

# Every day is a healthy day

**It's true** – every day **can** be a healthy day for you and your children.

Help children bring together the learning they've done so far. Celebrate their achievements as you all stay healthy and strong – every day.

**Chapter 1 < Bringing It All Together**

Children reinforce what they've learned through activities focusing on healthy eating and movement.

**Chapter 2 < The Power to Make Healthy Choices Every Day**

Children practice using the knowledge they've gained to make healthy choices – even when there are obstacles, like a rainy day.

**Chapter 3 < Celebrating What We've Learned Together**

To help children take pride in all the learning that's been happening in your program, you can play games together, help them make healthy superhero bracelets, and plan a Healthy Happy Party for all.



## Chapter 1 Introduction

# Bringing It All Together

This chapter focuses on reviewing everything children have learned so far.

### \* Did You Know?

Children at this age love to imitate adults, so show them your healthy side by eating nutritious foods and getting lots of physical activity.



You can integrate everything you've learned into various activities that pull it all together into one big picture. Together, you and your children can make good choices and build a foundation of healthy habits for life. The following activities offer fun ways to make these habits part of children's everyday routine.

- < Celebrate movement with the **Choose a Move** poem. (page 71)
- < Help children create a **Healthy Week Banner** so they can proudly share their healthy choices. (page 72)
- < Play the **Healthy Land** board game (pages 73-74).
- < Reinforce the concepts in the last two sections of this binder by becoming a **Healthy Team**. (page 75)
- < Watch **Mango Tango** on the DVD and play a silly rhyming game about dancing with healthy foods. (page 76)
- < Send home the **Family Newsletter** to update families about everything children have been learning, and offer adults ideas to help children learn at home. (pages 77-78)

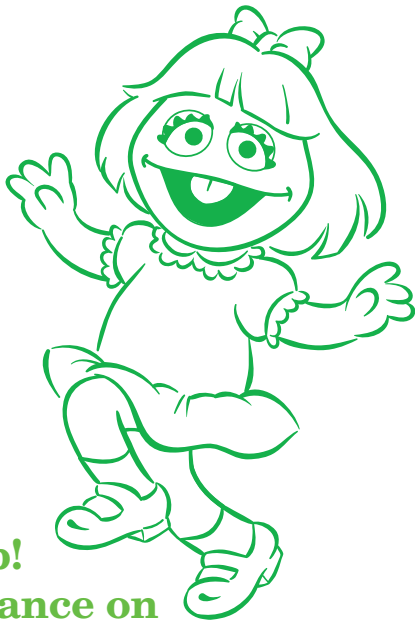
Have fun singing, dancing, and rhyming together as children integrate everything they've learned.

# Choose a Move

**Choose a move.  
Choose any one!  
Let's keep on moving.  
It's so much fun!**

**Say it, do it!** < Help children get moving in a way that gets their hearts pumping.

Start a movement parade! March around the room or outside and say the poem together. Say "Stop" and call out one of the moves from this page. Children do that move until you say "March"!



**hop!  
balance on  
one foot!  
skip!**



**stretch! fly!  
do some  
jumping jacks!**



**run!  
walk!  
jog!**



**twirl!  
leap!  
dance!**



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## Activity

# Healthy Week Banner

Children can create a banner together listing the healthy choices they're making each day of the week.

### \* Try This!

Children can draw pictures to go with their choices. You might choose a different child to be the illustrator each day.



#### Children will:

- < Recall key messages about eating healthy foods and staying physically active
- < Share the choices they have made

#### Materials:

- < Large white piece of paper (long enough to be divided into five sections for the days of the week)
- < Tape

#### Activity:

1. Show children the large paper you've taped to the wall (or put on the easel) at the front of the group.
2. Write "Our Healthy Week" at the top of the paper. Create five sections and write each weekday at the top of each section. Explain that you are all going to keep track of the many things you're doing each day to stay healthy and strong.
3. Each day during circle time, ask children a different question about food or physical activity choices. Try these questions:
  - < What fruits did you eat today? What vegetables?
  - < How did you move your body today?
  - < When did you drink lowfat milk or water today?
  - < What games have you played outside today?

Write children's responses on the banner. They can be individual achievements ("Ryan ate broccoli at lunch") or group achievements ("We all had lowfat milk at snack time").

# Healthy Land

Children will think about the effects of healthy foods as opposed to unhealthy alternatives as they play this board game.

## \* Try This!

Use double-sided tape or glue to paste a copy of the game to a piece of cardboard to make it into a real board game. (You might also laminate the paper first.) You can also send the game home for children to play with their families.

### Children will:

- < Reinforce their understanding of healthy foods and drinks
- < Engage in basic rule-based play
- < Build math skills

### Materials:

- < Small blocks or any small, colored manipulatives as game pieces
- < Six index cards (numbered as follows: 1, 1, 2, 2, 3, 3)
- < Copies of the Adventure in Healthy Land game on page 74 (one for every three or four children)

### Activity:

During a large group meeting, share the game board and point out the pictures. Say that in this game, landing on anytime foods gives them energy to play with the Sesame friends!

Demonstrate the rules by modeling:

1. Choose a game piece (a manipulative or small block). Place number cards facedown and let a child choose from the deck.
2. Start at Salad Meadow. Move the game piece forward the number of spaces on the card. If you land on an anytime food, you get to choose another card. If you land on a sometime food, stop on that space until your next turn. (After each move, place card in discard pile. If you run out of cards, shuffle cards from discard pile and use again.) The goal is to get all pieces to the end.
3. Place the games on a shelf in your room. Groups of three or four children can play during free time.





Handout: Healthy Land (see page 73)

# Adventure in Healthy Land

**START**

**Salad Meadow**

**Banana Bend**

Bananas are a fruit. What's your favorite fruit?

Move 2 spaces.

**Raspberry Patch**

Name another red fruit.

Move 1 space.

**Orange Grove**

Name another healthy, round food.

Move 1 space.

**FINISH!**

Illustrations include: a bowl of salad, a lollipop, a slice of Swiss cheese, a tomato, a banana, a carton of lowfat cow milk, a glass of milk, a carrot, a cupcake, an avocado, a chicken, a turkey, a corn on the cob, a cookie, and a broccoli.



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# Your Healthy Team

Being healthy is a team effort. Children can't do it alone, so show them who's on their team and how teams can get the job done.

## \* Try This!

Ask children about ways to help grown-ups with healthy habits. For instance, they can suggest fruits and vegetables for snacks and lowfat milk and water for drinks. Encourage children to be the teachers!



### Children will:

- < Learn they have help and support to be healthy
- < Discover that they can inspire adults to be healthier
- < Get an introduction to the “healthy team” concept

### Activity:

1. Begin with a conversation about teams. What is a team? What are some different kinds of teams (sports teams, a class at preschool, a family, a community)? Explain that children are also part of a healthy team – a group of people who care for one another and want to be healthy together.
2. Ask children to think about who helps them eat nutritious food and be active (play). Write their answers on a large sheet of paper. The list can include grown-ups (parents, other relatives, teachers, coaches) and children (siblings, cousins, friends). Help children think about what each member does (a parent might make meals, a friend can play outside with the child, etc.).
3. Share these scenarios and ask children to call out which member of their healthy team would be able to help.
  - < It's dinnertime and you're hungry. Someone is at the stove in the kitchen cooking dinner. Which team member is it? (Dad, Mom, grandmother, babysitter, etc.)
  - < You're on the playground and you want to play tag. