



Healthy Beginnings

May



Nutrition: Start Your Day the Right Way!

Eating a healthy breakfast is one of the best things you can do for your body.

- Children who eat breakfast perform better at school and have fewer behavior problems.
- Adults that eat breakfast have an easier time concentrating at work in the morning.
- Eating breakfast helps children and adults to control their appetites. People that eat breakfast are less likely to overeat later on in the day.



Breakfast is a great time to eat healthy foods like whole grains, fruit, or low fat dairy. Here are some ideas for a quick, healthy breakfast: low sugar, high fiber cereal in a baggie; whole wheat toast with peanut butter and sliced banana; string cheese; low fat yogurt with fruit; apple, orange, or other fruit; scrambled eggs with vegetables or a hard-boiled egg; toasted English muffin with a slice of chicken; glass of 1%/skim milk or 100% orange juice.

Physical Activity: Warm Weather Fun!

Spring is a perfect time to play outside together. You don't need to spend money to fit active fun into your life. Try to move for at least 30 minutes on most days. Your preschooler needs to move at least 60 minutes on most days.

Being active can develop body skills in your child, such as:

- **Strength, flexibility, and endurance** to explore and experience the world.
- **Coordination** of small and large muscles, which helps with overall learning.
- **Body awareness** as your child learns what his or her changing body can do.



For warm weather fun try some of these ideas:

- **Chase shadows** in the summer sun.
- **Visit a farmer's market.** Walk and talk about the foods you see.
- **Run through the garden sprinkler!**
- **Splash** in a pool, lake, or slow, clean stream.
- **Fly a kite.**
- **Blow bubbles** and safely chase them.





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: Basketball

You will need: several small balls or rolled up socks and a laundry basket or large box.

- Your child will practice and improve throwing and tossing skills. Help your child understand that having fun and trying are more important than doing something perfectly by praising his or her efforts.

- Set up a laundry basket or large box several feet from your child. You can set it on the ground or up on a chair.
- Practice tossing objects into the basket with your child.
- Have your child run, gallop, skip, or jump over to the basket to retrieve the objects. This is a good aerobic workout.



Nutrition: Spring Spider Crackers!

You will need:



Whole wheat cracker
1 cracker



Stick pretzels (any brand)
8 pretzels



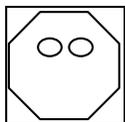
Raisins
2 raisins



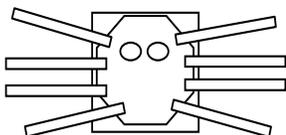
Peanut butter
1 tablespoon of peanut butter



STEP 1: Have your child use a blunt plastic or metal knife to spread a thin layer of peanut butter onto the cracker.



STEP 2: Have your child place two raisins into the peanut butter to make spider's "eyes."



STEP 3: Have your child put four pretzel sticks into the peanut butter on each side of the spider to make its "legs." Eat the spider up!



Read it! To teach your child about making a breakfast food, try reading *Pancakes, Pancakes!* by Eric Carle.