

Integrating Nutrition & Physical Activity into Your Curricula

Nutrition and physical activity can be tied into all aspects of the pre-school curriculum. Active, hands-on lessons not only promote healthy habits, but they can also improve attention spans, engage preschoolers in learning and increase understanding of key concepts. Listed below are suggestions for fun and engaging activities promoting healthy behaviors that align with the Delaware Early Learning Foundations (ELFs) and can be incorporated into any pre-school curriculum.¹

Emotional and Social Development

- **Scavenger Hunt:** Send teams of children on a nutrition and physical activity scavenger hunt. Help children look for items using directive words such as above and behind. You can also ask children to complete exercises such as hopping/skipping or to mold a healthy food out of clay.
- **“A Salad for One, Please”²:** Assign each child to be a salad ingredient and have children stand in a circle to create the “salad bowl.” Tell children to jump into the middle of the bowl and follow directions when their vegetable is called (e.g., jumping carrots). When a few of the children are in the middle, ask the “bowl” to stir the salad before starting over.
- **Show and Tell Salad:** Ask children to bring in a favorite fruit to share at group time. Have children tell the class about the fruit they brought and why they like it. Then, cut up the various fruits and make a delicious fruit salad.
- **Active Group Time:** Make group time (circle time) an active time by including simple action songs and circle games such as “Hokey Pokey,” “Head, Shoulders, Knees and Toes” or “Farmer in the Dell.”

Approaches to Learning

- **Snack Station:** Have children prepare their own snacks using picture recipe cards. For example, show a picture of one slice of cheese, two crackers and three carrot sticks.
- **“Old MacDonald Had a Farm”²:** Sing the song “Old MacDonald” but replace each animal with a fruit or vegetable and each animal sound with “yum.” Each child can take a turn using his/her favorite fruit or vegetable.
- **Five Senses:** Have children close their eyes and guess mystery fruits or vegetables. Ask the children to describe the mystery fruit or vegetable using their other four senses: “It smells like...it tastes like...it sounds like (when biting)...it feels like...”
- **Safari Trip:** Take children on an imaginary safari around the classroom or playground. Call out instructions of different actions they need to do while taking the safari (e.g., crawl under a log, jump across a stream). You can also allow each child to call out instructions for the class to follow.
- **Follow the Leader:** Begin by having children follow a teacher around the classroom while following instructions such as “raise your arms” and “hop on one foot.” After a minute, say “freeze.” Allow another child to lead the class for 30 seconds and repeat the game until everyone has had a chance to be the leader.

- **Chef of the Day:** Have children help with meal/snack prep. Each day, allow a different child to help you or a staff member (if applicable) prepare a meal or snack. He can be a “special helper” and wear an apron and chef’s hat. The “helper” should also explain to the other children what he prepared, why it’s tasty and what makes it good for them.

Language and Literacy

- **Stone Soup:** Read the story *Stone Soup* as a class. The next day, have each child bring in a bag of his/her favorite vegetable that can be used to make a big pot of soup for the class.
- **Book List:** See the attached list of children’s books that encourage healthy behaviors. If appropriate, have the children act out the story as it is read to them.
- **Activity Alphabet²:** Ask children to use their creativity to imitate animals, people or objects corresponding to the alphabet. For example, “D” is for “dog.” Ask children to show you how a dog acts.
- **Make Your Own Book:** Work with children to make books that show readers their favorite ways to stay healthy and strong.

Physical Development and Health

- **Fitness Tag:** Similar to a traditional tag game, have the children go to a special area when they are tagged. Before they return to the game, they must complete a certain activity (e.g., 10 jumping jacks) while calling out a fruit or vegetable during each repetition. Add variation by telling the children to hop, crawl or skip instead of run during the game.
- **Marching:** Have children march to different types of music while paying special attention to space (e.g., marching in circles), time (e.g., marching for 20 seconds) and speed (e.g., marching fast and slow).
- **Freeze Dance:** Play fun music for children to dance to. Right before turning the music off, shout out a pose that the kids need to freeze in, such as making the letter “T” with their body or standing on one foot.
- **Serving Sizes:** Demonstrate serving sizes to children using measuring cups and teach them how to serve themselves. Then talk to them about how to identify hunger and fullness cues. At lunch and snack time, children can use their understanding of serving sizes and hunger and fullness cues to decide if they would like more or less food.
- **Field Day:** Have a field day with activities such as a 3-legged race, sack race, tug of war and relay race. Check out the link to the “Food and Field Olympics” guide at the end of this section for more ideas.

Math

- **Beach Ball High³:** Count the number of times the class can pass a beach ball without it hitting the ground.
- **Oat Snack Numbers⁴:** Give each child a small cup of a healthy, whole grain cereal (e.g., *Cheerios*[®]). Encourage children to count out pieces before eating.
- **Sorting Foods:** Use either plastic models or real fruits and vegetables for children to sort by size, length and color. As a group, have children count the number of objects in different categories and compare the weights of foods.

- **Apples:** Start the lesson by asking children to help you wash red, green and yellow apples. Slice the apples and have each child taste one slice of every color. Then, ask the class which they preferred and graph everyone’s preferences on a large poster (e.g., as a pie chart). Talk with the children about the graph. Ask them which apple is the class’s favorite. How do they know?

Science

- **Plant a Personal Garden:** Help each child grow a personal vegetable plant (e.g., green beans) and take care of it daily. Children are more likely to try a vegetable that they grew on their own. Discuss how plants need proper nutrition to grow, just like the human body.
- **Water Station:** Provide a water station where children can practice pouring water into containers of various sizes. As a class, talk about the importance of drinking water to quench their thirst during the day instead of sugary drinks, such as soda and sports drinks. Help them sense if their bodies are thirsty.

Creative Expression

- **Funny Fruit Faces:** Use an assortment of fruits of different shapes and colors to design paper plate fruit faces. As a group, identify the shape and color of all fruits used.
- **Food Pyramid Poster:** Have each child cut pictures of food out of a magazine. Next, help the class sort the pictures by food group and glue the foods into the correct places on a big food pyramid poster.
- **Creative Learning:** Encourage children to express their idea about healthy eating and physical activity through paint, clay, sculptures, collages, plays, songs or stories they create.
- **Bodies in Motion:** Provide large paper for children to trace their bodies in active positions. Paint the active children and mount them together on the wall.

My Family, My Community, My World

- **“Let’s Walk: Ideas for Making Walking Fun!?”:** Guide children through walks around the center or home and have them look for special objects related to their interests (e.g., colors, shapes, vehicles, workmen, flowers, trees, rocks, animals, clean-the-environment, etc.). You might want to take along clipboards for the children to record or draw what they observe on the walk.
- **Foods of the World:** As an “at-home” assignment, ask each child to talk with his/her parent(s) about where the family came from. Each week, have a child and his/her family share a little about the family’s culture and a favorite healthy food that can be eaten during snack time.
- **Pick Fruits and Vegetables:** Visit an orchard or farm and allow children to pick fruits and vegetables. Take these fruits/veggies back to your center or home and show children what wonderful meals/snacks can be made out of the foods they picked.
- **Take a Tour:** Tour a dairy farm, supermarket, farmer’s market or factory that produces healthy foods. Provide hands-on activities at these locations like a scavenger hunt or milking a cow.

Other Ideas for Encouraging Healthy Eating and Physical Activity

- **Use a sticker chart to reward children for trying new foods when they're served.**
- **Use a sticker chart to reward kids for participating in physical activity each day.**
- **Take kids outside!** Spend some of the time in structured activity and some of the time in free play.
- **Allow kids to take turns coming up with physical activity.** One child becomes the leader and encourages other kids to participate.
- **Let children help with menu planning by giving them choices.** For example, "You can have two of the following: peas, carrots, applesauce or pears." Allow kids to choose individually or vote. Encourage discussion during this process about why they chose certain options and why it's important to eat a variety of fruits and veggies.
- **Provide coloring books, stickers, activity books and activity pages depicting healthy eating and physical activity.** (See "Resources" page in this section for links.) Have kids choose a new physical activity to try at your center or at home.
- **Display posters depicting kids exercising and being active in a variety of ways or create one using photographs of the children at your center/home.** Discuss the many kinds of physical activity and favorites for each child.
- **Allow older children (ages 5+) to safely explore the internet for short periods of time and play educational games.** Examples include: MyPyramid's "Blast Off," Nemours' "Explore the Food Guide Pyramid" and the CDC's "Picnic Pickup," "Dining Decisions" and "Analyze My Plate."

For a list of existing resources promoting nutrition and physical activity see "Resources for Engaging Children" in this section.

1. Delaware Early Learning Foundations for School Success, Delaware Department of Education. http://www.doe.k12.de.us/infosuites/students_family/earlychildhood/files/Early%20Learning%20Foundations%20Revised.pdf. Accessed July 12, 2010.
2. Color Me Healthy Toolkit, North Carolina State Cooperative Extension
3. MA Dept. of Education, Nutrition Programs and Food Services, HPRC and OCCS. H.E.A.L.T.H.Y Kids: Healthy Kids Move and Healthy Kids Move Beyond Munchies.
4. North Dakota Department of Public Instruction. Team Nutrition Fruits and Vegetables Lessons for Preschool Children. http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2304&placement_default=0. Accessed on June 17, 2010.

Engaging Children in the Kitchen

Involving children in preparing meals is an easy way to encourage their growing independence and help them get excited about trying new foods! Children are more likely to try a new or unusual food if they helped prepare it. They will also take pride in their culinary skills and may encourage others to taste what they have made. See the list below for suggestions on age-appropriate activities.^{1,2}

2 Year Olds

- Rinsing vegetables and fruits
- Tearing lettuce or greens
- Snapping green beans
- Making “faces” out of pieces of vegetables and fruit
- Handing items to adults to put away (e.g., after grocery shopping)
- Throwing waste in the trash
- Wiping off tables, chairs and counters

3 Year Olds – All of the 2-year-old activities plus:

- Adding ingredients
- Stirring
- Scooping or mashing potatoes
- Spreading peanut butter or other spreads
- Kneading or shaping dough
- Helping assemble foods (e.g., pizza)
- Naming and counting foods

4 Year Olds – All of the 2- and 3-year-old activities plus:

- Peeling eggs and some fruits and vegetables (e.g., oranges and bananas)
- Setting the table
- Measuring dry ingredients
- Helping make sandwiches and salads
- Mashing soft fruits, vegetables and beans

5 Year Olds – All of the 2-, 3- and 4-year-old activities plus:

- Measuring liquids
- Cutting soft fruits with a plastic knife
- Cracking eggs
- Using an egg beater
- Reading recipes out loud

1. United States Department of Agriculture, Mypyramid.gov.
<http://www.mypyramid.gov/preschoolers/HealthyHabits/PickyEaters/kitchenactivities.html>. Accessed June 9, 2010.

2. United States Department of Agriculture and Nutrition Service. *Maximizing the message: Helping moms and kids make healthier food choices.*
<http://www.fns.usda.gov/fns/corenutritionmessages/Files/Guidebook.pdf#xml=http://65.216.150.153/texis/search/pdfni.txt?query=role+modeling&pr=FNS&prox=page&rorder=500&rprox=500&rdfreq=500&rfreq=500&rlead=500&rdepth=0&sufs=0&order=r&cq=&id=4bc8cea611>. Accessed June 9, 2010.

Learning Outside of the Classroom

Learning doesn't always have to take place in a classroom! Below are Delaware resources that can be used to supplement your lessons.

Museums

New Castle County:

Delaware Museum for Natural History

4840 Kennett Pike, PO Box 3937

Wilmington, Delaware 19807

(302) 658-9111 www.delmnh.org

Exhibits include Dinosaur Gallery, Hall of Birds, Hall of Mammals, Animal Adaptations and Mile-long Nature Loop.

Delaware Children's Museum

550 Justison Street, Wilmington, Delaware 19801

(302) 654-2340 www.delawarechildrensmuseum.org

Exhibits include *The Power of Me*, *Stratosphere*, *EConnect*, *Bank on It*, *Training Wheels*, *Art Studio* and *Structures*.

Brandywine Zoo

1001 North Park Drive, Brandywine Park

Wilmington, Delaware 19802

(302) 571-7747 www.brandywinezoo.org

Exhibits include 150 different animals including various mammals, birds, reptiles and amphibians.

Ashland Nature Center

3511 Barley Mill Road

Hockessin, Delaware 19707-9393

(302) 239-2334

<http://www.delawarenaturesociety.org/ashland.html>

Features four self-guiding nature trails, Butterfly House (June – Sept.) and programs for ages 18 months – 18 years, adults and families.

Winterthur Museum and Country Estates

Route 52 (5105 Kennett Pike)

Winterthur, Delaware 19735

(302) 888-4600 <http://www.winterthur.org>

Features a children's garden, hands-on activities about early life in America, and educational events year-round.

Kent County:

Delaware Agricultural Museum and Village

866 North DuPont Highway, Dover, Delaware 19901

(302) 734-1618 www.agriculturalmuseum.org

Exhibits include main exhibit hall featuring the agricultural history of the state, Loockerman Landing Village depicting life in a rural farming village in 1890s.

Delaware Archeology Museum

316 S. Governors Avenue, Dover, Delaware 19901

(302) 739-4266

http://history.delaware.gov/museums/dam/dam_main.shtml

Explore human history, as well as state history, through archeological findings.

Sussex County:

Discover Sea Shipwreck Museum

708 Ocean Highway, Fenwick Island, Delaware 19944

(302) 539-9366 www.discoversea.com

Exhibits include Maritime heritage, recovered and shipwreck artifacts.

