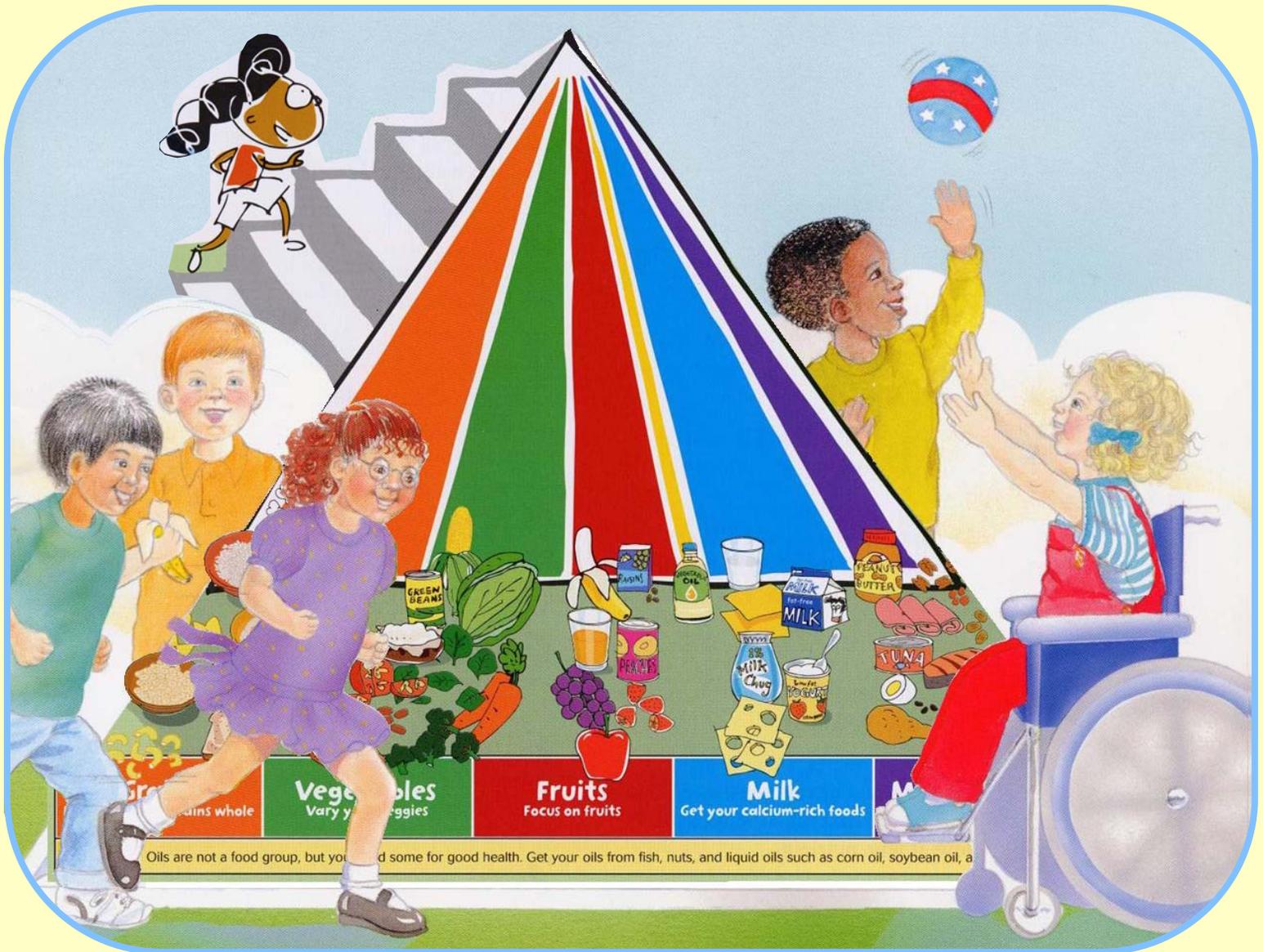


GO GLOW GROW

Foods for You



UNIVERSITY of CALIFORNIA COOPERATIVE EXTENSION
AGRICULTURE & NATURAL RESOURCES

FOOD STAMP NUTRITION EDUCATION PROGRAM



Dear Educator,

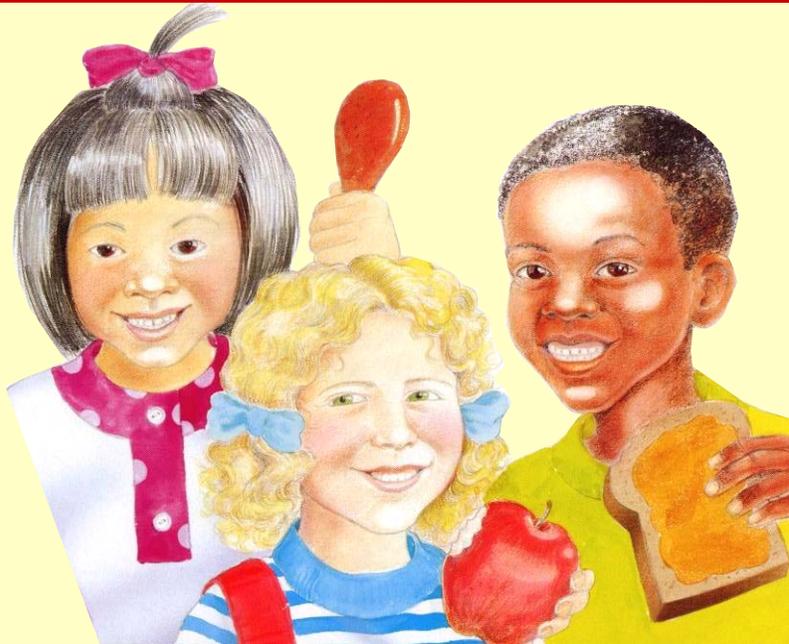
The early years are especially important for establishing healthy eating and exercise habits. You play an important role in encouraging healthy eating and ample physical activity with preschoolers.

GO GLOW GROW uses a fun and effective format for introducing preschoolers to food and how it keeps them healthy. You can create the positive environment for practicing and establishing these habits. Thank you!



Here are some tips for reading the **GO GLOW GROW** booklet.

- Use the MyPyramid for Kids poster to introduce the subject and as a reference when reading the booklet.
- As you read the booklet, use the hand and body movements to reinforce the **GO GLOW GROW** concepts:
 - **GO** ...*Run in place.*
 - **GLOW** ...*With your hands, smooth your hair and wiggle your fingers next to your face.*
 - **GROW** ...*Bend over and touch the ground, then stand up and make a muscle with both arms.*
- As you read, make it interesting and lively. Use expression and vary the loudness and softness of your voice.



GO GLOW GROW

Foods for You

HI, I'M ANNIE!

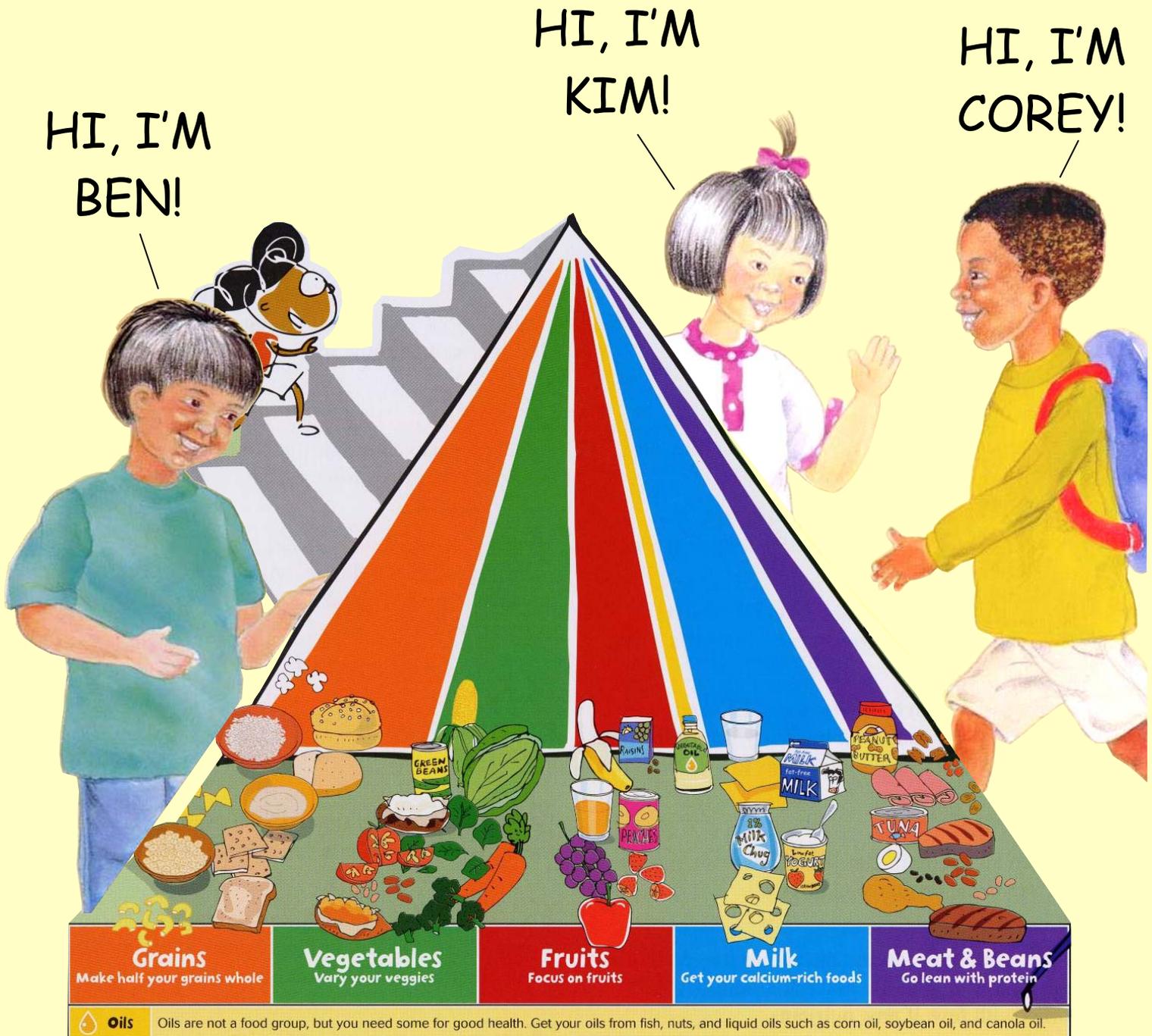
HI, I'M MARIA!

HI, I'M DANNY!



"Hi! I'm Danny, and these are my friends. We want to tell you about foods the make you **GO GLOW GROW**."

"Eating these foods every day can help make you healthy and strong," said Corey.



GO GLOW GROW

Foods for You

"When I was a baby, grown ups had to feed me," said Danny.



GO GLOW GROW

Foods for You

"Now that I'm big, I feed myself," said Danny. "Me too," said Kim, "but my mom still helps me. She picks out foods that help me **GO GLOW** and **GROW**."



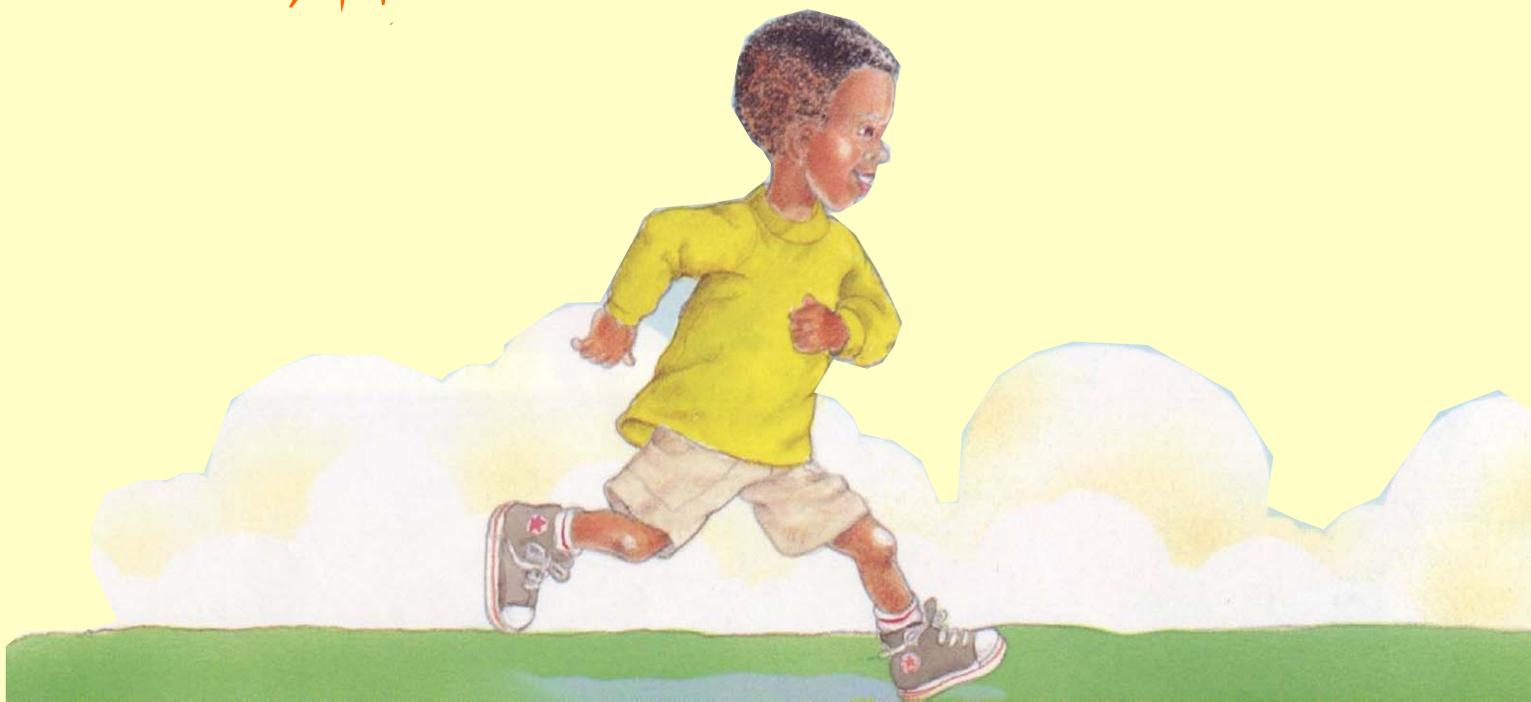
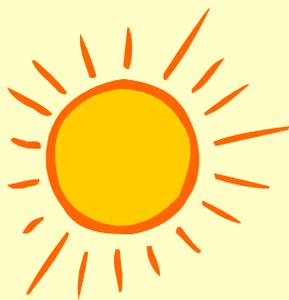
GO Foods

"I like to eat lots of breads and cereals every day," said Corey. "I like rice, noodles and tortillas." "Me too!" said Danny. "Can you help me name these GO foods?"



GO Foods

"Breads, cereals, noodles, rice, and tortillas are **GO** foods. They help me run, jump and play all day," said Corey.



GLOW Foods

"Hey, Annie, see these vegetables?" asked Danny. "They taste really good." "Fruits are yummy, too. Fruits and vegetables are **GLOW** foods. I eat them every day," said Annie.



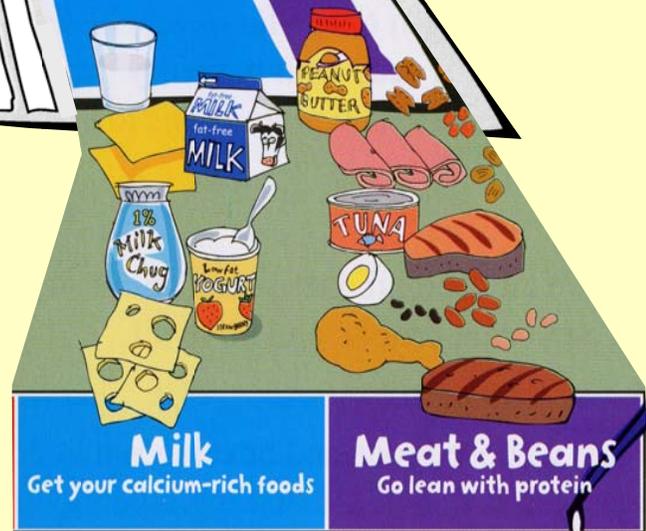
GLOW Foods

" GLOW foods make my hair shine and my eyes sparkle," said Annie. "Can you name some of the GLOW foods?"



GROW Foods

"I like milk a lot," said Danny. "I have some milk, cheese, or yogurt every day. I like chicken, fish, meat, and eggs, too. These are **GROW** foods," said Danny. "They help me grow bigger and stronger."



GROW Foods

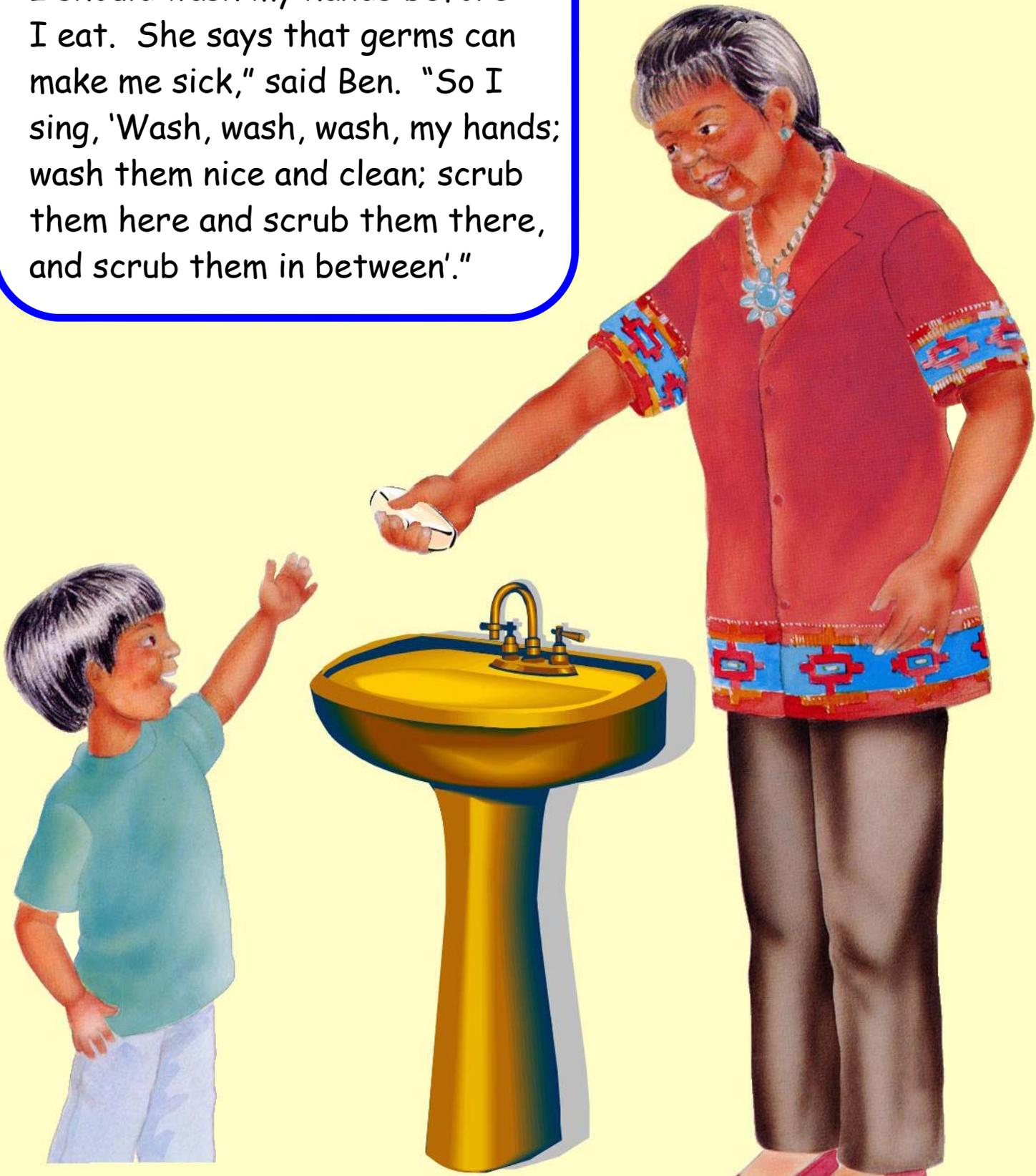
"Did you know that nuts, peanut butter, and cooked beans are **GROW** foods, too?" asked Maria.



"I like it when my mom puts beans in soups and chili. Peanut butter sandwiches are my favorite."
Can you name these foods?

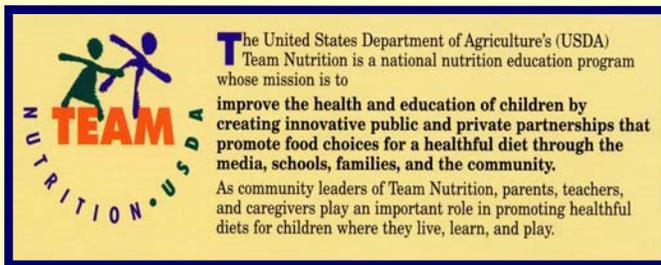


"My grandma reminds me that I should wash my hands before I eat. She says that germs can make me sick," said Ben. "So I sing, 'Wash, wash, wash, my hands; wash them nice and clean; scrub them here and scrub them there, and scrub them in between.'"



"Do you want to be healthy and grow bigger?" asked Danny.
"Then be like me and my friends. Eat **GO GLOW GROW** foods every day and move your body when you play."





Permission was granted from Team Nutrition to modify the text and graphics of *Go Glow Grow Foods for You*, U.S.D.A. Food and customer Service, Program Aid. 1554, April 1996. Illustrations by Gloria Marconi.

Adapted and developed by Sharon K. Junge, County Director and Nutrition, Family and Consumer Science Advisor; Rosemary Carter and Amy Netemeyer, Youth FSNEP Program Representatives. University of California Cooperative Extension, Placer and Nevada Counties.

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