Healthy Snacks & Physical Activities

for early childhood programs

TEAM NUTRITION IOWA™

Pick a better snack™ & Act

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Healthy Snacks & Physical Activities

These cards promote the 2010 Dietary Guidelines and were funded by a Team Nutrition grant from the United States Department of Agriculture. The snack cards were prepared by Anita Turczynski R.D., L.D. and the activity cards were prepared by Anita and Katherine Thomas Thomas, Ph.D.

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Child and Adult Care Food Program

The recipes included meet the Child and Adult Care Food Program (CACFP) requirements. Offering nutritious snacks to young children:

1. Teaches children to appreciate a wide variety of food.
2. Replaces low nutrient foods with high nutrient foods.

The Dietary Guidelines focus on building a healthy plate by:

- ✓ Making ½ your grains whole
- ✓ Making ½ your plate fruits and vegetables
- ✓ Varying your protein food sources
- ✓ Switching to low-fat or fat-free dairy products

Healthy Snack Cards

Pick a **better** snack™

Each card provides a reimbursable snack idea under the Child and Adult Care Food Program (CACFP) for children ages 3-5. If the snack recipe contains multiple food items, the foods in parentheses are what have been counted towards the creditable snack.

Each card lists a book that provides the opportunity to develop reading skills and broaden the children's understanding and appreciation for a wide variety of foods.

Clean, Separate, Cook, Chill

Be food safety smart! Four easy steps to prevent the spread of food borne illness:

1. **Clean:** Wash hands and surfaces often. This helps to keep illness causing bacteria away.
2. **Separate:** Don't cross contaminate. Bacteria from raw meat, poultry, seafood, and eggs can be spread to ready-to-eat food unless you keep them separate.
3. **Cook:** Cooked food is safe when it has been cooked to a high enough temperature to kill the harmful bacteria.
4. **Chill:** Refrigerate food promptly and properly to keep everyone safe from food poisoning at home. Illness causing bacteria can grow in as little as 2 hours so refrigerate quickly!

http://www.foodsafety.gov

Tips for Involving Kids in the Kitchen

Involving young children in food preparation and serving promotes learning and appreciation for a wide variety of foods. Below are guidelines developed by the United States Department of Agriculture* to determine how to involve children.

2-year-olds	3-year-olds	4-year-olds
Make “faces” out of pieces of fruit and vegetables.	Add Ingredients.	Peel and mix some fruits and vegetables.
Scrub vegetables or fruits.	Stir.	Peel hard boiled eggs.
Tear lettuce or greens.	Spread peanut butter or other spreads.	Wipe off counters.
Snap green beans.	Shake a drink in a sealed container.	Mash soft fruits, vegetables, and beans.
	Knead bread dough.	Measure dry ingredients.
		Measure liquids with help.

* http://www.fns.usda.gov/fns/corenutritionmessages/Files/Helping_kids_Learn.pdf

Ants on a Log in the Snow

Servings: 1

Ingredients

1 banana, peeled

1 Tbsp. peanut butter or sunflower seed butter

Golden raisins

Coconut flakes

Directions

1. Peel banana, slice lengthways.
2. Put cut side up and spread butter choice (1/2 Tbsp. per ½).
3. Sprinkle raisins on log.
4. Sprinkle with coconut flakes.

Max's ABC **By: Rosemary Wells**

1 "Ants on a Log in the Snow" (1 banana and 1 Tbsp. peanut butter)

Baked Tortilla Crisps

Spend Smart Eat Smart ISU Extension

Servings: 12

Ingredients

6 whole wheat flour or corn tortillas
(25 gm or .9 oz. each)

Cooking oil spray

Directions

1. Preheat oven to 400° F.
2. Lightly grease a baking sheet pan with cooking spray.
3. Cut tortillas into 8 wedges using a knife or pizza cutter and place on a baking sheet.
4. Spray tops of tortilla wedges with cooking spray.
5. Bake for 8-12 minutes until crisp and light brown, watching closely so crisps don't burn.
6. Remove from baking sheet and let cool on wire rack or paper towels.

La Fiesta De Las Tortillas/ The Fiesta of the Tortillas
By: Jorge Argueta

4 tortilla wedges and ½ cup strawberries

Berries with Banana Cream

Pick a Better Snack™

Servings: 4

Ingredients

½ cup low-fat plain yogurt

½ ripe banana

1 T. orange juice

2 cups sliced strawberries

1 tsp. honey

Dash of cinnamon

Whole Grain Cereal

Directions

1. Put yogurt, banana, and orange juice in a bowl and mash until most chunks are gone.
2. Divide banana cream into 4 bowls and top with ½ cup strawberries, ⅓ cup dry cereal, honey, and cinnamon.

***The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear* By: Audrey Wood**

"Berries with Banana Cream" (½ strawberries and ⅓ cup whole grain dry cereal)

Berry Good Mix

Servings: 6

Ingredients

1 cup blackberries

1 cup strawberries, hulled, cut in ½

1 cup blueberries

Directions

1. Wash the fruits and mix.

***Gregory the Terrible Eater* by: Mitchell Sharmal**

½ cup "Berry Good Mix" and ¼ cup low-fat vanilla yogurt

Big Round Nacho

Servings: 8

Ingredients

8 whole grain tostados (25 gm. or .9 oz. each)

2 oz. low fat shredded cheese

1 c. refried beans

Directions

1. Gently spread tostado shell with 1/8 cup of refried beans.
2. Put on baking sheet and top with ¼ oz. cheese
3. Bake at 400° until cheese melts.

***Oh the Things You Can Do That Are Good For You*! By: Trish Rabe**

1 "Big Round Nacho" (tostado and beans)

Blueberry-Orange Parfaits

Servings: 1

Ingredients

1/4 cup fresh or frozen blueberries
1/4 cup canned mandarin oranges
1/4 cup vanilla yogurt
1 Tbsp. granola

Directions

1. Spoon ⅓ of yogurt into small bowl.
2. Put ½ of fruit on top of yogurt.
3. Repeat layers.
4. Top with last of yogurt and the granola.

One Little Blueberry **By: Tammi Salzano**

1 "Blueberry-Orange Parfait" (blueberries, oranges, and yogurt)

Cabbage & Cranberries

Servings: 10

Ingredients

6 cups of shredded cabbage

½ c. dried cranberries

1 c. red apple, chopped, cored

⅓ c. Italian dressing

Directions

1. Mix the cabbage, cranberries, and apples.
2. Add the Italian dressing to coat.
3. Chill for 1 hour to mix flavors.

***The Vegetables We Eat* by: Gail Gibons**

¾ c. "Cabbage & Cranberries" (cabbage) and ½ oz. pretzels

Carver Dip

Spend Smart Eat Smart ISU Extension

Servings: 3 ½

Ingredients

1 15¾ ounce can sweet potatoes (1 ¼ cups)

¾ cup applesauce

¼ teaspoon cinnamon

1 teaspoon sugar

Directions

1. Drain the liquid off the sweet potatoes.
2. Combine all ingredients in a microwave safe bowl.
3. Cook in microwave for 1 ½ minutes or until heated through.
4. Stir until smooth.

Serve as a spread or dip for fresh fruit or graham crackers. Can be served hot or cold.

Oh Say Can You Seed? All about Flowering Plants **By: Bonnie Worth**

½ cup Carver dip (sweet potatoes and applesauce) and 2 graham cracker squares

Caterpillar Kabob

www.choosemyplate.gov

Ingredients

Fruit Kabob:

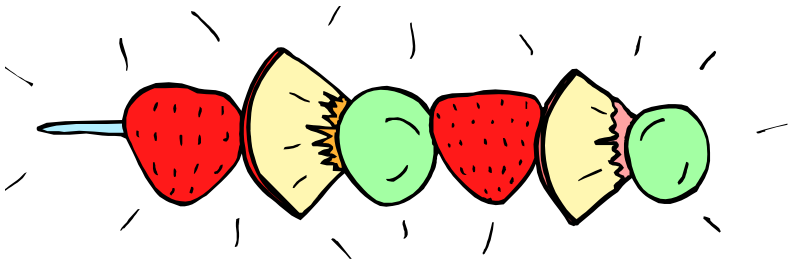
Cantaloupe
Apples
Oranges
Pears
Watermelon
Etc.

Vegetable Kabob:

Zucchini
Cucumbers
Yellow Squash
Sweet Peppers
Cherry Tomatoes
Etc.

Directions

1. Prepare fruits or vegetables into chunks to place onto skewers.
2. Assemble in any order to make your caterpillar colorful.



***The Very Hungry Caterpillar* By: Eric Carle**

1 kabob to total ½ cup fruit or vegetable and ½ oz. cubed low-fat cheese

Pick a better snack™

Cherry Tomatoes & Cheese

Servings: 1

Ingredients

5 cherry tomatoes

1 string cheese stick

Fresh Basil leaf (optional)

Directions

1. Wash cherry tomatoes
2. Cut string cheese into 6-8 pieces.
3. Make skinny strips of basil leaves.
4. Have children skewer cherry tomato and cheese chunks on straws and weave basil through the skewer.

***I Will Never Not Ever Eat A Tomato* by: Lauren Child**

1 "Cherry Tomatoes & Cheese"

Chili Bean Dip

http://www.squaremeals.org

Servings: 8

Ingredients

1 c. kidney or pinto beans, cooked

1 tsp. vinegar or lemon juice

¼ tsp. chili powder

¼ tsp. cumin

1 tsp. onion diced

17 oz. carrot sticks

Directions

1. Place beans in a bowl, and mash with a potato masher or fork.
2. Add lemon juice or vinegar, spices, and onion. Mix well.

***Armadilly Chili* By: Helen Ketteman**

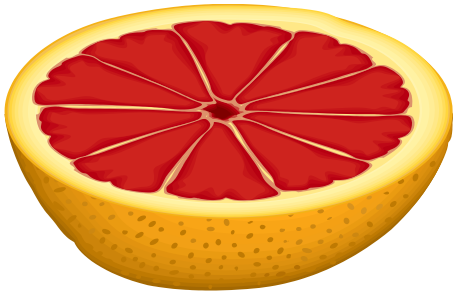
⅛ cup of dip (beans – meat alternate) and ½ cup carrot and celery sticks

Citrus Selections

Servings: 6

Ingredients

3 pink grapefruit
3 oranges
2 firm apples
2 Tbsp. brown sugar



Directions

1. Peel the grapefruit and the oranges and remove the sections.
2. Peel and core the apples, and slice into wedges.
3. Add the apples with the oranges and grapefruit to get the juices over the apples.
4. Sprinkle with brown sugar.

Each Orange Had 8 Slices **by: Paul Giganti, Jr.**

½ c. "Citrus Selections" and 2 graham cracker squares

Cloudy Meatballs

Servings: 16

Ingredients

1 egg, beaten

1 10 ¾ oz. can condensed tomato soup, low-sodium

¼ cup instant brown rice

¼ tsp. onion powder

¼ tsp. pepper

1 pound lean ground beef

1 tsp. Worcestershire sauce

½ tsp. dried oregano, crushed

Directions

1. Combine egg, ¼ cup of soup, uncooked rice, onion powder and pepper. Add beef; mix well.
2. Shape into 32 meatballs and place in a large skillet.
3. Mix the remaining soup with Worcestershire sauce, oregano and ½ cup water; pour over meatballs.
4. Cover; simmer, stirring often for 20 minutes or until no longer pink or rice is tender.

***Cloudy with a Chance of Meatballs* By: Judy Barrett**

2 meatballs and ½ oz. pretzel twists

Cowboy Caviar

Spend Smart Eat Smart ISU Extension

Servings: 12

Ingredients

1 15 oz. can kidney beans, rinsed, drained

1 15 oz. can black beans rinsed, drained

1 ½ cup frozen corn, cooked

1 14.5 oz. can diced tomatoes w/ green chilies

3 green onions, sliced

Juice of 1 lime

1 Tbsp. vegetable oil

Directions

1. Stir together kidney beans, black beans, corn, tomatoes, chilies and onions in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.

***Cowboy Small* By: Lois Lenski**

½ cup "Cowboy Caviar " (beans) and ½ oz. whole grain tortilla chips

Dressed-Up Asparagus

Servings: 10

Ingredients

1 pound stalk asparagus, with ends cut

1-2 Tbsp. olive oil

½ tsp. garlic powder

¼ tsp. pepper

Directions

1. Preheat oven to 400°.
2. Rinse asparagus. Lay on baking sheet.
3. Drizzle with olive roll. Roll asparagus in oil to coat.
4. Sprinkle with garlic powder and pepper.
5. Roast asparagus in 400° oven for 8-10 minutes or until lightly browned and tender when pricked with a fork.

***The Mighty Asparagus* By: Vladimir Radunsky**

½ cup "Dressed-Up Asparagus" and ½ oz. low-fat cheese cubes

Easy Vegetable Salad

Servings: 4

Ingredients

½ cup small broccoli florets
½ cup small cauliflower florets
½ cup julienne cut carrots
½ cup diced zucchini
⅓ cup Italian dressing

Directions

1. Steam vegetables to crisp-tender (broccoli and cauliflower will take longer).
2. Drain and cool.
3. Toss with dressing.
4. Refrigerate until ready to serve.

Monsters Don't Eat Broccoli **By: Barbara Jean Hicks**

½ cup "Easy Vegetable Salad" and ¼ whole wheat English muffin

Fall Smoothie

Servings: 4

Ingredients

½ c. pumpkin puree
1 c. vanilla yogurt
2 c. low-fat or skim milk
½ tsp. cinnamon
¼ tsp. nutmeg
½ cup ice cubes

Directions

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Divide into 4 glasses.

***The Runaway Pumpkin* By: Kevin Lewis**

½ c. smoothie (milk) and 2 graham cracker squares

Fiesta Bean Dip

Spend Smart Eat Smart ISU Extension

Servings: 12

Ingredients

1 16 ounce can refried beans

¾ cup salsa or picante sauce

½ cup shredded or cubed cheese

Directions

1. Combine all ingredients in a microwave safe bowl. Stir to mix.
2. Cover with waxed paper and heat in microwave until cheese is melted. Stir every two minutes while heating.
3. After heating, stir well to completely mix.
4. Store unused dip in the refrigerator.

***One Bean* By: Anne Rockwell**

¼ cup dip (beans – meat alternate) and ½ c. assorted fresh vegetables

Fish Tacos

Servings: 6

Ingredients

6 whole wheat tortillas (25 gm. or .9 oz.)

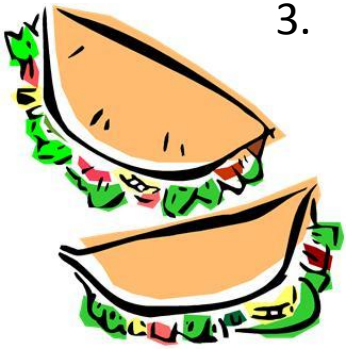
12 baked fish sticks

½ cup spinach leaves, washed

1 tomato, diced, seeded

Plain yogurt

Small bunch of fresh cilantro



Directions

1. Bake fish sticks to package directions.
2. Assemble taco with tortilla shell, 2 fish sticks, spinach, tomato, dollop of yogurt and sprinkle of cilantro.
3. Fold in ½ and enjoy!

***D.W. The Picky Eater* by: Marc Brown**

1 "Fish Taco" (tortilla and fish sticks)

Berry Green Smoothie

Servings: 6

Ingredients

1 cup of orange juice

1 banana

1 cup frozen strawberries

½ cup frozen blueberries

½ cup vanilla yogurt

2 cups of fresh spinach

Directions

1. Cut kiwi in ½, spoon fruit out of the skin.
2. Peel bananas and add it to blender.
3. Add spinach, yogurt, and water.

Experiment: Try bok choy or other greens.

Jack's Garden **By: Henry Cole**

¾ cup smoothie (banana, spinach, and berries) and 1 granola bar

Fruit on the Green

Servings: 7

Ingredients

2 cups Romaine lettuce

2 hard boiled eggs, peeled, sliced

½ cup cherry tomatoes, cut in ½

1 apple sliced, cored, and diced

Raspberry vinaigrette dressing, purchased

Directions

1. Wash and tear lettuce into bite size pieces. Place into large bowl.
2. Add eggs, tomatoes, and apples.
3. Serve ½ cup servings.
4. Drizzle dressing or serve on the side.

Froggy's Day with Dad **By: Jonathon London**

½ cup "Fruit on the Green" (lettuce, tomato, apple) and 1 whole grain breadstick

Fruity Butterfly

www.choosemyplate.gov

Servings: 4

Ingredients

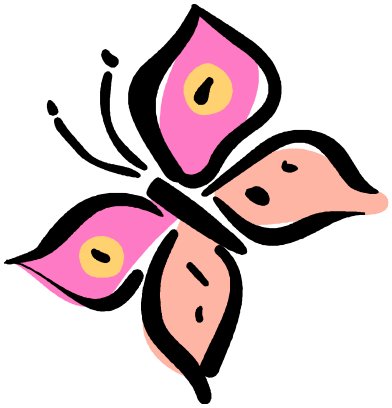
4 carrot sticks

2 apples, thinly sliced

4 Tbsp. sunflower butter

16 grapes, cut in ½

½ cup dried fruit



Directions:

1. Give each child, 1 carrot stick, ½ cup sliced apples, 1 Tbsp. sunflower butter, 8 grape halves, and ⅛ cup of dried fruit to build a butterfly.
2. Start with carrot stick for body.
3. Attach wings (apples) with sunflower seed butter.
4. Decorate wings with halved grapes and dried fruits.

The Lamb and the Butterfly **By: Arnold Sundgaard**

1 "Fruity Butterfly" (apple and sunflower butter)

Garbanzo Bean Dip

Servings: 12

Ingredients

1 15-ounce can garbanzo beans (chickpeas), drained

2 Tbsp. vegetable oil

1 Tbsp. lemon juice

2 Tbsp. onion, chopped

Directions

1. Drain beans and mash in a small bowl until they are smooth.
2. Stir in oil, lemon juice, and onion.
3. Serve on bread, crackers, or tortilla chips, or as a dip with raw vegetables.

Good Enough to Eat: A Kids Guide to Food and Nutrition
By: Lizzy Rockwell

⅛ cup dip (bean – meat alternate) and ½ cup celery and carrot sticks

Gone Fishing

Servings: 1

Ingredients

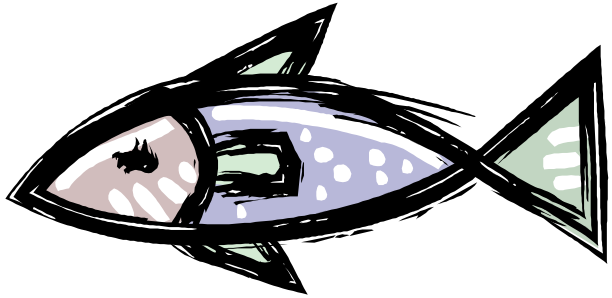
1 Tbsp. peanut butter or sunflower butter

½ c. long carrot sticks (6 sticks)

½ oz. whole grain fish shape crackers

Directions

1. Place nut butter on a plate with crackers and carrot sticks.
2. Children “fish for crackers” on a plate by dipping carrot stick into spread and catching a fish cracker.



***Rainbow Fish To The Rescue* By: Marcus Pfister**

1 Tbsp. peanut butter or sunflower butter, 6 carrot sticks , ½ oz. fish crackers

Happy Trails to You Mix

Servings: 8

Ingredients

2 cups whole grain cereal or granola

1 cup of mini pretzels

1 cup of dried fruits

Cinnamon

Directions

1. In a very large bowl, combine cereal, mini pretzels, and dried fruits.
2. Sprinkle with a 1/2 teaspoon of cinnamon.
3. Store in air tight container for up to 2 weeks.

