
Prueba aguacate y piña que son muy saludables para tu Corazón, de tu mercado local.



## Meta Familiar

Meta: ¡60 minutos de actividad diaria! ¿Alcanzó su meta diaria?

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
<input type="checkbox"/> 60 minutos						
<input type="checkbox"/> más de 60 min						
<input type="checkbox"/> menos de 60						

BONO: Combine buen ejercicio con buena nutrición.

Reemplace 3 comidas PARE esta semana por 3 comidas SIGA. (Por ejemplo: Comimos una manzana en vez de papas fritas):

1. Comimos \_\_\_\_\_ en vez de \_\_\_\_\_.
2. Comimos \_\_\_\_\_ en vez de \_\_\_\_\_.
3. Comimos \_\_\_\_\_ en vez de \_\_\_\_\_.

**Dato de la Semana** Hábitos de actividad física establecidos en la niñez pueden a durar toda la vida.

### Estrategia

Su actividad diaria no tiene que ser continua.

Por ejemplo:

- 20 minutos de actividad física como el bailar.
- + 10 minutos caminar a la escuela
- ¡30 minutos!



# Herramientas en Casa

## Libros del Corazón Saludable

*Thump, Thump, Rat-a-Tat-Tat*

de Gene Baer

*The Animal Boogie*

de Debbie Harter

*From Head to Toe*

de Eric Carle



## Consejo de Salud

Cocine con aceite vegetal en vez de mantequilla o manteca.

## Palabras Nuevas del Corazón para Usar

1. Latido
2. Rápido
3. Despacio
4. Muévase
5. Brinque
6. Corra

## Sabía que...

Hay grasas SIGA y grasas PARE. Las grasas SIGA se encuentran en los aguacates, los aceites vegetales (el aceite de oliva es recomendable, los aceites de canola y maní son buenos también) y pescado (salmón, caballa, trucha). Grasas PARE se encuentran en comidas fritas, productos de panadería, leche entera, helado y carne alta en grasa.

## Actividades Divertidas

### ¡Fiesta de Baile!

Toque su música favorita y convierta su sala en una fiesta de baile.

### Salte Soga

Tome turnos balanceándose y saltando con amigos y familia.

### ¡Retos Familiares!

Use las escaleras en vez del elevador. ¡Deje el carruaje en la casa y caminen juntos!

## Recetas Buenas para el Corazón

### Desayuno

Agregue leche libre ó baja de grasa y trozos de manzana a avena instantánea para un desayuno completo, lleno de fibra y saludable para el corazón

### Almuerzo

Agregue trozos de aguacate a un sandwich de pavo

### Merienda

Consuma un pocillo de fruta fresca en vez de papas fritas.

### Cena

Para un sofrito saludable: caliente 1 cucharada de aceite vegetal en una sartén; agregue trozos de pollo y vegetales.

# Energy Balance

## Early Childhood Health Lesson



**Objective:** Learn the concept of balancing the amount of energy consumed and the energy used.

### **WE CAN! MESSAGES**

Engage in 60 min. moderate activity on most, preferably all, days of the week.  
Reduce sedentary activity.  
Limit screen time to less than 2 hours daily.  
Decrease intake of WHOA and SLOW foods.  
Increase intake of GO foods.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.  
Demonstrate healthy practices and behaviors to maintain or improve personal health.

### **ADULT MESSAGE**

Increase families daily physical activity and intake of GO foods, while reducing screen time and the intake of SLOW and WHOA foods.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Learn body awareness, gross motor development, listening skills, and directionality.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.  
Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Begin by asking families why everyone needs to eat. Once families answer that food gives our body nutrients and energy, ask families what foods they like to eat to get their nutrients and energy. Then ask families to describe how they use their energy (physical activity movement should be encouraged, but mention that energy is used throughout the day, even during sleep). Begin to talk about how WHOA foods have a lot of energy (reminding adults that energy is just another word for calories) and that when we eat WHOA foods, our body has a lot of energy to use. What happens if we can’t use all the energy? **Our bodies are smart and will store the energy.** For adults, explain that this is how bodies gain weight, **storing the extra energy as fat.** Children need calories to help them grow and learn, but they should be eating nutrient-rich foods to gain those calories.

The main communication message is that we should balance the Energy IN (calories we consume) with the Energy OUT (calories you burn to keep your body going and carry out your activities). Emphasize that physical activity helps to maintain a healthy weight and is also very important for building heart, bone, and muscle strength.

**Visual References:** Chart with GO, SLOW, and WHOA foods as images and chart with text. Chart with images of physical activity options and suggestions.

### Key Teaching Methods

- Increase daily GO food/drink intake, while decreasing SLOW and WHOA food/drink intake.
- Increase physical activity.
- Decrease drinking regular soda and juice drinks, while increasing water and fat-free or low-fat milk intake.

### ART ACTIVITY: SEESAW COLLAGE

To help reinforce the concept of energy balance, children will select images of their favorite physical activities to glue on one side of a seesaw graphic and then select healthy GO foods to place on the other side.

**Materials:** Seesaw graphic, masking tape, glue, images of physical activities, and GO foods.

**Set-up:** Tape copy of seesaw graphic at each setting. In the middle of the table, separate piles of physical activities images and GO food images. Have children select images from each pile. Help families discuss how to balance their choices on the seesaw.

**Clean up:** Give children a 5 minute warning. Always let children know that you are transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up one, two, three. I'll help you and you help me. Clean up, clean up one, two, three. I'll help you and you help me."

### PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

#### Warm-up:

##### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!  
We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

##### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!





### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music: Family Balance Challenges

Children will learn balance and develop coordination skills as they play Simon Says and Animal Freeze Dance.

**Simon Says:** Families will be led through a series of poses and body positions that help highlight balance.

**Animal Freeze Dance:** When the music plays, families will hop like a bunny, swing like a monkey, tiptoe like a giraffe. When the music stops, families will be asked to hold or balance in their positions.

### Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

### GROUP STORYTIME

*Giraffes Can't Dance* by Giles Andrede

*From Head to Toe* by Eric Carle

*Elephants Cannot Dance!* by Mo Willems

### HEALTHY SNACK

Offer sliced apples with low-fat yogurt and cinnamon dip. An educator-led discussion will give children and adults the opportunity to discuss strategies for incorporating GO food snack choices into their daily diet while increasing their physical activity.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** Add 10 minutes of physical activity and one GO food every day.

**Fact of the Week:** Added sugars in foods and drinks provide extra calories, but no additional nutrients.

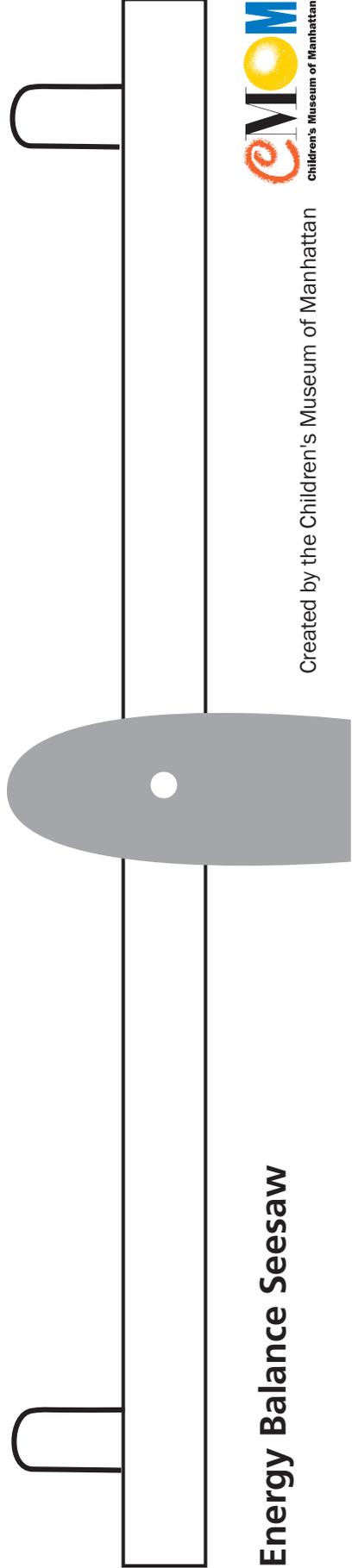
### At-Home Strategies:

- Eat a low-fat, high-fiber breakfast—it may make you less hungry later in the day.
- Add a few minutes of physical activity whenever you can!
- Decrease intake of WHOA and SLOW.
- Increase intake of GO foods.
- Ask stores to sell more GO foods.
- Set screen time limits for the whole family. More importantly, enforce the rule!

### LESSON VISUALS

- Energy Balance Seesaw image
- Three pages of low and high energy activity images
- Page of fruit and vegetable images





## Energy Balance Seesaw

Created by the Children's Museum of Manhattan

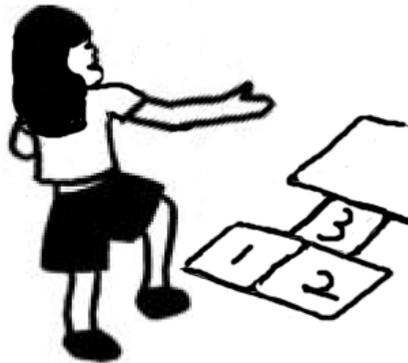


# Lesson: Energy Balance

## Early Childhood Health Lesson

### Low-Energy

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### Moderate-Energy

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# Lesson: Energy Balance

Early Childhood Health Lesson

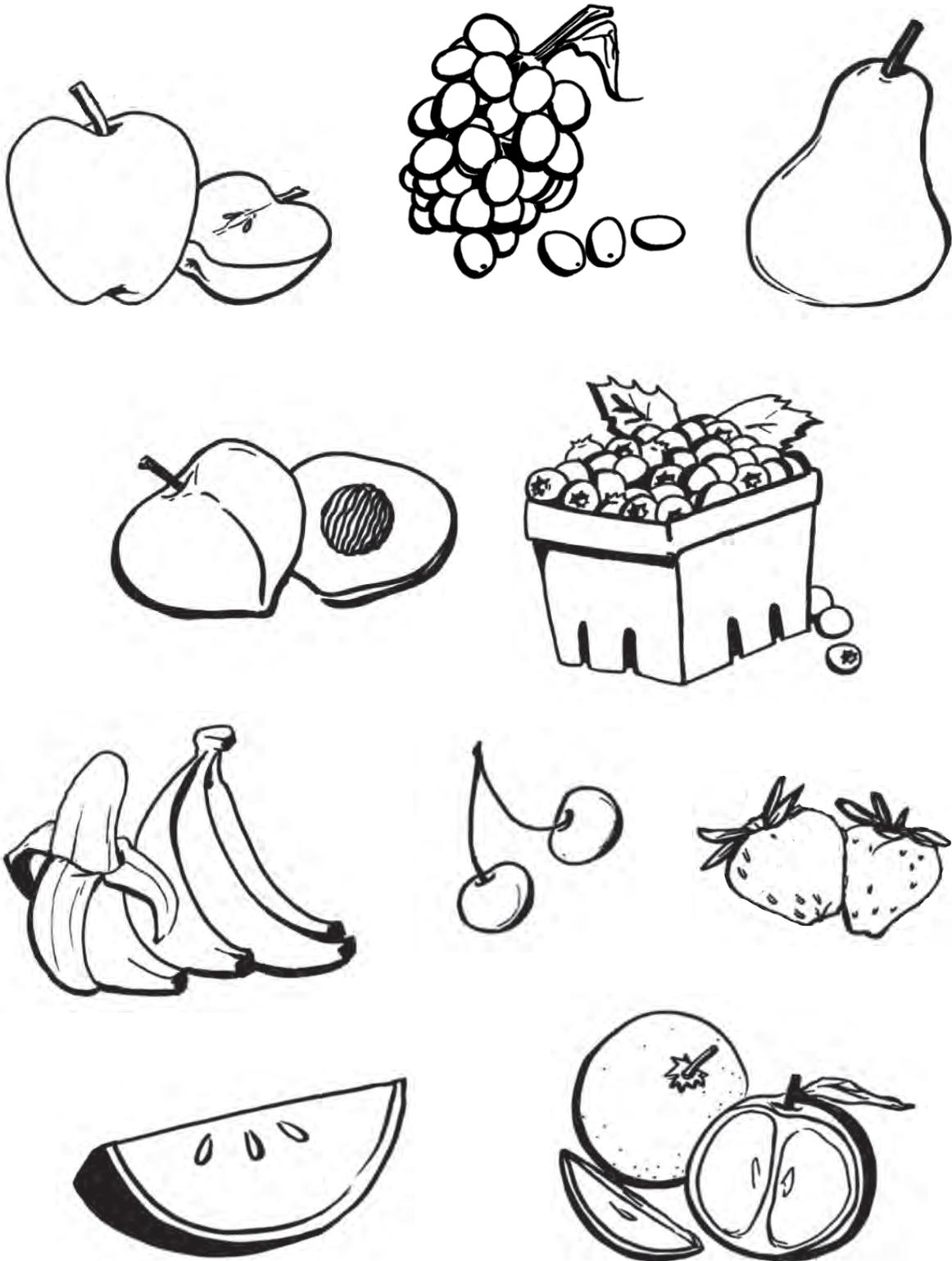
## High-Energy

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# Lesson: Energy Balance

Early Childhood Health Lesson



# Energy Balance

## Benefits of Balancing Energy In (food you eat) with Energy Out (how much you move):

1. Helps maintain a healthy weight.
2. Allows body to function at its best!



### Farmers Market or Green Cart Shopping List

Increase your heart rate by walking with your family to your local market and pick out a healthy snack!



## Family Goal

Goal: Add 10 minutes of physical activity and 1 GO food every day.

Physical Activity added:

GO food added:

Monday: \_\_\_\_\_ We ate \_\_\_\_\_ !

Tuesday: \_\_\_\_\_ We ate \_\_\_\_\_ !

Wednesday: \_\_\_\_\_ We ate \_\_\_\_\_ !

Thursday: \_\_\_\_\_ We ate \_\_\_\_\_ !

Friday: \_\_\_\_\_ We ate \_\_\_\_\_ !

Saturday: \_\_\_\_\_ We ate \_\_\_\_\_ !

Sunday: \_\_\_\_\_ We ate \_\_\_\_\_ !

## Fact of the Week

Added sugars in foods and drinks provide extra calories, but no additional nutrients.

### Strategy

Eat a low-fat, high-fiber breakfast—it may make you less hungry later in the day. Try whole grain cereal with fruit.

### Surprising Fact

Physical activity can help children sleep better. Encourage 60 minutes of physical activity daily!

### Health Tip

Eat food portions that are no larger than your fist.

# At-Home Tools

## Books

*Giraffes Can't Dance*

by Giles Andreae

*From Head to Toe*

by Eric Carle

*Elephants Cannot Dance!*

by Mo Willems



## New Energy Words to Use

1. Move
2. Play
3. Balance
4. Energy



## Did you know...

Calories are needed for the body to perform basic functions, like breathing and sleeping. Many more calories are used during physical activities that increase the heart rate.

### Activities

#### Get Moving Together!

Walk faster than you normally do. Challenge family members to speed-walking contests!

#### Freeze Dance Parties!

Turn on a variety of music and dance. When the music stops, strike a pose and balance.



### Balanced Recipes

#### GO Snack

Spread a teaspoon of fat-free or low-fat cream cheese on a piece of toasted whole grain bread. Place tomato slices on top.

*and*

#### Physical Activity

Pack water in a reusable bottle and enjoy a long family walk!

# Balance de Energía

**Beneficios de balancear la Energía que va hacia Adentro (la comida que usted consume) con la Energía que va hacia Afuera (qué tanto usted se mueve):**

1. Ayuda a mantener un peso saludable.
2. ¡Ayuda al cuerpo a funcionar mejor!

**Mercado de Agricultores o Lista de Compras del Carrito Verde**

¡Para elevar tu frecuencia cardiaca camina con tu familia a tu mercado local y compren una merienda saludable para toda la familia!



## Meta Familiar

**Meta: Agregue 10 minutos de Actividad Física y 1 comida SIGA cada día.**

**Actividad Física agregada:**

**Comida SIGA agregada:**

Lunes: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

Martes: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

Miércoles: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

Jueves: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

Viernes: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

Sábado: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

Domingo: \_\_\_\_\_ ¡Comimos \_\_\_\_\_ !

**Dato de la Semana** Azúcares agregados en comidas y bebidas proveen calorías extras pero no nutrientes adicionales.

### Estrategia

Consuma un desayuno bajo de grasa y alto en fibra— puede ayudarlo a sentirse con menos hambre más tarde en el día. Pruebe cereal integral con fruta.

### Dato Sorprendente

La actividad física ayuda a los niños a dormir mejor. Motíuelos a 60 minutos de actividad física diaria.

### Consejo de Salud

Consuma porciones de comida que son no más grandes que su puño.



# Herramientas en Casa

## Libros

*Giraffes Can't Dance*  
de Giles Andreae

*From Head to Toe*  
de Eric Carle

*Elephants Cannot Dance!*  
de Mo Willems



## Nuevas Palabras de Energía para Usar

1. Moverse
2. Jugar
3. Balance
4. Energía



## Sabía que...

Las calorías son necesarias para que el cuerpo cumpla las funciones básicas como respirar y dormir. Muchas calorías son usadas durante actividades físicas que aumentan el ritmo cardíaco.

### Actividades

#### ¡Muévanse Juntos!

Camine más rápido de lo normal. ¡Rete a los miembros de su familia para hacer competencias de caminata acelerada!

#### ¡Fiestas de Baile Congelado!

Ponga una variedad de música y baile. Cuando la música pare, usted debe parar y mantener el balance.

### Recetas Balanceadas

#### Merienda Rápida

Esparza una cucharadita de queso crema libre o bajo de grasa en una tostada integral. Coloque rodajas de tomate encima.

y

#### Actividad Física

¡Empaque una botella de agua reutilizable y disfrute de una larga caminata familiar!



# I Love My Veggies!

## Early Childhood Health Lesson



**Objective:** Learn the importance of eating a variety of vegetables every day.

### **WE CAN! MESSAGES**

Eat a variety of vegetables daily.

Increase availability and accessibility of healthy foods in the home.

Limit the availability and accessibility of high-fat, high-density/low nutrient foods.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.

### **ADULT MESSAGE**

Eating a variety of vegetables each day helps provide your body with essential nutrients, antioxidants, fiber, and water, and helps reduce the risk of developing certain diseases.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Help your children learn pre-math skills, such as: counting, sorting, categorizing, color, shape, and pattern recognition.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Introduce the subject of the day by explaining how vegetables are similar to fruits. Review the benefits of fruit (water, nutrients, fiber, carbohydrates). Explain that vegetables are equally good for our body, since vegetables have many nutrients, are low in fat, and help our bodies greatly. Explain that each fruit and vegetable has its own selection of nutrients, so it’s important to eat a variety. Ask families if they can give examples of vegetables; what are their favorite vegetables, and when and how do they eat them. As they suggest vegetables, have children try to describe their favorite. After the discussion, distribute three fresh vegetable choices to children and adults. Take time before tasting to discuss and introduce descriptive vocabulary to help identify colors and textures (i.e., bumpy, smooth, hard, soft, long, short, wide, and narrow). When ready, families can taste and enjoy describing.

**Visual References:** Pictures of familiar and less common vegetables and where they grow. Chart listing benefits of different vegetables. Chart of vegetables by their color.

### **Key Teaching Messages**

- Vegetables are nutrient-dense foods. “Nutrient-dense” means foods that have many nutrients per serving.

- Vegetables have some nutrients you cannot get from any other source.
- Vegetables are naturally a GO food, but how they are prepared can make a difference.

### ART ACTIVITY: BODY TRACING WITH VEGETABLE BENEFIT COLLAGE!

Adults and children will work together to trace child's body on large paper. Families will then color pre-drawn vegetable shapes, learning which body parts the vegetable's nutrients benefit, then cut out the shapes and paste shapes on tracing of body. For example, two carrots would be placed on the eyes.

**Materials:** Large pieces of butcher paper, markers, vegetable cut-outs, tape/glue stick.

**Set-up:** Place two pieces of masking tape, one on each end of the butcher paper, and then secure the butcher paper to the floor. While the children are being traced, spread the vegetable shapes and crayons on the table. Once children are finished being traced, they will make their way to the tables where they can color the vegetables. Make sure that all children at the table can reach the materials. While the children color, place a glue stick at each piece of butcher paper with a tracing. When the children are finished coloring the vegetables, invite them back to their butcher paper and show them how to take the top off the glue stick. Demonstrate that they can place glue on the back of their vegetable cutouts or on the butcher paper itself. When the children are finished, write their names on the back of the tracing and find a place to let the glue dry.

**Clean up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

### Art Activity Resources:

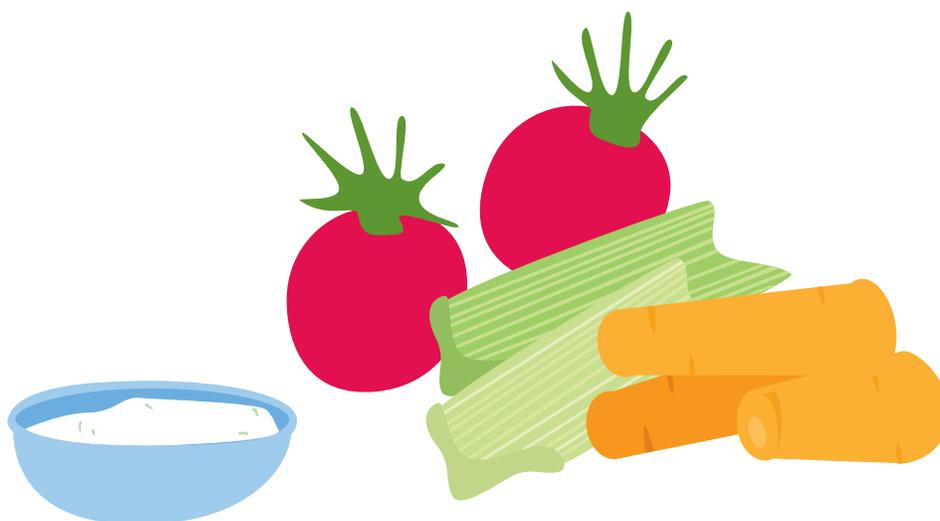
#### Fruit & Vegetable Body Benefits:

Eating a wide variety of different colored fruits and vegetables helps ensure your body gets all of the vitamins and nutrients that play an important role in overall health. See below for details:

- **Red:** Deep red vegetables including tomatoes, red bell peppers, radishes, and beets all contain lycopene. Lycopene is a powerful antioxidant believed to fight heart disease and some cancers.
- **Green:** Green vegetables are high in phytochemicals, essential vitamins, and fiber, which keep bodies healthy. Spinach, collard greens, kale, and broccoli support eyesight by keeping retinas strong, and provide calcium to fortify healthy bones. Cabbage, brussels sprouts, cauliflower, kale, and turnips may reduce the risk of cancer.
- **Orange:** Sweet potatoes, pumpkin, squash, and carrots contain beta-carotene and folate. Beta-carotene may help to strengthen your immune system. Folate is a B vitamin that may help prevent certain birth defects and heart disease.
- **Yellow:** Yellow vegetables, like yellow squash and yellow bell pepper, have similar health benefits to orange ones.
- **Blue and Purple:** Blue and purple foods like eggplant, purple asparagus, and purple carrots are high in compounds that may reduce the risk of cancer.
- **White:** Vegetables in the onion family including garlic, chives, scallions and leeks, and cauliflower, parsnips, potatoes, and turnips may all lower cholesterol and blood pressure, and increase the body's ability to fight infections.

