



Healthy Beginnings

October



Nutrition: Go, Glow, Grow!

Healthy foods build healthy bodies! Talk to your child about how grains, fruits, vegetables, milk/other high calcium foods, and meat/other high protein foods help us to have healthy bodies.

- **“Go” foods:** *Grain foods* help us have the energy to run and play. *Examples:* whole wheat bread, rice, pasta, cereal, and tortillas.
- **“Glow” foods:** *Fruits and vegetables* help us to have healthy hair, eyes, and skin. *Examples:* oranges, pineapple, bananas, pears, melon, apples, 100% juice, tomatoes, carrots, broccoli, peas, and lettuce.
- **“Grow” foods:**
 - ◆ *Milk and other high calcium foods* help us to build strong bones. *Examples:* milk, yogurt, cheese, and fortified soy milk.
 - ◆ *Meat and other high protein foods* help us to build strong muscles and healthy blood. *Examples:* beef, chicken, turkey, fish, beans, eggs, peanut butter, and tofu.



Physical Activity: Child's Play!

Your child is designed to move! In fact, active play is the “work” of childhood. By moving more and sitting less, your child learns to live in a healthy way. When you move more, your child will too!

To help keep your child active, try these ideas:

- **Be physically active with your child.** Doing an activity with you will make the experience special!
- **Set limits on screen time (television, computer and video games).**
 - ◆ Children over the age of two should watch no more than 1-2 hours per day of educational, non-violent programs.
 - ◆ TV is not recommended for children age two or younger. It may impair early brain development.
 - ◆ Turn the TV off during mealtimes.
 - ◆ Remove TV sets from bedrooms.
- **Make a list of active activities that your family likes to do,** such as dancing to music, hiking, or playing catch.





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: Create an Obstacle Course

Children love obstacle courses!

You will need: a towel or jump rope, a sheet or large box, and 1-2 pillows or hula hoops

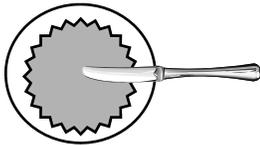


1. **Starting line:** Fold a towel on the ground to use as a starting line (or use a jump rope).
2. **Tunnel:** Drape a sheet over a table or open a box large enough for your child to crawl through. Have your child crawl through as fast as they can.
3. **Jump or tumble:** Place one or two pillows on the ground. After crawling through the 'tunnel' have your child jump or tumble over the pillows. Tip: have your child tuck their chin to chest before tumbling.
4. Now have your child run, jump, skip, or gallop back to the starting line.
5. Repeat as many times as your child likes!

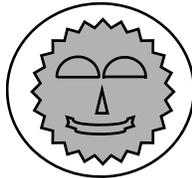
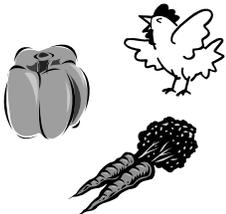
Nutrition

Eat this healthy "Jack-o-Lantern Pizza" snack instead of candy this Halloween!

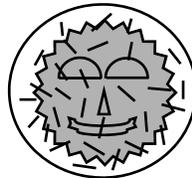
You will need: a toasted English muffin, 1/4 cup of tomato sauce, and low-fat mozzarella cheese. For toppings, use green pepper slices, carrot rounds sliced in half, or strips of cooked chicken or turkey.



1. Have your child use a plastic knife or butter knife to spread tomato sauce on the English muffin.



2. Have your child create a jack-o-lantern face using the green pepper, carrots, and/or chicken.



3. Sprinkle with cheese and broil until the cheese is melted. Enjoy!

When you make this recipe, ask your child if they can name...

The go food? (*English muffin*) The glow foods? (*carrots/green pepper*) The grow foods? (*cheese/chicken/turkey*)



Read it! To get your child moving, try reading *From Head to Toe* by Eric Carle. Stomp, kick, and wriggle along with the animals in the book!