



Healthy Beginnings

April

building a
healthier
community
Shasta County
Public Health

CHAMPIONS
for CHANGE
Network for a Healthy California



Nutrition: Fruits and Veggies—More Matters!



Eat fruits and vegetables every day!

Preschoolers need: 2-3.5 cups a day

Older children and women need: 3.5-5 cups a day

Men need: 5-6.5 cups a day

When it comes to good nutrition, all forms of fruits and vegetables matter—fresh, frozen, canned, dried and 100% juice. Eating fruits and veggies in a variety of colors—red, dark green, yellow, blue, purple, white and orange—provides the broadest range of nutrients.

Why are fruits and vegetables so good for us?

Our bodies need the vitamins, minerals, and fiber in fruits and vegetables to be healthy. Fruits and vegetables also contain phytochemicals, which may help to protect people from diseases like cancer. Phytochemicals give fruits and vegetables their bright colors. Can your child name some blue/purple, green, white, yellow/orange and red fruits or vegetables?

Physical Activity: Active Play!

Kids like to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. When your child moves more and sits less, he or she learns to live in a healthful way.

Active play can promote:

- **Cooperation & sharing** as your child plays and learns to get along with others.
- **Curiosity & creativity** as your child explores his or her world.
- **Confidence & independence** as your child learns to make choices and control his or her actions.
- **Learning** as your child's body and brain develop.



Active play also relieves stress and promotes good sleep! Your child is using up extra energy and learning a healthful way to get rid of stress (it's good for you too!). Moving more and sitting less helps lower the chances of overweight, diabetes and heart disease later in your child's life (yours, too). Remember, active play is fun for your child and for you!



Healthy Beginnings Homework



Try these fun, easy activities with your child! Every time you help your child learn a new skill, you are helping him or her to be successful and build self-esteem.

Physical Activity: Hopscotch!

You will need: Chalk (can be purchased at the 99¢ store)

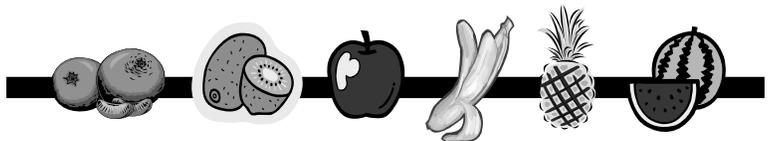


- Find a level surface and draw the diagram shown on this page. Each box should be about 18 inches square. Number the boxes 1-7.
- You will need a stone, bean bag, or other small object that can be thrown onto the squares. To start the game, stand behind the line and throw the stone onto square 1.
- Hop onto square 1 with one foot. Then jump with both feet onto squares 2 and 3, hop onto square 4 with one foot, jump with both feet onto squares 5 and 6 and hop onto square 7 with one foot. Then turn and retrace your hops and jumps. Pick up the stone and return to the line.
- Continue the game by throwing the stone onto square 2 and repeating the hopping and jumping. If you are playing with friends, your turn ends when you miss throwing the stone into the next number. The game is finished when you toss the stone to squares 1-7.
- Your child may need help hopping on one foot. Try holding hands and hopping together!

Nutrition: Rainbow on a Stick!

You will need:

- Plastic or blunt knife
 - Coffee stirrers or blunt skewers
 - A variety of fruit (fresh or canned in 100% juice or water)
Examples: mandarin oranges, kiwi, apples, pineapple, melon, banana, berries
1. Help your child use the knife to cut the fruit into bite size pieces.
 2. Show your child how to put the fruit onto the stirrer or skewer to make a fruit kabob.
 3. Ask your child:
 - What is the name and color of each fruit on the stick?
 - How many different fruits are on the stick?
 4. Enjoy your Rainbow Kabobs! Talk to your child about how fruits and vegetables give us healthy hair, skin, and eyes and help to keep us from getting sick.
 5. How could your family eat more fruits and vegetables? Talk about how you could eat more fruits and vegetables. *Examples:* bring a piece of fruit to work for a snack, add lettuce and tomato to sandwiches, drink a glass of 100% juice with breakfast.



Read it! To teach your child about how vegetables come from plants, read *Growing Vegetable Soup* by Lois Ehlert.