Nutrients/ Vitamins	Body Benefit	Fruit/Vegetable Source
Fiber	Diets rich in fiber have been shown to have a number of beneficial effects including decreased risk of coronary heart disease.	Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black-eyed peas, lentils, artichokes, and leafy-green vegetables
Folate	Healthful diets providing adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	Black-eyed peas, cooked spinach, great northern beans, asparagus
Potassium	Diets rich in potassium may help to maintain a healthy blood pressure.	Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice
Vitamin A	Vitamin A keeps eyes and skin healthy and helps to protect against infections.	Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, red peppers, Chinese cabbage
Vitamin C	Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.	Red & green peppers, sweet potatoes, kale, broccoli, brussels sprouts, tomato juice, cauliflower

Based on information from the CDC: [www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html)



## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!

We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!



### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

**Veggie Pick Game** – Children and adults will be led in a series of fun movement activities that help children learn how vegetables grow. (Example: standing on tiptoes to pick corn, digging in the ground for carrots, rolling on the floor like a pumpkin.)

**Vegetable Songs** (Please see next page)

### Cool-down:

It is important for the body to cool down gradually.

- Breathing–Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog–Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose–Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse–Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

## GROUP STORYTIME

*Lunch* by Denise Fleming

*Growing Vegetable Soup* by Lois Ehlert

*I Will Never Not Ever Eat a Tomato* by Lauren Child

## HEALTHY SNACK

Offer a variety of raw vegetables (i.e., zucchini, cucumbers, broccoli, red peppers, carrots, celery) and hummus dip. An educator-led discussion will give children and adults the opportunity to learn more about the importance of eating vegetables every day and creative ideas for incorporating vegetables into their daily lives. Children will organize and count real vegetables as well as smell and taste a variety of vegetables.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** Add one more serving of vegetables a day. Bonus: Introduce 2 new vegetables.

**Fact of the week:** Eating a rainbow of vegetables provides a variety of nutrients.

### At-Home Strategies:

- Add some crunch to your sandwich by including lettuce, tomato, cucumber, or carrots.
- Eat fresh, canned, or frozen vegetables.

## VEGETABLE SONGS

### The Vegetable Song

(Tune: "Twinkle, Twinkle Little Star")

Carrots, Peas and Broccoli,  
Vegetables are good for me.  
For my snack and in my lunch,  
Veggie sticks are great to munch.  
Carrots, Peas and Broccoli,  
Vegetables are good for me.

### The Good Food Song

(Tune: "Old MacDonald Had A Farm")

Vegetables are good for me, EE | EE | O  
And so I eat them happily, EE | EE | O  
(Children take turns naming vegetables that they like)  
With a carrot, carrot here, and a carrot, carrot there  
Here a carrot, there a carrot  
Everywhere a carrot, carrot.  
Vegetables are good for me, EE | EE | O.

### Grow the Vegetable

(You can fill in any vegetable)

Grow tomato, grow, grow tomato (bring your side as you plump up)

Chop tomato, chop, chop tomato (move your arms in a chopping motion)

Go tomatoes, go, go tomatoes (jump up and down doing the mashed tomato)



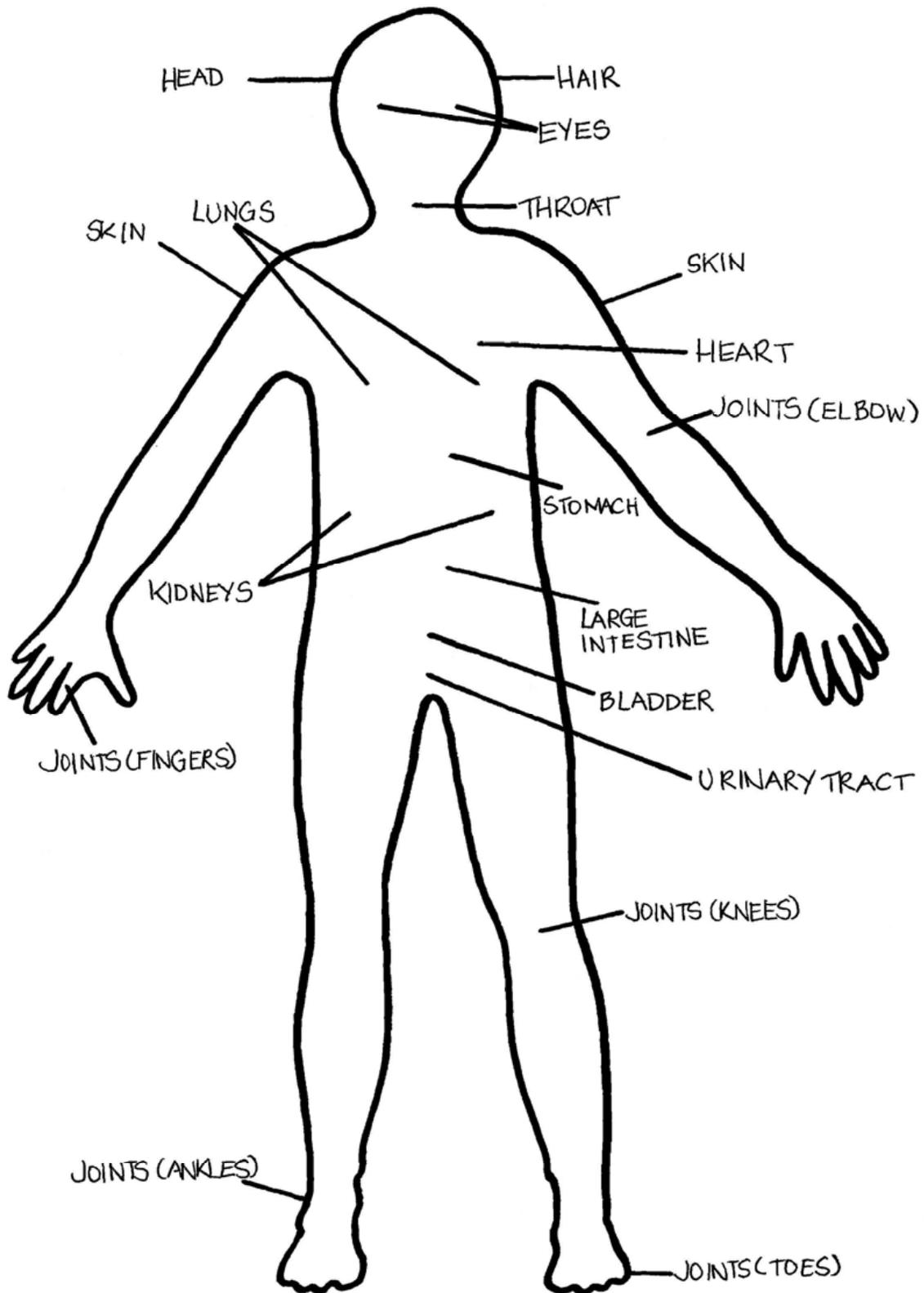
## LESSON VISUALS

- Body with body parts labeled
- Body Outline
- Pea Plant
- Five (5) pages of vegetable images
- The Hidden Vegetable Truth



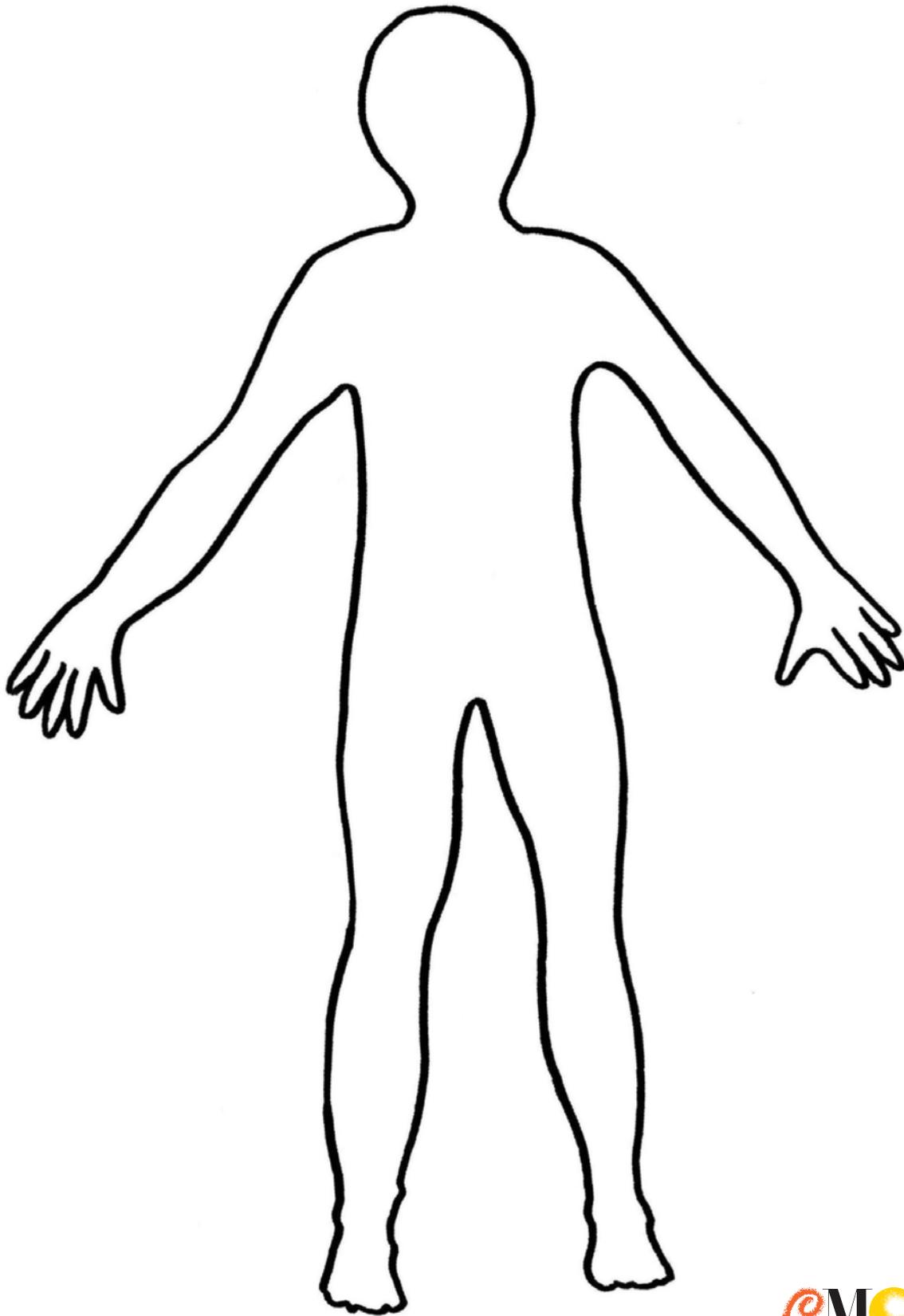
# I Love My Veggies!

Early Childhood Health Lesson



# I Love My Veggies!

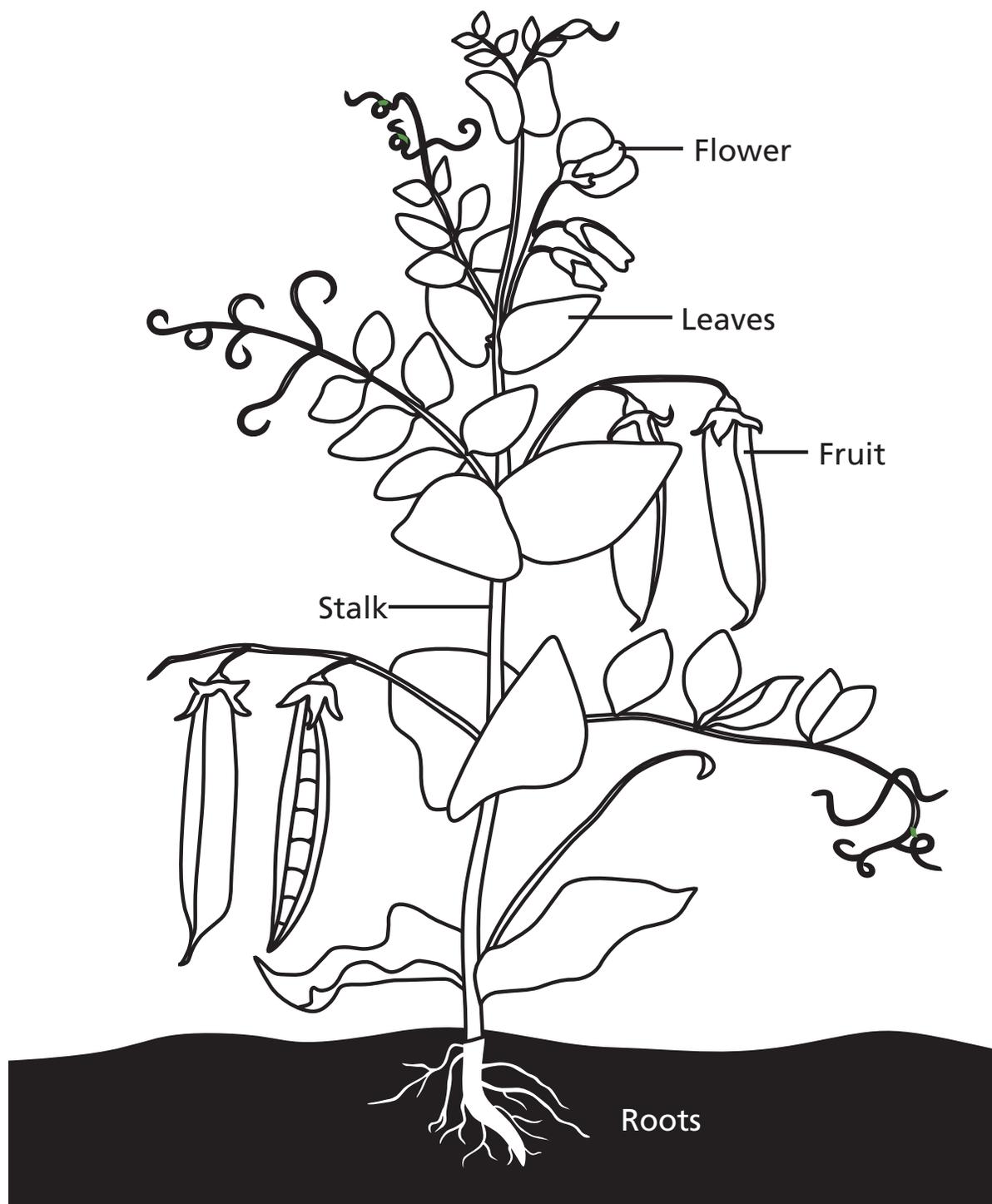
Early Childhood Health Lesson



# I Love My Veggies!

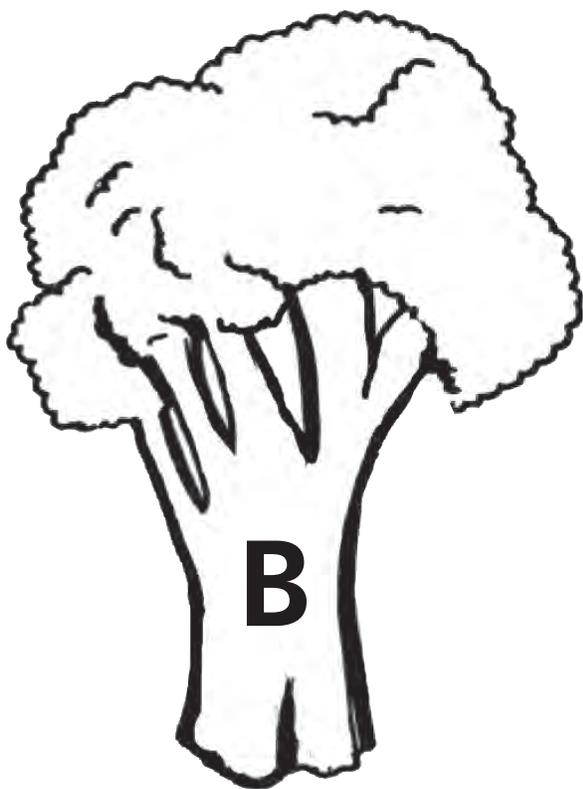
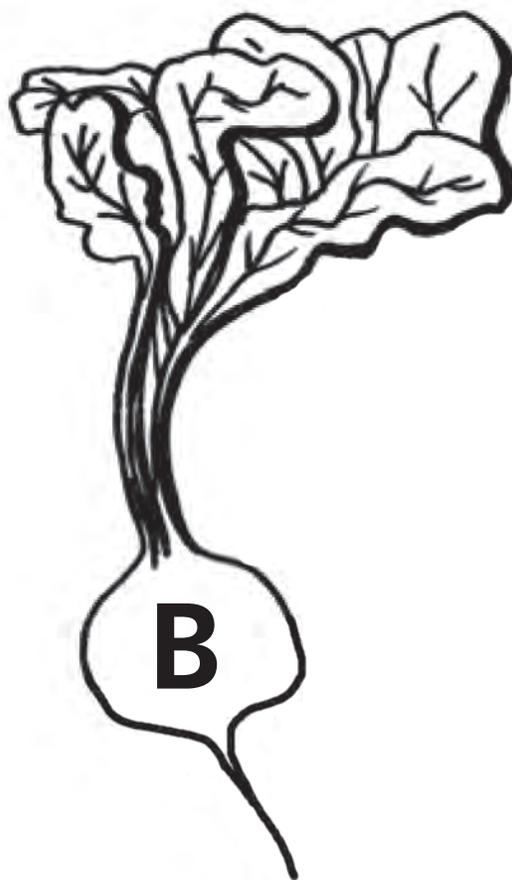
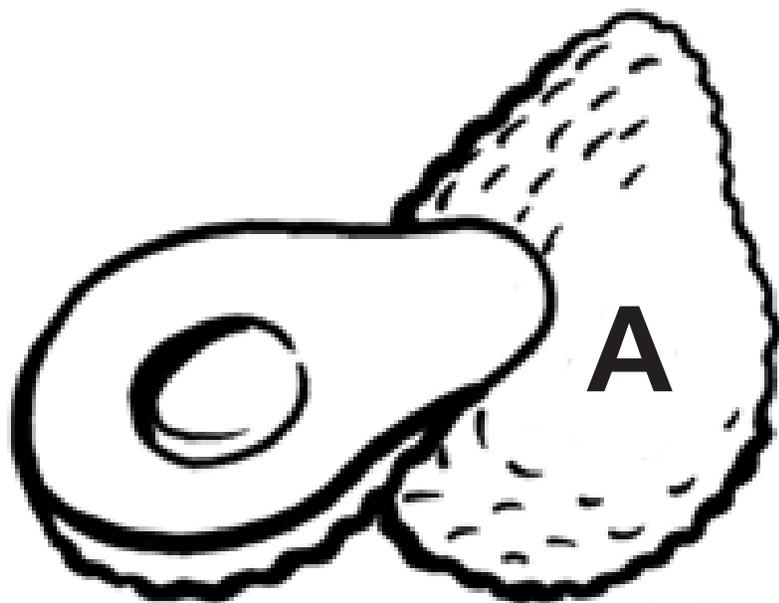
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## Pea Plant



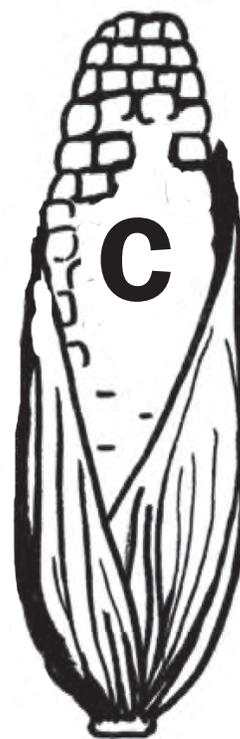
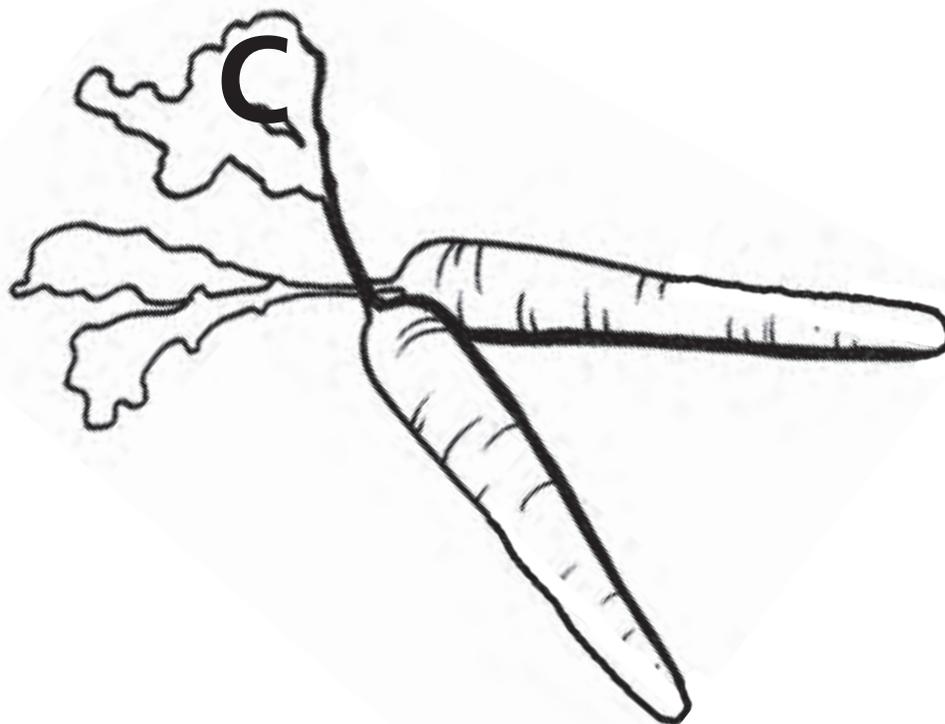
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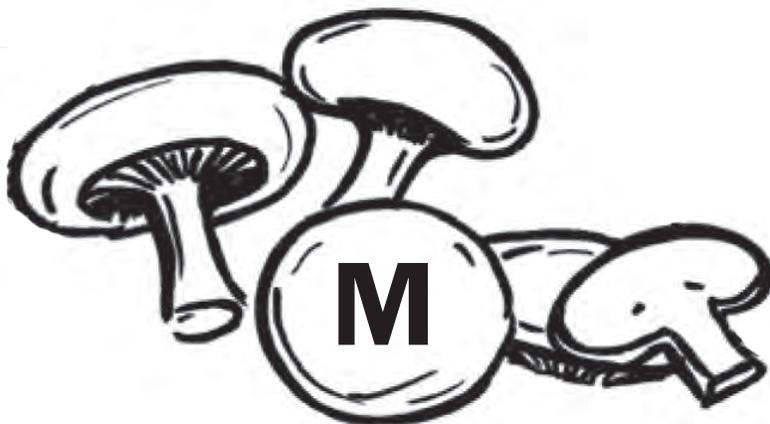
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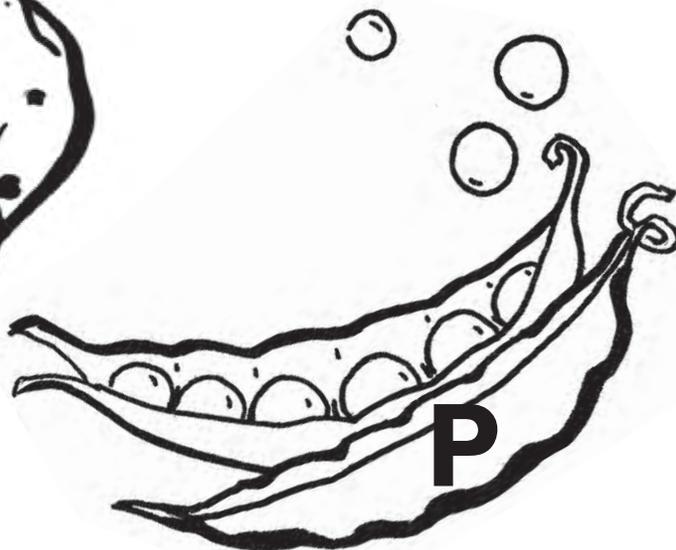
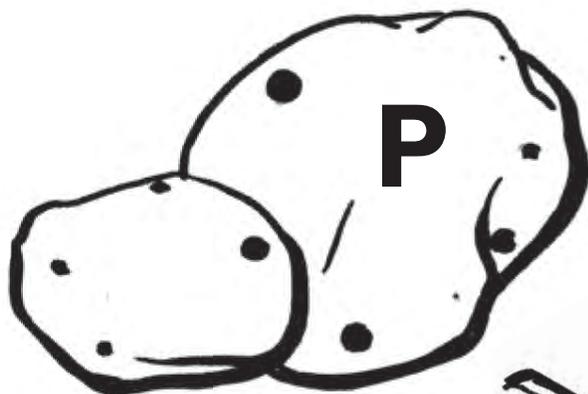
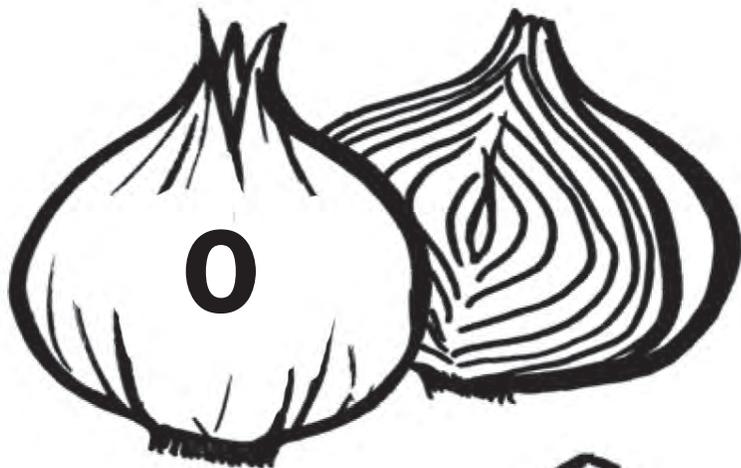
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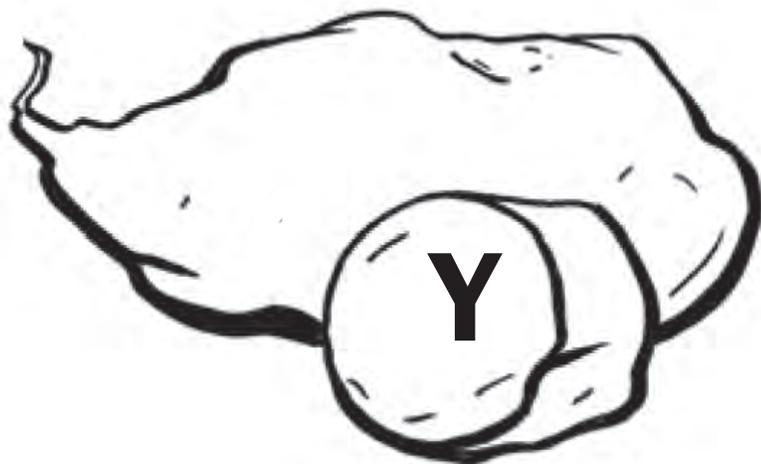
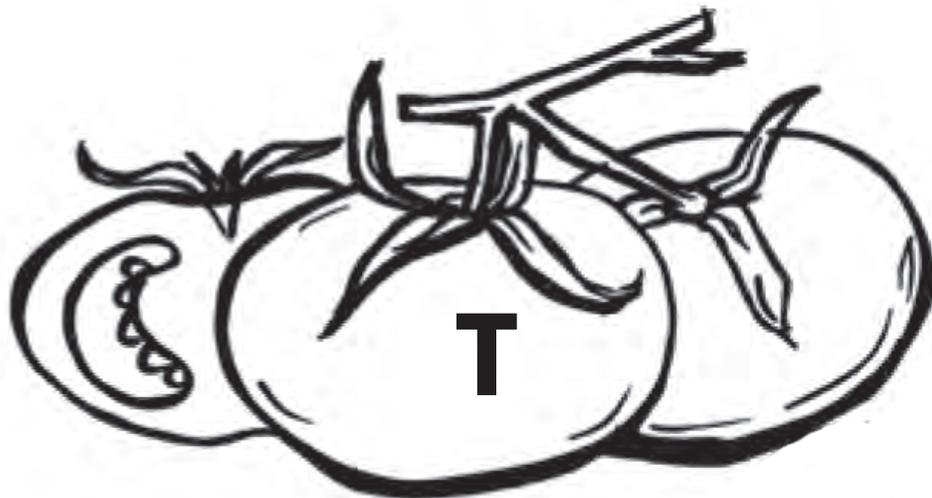
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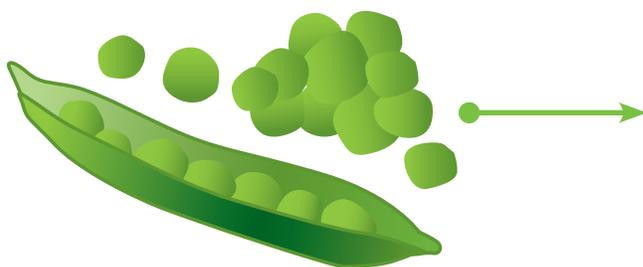
# I Love My Veggies!

Early Childhood Health Lesson



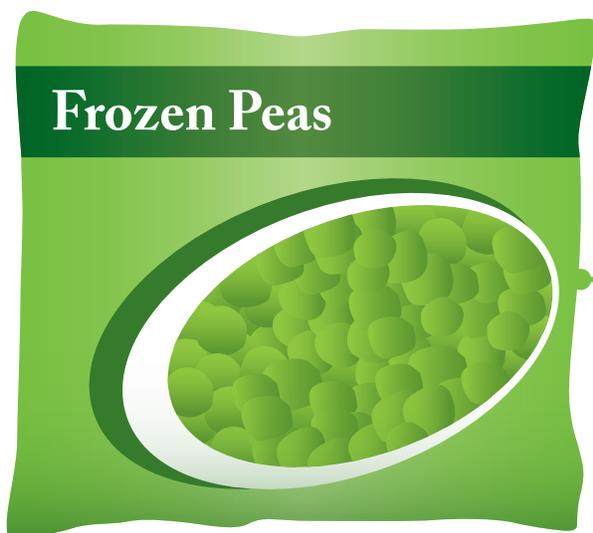
# The Hidden Vegetable Truth

Vegetables, whether fresh, frozen, or canned, are an excellent source of vitamins. Peas are a great source of vitamins A and C, which helps maintain vision health and bone and tooth strength.



Fresh Peas

Nutrition Facts	
Serving Size	1/2 Cup
Total Fat	0 g
Calories	60
Sodium	58 mg

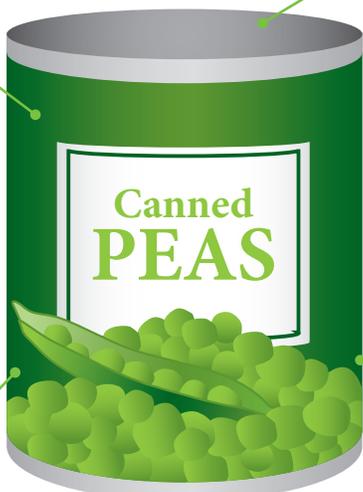


Frozen Peas

Nutrition Facts	
Serving Size	1/2 Cup
Total Fat	0 g
Calories	60
Sodium	125 mg

Great source of vitamins

Rinse with water before eating



Look for no added salt variety

May contain high levels of sodium (salt)

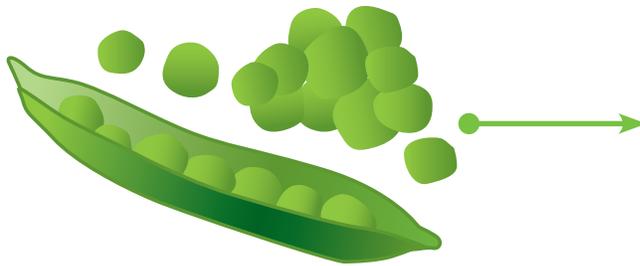
Canned Peas

Nutrition Facts	
Serving Size	1/2 Cup
Total Fat	0 g
Calories	60
Sodium	380 mg

If you choose canned peas, look for those with "no added salt" to reduce sodium content.

# La Verdad Oculta Sobre los Vegetales

Los vegetales, ya sean frescos, congelados o enlatados son una excelente fuente de vitaminas. Las arvejas son una excelente fuente de vitaminas A y C las cuáles ayudan a mantener una vista saludable y a fortalecer los huesos y los dientes.



Arvejas Frescas

## Datos de Nutrición

Tamaño de la Porción 1/2 Taza

Grasa Total	0 g
Calorías	60
Sodio	58 mg



Arvejas Congeladas

## Datos de Nutrición

Tamaño de la Porción 1/2 Taza

Grasa Total	0 g
Calorías	60
Sodio	125 mg

Gran fuente de vitaminas

Lávalas con agua antes de consumir



Arvejas Enlatadas

## Datos de Nutrición

Tamaño de la Porción 1/2 Taza

Grasa Total	0 g
Calorías	60
Sodio	380 mg

Búsquelas que no tengan sal añadida

Pueden contener altos niveles de sodio (sal)

Si usted escoje arvejas enlatadas, busque las que no tienen sal añadida para reducir el contenido de sal.

# I Love My Veggies!

## Benefits of Vegetables:

1. GO food.
2. Packed with vitamins and minerals.
3. Low in fat and calories.
4. Good source of fiber.
5. Huge variety to choose from.
6. Different colors provide different nutrients.



### Farmers Market or Green Cart Shopping List

Try adding a new vegetable from your local market to your next family meal.

## Family Goal

Goal: Add one more serving of vegetables a day!

Monday we added: \_\_\_\_\_

Tuesday we added: \_\_\_\_\_

Wednesday we added: \_\_\_\_\_

Thursday we added: \_\_\_\_\_

Friday we added: \_\_\_\_\_

Saturday we added: \_\_\_\_\_

Sunday we added: \_\_\_\_\_

BONUS: Can you introduce two *new* vegetables this week?

1st new vegetable:

\_\_\_\_\_

2nd new vegetable:

\_\_\_\_\_

## Fact of the Week Eating a rainbow of vegetables provides more nutrients!

### Surprising Fact

The fiber in vegetables helps keep children full longer.

### Health Tip

For a crunchy snack, offer baby carrots or celery sticks!

### Strategy

Add some crunch to your sandwich by including lettuce, tomato, cucumber, or carrots.



# At-Home Tools

## Vegetable Books

### Lunch

by Denise Fleming

### Growing Vegetable Soup

by Lois Ehlert

### I Will Never Not Ever Eat a Tomato

by Lauren Child

## New Vegetable Words to Use

1. Hard
2. Soft
3. Seeds
4. Crunchy



## Did you know...

Fruits and vegetables contain essential vitamins, minerals, and fiber that can help protect you from chronic diseases.

## Fun Activities

### Homemade Pizza

Use whole wheat English muffins. Add tomato sauce, low-fat cheese, and fresh vegetables to create a delicious vegetable pizza  
Fun Tip: Add the vegetables in the shape of a face!

### Create a Rainbow Salad!

Include red, orange, yellow, green, blue, and purple vegetables. Cut them up into cubes, mix them together, and enjoy!



## Vegetable Recipes

### Lunch

Place steamed broccoli on a plate. Sprinkle low-fat cheddar cheese on top. Microwave in 30 second intervals until cheese is melted to perfection

### Snack

- 1 can garbanzo beans or chickpeas
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh squeezed lemon

Blend all ingredients together until smooth and creamy. You can serve immediately with fresh cut vegetables like carrots, celery, broccoli, and green peppers.

### Dinner

Add small pieces of cooked carrot and corn to pasta dishes.

# Amo Mis Vegetales

## Beneficios de los Vegetales:

1. Comida SIGA
2. Llenos de vitaminas y minerales
3. Bajos en grasa y calorías
4. Excelente fuente de fibra
5. Gran variedad para escoger
6. Diferentes colores proveen nutrientes diferentes.



**Mercado de Agricultores ó Lista de Compras del Carrito Verde**

Intente agregar un vegetal nuevo del mercado local en su próxima comida familiar.

## Meta Familiar

**Meta: ¡Agregue una porción más de vegetales al día!**

El Lunes agregamos: \_\_\_\_\_

El Martes agregamos: \_\_\_\_\_

El Miércoles agregamos: \_\_\_\_\_

El Jueves agregamos: \_\_\_\_\_

El Viernes agregamos: \_\_\_\_\_

El Sábado agregamos: \_\_\_\_\_

El Domingo agregamos: \_\_\_\_\_

**BONO:** ¿Puede dar a conocer a su niño 2 vegetales nuevos esta semana?

1er vegetal nuevo:

\_\_\_\_\_

2ndo vegetal nuevo:

\_\_\_\_\_

## Dato de la Semana ¡Comer un arco iris de vegetales provee más nutrientes!

### Dato Sorprendente

La fibra en los vegetales mantiene llenos a los niños más tiempo.

### Consejo de Salud

¡Para una merienda crujiente, ofrezca mini zanahorias y tiritas de apio!



### Estrategia

Agregue algo de crujido a su sandwich incluyendo lechuga, tomate, pepino y zanahoria.

# Herramientas en Casa

## Libros de Vegetales

*Lunch*

de Denise Fleming

*Growing Vegetable  
Soup*

de Lois Ehlert

*I Will Never Not Ever  
Eat a Tomato*

de Lauren Child

## Nuevas Palabras de Vegetales

1. Duro

2. Suave

3. Semillas

4. Crujiente



## Sabía que...

Las frutas y los vegetales contienen vitaminas, minerales y fibra esenciales que pueden ayudar a protegerlo de enfermedades crónicas.

## Actividades Divertidas

### Pizza Hecha en Casa

Use muffins ingleses integrales. Agregue salsa de tomate, queso bajo en grasa y vegetales frescos para crear una deliciosa pizza.

Idea divertida: ¡Añada los vegetales en la forma de una cara!

### ¡Haga una Ensalada Arco iris!

Incluya vegetales rojos, anaranjados, amarillos, verdes, azules y morados

¡Córtelos en cubos, revuélvalos y disfrútelos!

## Recetas con Vegetales

### Almuerzo

Coloque brócoli al vapor en un plato. Espolvoree encima queso cheddar libre o bajo de grasa. Caliente en el microondas en intervalos de 30 segundos hasta que el queso esté derretido a la perfección.

### Merienda

1 lata de garbanzo

1/4 taza de aceite de oliva

1 cucharada de limón fresco

Mezcle hasta convertir en una pasta cremosa, y listo; perfecto para comer con zanahorias, apio, brócoli y pimientos verdes

### Cena

Agregue pequeños pedazos de zanahoria cocida y maíz a platos de pasta.



# Perfect Portion

## Early Childhood Health Lesson



**Objective:** Learn about the importance of portion control to maintain a healthy weight.

### **WE CAN! MESSAGES**

Limit intake of high-fat and high-calorie foods that are low in nutrients.

Control portion sizes.

Make sure to have a sufficient fruit and vegetable intake every day.

Drink water and fat-free or low-fat milk instead of sugar-sweetened beverages.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.

Demonstrate healthy practices and behaviors to maintain or improve personal health.

### **ADULT MESSAGE**

Small portion sizes and healthier food choices are essential to building a healthy body.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Help your child compare and contrast concepts of scale: large and small.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Begin the discussion with a review of previous classes. Ask questions like: Why do we eat? (Get nutrients to grow, learn, and play!) What is good for us? (Fruits and vegetables!) What else is good for us to include on our plate? (Whole grains!) Intake of whole grains can be increased by choosing whole wheat breads and cereals, brown rice, and whole wheat pasta. Whole grains are good sources of complex carbohydrates, vitamins, minerals, and fiber. Make at least half your grain servings whole grains. What is not so good for us? (High-sugar food/drinks and high-fat processed foods like potato chips). So, if you know some things are better for you and some things are worse for you, which should we eat more of? (Fruits and vegetables!) Using the portion plates, the educator will show families how fruits and vegetables are half of what they should be eating. Reinforce messages like eating mostly GO foods. Introduce the concept of “portion” and how a “portion” is the amount of a food that you choose to eat for a meal or snack. Explain that each body requires certain nutrients. Discuss the importance of proper “serving sizes” in creating a balanced meal. Understanding serving size will help families understand portion control, just like the portion plate will remind families to eat fruits and vegetables at meals. (Show parents that The Nutrition Facts label, located on packaged foods, lists the nutrients found in a single serving size.)

**Visual References:** One portion plate with representative foods, and one portion plate with objects.

### Key Teaching Messages

- Smaller portion sizes can give your body the amount of calories and nutrients it needs to live and grow.
- Getting the right amount of nutrients is critical to healthy brain development and body growth in children.

### ART ACTIVITY: BALANCED MEAL PLATE WITH LOW-FAT MILK, WATER, OR FORTIFIED SOY BEVERAGE

Children and adults will create a balanced, appropriately sized plate of colorful food with model magic, yarn, and corrugated paper that will serve as a creative and fun reminder of portion control and a healthy balanced meal.

**Materials:** Paper plates (or MyPlate), glue, craft sticks, model magic, markers, and yarn.

**Set-up:** Place a piece of tape on the back of the plates so they stick to the table. Remember to have pre-cut strips of masking tape available. Fill glue cups halfway full with white glue. Place a glue cup at each seat and a craft stick next to each glue cup. Place a golf ball size of model magic at each seat. Spread one to two handfuls of yarn and the markers across the table. Have a marker in hand to write the children's names on their artwork. Designate an area for the art projects to dry.

**Clean up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

### PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

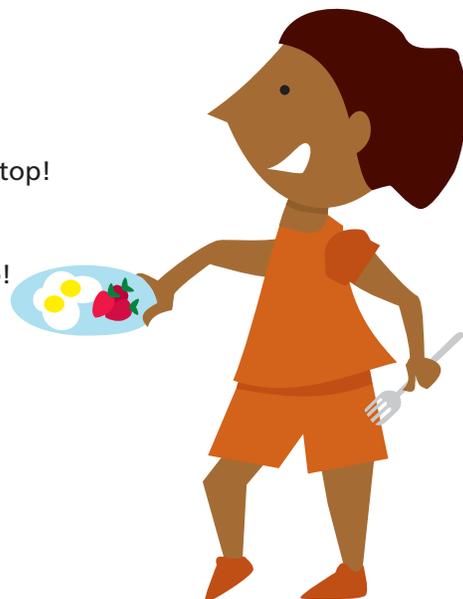
#### Warm-up:

##### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!  
We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

##### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!





### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

Big and little movement games enhance a child's understanding of the concepts of scale and size.

Children and their caretakers will be led through a series of movements that reinforce balance, and then will move their bodies to music that makes them feel "big" and music that makes them feel "small."

Parachute can also be used.

### Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a half way down squat position).

### GROUP STORYTIME

*The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear* by Don Wood

*Eat Your Dinner, Please* by Allia Zobel-Nolan

*Mouse Mess* by Linnea Riley

### HEALTHY SNACK

An educator-led discussion will give children and adults the opportunity to learn how to make healthy portion size choices as they create a yogurt parfait by measuring and pouring a ½ cup of plain yogurt, ½ cup of fruit, and a small handful of oat cereal. Discussion will include the importance of snack size and how it relates to hunger level, nutrient content, and the importance of ensuring that the child will still eat a proper dinner.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** Prepare three dinners that use the portion plate.

**Fact of the Week:** The example the adult sets is an important influence for their child's healthy eating.

### At-Home Strategies:

- Serve a variety of fruits and vegetables every day.
- Use smaller plates to serve food.
- Eat when hungry, but eat more nutrient-dense foods.
- Always have fruits and vegetables available to children.
- Serve smaller portions to your children and to yourself.
- Eating fiber (whole grains, fruits, and vegetables) will help body feel full for longer periods and aids in digestion.
- Replace refined grains (white flour/white bread) with whole grains such as whole wheat bread, brown rice, whole wheat pasta, oatmeal, and barley. At least half of all grains eaten should be whole grains.

### Teaching Tools: Portion Sizes

Average Serving Size for Common Foods	What It Looks Like
Meat (2–3) ounces	Deck of cards
Pasta or Rice (1/2 cup)	Baseball or ice cream scoop
Bread (1 slice)	CD/DVD size
Peanut butter (2 tablespoons)	Ping pong ball
Vegetables or Fruit (1/2 cup)	Light bulb
Cheese (1 ounce)	Four dice

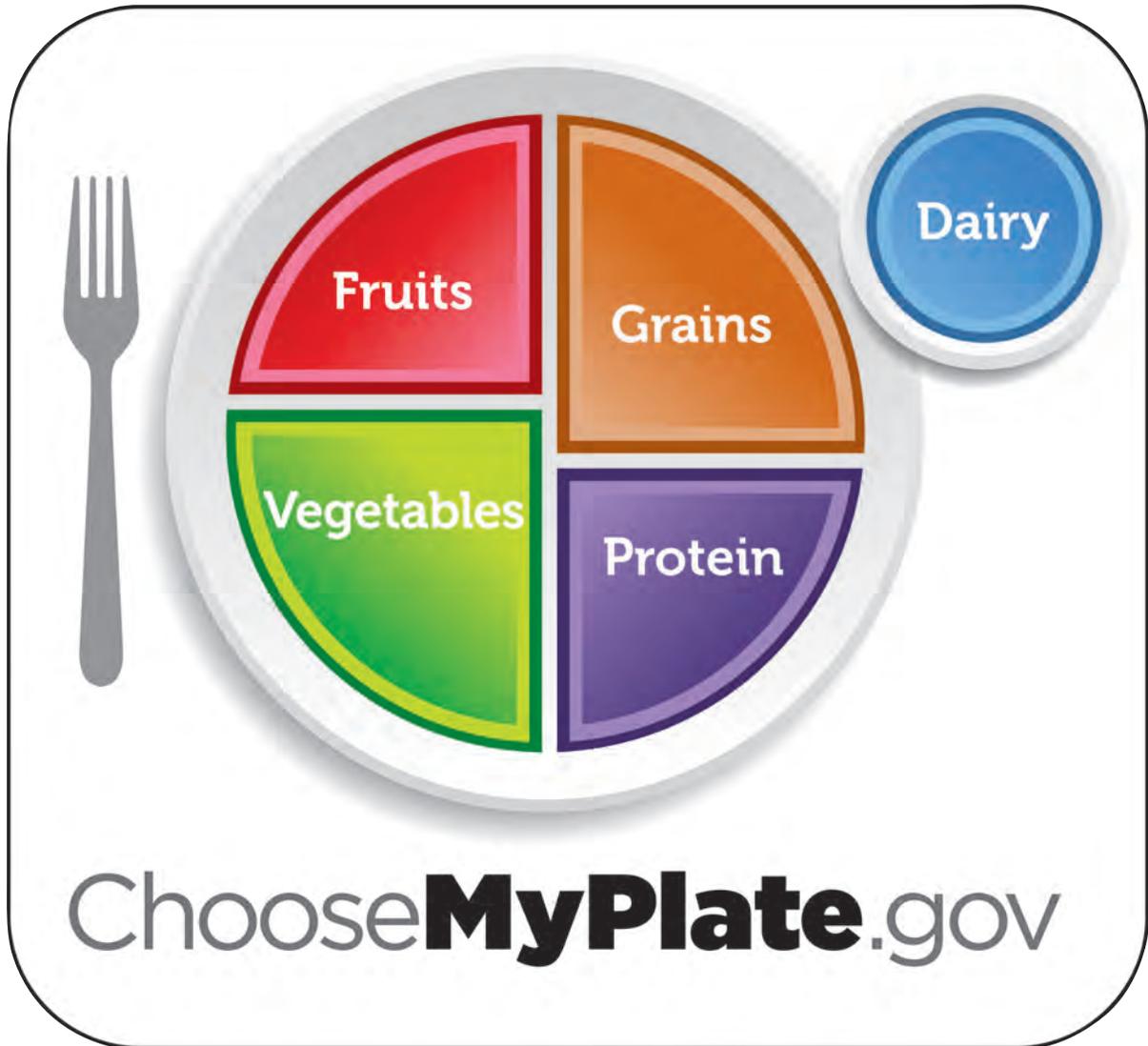
## LESSON VISUALS

- MyPlate
- Portion Control Chart



# Perfect Portion

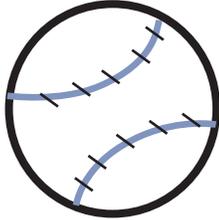
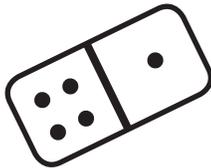
Early Childhood Health Lesson



# Perfect Portion

## Early Childhood Health Lesson

### PORTION CONTROL

Food Group	Examples	Recommended Daily Portion	Everyday Objects to Compare/ Measure
Grains	Whole grain breads, pita bread, tortillas, pasta, brown rice, hot and cold unsweetened whole grain breakfast cereals.	Everyday equivalents can help you judge serving sizes to better practice portion control. A serving of cooked macaroni is 1/2 cup. A 1/2 cup is about the size of a baseball.	 <p>1 Baseball</p>
Fruits	All fresh, frozen, canned (in juice) fruit.	One cup of mixed berries, cherries, or cubed cantaloupe equals one serving. One cup is about the size of a light bulb.	 <p>1 Light bulb</p>
Vegetables	All fresh, frozen, and canned vegetables without added fat and sauces.	A 1/2 cup of green beans, equals one serving. A 1/2 cup is about the size of a light bulb.	 <p>1 Light bulb</p>
Dairy	Fat-free or 1% reduced-fat milk; fat-free or low-fat yogurt; part skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese.	One serving of low-fat cheddar cheese is 2 ounces or about the size of one domino.	 <p>1 Domino</p>
Protein	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, and grilled fish; beans; split peas; lentils; tofu; eggs.	A 3 ounce serving of fish is about the size of a deck of cards or a small box of crayons.	 <p>1 Deck of Cards</p>

# Perfect Portions

## Benefits of Appropriate Serving Sizes:

1. Helps to maintain a healthy weight.
2. Getting the right amount of healthy nutrients is important to a child's health.
3. Helps provide important nutrients while keeping calories under control.

### Farmers Market or Green Cart Shopping List

For a perfectly portioned meal, fill half your plate with fruits and veggies from your local market!

## Family Goal

**Goal: Prepare three dinners that use the portion plate!**

Example: One serving of peas the size of a light bulb, 1 serving of grilled chicken the size of a deck of cards, 1 serving of whole wheat pasta the size of a baseball, 2 tablespoons of tomato sauce and a tablespoon of Parmesan cheese.

**1st Dinner:** Vegetables/Fruit: \_\_\_\_\_

Protein (Ex: chicken, turkey, fish, eggs, tofu): \_\_\_\_\_

Grains (Ex: bread, pasta, rice, potato): \_\_\_\_\_

**2nd Dinner:** Vegetable/Fruit: \_\_\_\_\_

Protein (Ex: chicken, turkey, fish, eggs, tofu): \_\_\_\_\_

Grains (Ex: bread, pasta, rice, potato): \_\_\_\_\_

**3rd Dinner:** Vegetable/Fruit: \_\_\_\_\_

Protein (Ex: chicken, turkey, fish, eggs, tofu): \_\_\_\_\_

Grains (Ex: bread, pasta, rice, potato): \_\_\_\_\_

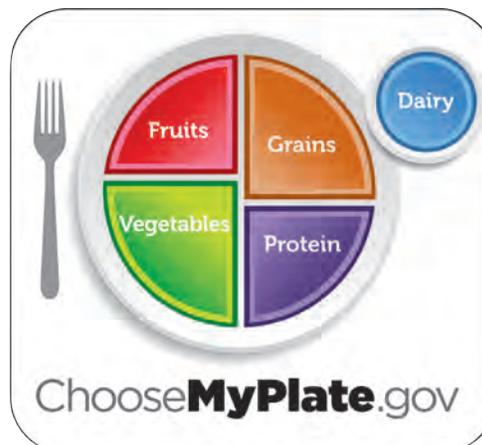
## Your plate should include:

1/2 Vegetables and Fruit

1/4 Grains

1/4 Protein and

1 cup fat-free or low-fat milk or fortified soy milk



## Serving Sizes:

Vegetables 

Fruits 

Grains 

Protein 

# At-Home Tools

## Health Tip

Serve a variety of fruits and vegetables every day.

## New Portion Words to Use

1. Amount
2. More
3. Less
4. Full
5. Hungry

## Books

*The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear* by Don Wood

*Eat Your Dinner, Please* by Allia Zobel-Nolan

*Mouse Mess* by Linnea Riley

## Did you know...

It takes 20 minutes for your brain to register that your stomach is full. Eat slowly!

## Strategy

Use smaller plates to serve food.



## Delicious Recipes

### Colorful Turkey Tacos

Cook ground turkey in a pan with 1 teaspoon of vegetable oil. Chop fresh tomatoes, green pepper, and iceberg lettuce into small bowls. Grate low-fat or fat-free cheddar cheese into small bowl. Warm whole wheat tortillas in oven and then layer ingredients into shell and enjoy!

### Perfectly Measured Fruit Parfait

Practice measuring as you layer a ½ cup of plain fat-free or low-fat yogurt under a ½ cup of fresh or thawed frozen fruit. Then repeat and add a small handful of oat cereal on top for a wholesome crunch!

## Fun Activities

### Recycled Building

Collect empty cereal, shoe, tissue, and delivery boxes of various sizes to help your child learn about scale and size. Enjoy building small, medium, and large structures together!

### Scarf Dancing

Use a variety of colored scarves to help children practice high and low, big and small movements as you dance to your favorite music.

**Fact of the Week** Parents and caregivers are important influences on a child. Set a good example with healthy eating.

# Porciones Perfectas

## Beneficios del Tamaño Adecuado de las Porciones:

1. Ayuda a mantener un peso saludable.
2. Recibir la cantidad correcta de nutrientes saludables es importante para la salud de un niño.
3. Ayuda a proveer nutrientes importantes mientras se mantienen las calorías bajo control.

**Mercado de Agricultores ó Lista de Compras del Carrito Verde**  
¡Para una comida perfectamente balanceada llena la mitad de tu plato de frutas y vegetales de tu mercado local!

## Meta Familiar

Meta: ¡Prepare tres comidas que usen el plato de porciones!

Por ejemplo: Una porción de zanahorias de la medida de un bombillo, 1 porción de pollo a la parrilla de la medida de una baraja de cartas, 1 porción de pasta integral de la medida de una pelota de béisbol, 2 cucharadas de salsa de tomate y una cucharada de queso Parmesano.

**1era Comida:** Vegetales/Frutas: \_\_\_\_\_

Proteína (Ej.: Pollo, Pavo, Pescado, Huevos, Tofu): \_\_\_\_\_

Carbohidratos (Ej.: Pan, Pasta, Arroz, Papa): \_\_\_\_\_

**2nda Comida:** Vegetales/Frutas: \_\_\_\_\_

Proteína (Ej.: Pollo, Pavo, Pescado, Huevos, Tofu): \_\_\_\_\_

Carbohidratos (Ej.: Pan, Pasta, Arroz, Papa): \_\_\_\_\_

**3era Comida:** Vegetales/Frutas: \_\_\_\_\_

Proteína (Ej.: Pollo, Pavo, Pescado, Huevos, Tofu): \_\_\_\_\_

Carbohidratos (Ej.: Pan, Pasta, Arroz, Papa): \_\_\_\_\_

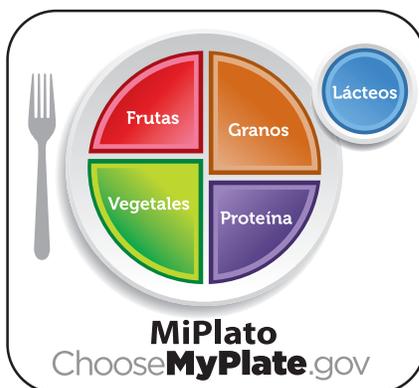
## Su plato debiera incluir:

½ Vegetales y Frutas

¼ Carbohidratos

¼ Proteína y

1 taza de leche baja ó sin grasa  
ó bebida de soya fortificada.



## Tamaños de las porciones:

Vegetales

Frutas

Almidón

Proteína

# Herramientas en Casa

## Consejo de Salud

Sirva una variedad de frutas y vegetales cada día.

## Sabía que...

A su cerebro le toma 20 minutos para registrar que su estómago está lleno. ¡Coma despacio!

## Estrategia

Use platos más pequeños para servir la comida.

## Nuevas Palabras de Porción Usar

1. Cantidad
2. Más
3. Menos
4. Lleno
5. Hambriento

## Libros

*The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear*  
by Don Wood

*Eat Your Dinner, Please*  
by Allia Zobel-Nolan

*Mouse Mess*  
de Linnea Riley



## Recetas Deliciosas

### Actividades Divertidas

#### Construyendo con Cosas Recicladas

Reúna cajas vacías de cereal, zapatos, pañuelos y correo de varios tamaños para ayudar a su niño a aprender acerca de escala y tamaño. ¡Disfruten construyendo juntos estructuras pequeñas, medianas y grandes!

#### Baile de Bufandas

Use una variedad de bufandas coloridas para ayudar a los niños a practicar movimientos altos, bajos y grandes y pequeños a medida que bailan con su música favorita.

#### Tacos Coloridos de Pavo

Cocine pavo molido en una sartén con 1 cucharadita de aceite vegetal. Pique tomates frescos, pimientos verdes y lechuga y ponga cada ingrediente en un tazón pequeño. Ralle queso cheddar bajo o libre de grasa en un tazón pequeño. Caliente tortillas integrales en el horno y después ponga los ingredientes en capas dentro del taco. ¡Disfrútelos!

#### Fruta Parfait Perfectamente Medida

Practique midiendo a medida que usted pone una capa de ½ taza de yogurt natural bajo o libre de grasa debajo de ½ taza de frutas frescas. Repita el procedimiento y agregue un poco de cereal de avena encima para darle una sensación crujiente.

**Dato de la Semana** Los padres y los proveedores de cuidado tienen una influencia importante en los niños. Déle un buen ejemplo comiendo saludablemente.

# Dem Bones

## Early Childhood Health Lesson



**Objective:** Learn the importance of calcium in building strong bones.

### **WE CAN! MESSAGES**

Drink fat-free and low-fat milk or water instead of sugar-sweetened beverages.  
Eat a variety of vegetables daily.  
Engage in 60 minutes of moderate activity on every day of the week.  
Reduce sedentary activity.  
Limit screen time to less than 2 hours daily.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Demonstrate healthy practices and behaviors to maintain or improve personal health.

### **ADULT MESSAGE**

Calcium and weight-bearing physical activity are essential to healthy bone growth.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Fine motor control and gross motor development, developing body awareness and coordination.

### **PROGRAM CONTENT**

Themed lessons incorporating art, science, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.  
Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Ask families to feel their arms, fingers, and knock on their heads. What is so hard? Your bones! A baby has about 300 bones, adults have 206. (As children grow, their bones fuse together.) Introduce families to the skeletal system, describing how the bones are stiff, but can still break! Bones are strengthened by the nutrients in our food and one important nutrient is calcium. Calcium is the building block of bones. Since bones are constantly repairing and building, we need to feed our bones the building blocks. Fat-free and low-fat milk are high in calcium and vitamin D. Vitamin D is also important for bone growth and health.

Lead children in a jumping game to build bones. (Weight-bearing activities stimulate bone growth.)

**Visual References:** Pictures of the skeletal system and a skeletal figure. Pictures of foods that contain calcium and are good for bones.

## Key Teaching Messages

- Calcium and vitamin D are essential for healthy bone growth and can be found in fat-free and low-fat milk, fat-free and low-fat milk products, some vegetables and other foods.
- Bones are in constant stages of growth and regeneration, even into adulthood.
- Weight-bearing physical activity, such as walking, running, climbing stairs, and dancing, are best for building strong bones.

## ART ACTIVITY: BONE COLLAGE WITH BALSA WOOD

Children and adults work together to create a collage while learning about the importance of calcium and physical activity for healthy bone development and growth.

**Materials:** Oak tag paper, bone cut-out shapes, balsa wood, glue, and markers.

**Set-up:** At each seat, place: pre-cut bone shapes, craft sticks, balsa wood, oak tag paper, and markers.

Demonstrate how to connect the bone shapes to the balsa wood. Discuss and identify the different bone shapes. Lead a discussion on the importance of keeping bones strong and the variety of ways that families can keep bones healthy by eating foods with calcium (low-fat or fat-free milk, yogurt and cheese, fortified soy beverages, broccoli, soybeans) and by including physical activity into their daily routines. When the children are finished coloring and working on their collages, write their names on the project with a magic marker.

**Clean-up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!  
We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!



### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

Do activities and sing songs that encourage isolated movements to highlight bones. Songs: 'Dem Bones (see next page), Head & Shoulders, Simon Says, Open Shut Them, Hokey Pokey, Itsy Bitsy Spider, and Five Little Monkeys.

### Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

### GROUP STORYTIME

*Dinosaur Stomp!* by Paul Stickland

*Dem Bones* by Bob Barner

*The Skeleton Inside You* by Philip Balestrino

### HEALTHY SNACK

Offer high calcium snacks like fortified orange juice (not all juice is fortified) and low-fat string cheese. An educator-led discussion will give children and adults the opportunity to discuss strategies for incorporating low-fat foods with high levels of calcium and vitamin D.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

### REVIEW FAMILY HANDOUT

**Goal:** Consume enough calcium every day.

**Fact of the week:** Fat-free or low-fat milk, cheese, and yogurt provide essential nutrients for healthy bone growth such as calcium, potassium, vitamin D, and protein.

## At-Home Strategies:

- Eat more fat-free or low-fat milk, yogurt, and cheese.
- Decrease sedentary behavior, increase walking.
- Use fat-free or low-fat milk instead of water to make oatmeal and pudding with no added sugar.
- Drink fat-free or low-fat milk, or a fortified soy beverage, at meals.
- Some vegetables like broccoli, and nuts like almonds have calcium in them.

## 'DEM BONES SONG

The foot bone connected to the leg bone,  
The leg bone connected to the knee bone,  
The knee bone connected to the thigh bone,  
The thigh bone connected to the back bone,  
The back bone connected to the neck bone,  
The neck bone connected to the head bone,  
Go, Bones, Go! (boom, boom, boom)

Dem bones, dem bones gonna walk aroun',  
Dem bones, dem bones, gonna walk aroun',  
Dem bones, dem bones, gonna walk aroun',  
Go, Bones, Go! (boom, boom, boom)

The head bone connected to the neck bone,  
The neck bone connected to the back bone,  
The back bone connected to the thigh bone,  
The thigh bone connected to the knee bone,  
The knee bone connected to the leg bone,  
The leg bone connected to the foot bone,  
Go, Bones, Go! (boom, boom, boom)

Dem bones, dem bones gonna walk aroun',  
Dem bones, dem bones, gonna walk aroun',  
Dem bones, dem bones, gonna walk aroun',  
Go, Bones, Go! (boom, boom, boom)



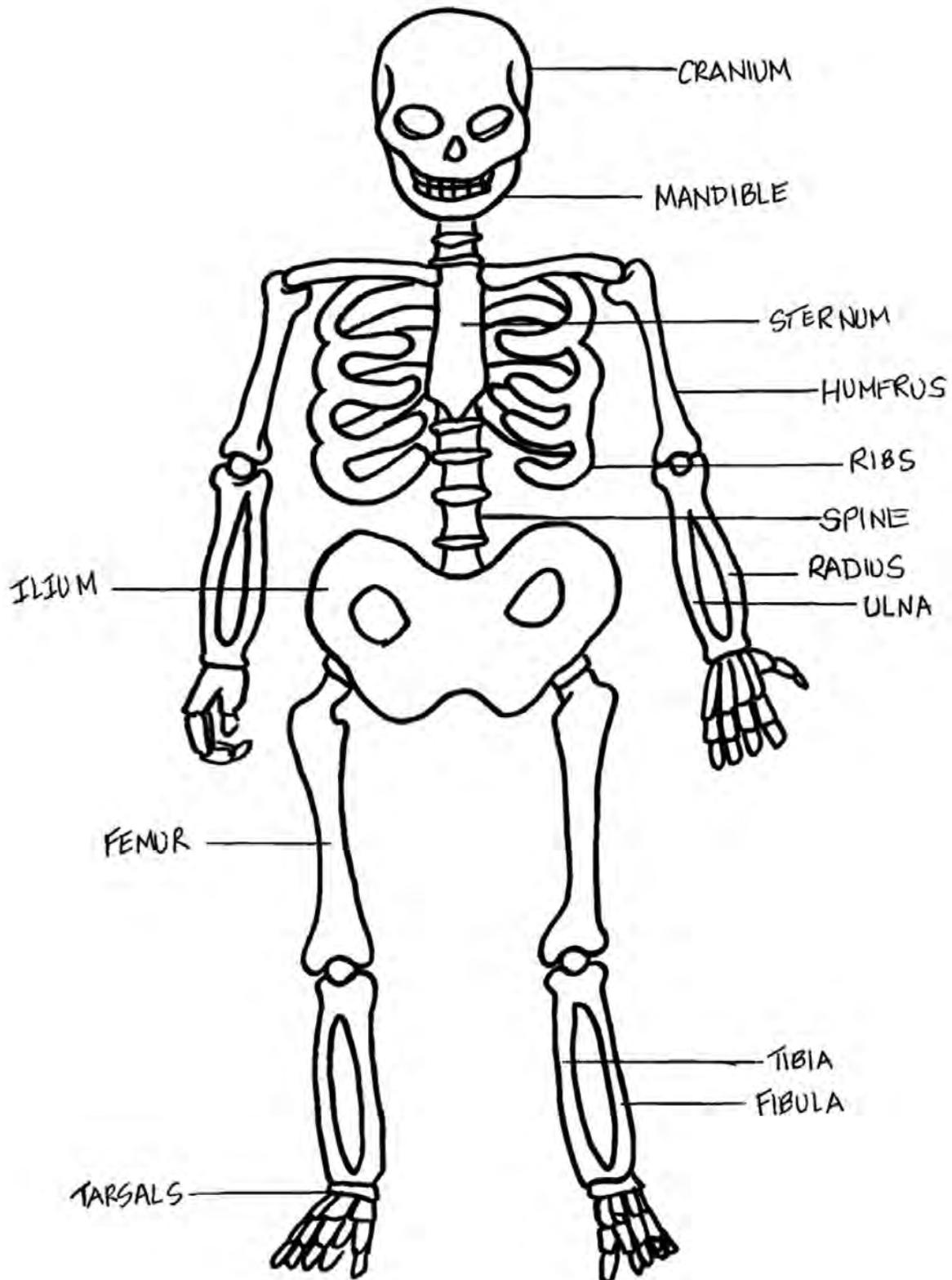
## LESSON VISUALS

- Skeleton with bones labeled
- Skeleton in pieces
- Outlined Bones
- Hand with skeletal structure
- The Hidden Milk Truth



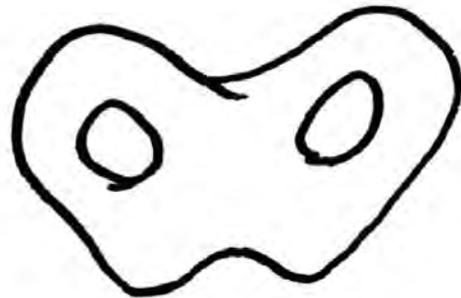
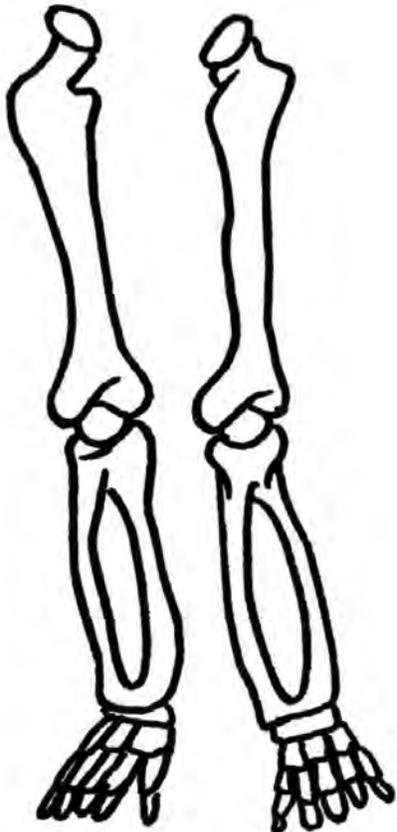
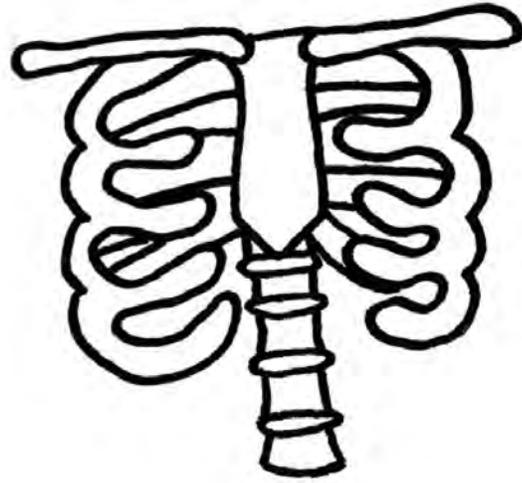
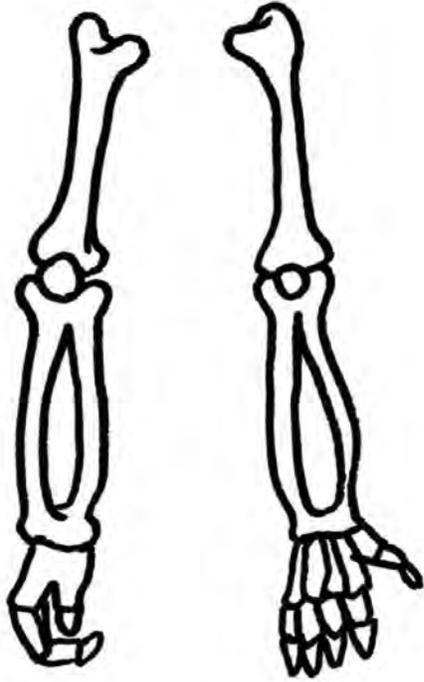
# Dem Bones

## Early Childhood Health Lesson



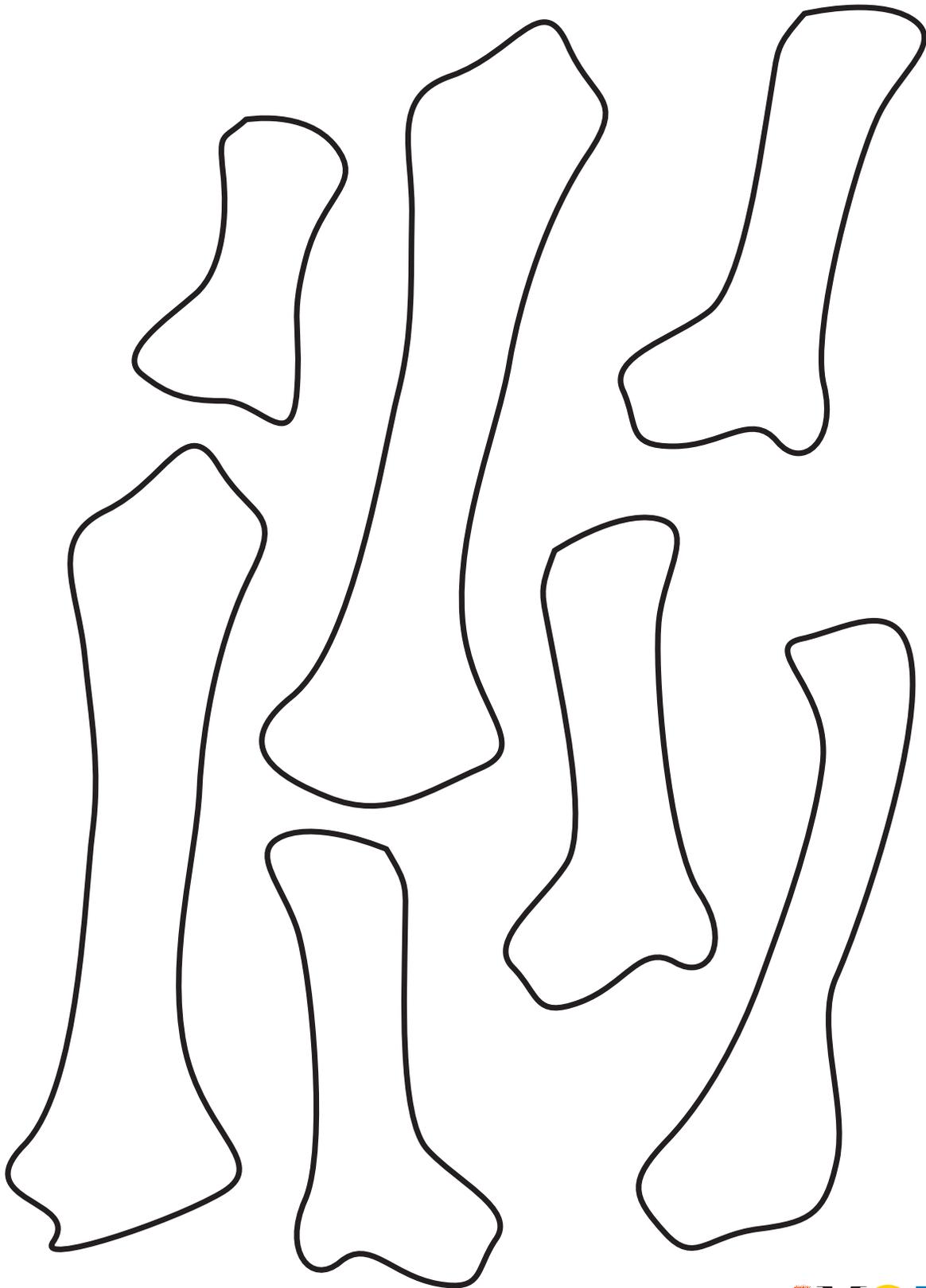
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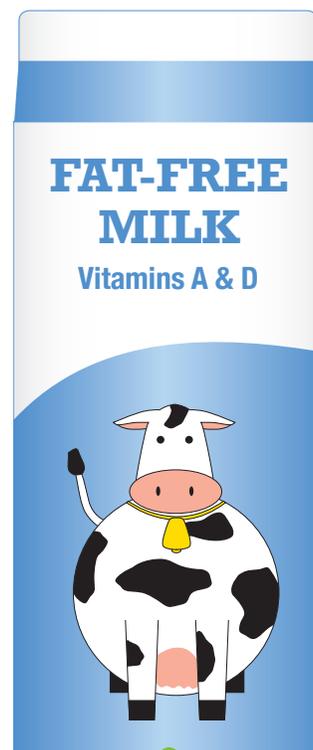
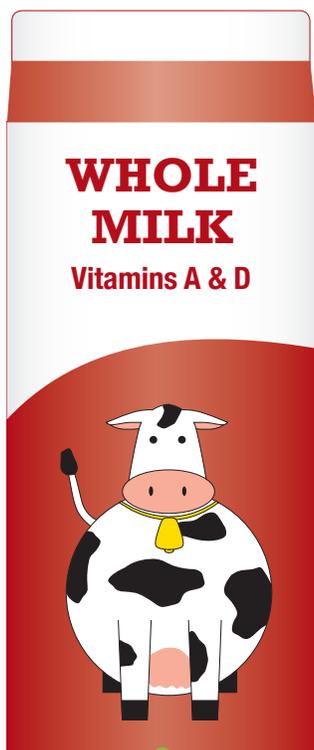


# Dem Bones

Early Childhood Health Lesson



# The Hidden Milk Truth



Nutrition Facts	
Serving Size	1 cup
Calories	150
Total Fat	8 g

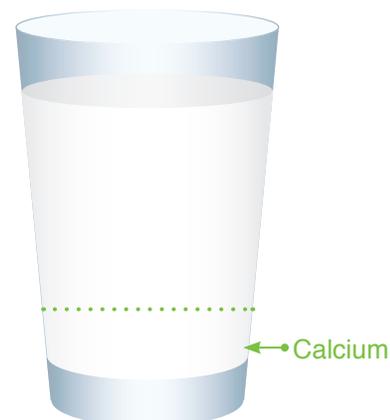
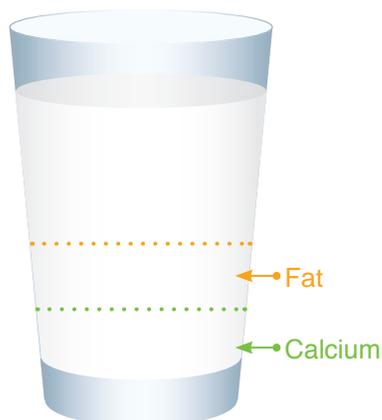
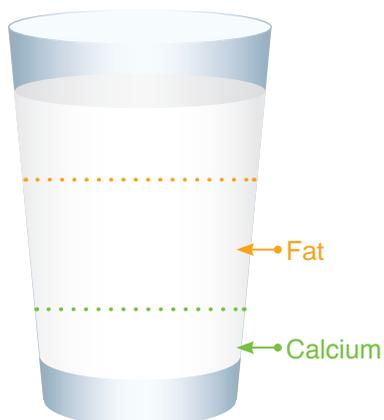
Calcium equals 30% of your daily value.

Nutrition Facts	
Serving Size	1 cup
Calories	120
Total Fat	5 g

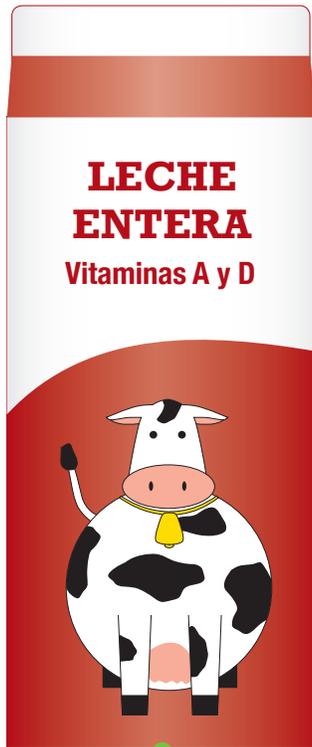
Calcium equals 30% of your daily value.

Nutrition Facts	
Serving Size	1 cup
Calories	80
Total Fat	0 g

Calcium equals 30% of your daily value.



# La Verdad Oculta Sobre la Leche



**Datos de Nutrición**

Tamaño de Porción	<b>1 Taza</b>
Calorías	<b>150</b>
Grasa Total	<b>8 g</b>

**Datos de Nutrición**

Tamaño de Porción	<b>1 Taza</b>
Calorías	<b>120</b>
Grasa Total	<b>5 g</b>

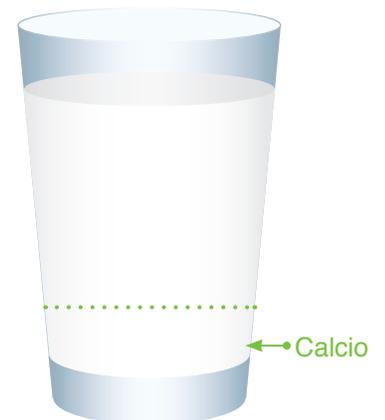
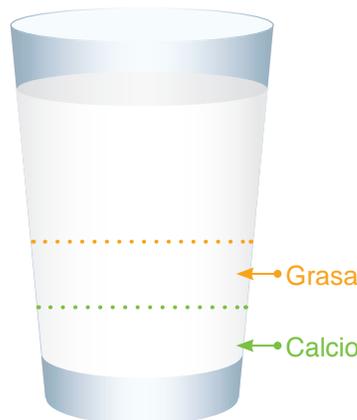
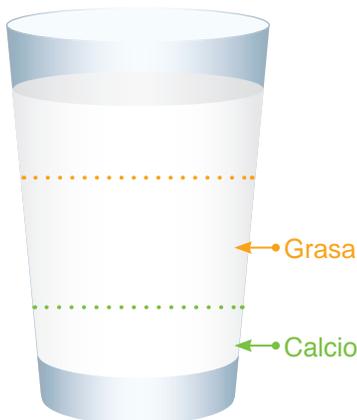
**Datos de Nutrición**

Tamaño de Porción	<b>1 Taza</b>
Calorías	<b>80</b>
Grasa Total	<b>0 g</b>

El calcio equivale al 30% de su valor diario.

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# Dem Bones

## Benefits of Calcium and Physical Activity:

1. Helps build and maintain strong bones!
2. Calcium and other nutrients can be found in milk, milk products, some vegetables, and other foods.



### Farmers Market or Green Cart Shopping List

Try bone-building broccoli from your local market this week!

## Family Goal

Goal: Increase servings of calcium every day. Try fat-free or low-fat milk, cheese or yogurt, broccoli, almonds, or soybeans.

Monday: We added \_\_\_\_\_ today.

Tuesday: We added \_\_\_\_\_ today.

Wednesday: We added \_\_\_\_\_ today.

Thursday: We added \_\_\_\_\_ today.

Friday: We added \_\_\_\_\_ today.

Saturday: We added \_\_\_\_\_ today.

Sunday: We added \_\_\_\_\_ today.



**Fact of the Week** Fat-free or low-fat milk, cheese and yogurt provide essential nutrients such as calcium, potassium, vitamin D and protein for healthy bone growth.

### Surprising Fact



Children 1–3 years of age need 500 mg of calcium each day. (1 full cup is 300 mg)



Children 4–8 years of age need 800 mg of calcium each day. (1 full cup is 300 mg)

Don't forget, grown-ups need calcium too!

### Strategy

Use fat-free or low-fat milk instead of water to make oatmeal and other hot cereals.

### Health Tip

Some children are allergic to milk and milk products, but they still need calcium. Ask your doctor for creative ways to include calcium in their diet. (Try broccoli!)

# At-Home Tools

## Bone Books

*Dinosaur Stomp!*

by Paul Stickland

*Dem Bones*

by Bob Barner

*The Skeleton  
Inside You*

by Philip Balestrino



## New Bone Words to Use

1. Bone
2. Low-fat
3. Milk
4. Jump
5. Bounce



## Did you know...

Calcium is found in broccoli and fortified soy beverages.

## Activities for Building Bones

### Bouncy Bones!

Create a safe space to bounce. Practice your bouncing skills by bouncing on one foot, two feet, forwards and backwards. Challenge: change direction and speed.

### Long Jump

Compare how far each family member can jump from a standing position.

## Bone Building Recipes

### Breakfast

Vanilla fat-free or low-fat yogurt topped with cereal and blueberries.

### Lunch

Spread tuna fish on top of a whole wheat English muffin. Add a slice of tomato and cover with low-fat cheddar cheese. Finish dish by warming for 1 minute to melt cheese

### Snack

One cup of fat-free or low-fat milk and banana slices.



# Huesos Secos

## Beneficios del Calcio y de la Actividad Física:

1. ¡Construye y mantiene huesos fuertes!
2. El calcio y otros nutrientes se encuentran en la leche, los productos derivados de la leche, algunos vegetales y otras comidas.



**Mercado de Agricultores o Lista de Compras del Carrito Verde**

Para fortalecer tus huesos prueba brócoli de tu mercado local.

## Meta Familiar

**Meta:** Aumente las porciones de calcio cada día. Consuma leche, queso ó yogurt libres ó bajos de grasa, brócoli, almendras y soya.

Lunes: Hoy agregamos \_\_\_\_\_.

Martes: Hoy agregamos \_\_\_\_\_.

Miércoles: Hoy agregamos \_\_\_\_\_.

Jueves: Hoy agregamos \_\_\_\_\_.

Viernes: Hoy agregamos \_\_\_\_\_.

Sábado: Hoy agregamos \_\_\_\_\_.

Domingo: Hoy agregamos \_\_\_\_\_.



**Dato de la Semana** Leche, queso y yogurt libres ó bajos de grasa proveen nutrientes esenciales para el crecimiento saludable de los huesos tales como calcio, potasio, vitamina D y proteína.

### Dato Sorprendente



Los niños de 1 a 3 años de edad necesitan 500 mg de calcio cada día. (1 pocillo lleno son 300 mg)



Los niños de 4 a 8 años de edad necesitan 800mg de calcio diariamente. (1 taza vale por 300mg)

Y no olviden que los adultos también necesitan calcio.

### Estrategia

Use leche libre ó baja de grasa en vez de agua para preparar avena ú otros cereales calientes.

### Consejo de Salud

Algunos niños son alérgicos a la leche ó a los productos derivados de la leche y necesitan calcio de otras fuentes. Pregúntele a su doctor maneras creativas para incluir calcio en sus dietas. (¡Pruebe brócoli!)

# Herramientas en Casa

## Libros de Huesos

*Dinosaur Stomp!*

de Paul Stickland

*Dem Bones*

de Bob Barner

*The Skeleton  
Inside You*

de Philip Balestrino



## Nuevas Palabras de Huesos Para Usar

1. Hueso
2. Bajo en grasa
3. Leche
4. Saltar
5. Rebotar



## Sabía que...

El calcio se encuentra en el brócoli o en bebidas de soya fortificada.

## Actividades Para Construir Huesos

### ¡Huesos que Rebotan!

Cree un espacio seguro para rebotar. Practique sus habilidades de rebotar rebotando un pie, dos pies, hacia adelante y hacia atrás. Reto: cambie de dirección y rapidez.

### Salto Largo

Compare qué tan lejos cada miembro de la familia puede saltar desde una posición de pie.

## Recetas Para Construir Huesos

### Desayuno

Yogurt libre o bajo de grasa espolvoreado de cereal y arándanos.

### Almuerzo

Esparza atún en un muffin integral inglés. Agregue una rodaja de tomate y cubra de queso americano libre ó bajo de grasa. Caliente un minuto para derretir el queso.

### Merienda

Un pocillo de leche libre o bajo de grasa y rodajas de banano.



# Healthy Beverages

## Early Childhood Health Lesson



**Objective:** Learn the importance of making healthy beverage choices for a healthy body.

### **WE CAN! MESSAGE**

Drink water, or fat-free, or low-fat milk instead of sugar-sweetened beverages. Limit the availability and accessibility of sugar-sweetened beverages.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.

### **ADULT MESSAGE**

Limit the sugar-sweetened beverages you serve in your house.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Learn science skills such as: cause and effect, measuring, compare and contrast, and volume.

### **PROGRAM CONTENT**

Themed lessons incorporating art, science, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Ask families if they drink water. Discuss when and how they drink water. Highlight how a human body is 70% water. Water is essential for our bodies because it is in every cell, tissue, and organ in the body. Water is also fat-free and calorie-free! Fun fact to share with families is that fruit and vegetables also contain water. Then review with families the importance of drinking fat-free or low-fat milk; it helps to build strong bones. Ask if the families drink other drinks. Inform families that the sugar-sweetened drinks they may drink (fruit juices, regular sodas, and sports drinks) provide water, but usually have added sugars and more calories than unsweetened beverages. To help with weight control, families should substitute sweetened beverages with water and fat-free or low-fat milk. Mention that beverages with added sugar can cause tooth decay. Highlight how water and fat-free or low-fat milk are healthier choices than drinking sweetened beverages.

**Visual References:** Illustrated human body figure filled with 70% of water. Nutrition Label break-down. Comparative image highlighting sugar content in drinks.

## Key Teaching Messages

- Water is a GO drink; drink it anytime!
- Water is essential to our body's survival. It helps every part of your body.
- Fat-free or low-fat milk and fortified 100% orange juice are important sources of calcium, which helps build strong bones. (Note: not all juices are fortified with calcium.)

## ACTIVITY DEMONSTRATIONS

### Water Exploration

**Materials:** Water, measuring cups of various sizes and shapes, funnels and “people” shaped sponges. Adults and children will receive individual water bowls with various cups and funnels. Children will explore concepts of empty and full as they pour and measure cups of water.

Goal is to help children become familiar with water through water exploration. Educator can also introduce the fact that when the body is low on water, a person may feel “thirsty,” and that water or fat-free or low-fat milk are healthy options to increase the body's fluids.

### Science Activity 1: Measuring Sugar In Soda, 100% Juice, & Juice Drink Demonstration

**Materials:** Funnels; empty 12-ounce soda, 100% orange juice and juice drink bottles (clear); spoons and 1lb granulated sugar in covered bowl.

Educator will begin discussion by asking adults and children how much sugar they think is in a 12-ounce bottle of orange soda. Educator will record responses. Educator will have the amount of sugar in a covered container to be revealed as the children help with the experiment. (There are 4 grams in 1 teaspoon so divide the grams of sugar on the nutrition label by 4 to get the teaspoons of sugar. Make sure to check the serving size for the bottle to figure out how many grams are in the full container.) Children will take turns scooping out the sugar and putting it through the funnel into the 12-ounce bottle can until the container is empty and the amount is revealed. Do the same experiment for a 12-ounce bottle of 100% orange juice and 12-ounce bottle juice drink and compare the results to the soda.

Educators will show parents the nutrition label graphic and help adults locate where the sugar facts are located on the label. Educator should point to section on the nutrition label: “Sugars = X grams.”

### Science Activity 2: Soda And Teeth Decay Experiment

**Materials:** 2-liter bottle of coca cola and 2-liter bottle of orange soda, small clear cups (1 for each family) and eggshells (from white, not brown eggs).

Families perform a science experiment to see how the chemicals and sugar in soda affect teeth by using eggshells. Eggshells are made up of calcium, just like teeth. Families pour a half-cup of soda (their choice of cola or orange soda) into clear glass with their name on it. They then carefully place the eggshell into the cup, making sure to submerge the shell below the surface of the liquid. Meanwhile, the educator will place an eggshell in water, as a comparison example. Families will discuss what they predict will happen to the eggshell in soda and why. Educator should record hypotheses. Families will leave the experiments in the classroom until the following week. The following week, educators will lead a discussion with the families as they describe the changes that have occurred during the week. Educator will compare eggshells left in soda to eggshells left in water. (The longer the eggshell can sit in the soda, the better the result.) Educator will point out the difference between the eggshell submerged in soda

(which has changed color and is weaker) and the eggshell placed in water. Families will be given a toothbrush to try and clean the eggshell as if they were brushing their teeth! They will learn that brushing does not clean the eggshell, and that the eggshell has become too fragile to brush. Educator will explain how the chemicals and sugar in soda break down the calcium found in teeth and eggshells. For teeth, it means tooth decay and cavities! The best way to protect teeth is to drink water and low-fat milk instead of sugar-sweetened drinks (juice, soda).

**Clean up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!

We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!

### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

Parachute play. Using the parachute, children and grown-ups will explore wave patterns, fish movements, and "empty and full" movements together.



## Cool-down:

It is important for the body to cool down gradually.

- Breathing–Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog–Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose–Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse–Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

## GROUP STORYTIME

*A Cool Drink of Water* by Barbara Kerley

*Dog is Thirsty* by Satoshi Kitamura

*Thirsty Baby* by Catherine Ann Cullen

## HEALTHY SNACK

Offer exciting ways to make a healthy beverage. Create your own fruit water. Select from a variety of fruits (i.e., limes, lemons, oranges, strawberries). An educator-led discussion will give children and adults the opportunity to discuss strategies for incorporating healthier beverages.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** Replace regular soda and sugar-sweetened drinks with water or fat-free or low-fat milk.

**Fact of the Week:** Regular soda has no nutritional value and is high in calories.

## At-Home Strategies:

- Drink a glass of water at every meal. Replace soda with water. Tap water is free!
- When your child is 2 years old, it is a good time to switch from drinking whole to fat-free or low-fat milk.

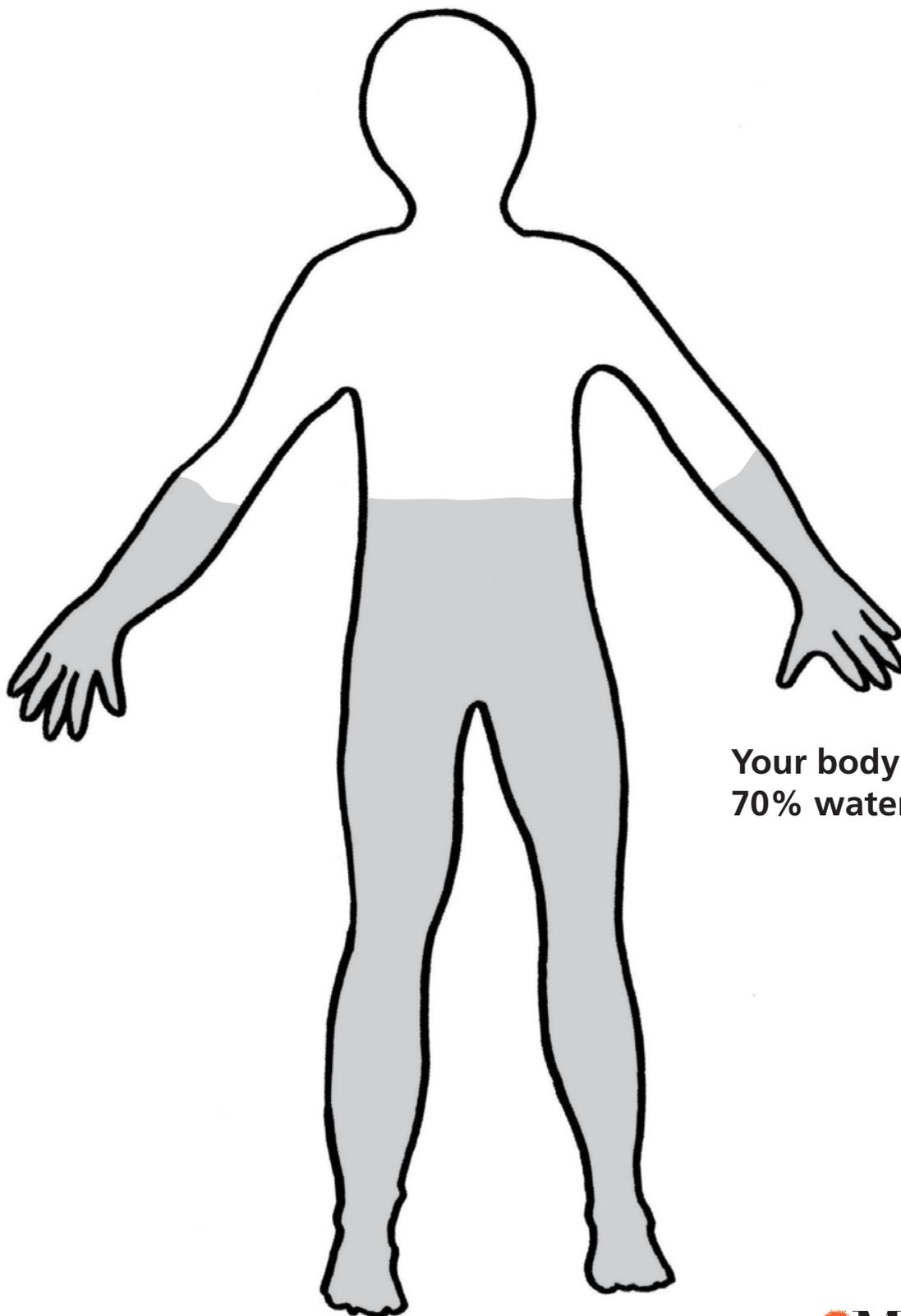
## LESSON VISUALS

- Body with water level
- The Hidden Truth – 100% Juice or Real Juice
- The Hidden Sugar Truth – Soda
- The Hidden Water Truth



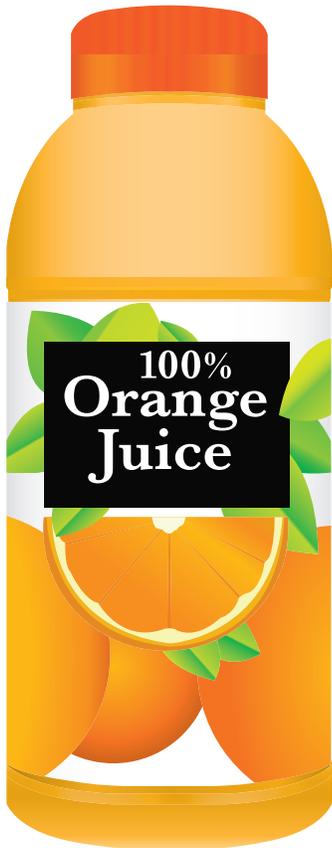
# Healthy Beverages

Early Childhood Health Lesson



Your body is  
70% water.

# The Hidden Truth



12 oz. 100% Orange Juice

Nutrition Facts	
Serving Size	12 oz.*
Calories	180
Total Fat	0 g
Grams of Sugar	22 g

**Ingredients:** 100% orange juice from concentrate contains pure filtered water, premium concentrated orange juice

\*A recommended serving is 4 ounces.



Nutrition Facts	
Serving Size	12 oz.
Calories	133
Total Fat	0 g
Grams of Sugar	27 g

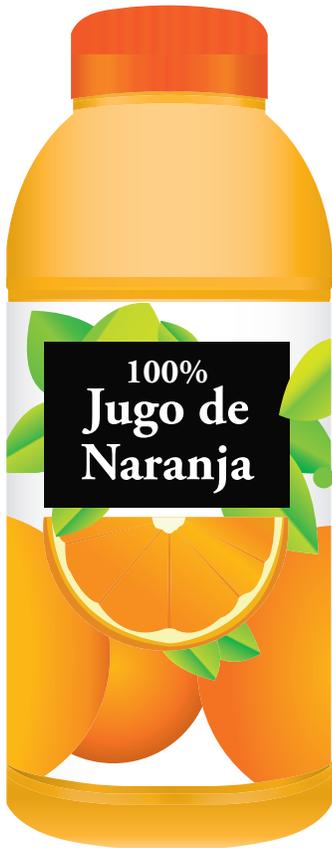
**Ingredients:** Pure Filtered Water, **High Fructose Corn Syrup\***, Lemon Juice from Concentrate, Less than 0.5% of: Natural Flavors, Citric Acid (provides tartness), Modified Cornstarch, Glycerol Ester of Rosin, Sodium Benzoate and Potassium Sorbate and Calcium Disodium EDTA (to protect taste), Yellow #5



12 oz. Lemonade

\***High Fructose Corn Syrup** is an added sugar. Added sugar is the sugar added to processed food and drinks while they are being made. Naturally occurring sugar is the sugar found in whole, unprocessed foods, such as milk, fruit, vegetables, and some grains.

# La Verdad Oculta



12 onzas  
100% Jugo de Naranja

## Datos de Nutrición

Tamaño de la Porción 12 oz.

Calorías 180

Grasa total 0g

Gramos de Azúcar 22 g

Cucharaditas de Azúcar=7.5



**Ingredientes:** 100% Jugo de naranja a base de concentrado, contiene agua filtrada purificada, jugo de naranja concentrado de primera calidad.

\*La porción recomendada es de 4 onzas.

Cucharaditas de Azúcar=8.75



## Datos de Nutrición

Tamaño de la Porción 12 oz.

Calorías 133

Grasa total 0 g

Gramos de Azúcar 27 g

**Ingredientes:** Agua carbonatada, **jarabe de maíz de alta fructosa y/o sacarosa**, ácido cítrico, benzoato sódico (para proteger el sabor), almidón modificado, sabores naturales y artificiales, acetato isobutirato de sacarosa, polifosfatos de sodio, aceite de coco, aceite vegetal brominado, ácido ascórbico, amarillo 6, rojo 40, diocilsulfosuccinato sódico.



12 onzas de Limonada

\*Las palabras resaltadas en amarillo se refieren a el azúcar agregada. El azúcar agregada es el azúcar que se agrega a los alimentos y bebidas procesados al momento de producirse. El azúcar de origen natural es la que se encuentra naturalmente en alimentos sin procesar, tales como la leche, la fruta, los vegetales y algunos granos.

# The Hidden Sugar Truth



12 oz. Pouch

Nutrition Facts	
Serving Size	12 oz.
Grams of Sugar	44 g
Calories	195

**Ingredients:** Water, **High Fructose Corn Syrup\***, **Pear Juice Concentrate\*** and **Grape Juice Concentrate\***, Citric Acid, Water, Extracted Orange Juice Concentrate and Water, Extracted Pineapple Juice Concentrate, Natural Flavor.



12 oz. Can

Nutrition Facts	
Serving Size	12 oz.
Grams of Sugar	52 g
Calories	210

**Ingredients:** Carbonated water, **high fructose corn syrup and/or sucrose**, citric acid, sodium benzoate (to protect taste), modified food starch, natural and artificial flavors, sucrose acetate isobutyrate, sodium polyphosphates, coconut oil, yellow 6, brominated vegetable oil, ascorbic acid, red 40, dioctyl sodium sulfosuccinate.



\*The words that are highlighted in yellow are added sugars. Added sugar is the sugar added to processed food and drinks while they are being made. Naturally occurring sugar is the sugar found in whole, unprocessed foods, such as milk, fruit, vegetables, and some grains.

# La Verdad Oculta Sobre el Azúcar



Bolsa de 12oz

## Datos de Nutrición

Tamaño de la Porción 12 oz.

Gramos de Azúcar 46 g

Calorías 195

**Ingredientes:** Agua, jarabe de maíz de alta fructosa, jugo de pera concentrado y jugo de uva concentrado, ácido cítrico, concentrado de jugo de naranja y agua, concentrado de jugo de piña, sabor natural.

Cucharaditas de Azúcar = 11



Lata de 12oz

## Datos de Nutrición

Tamaño de Porción 12 oz.

Gramos de Azúcar 52 g

Calorías 210

**Ingredientes:** Agua carbonatada, jarabe de maíz de alta fructosa y/o sacarosa, ácido cítrico, benzoato sódico (para proteger el sabor), almidón modificado, sabores naturales y artificiales, acetato isobutirato de sacarosa, polifostatos de sodio, aceite de coco, aceite vegetal brominado, ácido ascórbico, amarillo 6, rojo 40, dioctilsulfosuccinato sódico.

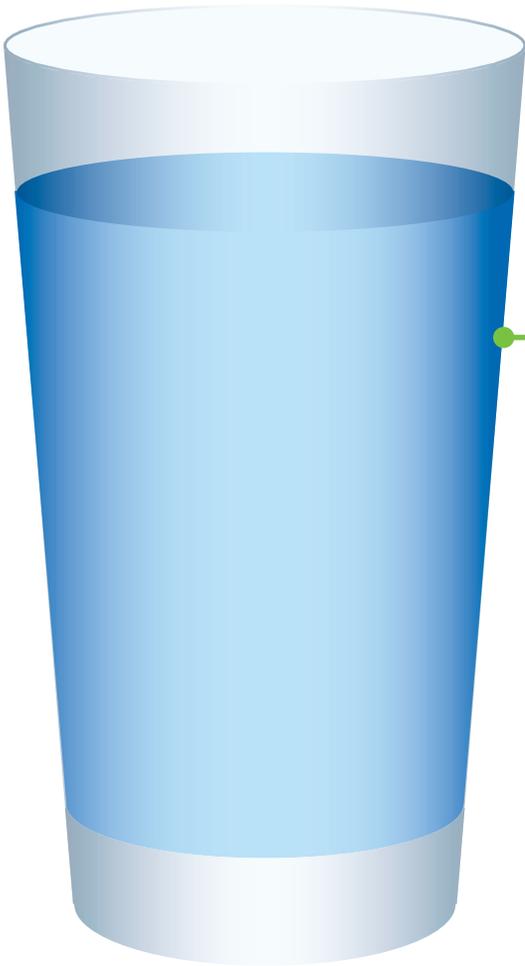
Cucharaditas de Azúcar = 13



\*Las palabras resaltadas en amarillo se refieren a el azúcar agregada. El azúcar agregada es el azúcar que se agrega a los alimentos y bebidas procesados al momento de producirse. El azúcar de origen natural es la que se encuentra naturalmente en alimentos sin procesar, tales como la leche, la fruta, los vegetales y algunos granos.

# The Hidden Water Truth

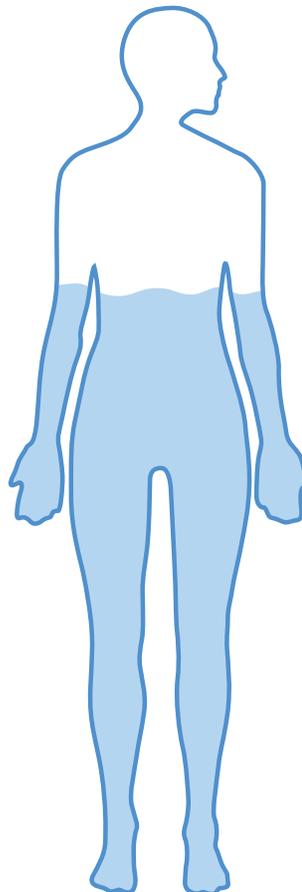
Water is Healthy and Delicious!



12 oz. Tap Water

Nutrition Facts	
Serving Size	12 oz.
Grams of Sugar	0
Calories	0

Teaspoons  
of Sugar=0

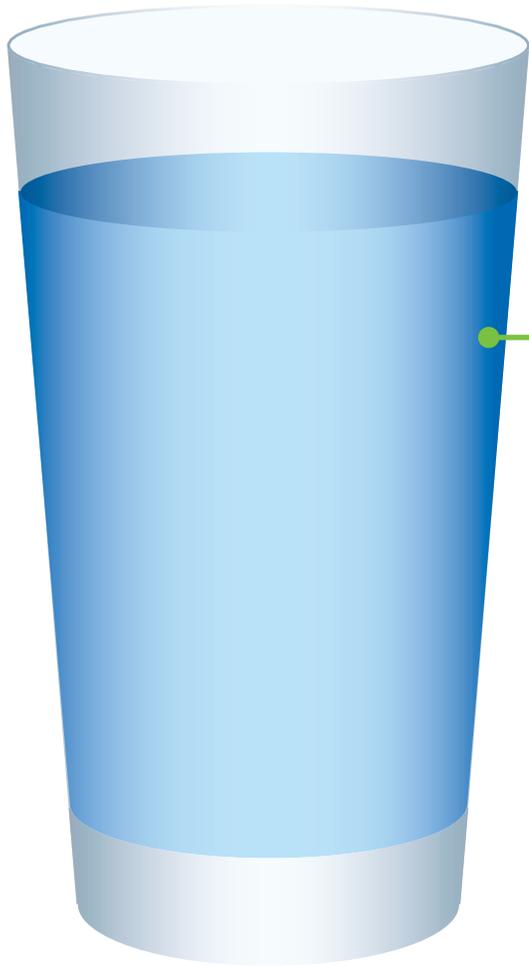


Water makes  
up 70% of  
your body!

Tap Water is  
**FREE**  
Saving ¢ents  
makes sense!

# La Verdad Oculta Sobre el Agua

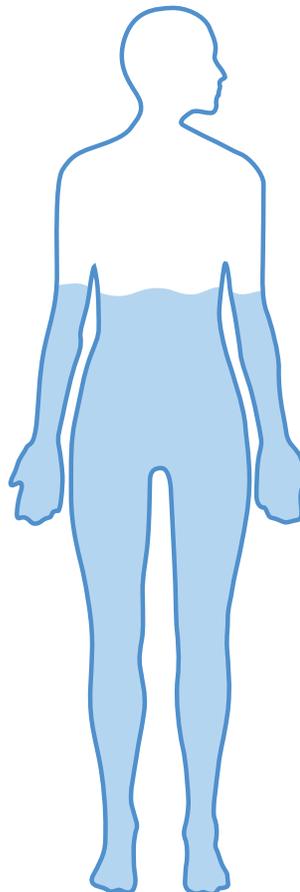
¡El Agua es Saludable y Deliciosa!



12 onzas de Agua de la Llave

Datos de Nutrición	
Tamaño de Porción	12 oz.
Gramos de Azúcar	0
Calorías	0

Cucharaditas de Azúcar = 0



¡El 70% de su cuerpo está compuesto de Agua!

El Agua de la Llave es **GRATIS**  
¡Ahorrar centavos tiene mucho sentido!

# Healthy Beverages

## Benefits of Fat-Free or Low-Fat Milk:

- 1. Builds and maintains strong, dense bones.
- 2. Keeps teeth strong.

## Benefits of Drinking Water:

- 1. No fat or calories.
- 2. Tap water is free.
- 3. Essential to every cell in the body (skin, brain, muscles, and organs).

### Farmers Market or Green Cart Shopping List

Add some fruit to your water by picking up some lemons or oranges from your local market.



## Family Goal

Goal: Replace regular soda and juice with fat-free or low-fat milk, or with water!  
Check if you reached your goal:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>						

## Fact of the Week

 Regular soda has no nutritional value and is high in calories.