***Food is Fun!* By: Marcia Leonard**

½ cup trail mix (cereal and pretzels) and ½ cup low-fat or skim milk

Homemade Applesauce

http://www.squaremeals.org

Servings: 8

Ingredients

4 ½ cup cooked apples

3 Tbsp. honey

2 tsp. cinnamon

Directions

1. Peel apples and chop into small chunks.
2. Place apples in sauce pan and cook in ½" water.
3. Add honey, boil and stir.
4. Cook until apples are tender, about 15 min.
5. Stir apples to create chunky applesauce or place in a blender and puree for a smooth sauce.
6. Pour ½ cup applesauce into a small bowl and sprinkle with cinnamon.

Max & Mo Let's go Apple Picking! **By: Patricia Lakin**

½ cup applesauce, ½ slice of whole grain toast

Mango Salsa

Pick a Better Snack ™

Servings: 2 ½

Ingredients

1 cup of mango, chopped

¼ cup of red bell pepper

1 green onion

1 tablespoon lime juice (or ½ of a lime)

Directions

1. Peel and chop the mango (be sure to remove the seed).
2. Cut the red bell pepper and onion into small pieces.
3. Combine the chopped mango and pepper and onion pieces.
4. Dip in baked chips or celery

***Tingo Tango Mango Tree* by: Marcia Vaughan**

½ cup "Mango Salsa" and ½ oz. whole grain tortilla chips

Meat & Cheese Mix Up

Ingredients

Diced Low-Sodium Roast Beef

Diced Low-Sodium Turkey

Diced Mozzarella Cheese

Diced Cheddar Cheese

Directions

1. Cut meat and cheese into 1” cubes.
2. Give each child a variety of meat and cheese (1 oz.) total.
3. Have child practice patterning skills as they line up meat and cheese. A-B-A, A-A-B, B-B-A

Mr. Noisy’s Book of Patterns **By: Rozanne Lanczak Williams**

½ oz. of meat and cheese and ½ cup cucumber slices

Merry Go Rounds

Servings: 1

Ingredients

½ apple

1 Tbsp. Peanut Butter or Sunflower Butter

6 Animal Crackers

Directions

1. Core apple and slice apples into rings.
2. Spread nut butter on apple slices.
3. Stand up animal crackers to make a Merry Go Round.

Up and Down on the Merry-Go-Round
By: Bill Martin Jr. and John Archambault

1 "Merry Go Round" (apple and peanut butter)

Oatmeal Apple Muffin

http://www.squaremeals.org/

Servings: 24

Ingredients

¾ cup rolled oats (quick cooking)
¾ cup plus 2 Tbsp. milk
1 large egg
2 Tbsp. oil
2 Tbsp. molasses
¾ cup apple, grated
1 ¼ cup enriched flour
1 Tbsp. baking powder
½ tsp. cinnamon

Directions

1. Preheat oven to 400°.
2. Grease 12 muffin cups or use muffin liners.
3. Pour milk over oats and let soak for 15 minutes.
4. Add oil, egg, molasses, and grated apple. Add flour, baking powder, and cinnamon. Mix until moist. The batter will be lumpy.
5. Fill muffin tins ¾ full and bake 20 minutes.

Apples, Apples by Kathleen Weidner Zoehfeld

½ muffin and ½ cup 100% apple juice

Orange Strawberry Sorbet

Servings: 8

Ingredients

3 cups frozen strawberries

1 cup orange sections

¼ cup maple syrup

Directions

1. Puree strawberries in blender.
2. Add oranges, puree.
3. Stir in maple syrup.
4. Put in freezer safe container and freeze until set at least 2 hours.

***Orange Pear Apple* By: Emily Gravett**

½ cup sorbet (strawberries and oranges) and ⅓ cup whole grain cereal

Pear Bunnies

Servings: 1

Ingredients

Pear Half (canned in natural juices)

⅛ cup low-fat cottage cheese

2 baby carrots

Raisins

Directions

1. Put pear half upside down on plate.
2. Put the cottage cheese as the tail.
3. Ears are 2 baby carrots.
4. Eyes are raisins.
5. Nibble it up!

***The Runaway Bunny* By: Margaret Wise Brown and Clement Hurd**

1 "Pear Bunny" (pear half and cottage cheese)

Personalized Pizzas

www.choosemyplate.gov/

Servings: 12

Ingredients

6 Whole Wheat English Muffins
1 cup low sodium pizza sauce
1 cup low-fat mozzarella cheese
Spinach leaves
Sliced sweet peppers
Sliced mushrooms
Pineapple chunks
Cherry tomatoes cut in ½

Directions

1. Cut English muffins in ½.
2. Spread 1 Tbsp. sauce on top of each ½.
3. Top with favorite toppings in any order.
4. Place in a 350° oven until warm and cheese is melted, about 7-10 minutes.

This is the Way We Eat Our Lunch **By: Edith Baer & Steve Bjorkman**

1 "Personalized Pizza" (English muffin) and ½ c. low-fat or skim milk

Pumpkin Pancakes

Servings: 12

Ingredients

Whole grain pancake mix

Add ½ cup canned pumpkin per recipe to make 12 pancakes.

Light Maple Syrup

Directions

1. Make pancake mix for 12 servings according to directions.
2. Add ½ cup canned pumpkin until mixed.
3. Pour batter on griddle in ¼ cup portions.
4. Flip pancake over when bubbly.
5. Pancake is done when light brown.
6. Serve with drizzle of light syrup.

***The Hungry Thing* By: Jan Slepian & Ann Seidler**

1 pancake and ½ cup low-fat or skim milk

Quinoa Fruit Salad

Servings: 8

Ingredients

1 cup uncooked quinoa
1 cup low fat milk
½ cup water
1 Tbsp. brown sugar
1 ½ cup strawberries, sliced
1 cup blueberries
1 ½ cup canned peaches, sliced

Directions

1. In a medium pan, over high heat, add uncooked quinoa, water, and milk, and bring to a rolling boil. Lower heat and let simmer for about 12-15 minutes, or until water is evaporated.
2. Add the brown sugar and allow to cool to room temperature before adding the berries.
3. When the quinoa has cooled, add the strawberries, blueberries, and peaches. Toss to combine. Cover and refrigerate for at least 2 hours before enjoying.

***A Fruit is a Suitcase for Seeds* By: Jean Richards**

¾ c. "Quinoa Fruit Salad" (strawberries, blueberries, peaches) and ½ c. low-fat or skim milk

Rainbow Vegetable Salad

Servings: 5

Ingredients

Vegetables

½ cup diced zucchini
½ cup diced summer squash
½ cup diced cucumber
¼ cup yellow peppers
½ cup, diced tomato
½ cup sliced radish
Diced onion

Dressing

½ cup cider vinegar
⅓ cup canola oil
2 tsp. sugar
½ tsp. pepper
½ tsp. Italian seasoning
½ tsp. garlic powder

Directions

1. Prepare vegetables.
2. Mix in large bowl.
3. Prepare dressing.
4. Add dressing to taste, may be extra dressing.

***A Rainbow of My Own* By: Don Freeman**

½ cup salad and ½ oz. whole grain crackers

Spinach Dip

Servings: 12

Ingredients

1 pkg. dry vegetable dip mix

1 pkg. 10 oz. frozen chopped spinach, thawed and squeezed dry

8 oz. low fat sour cream

½ cup low fat mayonnaise

¼ cup shredded carrots

½ tsp. onion powder

1 loaf whole wheat bread, sliced

Directions

1. Mix all ingredients and stir well.
2. Refrigerate until ready to serve.
3. Cut loaf of bread into dipping size pieces.

All Our Fruits and Vegetables

By: Roberta L. Duyff and Patricia McKissack

¼ cup dip, ¼ c. 100% juice, and ½ slice bread

Strawberry Banana Smoothie

Servings: 7

Ingredients

4 cups strawberries, hulled

1 banana, broken into chunks

1 cup low-fat milk

2 cups ice

Directions

1. Place strawberries, banana, and milk in blender and mix.
2. Add ice to desired consistency.

Suggestion: Try different fruit combinations or add yogurt for more dairy boost.

***Moo, Moo Brown Cow!* Have You Any Milk? By Phillis Gershator**

1 cup of smoothie (strawberries and banana) and ⅓ cup whole grain cereal

Strawberry Soup

Servings: 4

Ingredients

16 oz. frozen, sliced strawberries

½ c. vanilla yogurt

½ c. skim milk

Directions

1. Wash and de-stem strawberries.
2. Place all ingredients in blender and puree.
3. Pour ¾ cup soup into bowl for serving.
4. Can garnish with a dollop of low-fat vanilla yogurt.

***Group Soup* By: Barbara Brenner**

¾ cup "Strawberry Soup" (strawberries) and 10 bear crackers

Spaghetti Squash and Sauce

Servings: 10

Ingredients

4 lbs. Spaghetti Squash

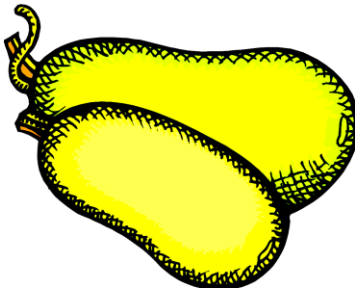
2 Tbsp. shredded low-fat parmesan cheese

½ cup low-fat mozzarella cheese

1 tsp. basil

1 tsp. oregano

½ cup spaghetti sauce



Directions

1. Poke squash several times with fork. Microwave on high 10 min. or just until squash is softened, turning after 5 min. Let stand 5 min.
2. Cut squash in half; remove and discard seeds. Use fork to scrape insides of squash to form strands; place in large bowl. Add remaining ingredients; toss lightly with fork.
3. Put back in microwave for 2 min. or until heated through. Top each serving with 1 Tbsp. sauce.

***Eating the Alphabet: Fruits and Vegetables A to Z* By: Lois Ehlert**

½ cup "Spaghetti Squash" and 1 whole wheat breadstick

Summer Fruit and Pasta Toss

www.midwestdairy.com

Servings: 10

Ingredients

3 cups cooked whole wheat spiral pasta
1½ cups cubed cantaloupe
1½ cups cubed pineapple
1 cup strawberries, sliced
1 cup halved seedless grapes
16 oz. low-fat vanilla yogurt

Directions

1. Cook pasta according to package instructions, drain and cool in refrigerator for 10 minutes.
2. While pasta is cooking, prepare fruit and place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving.

***Frannie's Fruits* by Leslie Kimmelman**

1 cup "Summer Fruit and Pasta Toss" (pasta and fruit)

Sweet and Salty Porcupine

Servings: 1

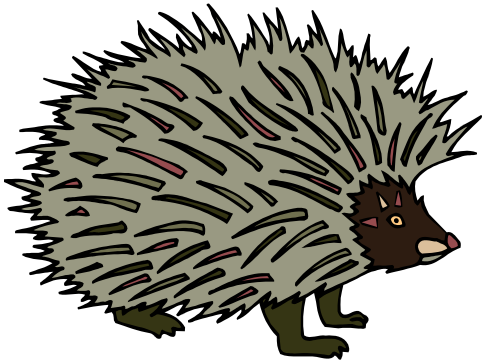
Ingredients

1 canned pear half

10 pretzel sticks

1 Maraschino cherry (nose)

2 Raisins (eyes)



Directions

1. Place the pear half on a serving dish.
2. Have children poke pretzel sticks into the porcupine, leaving room for a face.
3. To create the face, carve small indentations for eyes and nose.
4. Press raisin eyes and cherry nose into indentations.

Apple Trouble! **By: Ragnhild Scamell**

1 "Sweet and Salty Porcupine" (pear half and pretzel sticks)

Sweet Potato Wedges

Servings: 9

Ingredients

3 pounds sweet potatoes

¼ cup olive oil

1-2 Tbsp. sugar

1-2 Tbsp. pumpkin pie spice

Directions

1. Preheat oven to 400° F.
2. Peel sweet potatoes and cut off the ends. Cut in half lengthwise and half crosswise. Cut into wedges.
3. Put sweet potatoes into a bowl. Pour the oil over the potatoes and stir. Sprinkle with sugar and spice and stir to coat.
4. Put onto baking sheet. Bake for 25-30 minutes, turning ½ way through.

How Are You Peeling? **By: Saxton Freymann**

½ cup "Sweet Potato Wedges" and ½ oz. low-fat string cheese

Tasty Vegetable Dip

Pick a Better Snack™

Servings: 4

Ingredients

8 oz. fat-free plain yogurt

2 tablespoons reduced-sodium taco seasoning

Directions

1. Mix together yogurt and seasoning.
2. Serve with fresh vegetables and crackers.

Muncha! Muncha! Muncha! **By: Candace Fleming**

2 oz. of dip, ½ cup fresh vegetables, and ½ oz. whole grain crackers

Yam Apple Delight

Servings: 7.5

Ingredients

16 oz. yams

16 oz. chunky, natural applesauce

1 tsp. cinnamon

½ cup brown sugar

4 Tbsp. whole wheat flour

1 cup oatmeal

¼ cup butter

Directions

1. Preheat oven to 350°.
2. Mix in a bowl brown sugar, whole wheat flour, oatmeal and butter until crumbly. Set aside.
3. Place ½ the applesauce on the bottom of an 8X8 pan; sprinkle with ½ tsp. cinnamon.
4. Spoon 3 Tbsp. of the oatmeal topping on top of applesauce.
5. Evenly arrange yams on top.
6. Add remaining applesauce. Sprinkle with cinnamon and top with the rest of the oatmeal crumbs.
7. Bake for 30-40 minutes.

***I Know an Old Lady Who Swallowed A Pie* By: Alison Jackson**

⅔ cup "Yam Apple Delight" (yams and applesauce) and ½ cup low-fat or skim milk

Zucchini Rounds

Servings: 2.5

Ingredients

Non-stick cooking spray

2 medium zucchini (about 3/4 pound)

1 tablespoon olive oil

½ cup freshly grated Parmesan cheese (about 2 ounces)

Directions

1. Preheat oven to 450° F. Lightly coat a baking sheet with non-stick cooking spray.
2. Slice zucchini into ¼-inch thick rounds, leaving green skin on.
3. Place rounds in a re-sealable plastic bag with olive oil and Parmesan cheese; shake to coat all sides.
4. Place in a single layer on prepared baking sheet.
5. Bake until browned and crisp, about 10 minutes. Remove with spatula. Serve warm.

The Berenstain Bears and Too Much Junk Food
By: Stan and Jan Berenstain

½ cup "Zucchini Rounds" and ½ cup low-fat or skim milk

Information about the Suggested Books

A Fruit is a Suitcase for Seeds by Jean Richards. Minneapolis, MN: Millbrook Press (a division of Lerner Publishing Group, Inc.), c. 2002.
A Rainbow of My Own by Don Freeman. New York, NY: Puffin Books (a division of Penguin Books), c. 1992
All Our Fruits and Vegetables by Roberta L. Duyff and Patricia McKissack. New York, NY: Many Hands Media, c. 2011.
Apple Trouble! by Ragnhild Scamell. New York, NY: Scholastic, Inc., c. 2007.
Apples, Apples by Kathleen Weidner Zoehfeld. New York, NY: HarperFestival, c. 2004
Armadilly Chili by Helen Ketteman. Morton Grove, IL: Albert Whitman & Company, c. 2004.
Barnyard Dance by Sandra Boynton. New York, NY: Workman Publishing, c.1993.
Cloudy with a Chance of Meatballs by Judy Barrett. New York, NY: Atheneum Books for Young Readers, c. 1978.
Cowboy Small by Lois Lenski. New York, NY: Random House Books for Young Readers, c. 2001**.**
D.W. the Picky Eater by Marc Brown. USA: Little, Brown & Company, c. 1995.
Each Orange Had 8 Slices by Paul Giganti, Jr. New York, NY: Greenwillow Books, c. 1999.
Eating the Alphabet: Fruits and Vegetables A to Z by Lois Ehlert. San Diego, CA Harcourt Brace Jovanovich, c. 1989.
Food is Fun! by Marcia Leonard. New York, NY: Harper Festival, c. 2000.
Frannie's Fruits by Leslie Kimmelman. New York, NY: Harper & Row, C. 1989.
Froggy's Day with Dad by Jonathon London. New York, NY: Viking (a division of Penguin Young Readers), c. 2004.
Good Enough to Eat by Lizzy Rockwell. New York, NY: HarperCollins, c. 1999.
Gregory, the Terrible Eater by Mitchell Sharmat. New York, NY: Scholastic Trade, c. 2009.
Group Soup by Barbara Brenner. New York, NY: Viking Juvenile, c. 1992.

Information about Suggested Books

How Are You Peeling? by Saxton Freymann. New York, NY: Scholastic Paperbacks, c. 2004.
I Know An Old Lady Who Swallowed a Pie by Alison Jackson.
I Will Never Not Ever Eat a Tomato by Lauren Child. Somerville, MA: Candlewick, c. 2003
Jack's Garden by Henry Cole. New York, NY: Greenwillow Books, c. 1997.
La Fiesta De Las Tortillas/ The Fiesta of the Tortillas by Jorge Argueta. Madrid, Spain: Alfaguara, Bilingual edition, c. 2006.
Little Pea by Amy Krouse Rosenthal. San Francisco, CA: Chronicle Books, c. 2005.
Max and Mo Let's Go Apple Picking! By Patricia Lakin. New York, NY: Scholastic Inc., c, 2007.
Max's ABC by Rosemary Wells. New York, NY; Viking, (a division of Penguin Young Readers Group), c. 2006.
Muncha! Muncha! Muncha! by Candace Fleming. Atheneum Books for Young Readers, c. 2002.
Monsters Don't Eat Broccoli by Barbara Jean Hicks. New York, NY: Random House Children's Book (a division of Random House, Inc.), c. 2009.
Moo, Moo Brown Cow! Have You Any Milk? By Phillis Gershator. New York, NY: Random House Children's Books (a division of Random House, Inc.), c. 2011.
Mr. Noisy's Book of Patterns by Rozanne Lanczak Williams. Huntington Beach, CA: Creative Teaching Press, c. 2008.
Oh Say Can You Seed? All About Flowering Plants by Bonnie Worth. New York, NY: Random House for Young Readers, c. 2001.
Oh The Things You Can Do That Are Good for You by Tish Rabe. New York, NY: Random House for Young Readers, c. 2001.
One Bean by Anne Rockwell. USA: Walker Publishing Company, c. 1998.
One Little Blueberry by Tammi Salzano. Wilton, CT: Tiger Tales, c. 2011.

Information about the Suggested Books

Orange Pear Apple by Emily Gravett. New York, NY: Simon & Schuster Books for Young Readers, c. 2007.
Rainbow Fish to the Rescue by Marcus Pfister. New York, NY: North-South Books, Inc., c. 1995.
The Berenstain Bears and Too Much Junk Food by Stan and Jan Berenstain. New York, NY: Random House Books for Young Readers, c. 1985.
The Hungry Thing by Jan Slepian and Ann Seidler. New York, NY: Scholastic Paperbacks, c. 2001.
The Lamb and the Butterfly by Arnold Sundgaard. New York, NY: Scholastic Inc., c. 1988.
The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear by Don & Audrey Wood. Dallas,TX: Masters Press, c. 1996.
The Mighty Asparagus by Vladimir Radunsky. Orlando, FL: Silver Whistle Harcourt, Inc., c. 2004.
The Runaway Bunny by Margaret Wise Brown. New York, NY: HarperCollins, c. 2005
The Runaway Pumpkin by Kevin Lewis. New York, NY: Scholastic, Inc., c. 2003.
This is the Way We Eat Our Lunch by Edith Baer & Steve Bjorkman. New York, NY: Scholastic, Inc., c. 1995.
The Vegetables We Eat by Gail Gibons. New York, NY: Holiday House, c. 2007.
The Very Hungry Caterpillar by Eric Carle. New York, NY: Philomel Books (division of The Putnam & Grosset Group) 1987, c. 1969.
Tingo Tango Mango Tree by Marcia Vaughan. Morristown, NJ; Silver Burdett Press, (a division of Paramount Publishing), c. 1995.
Up and Down on the Merry-Go-Round by Bill Martin Jr. and John Archambault. New York, NY: Henry Holt and Company, c. 1991.

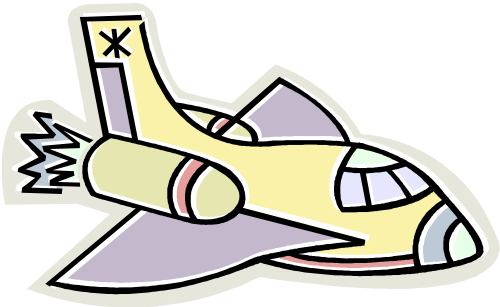
Physical Activity Cards

Each physical activity card includes fun activities that can be incorporated throughout the day to provide the opportunity for children to be active.

Airplanes

Materials:

Carpet squares or other floor markings (tape, newspaper)

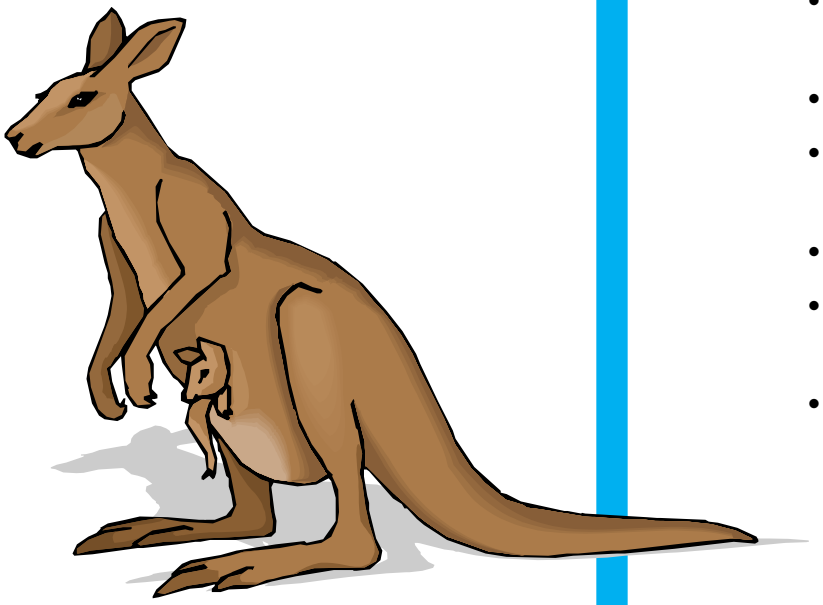


- Arrange half the children in scatter formation on the carpet squares.
- The remaining children will be scattered among the carpet squares. The children on the carpet squares are "skyscrapers". Explain this to them (e.g., tall buildings). They can sway but can't move their feet. Arms must be at their sides or above their heads.
- The children scattered among the skyscrapers are airplanes. They move carefully among the buildings with wings spread. The airplanes can't stop moving and must not touch the buildings or each other. Airplanes should fly (run or jog).
- Repeat reversing roles of skyscrapers and buildings.

Animal Walks

- Arrange the children in a long line facing you.
- Ask the children "who can show me how (insert animal name) walks?"
- Have the children demonstrate. Repeat with each child selecting their favorite, adding their own animals and so forth.

  - Kangaroo (jumping while holding hands near chest with fingers forward).
  - Monkey (walking with hands on ground).
  - Bear (lumbering so that hand and foot on the same side go forward together).
  - Pony (galloping or trotting with all fours).
  - Giraffe (lift arms above head pretending this is the neck and head, then slide to move across the area).
  - Squirrel (running, darting and dodging, quick head movements during short stops).



Baby Handball

Materials:

One crushed newspaper ball per child.

Several foam or playground or beach balls.

Two 4X4 foot areas marked off on each end of play area.

- Arrange the children in 1 line facing long open area.
- The objective of this activity is to practice and develop striking skills, striking begins with the hand. Later children can strike with an extension (a racquet or bat). With the ball resting on the ground, hit the ball with either hand. Move the ball from one side of the area to the opposite side and back. Repeat several times.
- Arrange the children in a scatter formation with balls scattered on the floor. Ask the children to put the balls in one area by striking the ball(s) with the hand. When all the balls are in that area, ask them to move the balls to the other area. Repeat.

Materials:

Bean bags
8.5″ foam balls
Polyspots or other markers
1 cone

Ball Stations

- The objective is independent practice of manipulative skills.

  Station 1: Kicking for distance.
  Station 2: Throwing the bean bag for distance.
  Station 3: Striking the ball with the hand from a cone.
  Station 4: Catching—teacher tosses to child.

- Describe and demonstrate stations.
- Divide children among stations.
- Have children practice at a station.
- Rotate children among all stations.

Materials:

Book - *Barnyard Dance!*
By: Sandra Boynton

Barnyard Dance

- Read book and act out story.
- Make up your own Barnyard Dance!

Materials:

1 bean bag per child

Bean Bag Fun

- Arrange the children in scatter formation or a circle.
- Present the following bean bag challenges to the children. Repeat. Put the bean bag on your:

Arm*	**Elbow**	**Leg***
Shoulder	Back	Hip
Knee	Head*	Calf
Foot*	Hand*	Waist
Stomach*	Thigh	

- The child responds by placing or touching the appropriate body part with the bean bag. Demonstrate as necessary. *Easy enough for the younger children.
- Do the following with your bean bag:
  - Balance it on your head and walk.
  - Put it on the floor and walk around it, jump over it.
  - Toss it and catch it (older kids may toss it from hand to hand).

Blast Off

- Arrange the children in a line on one side of a rectangle facing the other side of the rectangle.
- The rocket launcher counts backward, “5,4,3,2,1 blast-off”.
- “Blast off is the signal to run as quickly as possible to the opposite side of the rectangle. The adult should be the first rocket launcher. Select a child to be the next rocket launcher. Help the child count and say blast-off if necessary. Play the game until everyone has been the rocket launcher.

Bowling for Fun

Materials:

2 liter bottles filled a variety of levels with colored water and lid glued on

Small ball

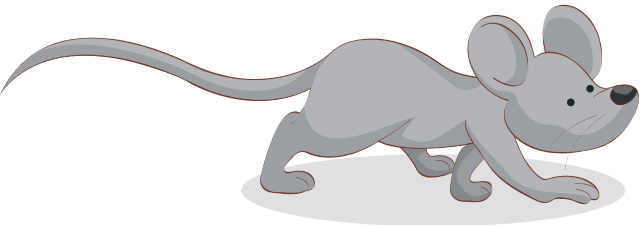
- Set up bottles in groups of 6 (3 in row, 2 in row, 1 in row).
- Children form a line a distance away from the bowling pins to be challenging.
- Child rolls ball and tries to knock down all balls.
- After child rolls they become the returner and sends back the next person's roll. Each child rolls 2 times.

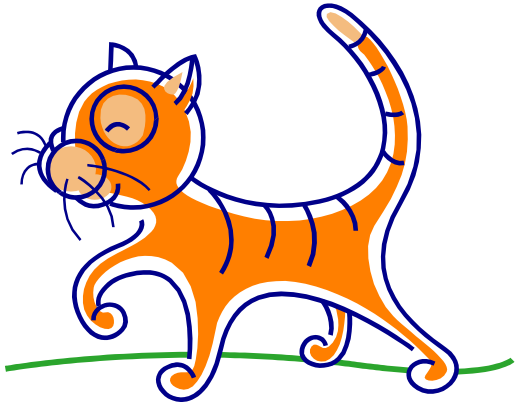
Cat and Mouse

Materials:

Orange cones
Blocks (to represent cheese)

- Place cones scattered throughout room, place a block (cheese cube) at each cone.
- The mice line up to go through the cones to collect the cheese, one at a time on two feet.
- One child is the mouse and must crawl on hands and knees as the mouse goes through the cones collecting the cheese. See if the cat can catch the mouse.
- Play until everyone has had a chance to be both the cat and the mouse.





Materials:

Mats, carpet squares or a soft surface

Circus Elephants

- Arrange the children in a scatter formation on a soft surface.

- Present the following balance challenges. Balance on:
  - One foot
  - The other foot
  - One hand and one foot
  - Two hands and one foot
  - Switch to the other foot and two hands
  - Head and two feet
  - Elbow and one foot
  - Knees (no feet)
  - One knee
  - Seat (bottom)

Hint to challenge older children, ask "can you think of other ways to balance?" or switch quickly from one to another of the challenges. Repeat.

Dairy Relay Races

Materials:

Empty, Clean individual milk jugs, yogurt containers (enough to have at least 3 items per tray)

2-3 trays

Orange cones

- Children practice balancing 3 dairy containers on their tray as they walk the tray to the next person in line on the other side of the gym.
- When the child reaches the other side of the gym/classroom they hand off the tray to the next child in line.
- Continue until each child has had a chance to go the length of the room.
- Other ideas:
  - Walk with trays
  - Skip with trays
  - Zigzag between cones

Materials:

10-15 white clothespins

3-5 empty, clean milk jugs

Empty the Milk Jug

Empty the Milk Jug is a fun, yet challenging physical activity for toddlers. Children will fill the jug with milk (white clothespins) and shake the jug until it is empty.

Directions:

- Demonstrate this activity by placing 10-15 clothespins inside an empty milk jug, shaking the jug until a clothespin falls out.

Materials:

15-20 plastic red apples or balls
Basket

Find the Apple

Find the Apple is a fun scavenger hunt for toddlers. Children will walk and search the classroom for hidden apples.

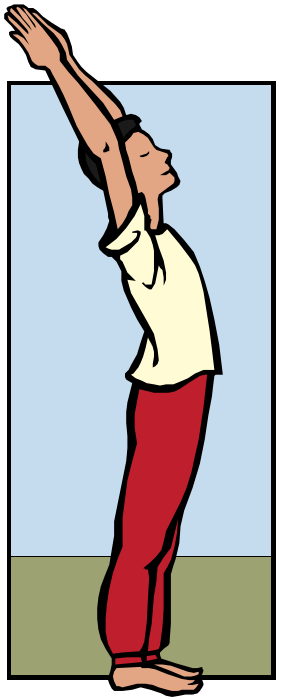
Directions:

- Hide apples in various places around the room.
- Children will walk, hop, or crawl around the room looking for the hidden apples. Walk, crawl, and hop with the children, encouraging them to look for the missing apples.
- As children find the apples, ask them to place them in the basket.
- This activity could be used with other plastic fruits and vegetables to teach children about healthy foods.

Fitness Course

Materials:

Four markers for each stop on the course.



- Stop 1: Bend and stretch- touch toes then stand tall and stretch with arms over head (repeat as time allows).
- Stop 2: Crunches- laying on back, arms crossed on chest, roll upward until the shoulders are off the floor, slowly roll back to start (repeat).
- Stop 3: Twister- standing with feet shoulder distance apart, turn upper body as far as possible in each direction, hands on waist (repeat).
- Stop 4: Seal walk- support body weight with arms (lying on stomach) while legs are extended with tops of feet on floor (repeat).

  - Begin with all children traveling with you around fitness course.
  - Describe and demonstrate each stop, have them practice.
  - Jog from one stop to the next.
  - Divide the children into 4 groups, one group begins at each stop.
  - Groups rotate around stops on your signal.

Fitness March

Materials:

Marching music

- Have children line up in 2 equal lines.
- Play the music and march. Encourage high steps with the knees lifted up on each step. Encourage moving the arms vigorously in a pattern opposite to the legs.
- Begin with you as the leader. March around the area in various patterns (lines, zig zag, circles, etc.)
- Then allow a child to be the leader.
- Switch leaders often.

Flying Bean Bags

Materials:

1 bean bag per child

- Arrange the children in 1 line facing long open area.
- The objective of this activity is to practice and develop an efficient overarm throwing pattern. The best way to do this is to encourage children to throw hard or far. Do Not use a target.
- Hold the bean bag in the preferred hand, throw as far as possible. Retrieve the bean bags after the signal and repeat.
- Look for and encourage children to:
  - Take a big step
  - Step on the opposite foot from throwing arm
  - Shoulders move parallel to target, then perpendicular, then parallel, then perpendicular opposite
  - Begin by taking the bean bag in a backward and downward circle.

Throwing is important in many activities, provide as much practice as possible.

Materials:

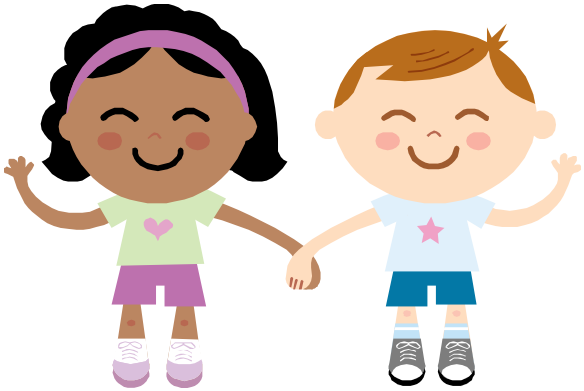
1 bean bag
8.5″ foam ball
8.5″ playground ball

Fun with Catching

- Arrange the children in 1 line facing long open area.
- The objective of this activity is to practice and develop catching skills. Catching progresses in the following order:

  - Sitting with legs spread, stop a rolled ball
  - While standing, stop a rolled ball (roll the ball slowly, directly to the child)
  - While standing with arms extended, palms up, capture a foam ball tossed (in an arch) directly to the hands from a distance of 10 feet.
  - Repeat above using a bean bag.
  - Stand watching a spot on the floor, catch a bounced ball (toss the ball so it bounces on the spot the child is watching).
  - Catch a foam ball tossed in the general direction of the child (progress to bean bag).

  Hint: Practice each skill, once that skill is mastered, move on to the next skill.



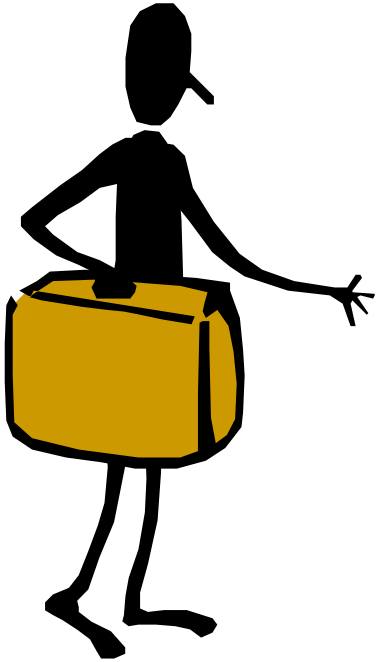
Fun with a Friend

- Arrange children with a partner.
- Present the following challenges:
  - Holding hands walk forward with your partner.
  - Facing your partner, raise both arms up, move them to the side, make circles.
  - Facing your partner, put hands on each others shoulders, toes touching—can you walk?
  - Facing your partner, make a bridge with your arms (hold hands and lift arms up).
  - Facing your partner, hold hands and walk in a circle.
  - Facing your partner, clap hand together, clap your legs, then hands and so forth.
  - One partner stands behind the other, with hands on the partner's shoulders, walk forward follow-the-leader style.
  - Facing your partner, hand on shoulders, slide toward me—now away.

Going on a Trip

Materials:

Route Markers: Cones, carpet squares, plastic milk bottles filled with sand or water.

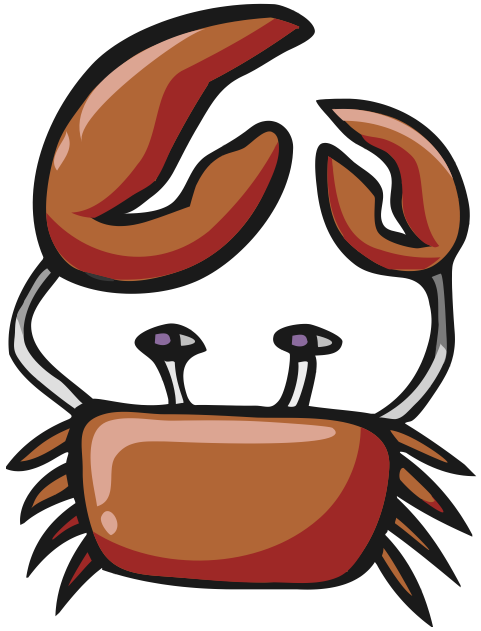


- Create a route with markers (see materials list).
- For each part of our "trip" we will use a different movement.
- One child goes at a time, so you and the other children can "cue" or coach which skill should be done on each segment of the trip.
- At the end, you and the children can go together forming a "train" by doing the movements in a line. You can substitute other movements.

- Suggested movements:

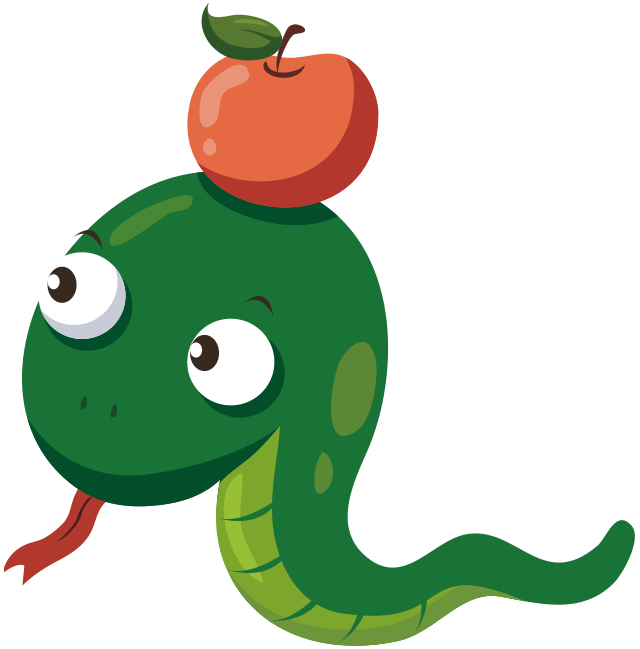
  - Gallop
  - Walk
  - Hop
  - Run
  - Crawl

- Have the children help dream up where you are going on your trip.



Happy Crabs

- Divide the children equally and arrange them on 3 of 4 sides of a large square.
- Crabs move by walking sideways on their long and bent legs. The children are going to pretend to be crabs. Begin by sitting on the ground with legs extended, knees bent and feet on the ground. Lift the bottom off the floor and by "walking" hands and feet move forward, sideward and backward.
- Name each side of the square with a color (blue crabs, white crabs, silver crabs). The open side of the square is the crab trap. You will say "blue crabs to the crab trap" and the blue crabs will crab walk to the open side. Continue moving the white crabs around the square to the new open "traps". Repeat.



High, Medium, & Low Sneaky Snake

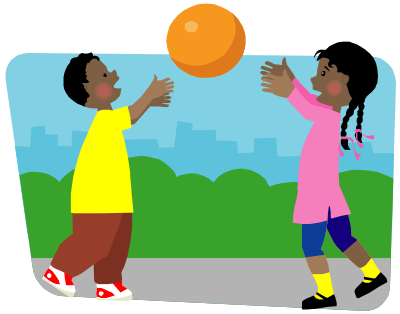
- Arrange the children in a long line facing you.
- Begin by explaining the difference between high and low. Moving "high" is tall, for example when we move up on our toes. Demonstrate by walking high (on your toes) and have the children practice. Moving "low" is short, for example when we are bending down. Demonstrate and have the children practice. Medium is between high and low. Medium is the way we usually move. Demonstrate and have the children practice.
- Most skills can be done high, medium, or low. Ask the children to do the following skills at high, medium and low levels (one right after the other):

  Run, Jump, Hop (one foot), Slide, Gallop, Balance, Turn, Wiggle, etc.
- "Sneaky snake" is the lowest of all, it is when you crawl (belly on the floor). Add sneaky snake to the skills you are varying (e.g., "skip high, wiggle medium, sneaky snake, run high").

Hot Potato, Hot Potato

Materials:

2 balls
Music box with music



- Children sit or stand in a circle.
- As music plays, children catch the “hot potato” and then quickly toss to another child.
- You don’t want to have the “potato” when the music stops.
- If you have the “potato” when the music stops you are out. This goes until there is only one child left.
- Could add 2 balls at beginning if a large group.

Materials:

*Hula Hoops-1 per child

Bean bag or small ball

Hula Hoop Time

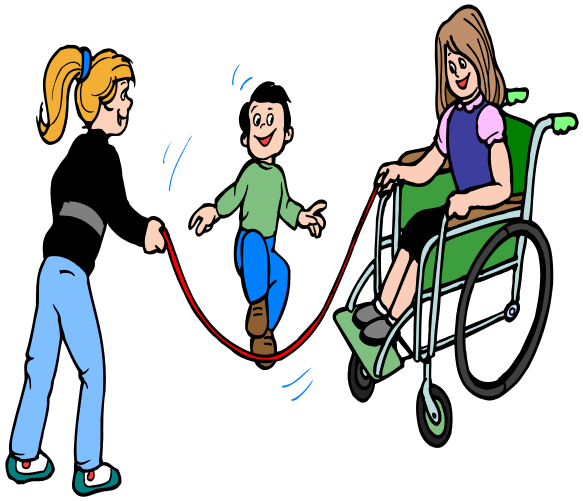
- Stand it on end and twirl.
- Roll it to a friend.
- Have a friend hold the hoop on end and you crawl through it.
- Two friends hold the hoop, one on each side, a third friend tosses a bean bag or small ball through the hole.
- With your hoop on the floor walk around your hoop (repeat running, hopping, skipping).
- Jump into your hoop, now out. Repeat.
- Balance with 1 leg in the hoop and one out of the hoop.
- Balance with 2 feet out and 2 hands in the hoop.
- Stand under your hoop, beside your hoop, in front, behind.
- Go through your hoop.
- Throw your hoop.

*Carpet square can be used for many of these if you don't have hoops.

Materials:

Break up into groups of 2-4 per jump rope.

Students take turns doing the following activities.



Jump Rope Activities

- Place the jump rope on the floor in a straight line.
- Walk beside the jump rope as if you were walking on a balance beam.
- Jump from one side to the other of the rope from one end to the other.
- Run up one side of the rope, walk back down the other side.
- Skip around the jump rope.

Locomotor Challanges

- Arrange the children in scatter formation.
- Present the following challenges:

  - Walk under control, do not bump or touch anyone else.
  - Walk forward, stop, backward, stop, backward, stop, forward, stop, backward.
  - Walk and balance on one foot (repeat).
  - Hop on one foot, now the other foot.
  - Walk (allow them to walk several steps), hop (again several steps), Walk backward.
  - Run slowly, now hop, walk backward, hop.
  - Walk and jump.
  - Run and jump.
  - Walk and hop.
  - Jump backward, then forward (repeat).
  - Step (walk), then hop, step-hop, step-hop.

- As children master a challenge, move to the next challenge. Challenges should be repeated. Use surprise to keep interest.

Move the Ball

Materials:

1 small ball

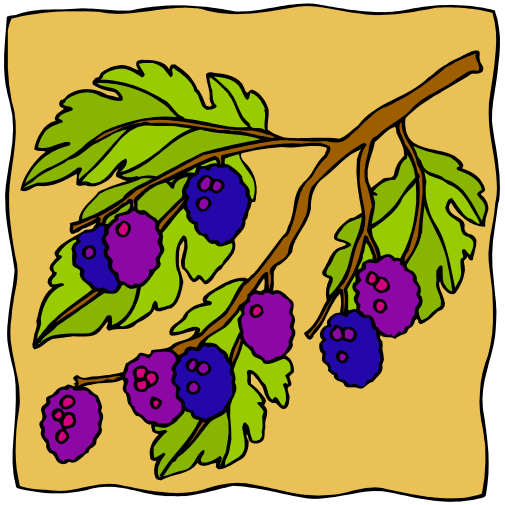
- Students line up in single file.
- The student in the back of the line has the ball.
- He runs from the back of the line to the front of the line, then hands the ball overhead to the person behind him.
- All kids pass the ball the same way until it gets to the last person in line and then that person goes to the front of the line. And it starts over.
- Do until everyone has had a turn.
- Repeat. This time go as fast as you can!!!

Moving to the Music

Materials:

Music the children like.

- Arrange the children in scatter formation.
- Describe sharp movements as a way to move the body to make lines, corners and angles. Demonstrate by making your arms straight then angled by rapidly and forcefully bending your elbows. Ask the children to move their arms in sharp movements. Ask the children to move other body parts with sharp movements (ankles, waist, hands).
- Describe smooth movements as a way to move that has circles, turns and doesn't stop. Demonstrate by swinging your arms in circles. Ask the children to move their arms in smooth movements. Ask the children to move their whole body in smooth movements as you demonstrate turning, bending, swaying—all smoothly.
- Turn on the music and ask the children to move to the music. Remind the children to move using smooth or sharp movements.



Mulberry Bush

- Arrange the children in a circle with 2 feet or more between children.
- For the chorus sing, “Here we go around the mulberry bush, mulberry bush, mulberry bush, (repeat), so early in the morning” while walking around in a large circle.
- During each verse, stand in circle formation, and do the action.
- “This is the way we_____, (repeat twice), this is the we _____, so early in the morning.” Alternate verses and the chorus.
    - Touch our toes
    - Hop on one foot
    - Jump in the air
    - Run in place
    - Bend our knees
    - Twist our hips

Non-Locomotor Skills

- Arrange the children in scatter formation.
- Remind the children to stay in their special spot (where they are). Non-locomotor skills are movements which are done without changing locations. Generally, feet are still. Non-locomotor skills can usually be done with one body part (the arm) or the whole body. Ask the children to do the following movements, if they do not know what to do, demonstrate.
  - ✓ Twist
  - ✓ Sway
  - ✓ Wiggle
  - ✓ Bend
  - ✓ Stretch
  - ✓ Swing
  - ✓ Balance
  - ✓ Lean
  - ✓ Curl
  - ✓ Shake
- Vary the movement by asking them to move only one arm or leg instead of the whole body.
- Hint: Chalk lines, tape marks, carpet squares or polyspots (plastic spots, available at school supply stores) help children find and stay in their spot.

Materials:

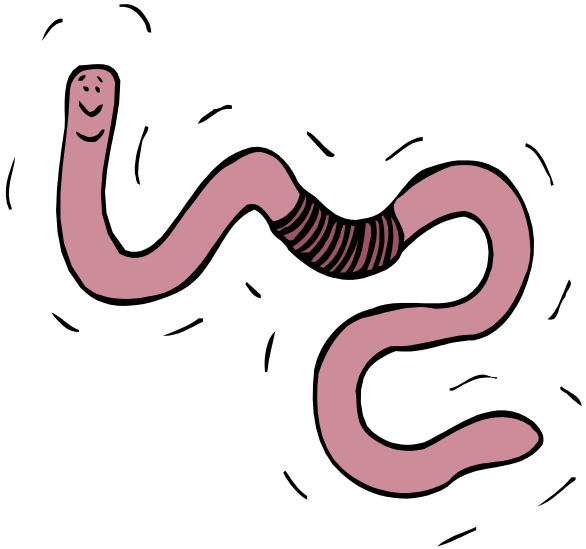
Parachute
Small balls

Parachute Games

- Wiggle the parachute using small arm and hand movements for 30 seconds.
- Try big arm wiggles by moving the arm and shoulders up and down for 30 seconds.
- Switch back and forth between small and big wiggles.
- Children gather around outside of parachute. Children hold on with right hand. Walk slowly to the right. Stop and hold on with left hand. Walk slowly to the left.
- All children stop, hold on to parachute with both hands, and on count of 3, everyone raises their arms and makes the parachute go into the air. Pull edges to the ground to make a mushroom.
- Place balls on parachute and children shake the parachute and try to keep all the balls on top of the parachute.
- Make an igloo by sitting down inside the parachute after lifting it and still holding on to the parachute.
- Raise the parachute above the head and then bring down to waist height. When the parachute is raised high have a child run under and then back to his original position. Repeat until all children have had a turn.
- Expand by having the child run around the outside and back to his/her own place.

Materials:

Mats helpful.



Pencil Roll, Inch Worm, & Rocker

- If you are using mats, arrange one line at each mat. If you are on carpet or grass, allow 1-3 children to go at a time. Allow children to practice as you give instructions, then repeat each activity as time allows.
- The pencil roll begins with the child laying flat on his/her back, arms extended overhead (the arms can also be crossed on chest or held straight at sides). Keeping the body straight like a pencil or a log, roll onto the stomach. Continue moving front to back. Be sure the children roll in a straight line. Repeat several times.
- The Inch Worm begins standing with feet together and legs as straight as possible. While holding the feet still, the child "walks" the hands forward until the body is straight. Then holding the hands still, the child walks the feet toward the hands. Repeat until a specific distance has been covered (ex. 10 feet).
- The Rocker begins with the child laying on her/his back. Bend the legs bringing the legs toward the chest. Hug the knees with both arms. By moving the head forward and backward rock the body as vigorously as possible.

Materials:

Pillow
6 foot long rope
Card table
Blanket
Cardboard box

Playland

- Create an "obstacle course" of items easily found. Try using:
  - Empty cardboard box (to crawl through)
  - Rope (on floor as a balance beam)
  - Card table with blanket (to go under)
  - Pillow (to go over)
- Demonstrate the path and action at each item, run between items.
- Children will go one at a time.
- Repeat several times.

Rollie Pollie

Materials:

1 tennis or other small ball per child.