Abbott's Mill Nature Center

15411 Abbotts Pond Road

Milford, Delaware 19963-3549

(302) 422-0847

<http://www.delawarenaturesociety.org/abbotts.html>

This diverse nature preserve supports a variety of forested, field and wetland habitats. Hiking trails, boardwalks and teaching stations provide unique education opportunities.

Delaware State Parks

Contact information and program offerings for the parks listed below can be found by searching <http://www.destateparks.com/>.

New Castle County:

- **Alapocas Run – Wilmington**
 - Amenities: Trails, Can-do playground, rock climbing wall, picnic area
- **Bellevue – Wilmington**
 - Amenities: Horse trails, playground, hiking, art center, tennis center
- **Brandywine Creek – Wilmington**
 - Amenities: Bike trails, canoe launch, hiking, fishing
- **Fort Delaware – Delaware City**
 - Amenities: Historic site, nature trail, accessible by ferry only
- **Fort DuPont – Delaware City**
 - Amenities: Boat ramp, historic site, trails
- **Fox Point – Wilmington**
 - Amenities: Paved trails, playground, volleyball
- **Lums Pond – Bear**
 - Amenities: Boating, camping, playground, trails

Orchards/Farms/Farmers' Markets

New Castle County:

- **Coverdale Farm** – 543 Way Road Greenville, DE 19807, (302) 239-2334
- **Highland Orchards** – 1431 Foulk Road Wilmington, DE 19803, (302) 478-4042
- **Ramsey's Farm** – 330 Ramsey Road Wilmington, DE 19803, (302) 477-1499
- **Willey Farm** – Route 13, Townsend, DE 19734, (302) 378-8441

- **White Clay Creek – Newark**
 - Amenities: Biking, hiking, playground, trails

Kent County:

- **First State Heritage Park – Dover**
 - Amenities: Museums, Delaware public archives, Legislative Hall, Old State House, Woodburn and Hall House
- **Killens Pond – Felton**
 - Amenities: Baseball fields, boat ramp and rentals, water park, playground

Sussex County:

- **Cape Henlopen – Lewes**
 - Amenities: Beaches, boat rentals, seaside nature center, fishing pier, nature trails
- **Delaware Seashore – Rehoboth Beach**
 - Amenities: Beaches, boat launch, playground, camping, nature trails
- **Fenwick Island – Rehoboth Beach**
 - Amenities: Beaches, boat rentals, horse trails, kayak rentals, trails
- **Holts Landing – Millville**
 - Amenities: Crabbing, fishing, trails
- **Trap Pond – Laurel**
 - Amenities: Athletic fields, biking trails, camping, playgrounds, boating

Sussex County:

- **Bennett Orchards** – 30993 Armory Road Frankford, DE 19945, (302) 732-3358
- **Good For You Organic Farm** – 28841 Lewes-Georgetown Highway, Lewes, DE 19958, (302) 684-8330
- **Johnson’s Country Market** – 36258 Zion Church Road, Selbyville, DE 19975 (302) 436-FARM

Maryland (just over the state line):

- **Milburn Orchards** – 1495 Appleton Road Elkton, MD 21921, (410) 398-1349

Other Statewide Programs

Local running races: www.races2run.com

Look for races that feature one-mile fun runs for kids prior to the start of the regular race.

Grocery store tours:

Many grocery stores welcome young students to tour the store to learn more about where their food comes from. Check with your local store to see if a tour is available.

Delaware State Fair – Harrington:

The state fair is held for a week in July each summer and features a variety of attractions including concerts, rides, competitive exhibits and a children's day. Admission is free for children ages nine and under.

Children's Booklist

Fruits & Vegetables			ISBN#
Yum-Yum Baby! <i>Wood, A.J.</i>	Board Book	Age 9 mo–2 yr	1592238033
Rhyming text describes which meals of the day a baby is hungry for, while labeled illustrations introduce related words, such as banana, cup and peas.			
Sweet as a Strawberry <i>Smallwood, Sally</i>	Paperback	Age 9 mo–2 yr	1840894199
A mixture of art, photography and large, clear type introduces children to the correlation between textures, tastes and appearances of fruits and vegetables. Each book displays a clear photograph of the food against a dramatic painted background. Upon opening the full-page foldout of the fruit or vegetable, kids can distinguish which are hot and spicy, cool and smooth, or sweet and juicy.			
Grandpa's Garden Lunch <i>Caseley, Judith</i>	Hardcover	Age 9 mo–3 yr	0688088171
After helping Grandpa in the garden, Sarah and her grandparents enjoy a lunch made from home-grown vegetables.			
Happy Healthy Monsters Eat Your Colors (Sesame Street) <i>Albee, Sarah</i>	Board Book	Age 9 mo–3 yr	0794410057
Join Elmo and his buddies as they have lunch and teach kids about the importance of eating a variety of healthy “all-the-time foods” like fruits and vegetables every day, while limiting less nutritious “sometimes food” snacks. Kids can help their favorite Sesame Street friends make healthy choices by placing the 10 reversible board food disks onto each character's lunch tray.			
The Carrot Seed <i>Krauss, Ruth</i>	Board Book	Age 1-2	0694004928
A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed and he eventually grows a large carrot.			
Lunch <i>Flemming, Denise</i>	Paperback	Age 1-4	0805046461
One hungry mouse peeks out of his hole and sniffs...LUNCH! Children can guess what fruit or vegetable comes next as the voracious rodent munches his way through yellow corn, green peas, orange carrots and the rest of the colors.			
Fruits and Vegetables / Frutas y Vegetales <i>Rosa-Mendoza, Gladys</i>	Board Book	Age 1-6	1931398100
Introduces children to fruits and vegetables through beautiful illustrations. Bi-lingual.			
Growing Vegetable Soup <i>Ehlert, Lois</i>	Board Book	Age 2-4	0152061762
Together, a father and child share the joys of planting, watering and watching seeds grow. And once their harvest of tomatoes, potatoes, cabbage and corn is ready, they'll cook it up into the best soup ever!			
Orange Pear Apple Bear <i>Gravett, Emily</i>	Hardcover	Age 2-4	1416939997
Explores concepts of color, shape and food using only five simple words as a bear juggles and plays.			

Fruits & Vegetables (continued)

ISBN#

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

Board Book

Age 2-4

0859536599

Little Mouse worries that the big, hungry bear will take his freshly picked, ripe, red strawberry.

Eating the Alphabet *Ehlert, Lois*

Board Book

Age 2-5

015201036X

An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke to yam and zucchini.

Market Day *Ehlert, Lois*

Paperback

Age 2-6

0152168206

On market day, a farm family experiences all the fun and excitement of going to and from the farmers' market.

A Story about Raisins *Adler, Karen*

Hardcover

Age 3 and Up

0967977231

Covers the history of how raisins were discovered and how they are produced. The book emphasizes nutrition and even has simple recipes for children to make. A CD is included which contains three songs and a narration of the story.

Food For Thought *Freyman, Saxton & Elffers, Joost*

Paperback

Age 3-6

0439110181

Shapes: Is that a carrot or a triangle? Colors: Watch for peppers in every range of the rainbow. Numbers: A zero-to-ten zoo! ABCs: A full produce section of sculptures acts out the alphabet. And Opposites: You've never seen Up/Down and Big/Little like this before!

Oliver's Fruit Salad *French, Vivian*

Hardcover

Age 3-6

0531300870

Although he loves to help Grandpa pick fresh fruit, Oliver will not eat any until one day Mom prepares something very special in a big glass bowl.

Oliver's Vegetables *French, Vivian*

Hardcover

Age 3-6

0531094626

While visiting his grandfather, who has a wonderful garden, Oliver learns to eat vegetables other than potatoes.

An Island in Soup *Levert, Mireille*

Paperback

Age 3-6

0888995059

Staring at the fish soup he doesn't want to eat, Victor imagines that he is on an island of overgrown celery where he conquers a fierce pepper dragon only to be barraged by a wealth of terrifying ingredients. Soon Victor unexpectedly discovers that the dreaded fish soup is quite delicious.

Screen Time

ISBN#

Fix-It *McPhail, David*

Paperback

Age 2 - 5

0140547525

Emma wants to watch television one morning, but the set won't work. How her parents try to fix it—and how Emma finds consolation in a book instead. Even when the television is fixed, Emma is too busy reading her book to watch it.

Mouse TV *Novak, Matt*

Paperback

Age 3-6

0531070999

What to watch on TV is always a dilemma in the Mouse family—everybody wants to watch something different. When the TV breaks, the mice are thrown into a tailspin wherein they discover the joys of new-found games and exploring, dancing and dressing up, even bedtime stories. And best of all, there are no commercials!

Berenstain Bears & Too Much TV

Berenstain, Stan & Jan

Paperback

Age 4-7

0808531689

When Mama Bear decides her family spends too much time in front of the TV, she bans it for a week. Then the Bear family finds other ways to have fun and keep busy, so they watch less when TV is allowed again—and they don't even miss it. **Available in Spanish (Los Osos Berenstain y Demasiada Televisión)*

Berenstain Bears & The Trouble with Commercials

Berenstain, Stan & Jan

Paperback

Age 4-7

0060573872

Brother and Sister Bear are not greedy children, but all the toys and candy on TV look so great! Mama Bear has to find a way to teach her cubs that they can't believe everything they see... before that pile of unused toys gets any bigger.

The Best Way to Play *Cosby, Bill*

Paperback

Age 4-8

0590956175

Little Bill and his friends, avid fans of the television show "Space Explorers," clamor to get the video game version, but they find that they have more fun using their imagination while playing outside.

Mama Rex and T—Turn off the TV *Vail, Rachel*

Paperback

Age 4-8

0613951042

It's a rainy Saturday morning and T plans to watch TV all day long. Then suddenly, lightning flashes, thunder crashes and the room goes dark. The apartment has no power, and that means no TV for T! Now T's day will be dull, dull, dull—or so he thinks. Mama Rex has a plan to fill T's no-TV morning with rainy-day adventures. What will Mama Rex and T do to lighten up their day in the dark?

Library Lil *Williams, Suzanne*

Paperback

Age 4-8

0140568379

A formidable librarian makes readers not only out of the once-resistant residents of her small town, but out of a tough-talking, television-watching motorcycle gang as well.

When the TV Broke *Ziefert, Harriet*

Paperback

Age 4-8

0140365400

When the television breaks, Jeffrey is forced to find fun and imaginative ways to entertain himself.

Aunt Chip and the Great Triple Creek Dam Affair

Polacco, Patricia

Hardcover

Age 4-9

0399229434

Aunt Chip saves the town of Triple Creek, where everyone has forgotten how to read because of the invasion of television.

Physical Activity

ISBN#

Row, Row, Row Your Boat <i>Kubler, Annie</i>	Board Book	Age 9 mo –2 yr	0859536580
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In this traditional nursery rhyme, a group of babies and their toy animal friends row merrily down the stream.

On the Go! <i>Stockham, Jess</i>	Board Book	Age 9 mo –2 yr	1846430496
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Animals move by stretching, jumping and climbing, and readers can flip the page to see babies doing the same action.

Head, Shoulders, Knees and Toes <i>Kubler, Anne</i>	Hardcover	Age 9 mo –2 yr	0859537284
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An illustrated version of the song which identifies parts of the body.

Eyes, Nose, Fingers, and Toes <i>Hindley, Judy</i>	Board Book	Age 9 mo –2 yr	0763623830
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A group of toddlers demonstrate all the fun things that they can do with their eyes, ears, mouths, hands, legs, feet — and everything in between.

Wiggle Waggle <i>London, Jonathan</i>	Board Book	Age 9 mo –2 yr	0152165886
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Describes how various animals walk, from the wiggle-waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll, bumble roll of a bear.

Bear About Town <i>Blackstone, Stella</i>	Board Book	Age 1-3	1841483737
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The big, friendly bear goes on his daily walk through his neighborhood, meeting the people who live and work nearby.

Feet are Not for Kicking <i>Verdick, Elizabeth</i>	Board Book	Age 1-3	1575421585
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Helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

I Went Walking <i>Williams, Sue</i>	Board Book	Age 1-3	0152056262
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During the course of a walk, a young boy identifies animals of different colors.

Skippyjon Jones Shape Up <i>Schachner, Judy</i>	Board Book	Age 1-3	0525479579
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Skippyjon Jones, a Siamese cat who thinks he is a Chihuahua dog, exercises using objects of different shapes.

Curious George Rides a Bike <i>Rey, H.A.</i>	Paperback	Age 1-4	0395174449
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George helps a little boy with his paper route and gets into all sorts of trouble.

Come Play with Elmo! <i>Allen, Constance</i>	Board Book	Age 1-4	0794407781
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All the friends on Sesame Street know that exercise is a great way to keep their bodies healthy! This fun board book features four fun novelties that show exercise can — and should — be fun. Kids can make the wheel turn on Elmo's big wheel, slide a ball across the page, move Zoe's arms, and help them all play tag. Simple exercise tips throughout help kids apply what they've learned in their own lives.

Physical Activity (continued)

ISBN#

From Head to Toe *Carle, Eric*

Hardcover

Age 1-4

0064435962

An interactive story that invites kids to imitate animal movements. Watching giraffes bend their necks or monkeys wave their arms is fun, but nothing could be better than joining in. From their heads down to their toes, kids will be wriggling, jiggling and giggling as they try to keep up with these animals! **Available in Spanish (De la Cabeza a los Pies)*

Move! *Jenkins, Steve*

Hardcover

Age 1-4

061864637X

Animals move! Follow them as they swing, dance, float, leap and slide from page to page, then learn why these animals move the way they do. *Move!* is a playful introduction to motion in the animal kingdom that invites young readers to guess some of the unusual ways that animals get around.

The Barnyard Dance *Boynton, Sandra*

Board Book

Age 2-4

1563054426

Everybody sing along—because it's time to do-si-do in the barnyard with a high-spirited animal crew! Features lively rhyming text and a die-cut cover that reveals the wacky characters inside. Guaranteed to get kids and adults stomping their feet.

Get Moving with Grover *Tabby, Abigail*

Hardcover

Age 2-4

0375830464

Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around and dancing around the book itself.

Jumping Day *Esbensen, Barbara Juster*

Paperback

Age 2-4

1563978539

The pleasures of jumping, running, skipping and hopping are celebrated as a little girl starts her day, goes to school and comes home to play.

Doing the Animal Bop *Ormerod, Jan*

Paperback

Age 2-4

0764178997

Various animals dance to the animal bop, including ostriches, elephants and monkeys; includes read-along compact disc.

I'm as Quick as a Cricket *Wood, Audrey*

Board Book

Age 2-4

0859536645

A young boy describes himself as loud as a lion, quiet as a clam, tough as a rhino and gentle as a lamb.

Duck on a Bike *Shannon, David*

Hardcover

Age 2-4

0439050235

A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.

Froggy Learns to Swim *London, Jonathan*

Paperback

Age 3-6

0140553126

Froggy is afraid of the water until his mother, along with his flippers, snorkel and mask help him learn to swim.

General Healthy Eating

ISBN#

Baby Sign for Mealtime <i>Acredolo, Linda</i>	Board Book	Age 6 mo–1 yr	0060090731
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Through baby signing that parents can teach to their children, youngsters can communicate when they want more, when something is too hot, or even to let everyone know the food is all gone!

Bread Bread Bread <i>Morris, Ann</i>	Paperback	Age 6 mo–5 yr	688063349
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What kind of bread do you eat? A bagel? A tortilla? A baguette? All over the world, wherever there are human beings, someone is eating bread. Ann Morris' simple text and Ken Heyman's dazzling full-color photographs reveal for young readers how people eat — and how people live — the world over.

My Food / Mi Comida <i>Emberley, Rebecca</i>	Hardcover	Age 9 mo–2 yr	0316177189
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Labeled illustrations introduce various familiar foods and their names in English and Spanish.

Eat <i>Intrater, Roberta Grobel</i>	Board Book	Age 9 mo–2 yr	0439420067
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A group of babies enjoys some favorite foods — along with making a big mess on their faces when they eat.

Tucking In! <i>Stockham, Jess</i>	Board Book	Age 9 mo–2 yr	1846430461
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Animals and young children enjoy the same types of food, including oats, oranges and fish, in a book with pictures hidden beneath the flaps.

Baby Food <i>Miller, Margaret</i>	Board Book	Age 1-2	0689831900
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Hey, baby! Look at these babies having fun with food!

Crunch Munch <i>London, Jonathan</i>	Board Book	Age 1-3	0152166009
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Shows how different animals eat, from the nibble bibble of the chipmunk to the zap! zap! zap! of the frog, and reveals the tasty morsels that each animal loves, from the yummy ants for the aardvark to the green leaves for the giraffe.

My Very First Book of Food <i>Carle, Eric</i>	Board Book	Age 1-3	0399247475
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A split-page board book provides a simple introduction to the foods animals eat as preschoolers are challenged to match up the image of the food with the animal presented.

Let's Eat / Vamos A Comer <i>Benjamin, Alan</i>	Board Book	Age 1-4	0671769278
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Featuring simple, colorful illustrations of fruits and vegetables, simple meals, and familiar kitchen utensils, this bi-lingual book introduces words in English and Spanish. From cup (taza) to ice cream (helado) and carrot (zanahoria), young children will have fun using these words during every meal. **Bi-lingual*

Very Hungry Caterpillar, The <i>Carle, Eric</i>	Board Book	Age 1-4	0399226907
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Follows the progress of a hungry little caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep. Die-cut pages illustrate what the caterpillar ate on successive days. **Available in Spanish (La Oruga Muy Hambrienta)*

General Healthy Eating (continued)

ISBN#

World Snacks: Chaat and Sweets *Sanger, Amy Wilson* **Board Book** **Age 2-4** **1582461937**

Through the author's trademark collage art, introduces toddlers to the Indian finger foods known as chaat, including phel puri, tandoori chicken and sweet coconut cham-cham.