### Surprising Fact

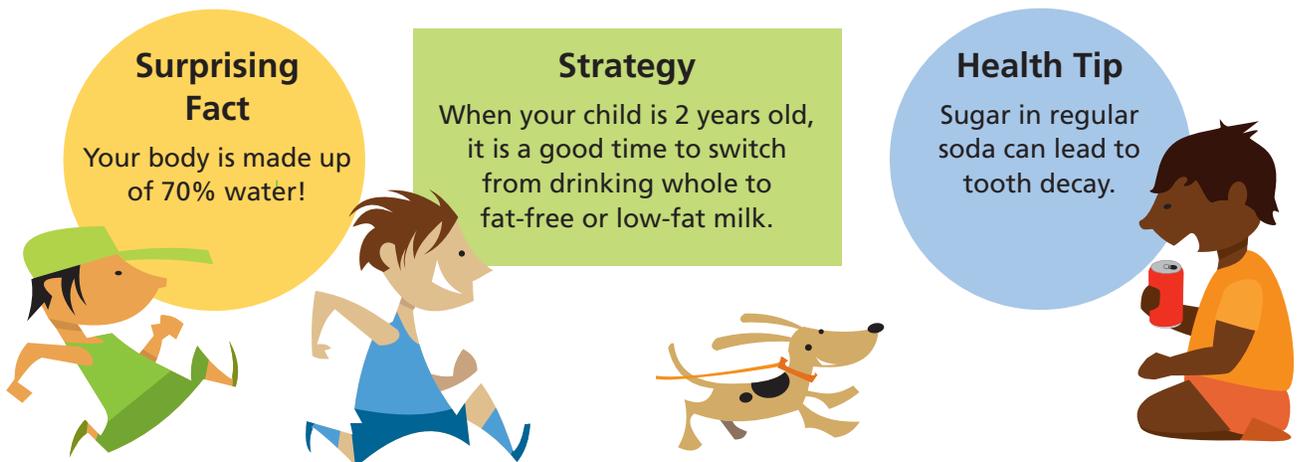
Your body is made up of 70% water!

### Strategy

When your child is 2 years old, it is a good time to switch from drinking whole to fat-free or low-fat milk.

### Health Tip

Sugar in regular soda can lead to tooth decay.



# At-Home Tools

## Books

*A Cool Drink of Water*

by Barbara Kerley

*Dog is Thirsty*

by Satoshi Kitamura

*Thirsty Baby*

by Catherine  
Ann Cullen



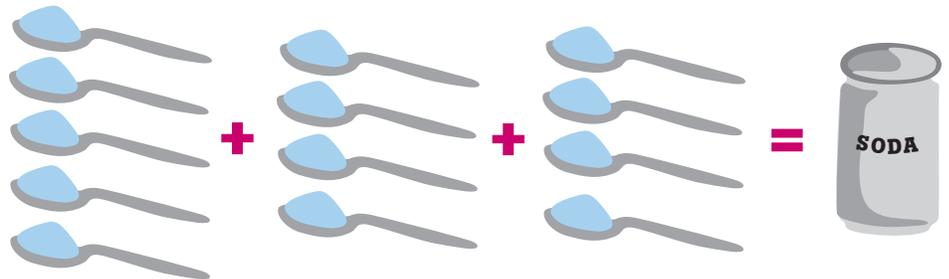
## New Beverage Words to Use

1. Thirsty
2. Full
3. Empty
4. Less
5. More



## Did you know...

One can of regular soda has 13 teaspoons of added sugar!



## Fun Activities

### Science Experiment

When you lose a tooth, place it in a glass of soda for a day or two to see what effect soda has on teeth!

### Bathtub Fun

Help children develop science and math skills as they use a variety of plastic containers to measure and pour during bath time.



## Delicious Recipes

### Lemon Water

Squeeze fresh lemons into a glass of water for a refreshing drink.

### Orange-Strawberry Popsicles

Make your own popsicles using an ice cube tray or small disposable cups and popsicle sticks. Fill with water and add fresh squeezed oranges and mashed strawberries. Cover with aluminum foil and poke the sticks through the foil to hold them in place. Put in your freezer. Once frozen, pop out of container and enjoy.

# Bebidas Saludables

## Beneficios de la Leche Libre o Baja de Grasa:

1. Construye y mantiene huesos fuertes y densos.
2. Mantiene los dientes fuertes.

## Beneficios de Beber Agua:

1. No tiene grasa ni calorías.
2. El agua de la llave es gratis.
3. Es esencial para cada célula del cuerpo (piel, cerebro, músculos y órganos).

Mercado de Agricultores o Lista de Compras del Carrito Verde

Pon fruta en tu agua. Ve a tu mercado local y compra limones y naranjas



## Meta Familiar

Meta: ¡Reemplace gaseosas regulares y jugos por agua y leche libre o baja de grasa!

Verifique si cumplió su meta:

Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

Domingo

**Dato de la Semana** Las gaseosas regulares no tienen valor nutricional y son altas en calorías.

### Dato Sorprendente

¡Su cuerpo está compuesto de 70% de agua!



### Estrategia

Cuando su niño tenga 2 años de edad, es un buen momento para cambiar de tomar leche entera a tomar leche libre o baja de grasa.



### Consejo de Salud

El azúcar en las gaseosas puede causar caries dental.



# Herramientas en Casa

## Libros

*A Cool Drink of Water*  
de Barbara Kerley

*Dog is Thirsty*  
de Satoshi Kitamura

*Thirsty Baby*  
de Catherine  
Ann Cullen



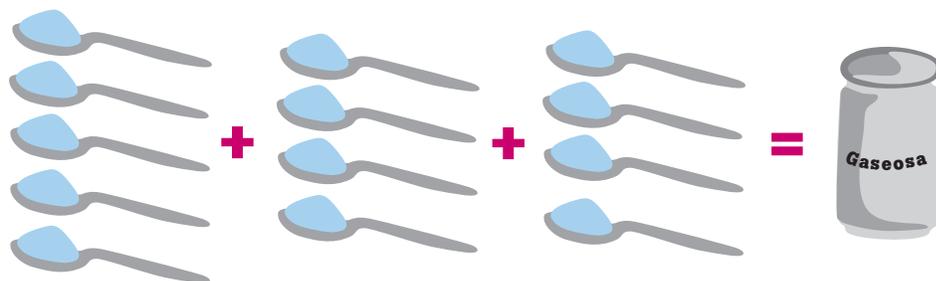
## Nuevas Palabras de Bebidas para Usar

1. Sediento
2. Lleno
3. Vacío
4. Menos
5. Más



## Sabía que...

¡Una lata de gaseosa regular tiene 13 cucharaditas de azúcar!



## Actividades Divertidas

### Experimento de Ciencias

¡Cuando se le caiga un diente, colóquelo en un vaso de gaseosa para ver el efecto que la gaseosa tiene en los dientes!

### Diversión en la Tina

Ayude a los niños a desarrollar habilidades de matemáticas y ciencias a medida que ellos usan una variedad de contenedores de plástico para medir y derramar durante la hora del baño.



## Recetas Deliciosas

### Agua de Limón

Exprima limones frescos en un vaso de agua para una bebida refrescante.

### Helados de Naranja y Fresa

Haga sus propios helados usando una hielera o vasos desechables y palitos. Llénelos de agua y agregue jugo de naranja y puré de fresas. Cúbralos con papel de aluminio y atraviese el papel con los palitos. Póngalos en el congelador. Una vez congelados, sáquelos del contenedor y disfrútelos.

# Smart Sleep!

## Early Childhood Health Lesson



**Objective:** Learn the importance of getting healthy sleep.

### **WE CAN! MESSAGE**

Healthy sleep plays a vital role in maintaining a healthy body and mind.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify that healthy behaviors impact personal health.

### **ADULT MESSAGES**

Sleep is essential for children and adults to function.

Sleep is as important as nutrition and physical activity.

Children who get optimal sleep tend to have fewer problems with mood swings and irritability; less behavioral consequences such as hyperactivity, aggressiveness, and poor impulse control; and increased learning and academic success. Moreover, sleep has also been shown to lower the risk for the development of obesity, diabetes, potential long-term cardiovascular effects, impaired growth, poor immune function, and accidental injuries.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Learn counting skills, dramatic play, body awareness, and gross motor development.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

Program Length: 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Ask children and parents what they think happens while we sleep. Many will think that the body “stops.” It is important to help them realize that while your body is taking a rest from the day it is, in fact, still working. Your heart continues to pump, the body moves while sleeping, and the brain is active—having dreams, sorting out the days events, allowing your mind and body to “re-charge.” Engaging children in a conversation about dreams, bad and good, will help them realize that dreams are a natural part of sleeping.

Discuss with families what it feels like when you don’t get a good night’s sleep and when you do. Return to the importance of sleep by asking children (and adults) what it feels like when you are tired or when you are with someone who has not had enough sleep (grumpy, sluggish, sick, etc). Discuss the benefits of a good night's sleep: it helps you learn better, feel better—both physically and mentally—and helps you make better decisions (including eating decisions)!

Setting the stage for your best possible sleep is also important! Discuss the important components of healthy sleep for children and families: regular bedtime, consistent bedtime over weekday and weekend nights, regular wake up time, bedtime routine, no electronics in the bedroom, no caffeine, avoiding negative messages about sleep (“if you’re bad, you have to go to bed”). Lead a conversation about what families like to do before going to bed and list the best thing about sleeping (dreams? soft bed? lullabies?) Help families create a bedtime routine to help them sleep better and wake up refreshed and ready for the new day.

**Visual References:** Sleepy Meter.

### Key Teaching Messages

- 1–3 year olds need about 12–14 hours of sleep in a 24-hour period.
- 3–5 year olds need about 11–13 hours of sleep each night and most do not nap after 5 years of age.
- Adults need around 8 hours of sleep every night.
- Sleep is a time for the body to perform functions that only occur while sleeping (hormone regulation).
- Nothing replaces sleep but sleep.
- Sleep is just as important to children’s health and development as nutrition and physical activity.
- Sleep helps the body perform at its best during the day.
- Inadequate sleep has many negative results in children and adults, optimal sleep has many benefits.
- Inadequate sleep can affect body weight by affecting: healthy eating decisions, body’s ability to use and break-down food, and body’s ability to perform growth processes.
- Parents can make small changes in sleep habits that have a big impact (and it’s free!)

### ART ACTIVITY: SLEEP MOBILE

**Materials:** Pre-cut cardboard arches, pipe cleaners, glue, large craft sticks, collage materials (fabric, foam shapes), and yarn.

**Set-up:** Place one cardboard arch at each seat. Spread the pipe cleaners (all different colors) across the table. Next, pass out the glue. Fill cups halfway full and place one cup of glue at each seat, as well as a craft stick. Spread one to two handfuls of collage materials across the table. Encourage children to attach foam core shapes, fabric, and/or other materials to the end of the pipe cleaners and then attach them to the wire hanger. Discuss with children what they would like to look at as they go to sleep at night. When children are finished with their sleep mobiles, place the project in a place to dry. Use a marker to write the child’s name on a strip of tape and attach it to the wire hanger.

**Clean up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: “Clean up, clean up, one, two, three. I’ll help you and you help me. Clean up, clean up, one, two, three. I’ll help you and you help me.”

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!

We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!



### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

Scarf dancing with jazz and/or classical music, using rhythmic and stretching movements. Do yoga, stretching, and deep breathing to calm down and talk about a routine they could do to relax before bed. Also practice feeling tension and release. This helps our muscles relax.

### Cool-down:

It is important for the body to cool down gradually.

- Breathing—Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog—Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose—Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse—Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

## GROUP STORYTIME

*Goodnight Moon* by Margaret Wise Brown

*Time to Sleep* by Denise Fleming

*Good Night, Gorilla* by Peggy Rathmann

## HEALTHY SNACK

Offer unsweetened applesauce and fat-free or low-fat milk as healthy bedtime snacks. An educator-led discussion will give children and adults the opportunity to discuss strategies for creating healthy bedtime snacks.

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## REVIEW FAMILY HANDOUT

**Goal:** Develop a family bedtime routine!

**Fact of the Week:** 1–3 year olds need about 12–14 hours of sleep in a 24-hour period. 3–5 year olds need about 11–13 hours each night and most do not need naps after 5 years of age.

### At-Home Strategies:

- Create a routine for bedtime, including a regular sleep schedule, regular routine, and regular sleep environment.
- Create proper sleep environment that is dark, quiet, and comfortable.
- Activity during the day helps the body sleep well.
- Do not watch TV or movies, especially scary ones, close to bedtime.

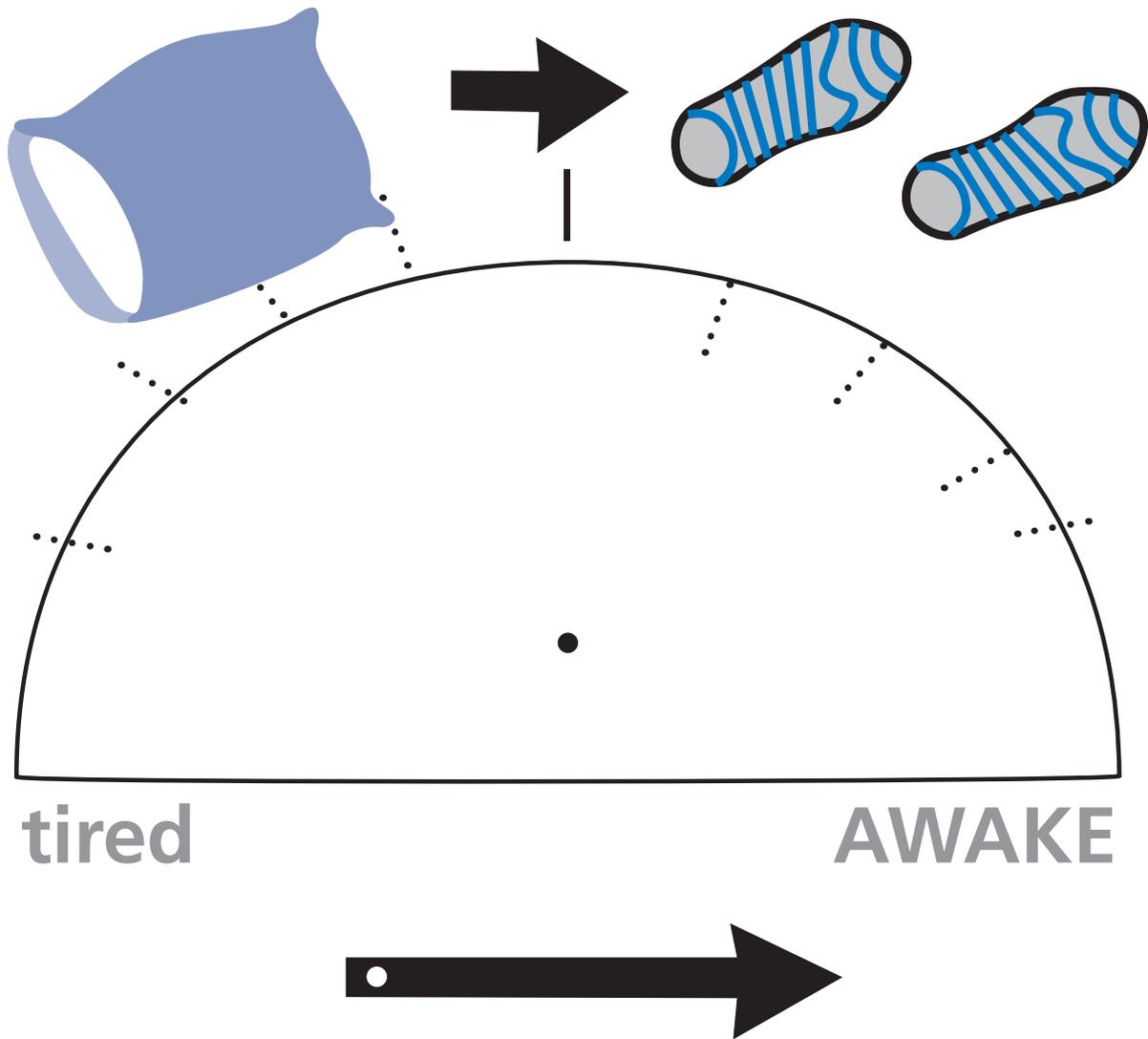
## LESSON VISUALS

- Sleep Meter

Lesson has been reviewed by CMOM Health Advisor Dr. Judith Owens, M.D., M.P.H., Director of Sleep Medicine at Children's National Medical Center, Washington D.C., November 2012



# Sleep Meter



# Smart Sleep!

## Benefits of Sleep:

1. Body restores itself during sleep.
2. Increases brain's ability to focus, learn, and think clearly.
3. Helps boost immune system which helps fight sickness.
4. Active period of bodily growth and repair.

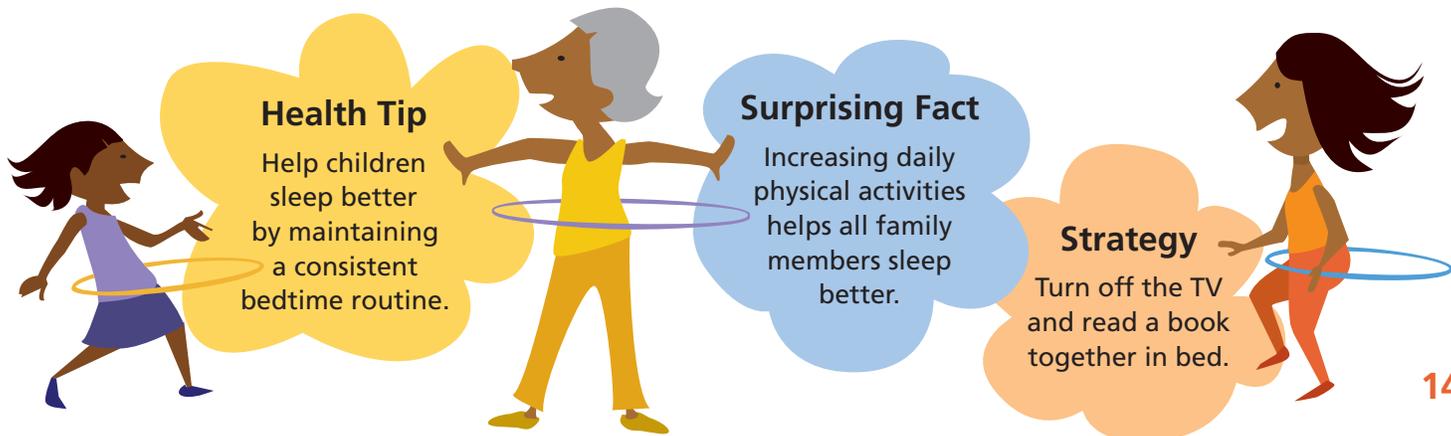
**Farmers Market or Green Cart Shopping List**  
 Pick up a banana—a healthy bedtime snack—at your local market!

## Family Goal

Goal: Develop a family bedtime routine! Use this nighttime checklist:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Take a warm bath	<input type="checkbox"/>						
Brush teeth	<input type="checkbox"/>						
Place a cup of water by the bed	<input type="checkbox"/>						
Share the best part of the day	<input type="checkbox"/>						
Read a story together	<input type="checkbox"/>						
Turn on the night-light	<input type="checkbox"/>						
Sing a lullaby	<input type="checkbox"/>						
Give a hug or kiss goodnight	<input type="checkbox"/>						
Give a backrub	<input type="checkbox"/>						

**Fact of the Week** 1–3 year olds need 12–14 hours of sleep in a 24-hour period. 3–5 year olds need 11–13 hours of sleep each night.



# At-Home Tools



## Sleep Books

*Goodnight Moon*  
by Margaret Wise Brown

*Time to Sleep*  
by Denise Fleming

*Good Night, Gorilla*  
by Peggy Rathmann

## New Sleep Words to Use

1. Tired
2. Sleep
3. Nap
4. Rest
5. Bed



## Did you know...

Getting too little sleep may lead to chemical changes in the brain that cause individuals to feel hungrier and eat more.

## Quiet Bedtime Activities

Read favorite books together

Give a backrub

Stretch gently

Keep bedroom comfortable, quiet, and dark

## Bedtime Snack Recipes

- Cup of warm fat-free or low-fat milk or
  - Banana slices or
  - 2 slices of toast or
  - Cup of applesauce with cinnamon sprinkled on top



# ¡Sueño Sabio!

## Beneficios del Sueño:

1. El cuerpo se restaura durante el sueño.
2. Aumenta la habilidad del cerebro para enfocar, aprender y pensar claramente.
3. Ayuda a estimular el sistema inmunológico el cuál ayuda a combatir las enfermedades.
4. Activa el período de crecimiento y reparación del cuerpo.

### Mercado de Agricultores o Lista de Compras del Carrito Verde

Si se te antoja un bocadito antes de dormir ve a tu mercado local y compra una banana.

## Meta Familiar

Meta: ¡Desarrolle una rutina familiar a la hora de ir a la cama! Use esta lista por la noche:

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Tome un baño tibio	<input type="checkbox"/>						
Cepílese los dientes	<input type="checkbox"/>						
Coloque un pocillo de agua al lado de su cama	<input type="checkbox"/>						
Hable de la mejor parte del día	<input type="checkbox"/>						
Lean una historia juntos	<input type="checkbox"/>						
Prenda la lamparilla	<input type="checkbox"/>						
Cante una canción de cuna	<input type="checkbox"/>						
Dé un abrazo o besos de las buenas noches	<input type="checkbox"/>						
Dé un masaje	<input type="checkbox"/>						

**Dato de la Semana** Niños de 1–3 años de edad necesitan aproximadamente 12–14 horas de sueño en un período de 24 horas. Niños de 3–5 años de edad duermen típicamente de 11–13 horas cada noche.



### Consejo de Salud

Ayude a los niños a dormir mejor manteniendo una rutina consistente para ir a la cama.

### Dato Sorprendente

Aumentar las actividades físicas diarias ayuda a todos los miembros de la familia a dormir mejor.

### Estrategia

Apague la televisión y lean un libro juntos en la cama.

# Herramientas en Casa



## Libros del Sueño

*Goodnight Moon*  
de Margaret Wise Brown

*Time to Sleep*  
de Denise Fleming

*Good Night, Gorilla*  
de Peggy Rathmann

## Nuevas Palabras de Sueño para Usar

1. Cansado
2. Dormir
3. Tomar una siesta
4. Descansar
5. Cama



## Sabía que...

Dormir muy poco puede llevar a cambios químicos en el cerebro que hace que los individuos sientan más hambre y coman más.

## Actividades Silenciosas a la Hora de Dormir

Lean libros favoritos juntos.

Dé un masaje de espalda.

Estírese suavemente.

Mantenga la habitación confortable, silenciosa y oscura.

## Merienda para la Hora de Dormir

- Un vaso de leche tibia o
- Rodajas de banano o
- 2 tostadas o
- Un pocillo pequeño de salsa de manzana con canela espolvoreada encima.



# Family Meal

## Early Childhood Health Lesson

**Objective:** Learn the importance of working together to create a healthy, affordable, and easy to make meal.



### **WE CAN! MESSAGES**

Increase availability and accessibility of healthy foods in the home.

Control portion sizes.

Limit intake of high-fat and high-calorie foods that are low in nutrients.

Limit the availability and accessibility of sugar-sweetened beverages.

Limit the availability and accessibility of high-fat, high-calorie/low nutrient foods in the home.

### **NATIONAL PRE-K–2ND GRADE HEALTH PERFORMANCE STANDARDS**

Identify how the family influences personal health practices and behaviors.

### **ADULT MESSAGE**

Positive family eating habits can influence a child’s cognitive, social, emotional, and physical well-being.

### **DEVELOPING PRESCHOOL READINESS SKILLS**

Developing listening skills, learning to follow directions, and building language through social and group interaction.

### **PROGRAM CONTENT**

Themed lesson plans incorporating art, literacy, movement and music support a multi-disciplinary approach to teaching young children and adults.

**Program Length:** 70 minutes

### **INTRODUCTION/DISCUSSION**

**Materials:** Name stickers, markers

Welcome families with name stickers and “hello” song. Ask families how often they eat together. Lead a discussion around the challenges, benefits, and the importance of sharing family meals. Encourage and provide strategies for adults to engage children in the preparation and responsibilities surrounding family meals. Use this as an opportunity to review and summarize the health messages we have covered so far (foods with multiple colors and textures, inclusion of fruits and vegetables in every meal, calcium-rich foods and beverages, portion plate template, water consumption, and washing hands). Allow time for families to share their own mealtime challenges and strategies.

**Visual References:** Pictures of families from all over the world preparing meals and eating together.

## Key Teaching Messages

- Social settings, especially family settings, have a powerful influence on child's behaviors and habits.
- Home cooking can be more nutritious than fast food and take-out options—and cheaper!
- Family meals are beneficial for a child's emotional, physical, and mental development.

## ART ACTIVITY: PERSONALIZED PLACEMAT AND PERSONALIZED CHEF'S APRON

Children and adults will each create their own unique placemat that will serve as a creative and positive reinforcement for sharing family meals. Children will create their own chef's apron.

**Materials:** For Placemat: Oak tag, pictures of healthy foods, alphabet letters, glue sticks, markers, and laminator (or plastic sleeves). Recycled health and fitness magazines. For Chef's Apron: apron, colored markers, or fabric markers.

**Set-up:** Placemat Activity: Place two pieces of tape to each end of the oak tag. Place one piece of oak tag paper at each seat. Place one glue stick at each seat. You might have to demonstrate how to remove the top of the glue stick and how to move it up and down. Separate the pictures and alphabet letters on the table into separate piles. Make sure that all children at the table can reach the materials. Hand out child-safe scissors to the grown-ups at the table. Adults can help the children cut images out of the magazines. When the children are finished with their placemats, remove the tape from the oak tag. Use a marker to write the child's name on the back of the placemat.

**Option 1:** Have the laminator set up at a different table. Make sure the laminator is on and is hot. NOTE: DON'T LET THE CHILDREN HELP WITH LAMINATING. THE LAMINATOR GETS EXTREMELY HOT! They can watch. Place the oak tag paper placemat in a clear laminator sheet, then into the cardboard laminator protector and feed it through the laminator. When it comes out, check to make sure the placemat has been properly laminated. If not, feed it through the laminator again. When the placemat is completely laminated, place on the table to cool off.

**Option 2:** Collect all placemats and laminate off-site and return to families.

**Option 3:** Use plastic jacket sleeves.

**Set-up:** Apron Activity: Provide each child with an apron and markers.

**Clean-up:** Give children a 5 minute warning. Always let children know that you will be transitioning and ending the project soon. After the warning, sing a clean-up song to focus children and encourage participation in the clean-up process. One example: "Clean up, clean up, one, two, three. I'll help you and you help me. Clean up, clean up, one, two, three. I'll help you and you help me."

## COOKING DEMONSTRATION

Chef or cooking expert will lead a hands-on, creative cooking demonstration that engages both parent and child in creating a healthy balanced meal. Check out these recipes for ideas. Keep the Beat: Deliciously Healthy Eating website: <http://hp2010.nhlbihin.net/healthyeating/>

Encourage children to wash hands with soap and warm water before eating snack. **Hand Washing Strategy:** Wash hands for 20 seconds to fight off all germs and then rinse well under running water. Sing the ABC Song while you wash.

## PHYSICAL ACTIVITY: MOVEMENT/MUSIC

**Weekly Structure:** Warm-up, Active Play Time, Movement/Music (song/activity), Cool-down. Children should do at least 60 minutes (1 hour) or more of physical activity each day.

### Warm-up:

#### Marching Movement Song

We're marching, marching, marching  
We're marching in a circle  
We're marching, marching, marching until it's time to stop!

We're jumping, jumping, jumping  
We're jumping in a circle,  
We're jumping, jumping, jumping until it's time to stop!  
(add hopping, stomping, running, tiptoeing, etc.)

#### In and Out Circle Song

Let's go in and in and in  
And out and out and out  
And in and in and in and in  
And out and out and out!



### Active Play Time:

Do 5 or 10 minutes of each exercise

- Playing Tag
- Hopscotch
- Jumping Jacks
- Jumping (one foot, together then apart, front to back)

### Movement/Music:

**Songs** – Row, Row, Row Your Boat and Grand Old Duke of York

**Roller Coaster** – Have the adult sit with their legs straight out. Have the child sit in between the adult's legs. Now, pretend you are on a roller coaster. As the roller coaster goes up the parent and child lean back. As the roller coaster goes down the pair lean forward and scream. Then lean left and right as the roller coaster turns.

**Train** – Have the adult sit with their legs straight out. Have the child sit in between the adult's legs. As the train takes off the pair moves their arms like the train wheels rolling. Make noises of the train and hear the whistle blow!

### Cool-down:

It is important for the body to cool down gradually.

- Breathing–Place hands on belly or lower back. Inhale and fill the lungs. Feel the abdomen and ribs inflate. Exhale and empty the lungs. Feel the chest and abdomen relax.
- Yoga Moves
  - Downward Dog–Have the children make a bridge with their bodies. From here you can kick one leg up at a time and start to stretch body long.
  - Tree Pose–Have the children balance on one leg, bending their other leg at a 90 degree angle, stretching their hands above their heads.
  - The Horse–Stand in place for 30 seconds with a wide stance and knees bent (like a halfway down squat position).

## GROUP STORYTIME

*Don't Let the Peas Touch* by Deborah Blumenthal

*Gregory, the Terrible Eater* by Mitchell Sharmat

*The Berenstain Bears Forget Their Manners* by Stan Berenstain and Jan Berenstain

## REVIEW FAMILY HANDOUT

**Goal:** Have two or more family-style meals together this week.

**Fact of the Week:** Children are more likely to try new foods when they are eating with their family.

### At-Home Strategies:

- Have all family members contribute to the meal so that responsibilities are shared.
- Introduce children to new healthy foods and act as a role model for healthy eating.
- For conversation, share “best” and “worst” moments of the day.
- Make eating together a routine and make it a family commitment.
- Planning meals and using a shopping list helps save money and time!

## LESSON VISUALS

- MyPlate



# Family Meal

Early Childhood Health Lesson

**Food Servings**

- Vegetables
- Fruits
- Grains
- Protein

**Dairy**

**Grains**

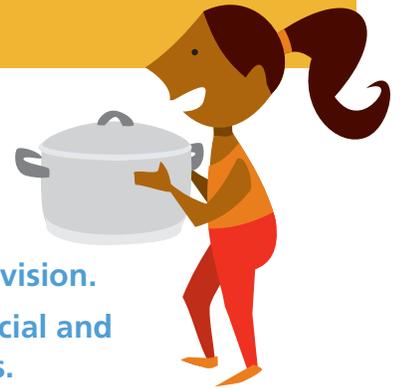
**Protein**

**Fruits**

**Vegetables**

**ChooseMyPlate.gov**

# Family Meal



## Benefits of Family Meals:

1. Family meals influence children’s eating habits.
2. Families bond during meal time.
3. Parents model good eating habits.
4. Children spend less time in front of television.
5. Children practice social and conversational skills.

### Farmers Market or Green Cart Shopping List

Make a healthy salad to go with your family meal. Save money by visiting your local market or farmer’s market and pick up some carrots, cucumbers, and tomatoes.

## Family Goal

**Goal:** Have two family-style meals together this week. Family-style meals include dividing the responsibilities between shopping, cooking, setting the table, and clearing and washing the dishes.

### First Meal

### Second Meal

Shopping _____	_____
Cooking _____	_____
Table Setting _____	_____
Table Clearing _____	_____
Washing Dishes _____	_____



**Fact of the Week** Children are more likely to try new foods when they are eating with their family.

### Saving Money Tips

Buy fruits and vegetables that are in season, and remember frozen or canned fruits and vegetables are healthy options, too! Planning meals, creating shopping lists, and clipping coupons can save money and time!

### Surprising Fact

Family activities influence a child’s school success more than parents’ income or education.

### Strategy

Introduce children to new healthy foods and act as a role model for healthy eating. Use the MyPlate concept to talk to your kids about the dietary messages. Link to: [www.choosemyplate.gov/](http://www.choosemyplate.gov/)

# At-Home Tools

## Dinner Books

*The Berenstain Bears Forget Their Manners*

by Stan Berenstain and Jan Berenstain

*Don't Let the Peas Touch*

by Deborah Blumenthal

*Gregory, the Terrible Eater*

by Mitchell Sharmat

## New Meal Words to Use

1. Family
2. Sharing
3. Teamwork
4. Responsibility
5. Conversation



## Did you know...

Young children can develop a sense of pride and responsibility as they contribute to the family meal preparations.

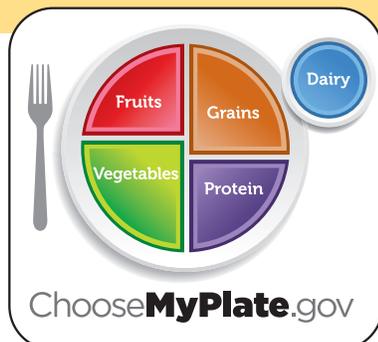
## Fun Activities

### Where Do I Sit at the Table?

Children can create name or picture cards for each family member and then assign seats at the dinner table. This will allow them to be creative while also learning their letters, shapes, and colors

### Shopping Lists

Give children the responsibility of helping you choose the fruits and vegetables for the week. Help them practice counting skills and color recognition!



## Dinner Recipes

Healthy meals do not have to cost a lot of money. Try these healthy, budget-friendly dinner recipes with your family.

### Mini Pizzas

Using whole wheat pita bread, spread low-fat mozzarella cheese, then add fresh peppers, onions, or even pineapple. Bake in oven until cheese is melted.

### Chef Salad

Start with fresh lettuce. Have children tear leaves, then sort and toss tomatoes, sweet peppers, carrots, hard-boiled eggs, ham, cheese, cucumbers, and celery. Serve dressing made of 1/2 cup olive oil, 1/2 cup balsamic vinegar, and teaspoon of honey.

# Family Meal

Early Childhood Health Lesson

**Tamaños de las porciones:**

- Vegetales
- Frutas
- Almidón
- Proteína

**Lácteos**

**Granos**

**Proteína**

**Frutas**

**Vegetales**

**MiPlato**  
Choose **MyPlate.gov**

# Comida Familiar



## Beneficios de las Comidas Familiares:

1. Las comidas familiares influyen los hábitos alimenticios de los niños.
2. Las familias forman vínculos durante las comidas.
3. Los padres modelan buenos hábitos alimenticios.
4. Los niños pasan menos tiempo en frente de la televisión.
5. Los niños practican habilidades sociales y de conversación.

**Mercado de Agricultores o Lista de Compras del Carrito Verde**  
Acompaña tu comida familiar con una ensalada saludable. Ve a tu mercado local y ahorra comprando tomates, zanahorias, pepinos y tomates.

## Meta Familiar

**Meta:** Tenga dos comidas al estilo familiar juntos esta semana. Comidas al estilo familiar incluyen dividir las responsabilidades entre comprar, cocinar, arreglar la mesa y recoger y lavar los platos

### Primera Comida

### Segunda Comida

Comprar \_\_\_\_\_  
Cocinar \_\_\_\_\_  
Arreglar la Mesa \_\_\_\_\_  
Recoger los platos \_\_\_\_\_  
Lavar los platos \_\_\_\_\_



**Dato de la Semana** Los niños tienden a probar nuevas comidas cuando están comiendo con la familia.

### Consejos Para Ahorrar

¡Compre frutas y vegetales de la estación, y recuerde que las frutas y los vegetales congelados o enlatados son opciones saludables también! Planear las comidas, hacer una lista de compras y usar cupones ayuda a ahorrar tiempo y dinero!

### Dato Sorprendente

Las actividades familiares influyen el éxito escolar de un niño más que los ingresos o la educación de los padres

### Estrategia

Presente a los niños nuevas comidas saludables y sea un modelo para comer saludablemente. Utilice el concepto "MyPlate" para hablar a sus niños de los mensajes acerca de la dieta. Página:<http://www.choosemyplate.gov/>

# Herramientas en Casa

## Libros de Cena

*The Berenstain Bears Forget Their Manners*  
de Stan Berenstain y Jan Berenstain

*Don't Let the Peas Touch*  
de Debora Blumenthal

*Gregory, the Terrible Eater*  
de Mitchell Sharmat

## Nuevas Palabras de Comida Para Usar

1. Familia
2. Compartir
3. Trabajo en equipo
4. Responsabilidad
5. Conversación



## Sabía que...

Los niños pequeños pueden desarrollar un sentido de orgullo y responsabilidad a medida que contribuyen a la preparación de comidas para la familia.

## Recetas para la Cena

Una comida saludable no tiene porque costar mucho dinero. Intente hacer estas recetas saludables y económicas para cenar con su familia

## Actividades Divertidas

### ¿Dónde me siento en la mesa?

Los niños pueden crear tarjetas con los nombres o imagen de cada miembro de la familia y asignarles su asiento en la mesa. Esto les permitirá ser creativos mientras aprenden las letras, formas y colores.

### Mini Pizzas

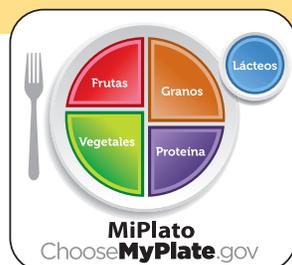
Esparza queso mozzarella libre o bajo de grasa en un pan pita integral. Agregue pimientos frescos, cebollas o piña. Horneé hasta que el queso se derrita.

### La Lista de las Compras

Déle a los niños la responsabilidad de ayudarlo a escoger las frutas y las verduras de la semana. ¡Ayúdeles a practicar habilidades de conteo y reconocimiento de colores!

### Ensalada del Chef

Empiece con lechuga fresca. Haga que los niños despedacen, echen y sorteén tomates, pimientos dulces, zanahorias, huevos duros, jamón, queso, pepinos y apio. Sirva el aderezo hecho de ½ pocillo de aceite de oliva, ½ pocillo de vinagre balsámico y una cucharadita de miel.





# family health journal

Name:



# Five Senses



These are my 5 senses:



My senses help me learn, grow,  
and discover new things.



# GO, SLOW, WHOA Foods

These are my favorite GO foods:



I eat GO foods anytime  
because they help me grow  
and feel good!

# Fabulous Fruits



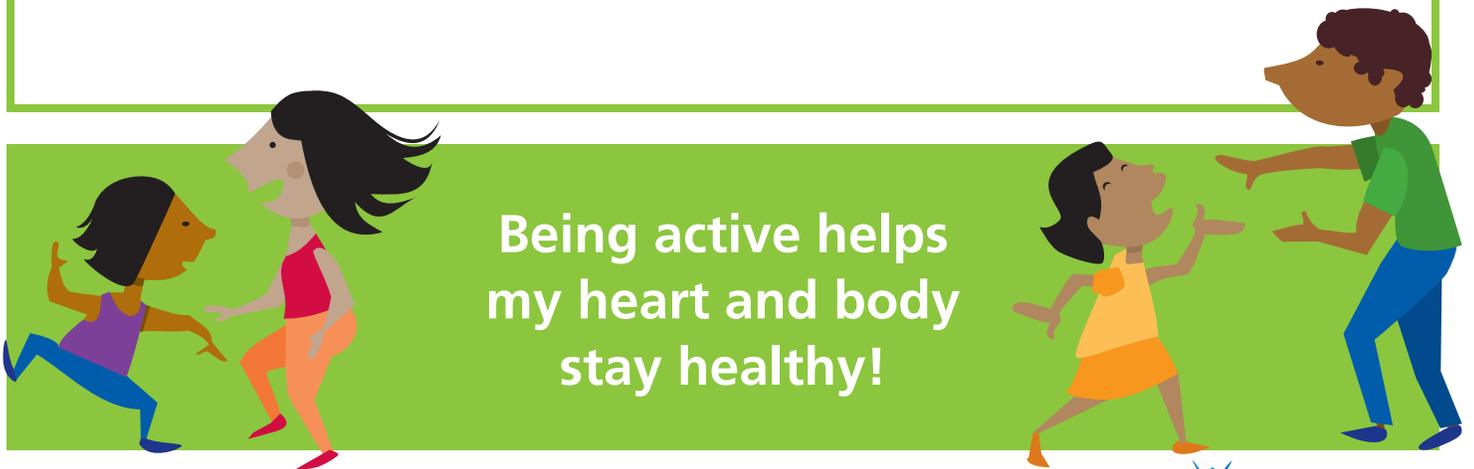
My favorite fruits are:



Eating a variety of healthy foods  
gives my body important nutrients.

# Move to the Beat

This is how I like to move:



Being active helps  
my heart and body  
stay healthy!

# Energy Balance



This is my favorite GO snack and my favorite way to be active:



Eating healthy foods gives me energy to play!

# I Love My Veggies!



Here is a rainbow salad:



Eating vegetables every day helps my family stay healthy!

# Perfect Portions

My favorite meal includes:

A healthy meal includes  
fruits and vegetables,  
starches, and protein!



# Dem Bones



These are my healthy bones:



Dancing, jumping, and being active  
helps my bones become stronger!

# Healthy Beverages

Here I am drinking water:



Water and low-fat milk helps  
my body feel good!!

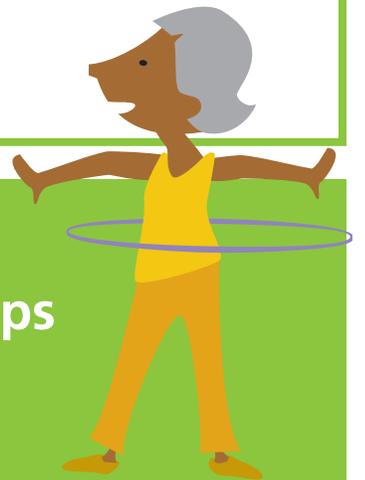


# Smart Sleep!

This is how I get ready for bed:



Getting a good night's sleep helps  
me learn and play all day.



# Family Meal

When I eat with my family, I like to:



Preparing family meals  
together is fun!



# The End!

My Healthy Family:





# Diario de la Salud de la Familia

Nombre:



# Cinco Sentidos



Éstos son mis cinco sentidos:



Mis sentidos me  
ayudan a aprender, crecer y  
descubrir nuevas cosas.



# Comidas Siga, Espacio, Pare



Éstas son mis comidas favoritas SIGA:

¡Yo consumo comidas SIGA a cualquier hora porque ellas me ayudan a crecer y a sentirme bien!

# Frutas Fabulosas



Mis frutas favoritas son:



Comer una variedad de alimentos saludables  
le da a mi cuerpo nutrientes importantes.

# Muévase al Ritmo

Así es como me gusta moverme:



¡El ser activo ayuda a mi corazón y cuerpo a mantenerse saludables!



# Balance de Energía



Ésta es mi comida SIGA favorita y  
mi manera favorita de estar activo:



¡Consumir comidas  
saludables me dá  
energía para jugar!

# ¡Amo Mis Vegetales!



Ésta es una ensalada arcoiris:

¡Comer vegetales todos los días ayuda a mi familia a mantenerse saludable!



# Porciones Perfectas

Mi comida favorita incluye:

¡Una comida saludable  
incluye frutas y vegetales,  
almidones y proteína!



# Huesos Secos



Éstos son mis huesos saludables:



¡El bailar, saltar y ser activo ayuda a mis huesos a volverse más fuertes!

# Bebidas Saludables

Aquí estoy yo tomando agua:



¡¡El agua y la leche baja en grasa ayudan a mi cuerpo a sentirse bien!!

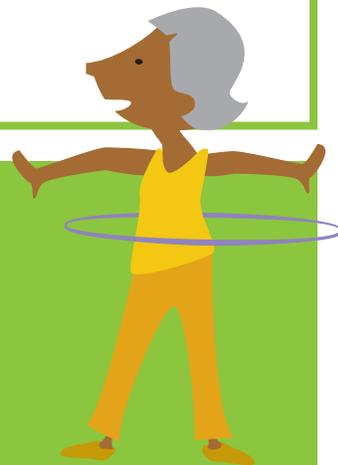


# ¡Sueño Sabio!

Así es como me alisto para ir a la cama:



Tener un sueño reparador  
me ayuda a aprender y a  
jugar todo el día.



# Comida Familiar

Cuando como con mi familia a mi me gusta:



¡Preparar comidas familiares  
juntos es divertido!



# ¡Fin!

Mi saludable familia:



**For More Information**

The National Heart, Lung, and Blood Institute (NHLBI) Health Information Center (HIC) is a service of the NHLBI of the National Institutes of Health. The NHLBI HIC provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases and sleep disorders.

**For more information, contact:**

NHLBI Health Information Center  
P.O. Box 30105  
Bethesda, MD 20824-0105  
Phone: 301-592-8573  
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Website: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

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National Institutes of Health

NIH Publication No. 13-7818  
April 2013