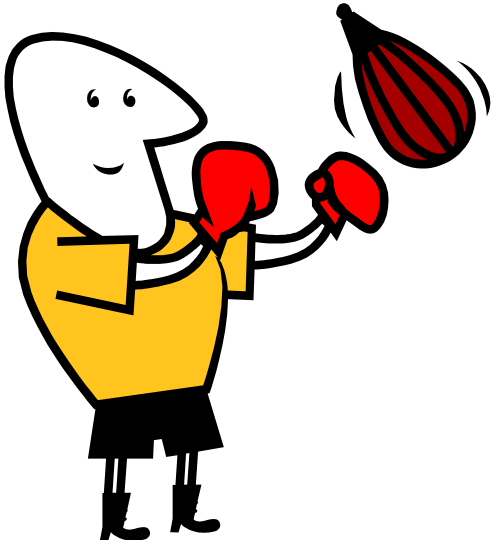
Markers for spots (polyspots, chalk).

- Arrange the children in 1 long line, facing an open area.
- Present the following challenges to the children:
  - ✓ Sit, rolling the ball forward using one or two hand to push the ball.
  - ✓ While standing, make the ball move on the ground sloooowly (demonstrate).
  - ✓ Walk forward and roll the ball—the ball should be on the ground as it rolls.
  - ✓ Roll the ball over a spot.
  - ✓ Roll the ball at a spot, try to make it stop on the spot.
  - ✓ Toss the ball up and let it bounce.
  - ✓ Toss the ball and catch it (start with very small tosses).
  - ✓ Toss the ball from hand to hand.
  - ✓ Toss the ball to a partner.

- As each skill is mastered, move to the next skill.

Materials:

Music



Shake, Punch, and Roll

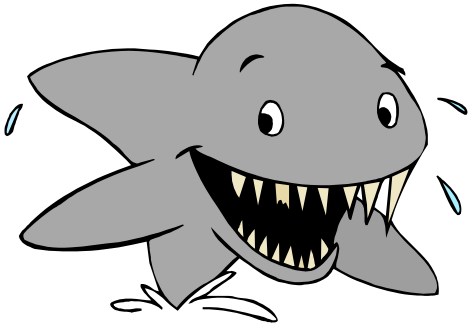
- Arrange the children in scatter formation. Stand where all children can see you.
- The movements for this work-out are shaking (a leg, one arm, two arms, or your head), punching arms alternately forward (vigorously extend and bend arms with fists held the whole time) and rolling (lay on the ground or floor, roll from back to stomach and back).
- Do each movement at least 8 times to the music (for 8-16 counts depending on the music). For younger children repeat each movement more times, for older children change the type of movement more often. Running in place can be inserted between shakes, punches and rolls.

Hint: Select music the children enjoy.

Sharks and Minnows

Materials:

Open space in a gym or large classroom or park.

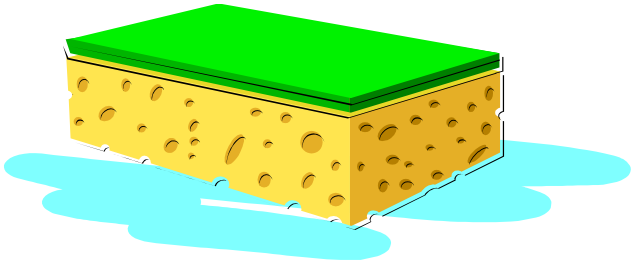


- All students line up on one end of the room or gym (they are the minnows).
- 2 children are the sharks.
- On go, everyone runs to the other side, if you are tagged by a shark, you become a shark.
- Repeat until everyone is a shark.

Splish, Splish, Splash

Materials:

Sponge soaked in water.
Bucket of water for re-soaking.



- This is a water game. Play outside on grass.
- This is a play off of Duck, Duck, Goose. Children sit in a circle.
- One child is selected to carry the sponge that is a little wet. He drips a drop on each child's head for splish, splish, splish, and the splash person gets the sponge squeezed over their head and has to chase the child with the sponge. The children try to tag the water person but if does not catch him, he sits down in the other child's spot.
- Repeat until everyone has had a turn.
- Re-soak sponge each time.

Materials:

1 36" ribbon, plastic or crepe paper streamer per child

Music-optional

Streamers

- Arrange children in a circle each with a streamer.
- Demonstrate and have the children practice the following movements:
  - Circles: to the side, in front, overhead, to the other side.
  - Squiggles: quickly wiggle the streamer, try it high and low.
  - Figure 8: connect two circles, using a smooth motion.
  - Snapping to the beat: moving the wrist, snap the streamer in a hammering motion.
- Combine the various movements, do them while you walk, follow-the-leader, or put them to music.

Thunderbumper

Materials:

1-8.5" playground ball per child

- Arrange the children in scatter formation, facing an open area.
- Each child has a ball.
- The objective is to practice bouncing, with the long term goal of dribbling the ball. Present the challenges in order, giving a new challenge as children master each skill:
  - Bounce and catch your ball with both hands.
  - Toss your ball, let it bounce and catch it—use both hands.
  - Bounce and catch your ball with both hands 3 times in a row.
  - Drop your ball and bounce it with one hand.
  - Bounce your ball with one hand, catch it with two.
  - Drop your ball, hit it (bounce it) with one hand two times in a row.
  - Bounce your ball as many times as you can.

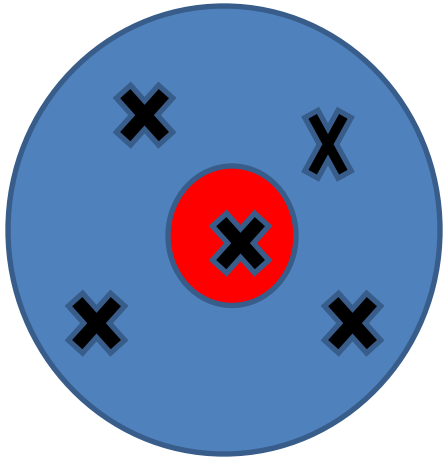
Hint: Challenge children to use both hands.

Toss Up

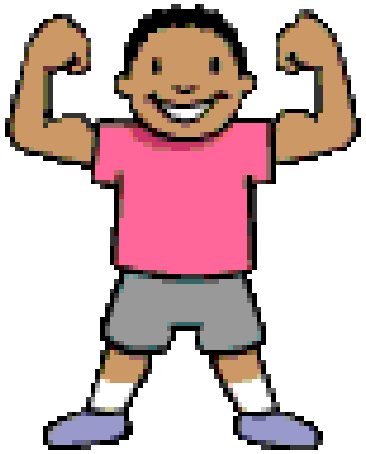
Materials:

One 6-8 inch foam ball.

Marking for circle (polyspots, chalk)



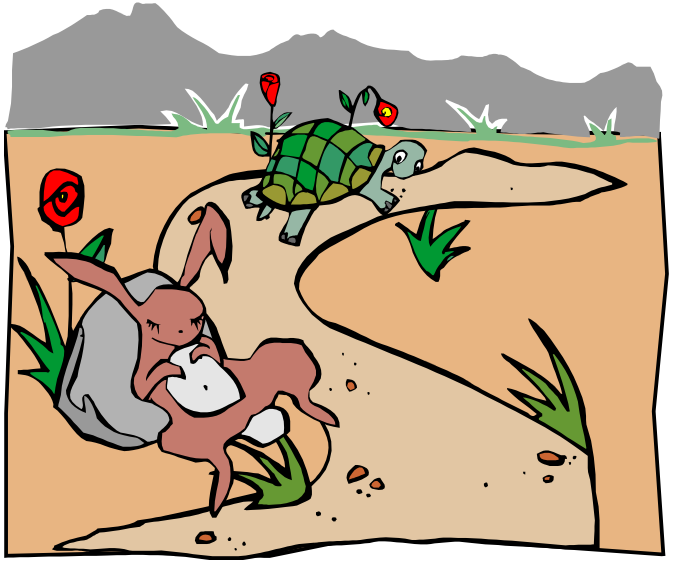
- Each child should have their own special spot on the large and small circles.
- Practice moving from the special spot on the small circle to the special spot on the large circle.
- Practice moving back to the small circle from the larger circle.
- You will count "'one, two, three" aloud and after "three" say one of the children's names.
- As you say a child's name toss the ball into the air, straight up.
- The child whose name was called runs to the center and catches the ball.
- The other children run to their special spot on the outside circle.
- Repeat for all the children.



Tree, Rock, Bridge, Tree

- Have 5-6 children per line.
- The first child runs out 5 feet or more depending on room space, and stops and puts arms in the air. He is the tree.
- The second child runs out and circles around the tree, runs 5 more feet and then goes to the ground to be a "rock".
- The third child runs out to circle the tree, jump over the rock, and runs 5 more feet, now he is the bridge in an inverted "V".
- The fourth child runs out around the tree, jumps over the rock, and crawls under the bridge. He runs 5 more feet and then plants himself as another tree.
- Now the first tree hops over the rock, crawls under the bridge and circles the last tree and runs back.
- Continue until everyone is back in line.

Turtle and Rabbit



- Arrange the children in scatter formation.
- Explain that the turtles move slowly and rabbits move very fast. Ask the children to move slow. Once they demonstrate slow, ask them to move fast.
- To play the game you will call out “turtle” or “rabbit”. When you say “turtle” the children move slowly and continuously until you say “rabbit”.
- When you say “rabbit” the children move quickly until you say “turtle”. Repeat alternating “rabbit” and “turtle”.
- Focus the children on listening and following directions. The point of the game is for the children to move all the time (either fast or slow).

Materials:

Newspaper pages balled up

Boxes for “bases” to hide behind

Clothes baskets to toss “snowballs” into

Virtual Snowball Fight

- Form 2 teams.
- Have a center line that teams cannot cross.
- Use boxes or baskets for bases or targets to add points.
- On go everyone tosses snow balls. See if you can get rid of all the snowballs at one time.

Materials:

1 bean bag

Zig Zag

- Arrange the children in two lines facing each other.
- The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, this continues until the bean bag gets to the end of the line.
- The last child runs to the first position in his/her line (if the lines are uneven in number have the child go to the end of the opposite line) and start the tossing again.
- Repeat.

Hint: Say the name of the child tossing and catching so they are both ready before a toss. "Chris you are going to toss to Alex. Alex get ready to catch."

Additional Resources:

- www.choosemyplate.gov
- www.spendsmarteatsmart.org