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 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 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.
“Hi! I’m Danny, and these are my friends. We want to tell you about foods that make you **GO GLOW GROW**.”

“Eating these foods every day can help make you healthy and strong,” said Corey.
“When I was a baby, grown ups had to feed me,” said Danny.
“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.”
"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?"
“Breads, cereals, noodles, rice, and tortillas are GO foods. They help me run, jump and play all day,” said Corey.
“Hey, Annie, see these vegetables?” asked Danny. “They taste really good.” “Fruits are yummy, too. Fruits and vegetables are foods. I eat them every day,” said Annie.
“GLOW foods make my hair shine and my eyes sparkle,” said Annie. “Can you name some of the GLOW 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.”
“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 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.

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-400-6001, your local Food Stamp office, or on-line at http://www.dss.ca.gov/foodstamps

The United States Department of Agriculture (USDA) Team Nutrition is a national nutrition education program whose mission is to improve the health and education of children by creating innovative public and private partnerships that promote food choices for a healthful diet through the media, schools, families, and the community. As community leaders of Team Nutrition, parents, teachers, and caregivers play an important role in promoting healthful diets for children where they live, learn, and play.

Illustrations by Gloria Marconi.

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