



Healthy Beginnings

November

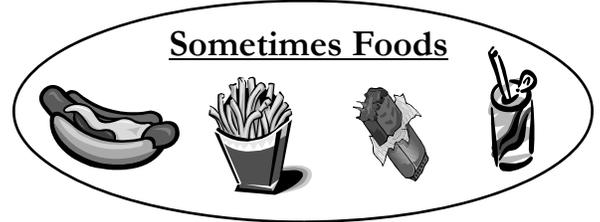


Nutrition: Sometimes vs. Everyday Foods

“Everyday foods” are nutritious foods that we **should eat often**. They help us to have healthy bodies. Ask your child if he or she can name some everyday foods.



We can eat **“sometimes foods”** once in a while, but we shouldn't have them on a regular basis. They are high in calories, and they don't help us to have healthy bodies. Ask your child if he or she can name some “sometimes” foods.



Here are some ways to help your child develop good eating habits:

- **Offer your child 2-3 “everyday” food choices at meals and snacks.** Let your child decide what he or she will eat from those choices. Giving your child some freedom of choice will help him or her to learn how to make good eating decisions.
- **Avoid having sometimes foods in your home on a regular basis.**
- **Don't reward your child with sometimes foods.** Try rewarding your child with smiles, hugs, or trips to the park or library instead. Children love positive attention!

Physical Activity: Cold Weather Fun!

Physical activity doesn't have to mean walking, biking, or swimming. If the weather keeps you inside, you can still keep fit and have fun. Take time to play together as a family and move more. You'll all feel good! As an adult, you need to move for at least 30 minutes on most days. Your preschooler needs to move for at least 60 minutes on most days.



Try these activities during cold weather:

- **Act out a story.** Read a book together and move to give it action.
- **Turn up the music and dance.**
- **Take a nature hike.** Look for animal tracks in the snow or mud.
- **Go play in the snow.** Make a “snow family” or go sledding.



Healthy Beginnings Homework



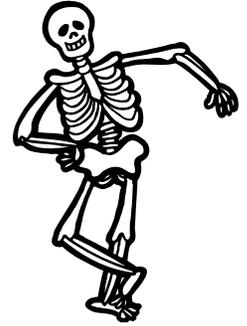
Try these fun, easy activities with your child! Every time you help your child learn a new skill, you are helping him or her to be successful and build self-esteem.

Physical Activity

Help your child learn: the names of body parts. This activity also strengthens your child's heart.

With your child:

1. Have your child name and touch his or her head, shoulders, knees, and toes.
2. Touch your head and say "head" and have your child say it with you. Then repeat this with shoulders, knees, and toes.
3. Repeat this cycle, making it faster, and then slowing it down. Your child will get a lot of exercise from doing this quickly.
4. You can expand the game by adding four new parts: ankles, hips, heart, and nose.



Nutrition: Fun Fruit Mix

Try this quick recipe on a cold morning for a healthy breakfast!

You will need:

- 1 can of sliced peaches, packed in 100% juice



- 1 can of sliced pears, packed in 100% juice



- 1/4 teaspoon of vanilla extract



- 1/4 cup 100% orange juice



- 1 cup of low fat granola



STEP 1: Help your child use a can opener to open the cans of peaches and pears. Watch out for sharp edges on the lid! Drain off the juice.



STEP 3: Have your child measure out 1/4 tsp. vanilla extract, 1/4 cup orange juice, and 1 cup of granola.



STEP 2: Put the peaches and pears on a cutting board. Have your child use a blunt knife to cut the peaches and pears into small pieces.



STEP 4: Put the fruit in a bowl. Add the vanilla extract and the orange juice. Use a spoon to stir it all together. Sprinkle the granola on top.



STEP 5: Microwave for 5 minutes. Let stand for 2 minutes. Spoon into bowls to eat!



Read it! To teach your child more about everyday foods, try reading *Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert.