



Healthy Beginnings

December



Nutrition: Try New Foods!

Children and adults need to eat a variety of healthy foods to have healthy bodies. Here are some ways that you can help your child to enjoy new foods:

- **Eat with your child.** Let your child watch you try new foods.
- **Let your child choose a healthy new food (i.e. a fruit or vegetable) while you are grocery shopping.** Giving your child this choice will make him or her feel special.
- **Have your child help you cook.** Children love to eat what they make! Simple activities like stirring foods or washing fruits or vegetables make children feel important.
- **Talk to your child about a new food.** What color is it? Is it soft or crunchy? What does it smell like? Is it hot or cold?
- **Offer new foods often.** Encourage your child to try small portions of new foods, but don't force him or her to finish them. It may take a while for your child to accept a new food.



Physical Activity: A Family Affair

The Surgeon General says that adults can benefit from a moderate amount of daily physical activity. Being active for at least 30 minutes a day can help you to be at a healthy weight. This will help you to avoid health problems like heart disease and diabetes.

If you are active, you will be a good role model for your child.

Preschool-aged children should play in an active way for at least 60 minutes a day. Remember, you and your child don't have to do all of your physical activity at one time. Short activities - a 10 minute walk or a 5 minute game of tag - can really add up.

To add some fun physical activity to your child's day, try the "chicken dance" on the back page. This is a fun cardiovascular activity that kids love! You'll have a great time dancing with your child.





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: The Chicken Dance!

Help your child: get 10 or more minutes of moderate physical activity and practice movement skills.

With your child:

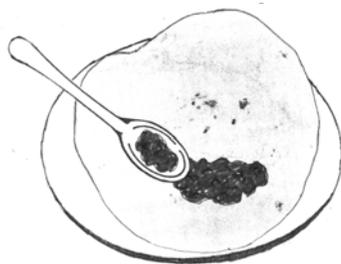
1. **“Cluck”** – this is the first movement in the song. Hold your elbows at your sides and open and close your hands, imitating a chicken’s beak.
2. **“Flapping the wings”** – the second movement imitates a chicken flapping its wings. Place your hands under your armpits and flap your arms.
3. **“Shaking the tail feathers”** – this movement is like “the twist.” Twist and turn your posterior while crouching down in a low position.
4. **“The clap”** – Clap your hands four times. Count out loud.
5. Hold hands and walk around in a circle.
6. Repeat steps 1-5!



Nutrition: Making Burritos

Burritos make a good meal or snack. They were invented in the northern part of Mexico. Show your child where Mexico and the United States are on a map.

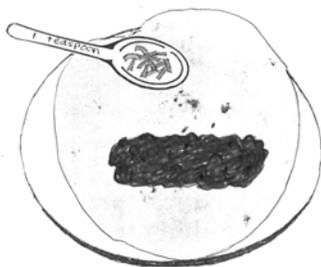
For each burrito, you will need: a 6-inch tortilla; 2-3 tablespoons of vegetarian refried beans; 1 teaspoon of low fat cheese; 1/4 cup of lettuce; and 1/4 cup of tomatoes.



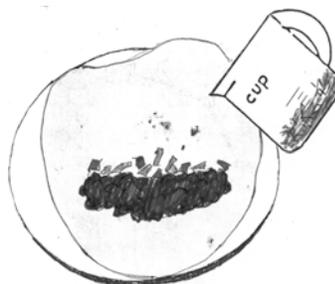
Step 1: Heat the tortilla in a pan on the stove until it is warm. Have your child use a spoon to spread a layer of refried beans onto the tortilla.



Step 3: Have your child measure out 1/4 cup of lettuce and sprinkle it over the cheese.



Step 2: Have your child measure out 1 tsp. of cheese and sprinkle it over the refried beans.



Step 4: Have your child measure out 1/4 cup of tomatoes and sprinkle them over the lettuce. Fold the tortilla and eat!



Read it! To teach your child more about foods from other cultures, try reading *Everybody Cooks Rice* by Norah Dooley.