World Snacks: First Book of Sushi *Sanger, Amy Wilson* **Board Book** **Age 2-4** **1582460507**

Illustrations and rhyming text introduce a variety of Japanese foods.

World Snacks: Hola Jalapeno *Sanger, Amy Wilson* **Board Book** **Age 2-4** **1582460728**

Illustrations and rhyming text, sprinkled with some Spanish words, introduce a variety of Mexican foods.

World Snacks: Let's Nosh *Sanger, Amy Wilson* **Board Book** **Age 2-4** **1582460817**

Illustrations and rhyming text introduce a variety of Jewish foods, from gefilte fish to challah bread, chicken soup to matzoh.

World Snacks: Mangia! Mangia! *Sanger, Amy Wilson* **Board Book** **Age 2-4** **1582461449**

The sixth book in the World Snacks series pays tribute to dishes from the Italian table, from hearty minestrone and risotto to sweet, cool gelato.

World Snacks: Yum Yum Dim Sum *Sanger, Amy Wilson* **Board Book** **Age 2-4** **1582461082**

Easy-to-read rhyming text introduce children to the varied Chinese foods called dim sum, meaning a little bit of heart.

When I'm Hungry *Howard, Jane* **Hardcover** **Age 2-4** **0525449833**

A child imagines eating like a variety of animals, catching food or eating it off the trees, but decides that using a plate and glass is best.

Vegetable Friends *Lawlor, Tony & Kociemba, Bruce* **Hardcover** **Age 2-5** **0965300358**

Learning about vegetables and how good they are to eat will be fun when you spend some time with the Vegetable Friends. The Vegetable Friends characters come to life in this delightful series of nursery rhymes that entertain and educate children about vegetables. This book combines fun and imagination while providing educational content.

Grover's Guide to Good Eating *Kleinberg, Naomi* **Hardcover** **Age 3-6** **037584063X**

Little ones can join their host Grover and his assistant Elmo in the Good Eats Café where they will learn all about good nutrition and healthy eating!

Fast Food *Freyman, Saxton & Elffers, Joost* **Hardcover** **Age 3-6** **043911019X**

Kids everywhere will thrill over the array of transportation methods on display, from enormous rockets and grand ocean liners to the simplest mechanism of all: your feet.

Resources for Engaging Children

Resource Libraries:

- Team Nutrition Resource Library:
http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php
- SNAP-Ed Connection Resource Library
http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=2&tax_subject=261&topic_id=1243

Lessons for Preschoolers:

- **Color Me Healthy**, kit available for a fee; free PDF documents and other resources available online www.colormehealthy.com
- **I am Moving, I am Learning**, implemented through Head Start <http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/IamMovingIam.htm>
- **Kids Health in the Classroom**, free download http://kidshealth.org/kid/index.jsp?tracking=K_Home
- **Healthy Habits for Life**, free download <http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/sesamestreet.pdf>
- **Nutrition Expeditions**, free download
<https://www.schoolmarketaccess.com/enrollment/NutritionExpedition/choosestate.php>
- **Grow It, Try It, Like It!**, free download <http://teammnutrition.usda.gov/Resources/growit.html>
- **Music & Movement: Nutrition in Action**, kit available for a fee
http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Details.php?ID=1794
- **MODEL Health! Promoting Nutrition & Physical Activity in Children**, free download
<http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>
- **Physical Activities and Healthy Snacks**, free download
Setting the Stage, Nutrition and Physical Activity Lessons for Early Childhood Settings, free download
Setting the Stage: Nutrition and Physical Activity Lessons for Child Development Homes, free download
http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=431:team-nutrition-learning-tools&catid=440:nutrition-program-learning-tools&Itemid=446
- **Team Nutrition Fruit & Vegetable Lessons for Preschool**, free download
http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2304&&placement_default=0
- **Power Panther Preschool Implementation Guide**, free download
http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2193&&placement_default=0
- **Animal Trackers**, kit available for a fee <http://www.healthy-start.com/preschool-teaching-aids/animal-trackers.html>
- **5 a Day the Preschool Way**, free download
http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2153&&placement_default=0
- **Choosy Kids**, free downloads; products and activities available for fee <http://www.choosykids.com/CK2/>
- **Preschoolrock.com**, free activity suggestions <http://nutrition.preschoolrock.com/>
- **Got Dirt?**, free download http://www.dhs.wisconsin.gov/health/physicalactivity/pdf_files/GotDirt_09.pdf
- **Early Sprouts**, book available for a fee <http://www.earllysprouts.org/index.htm>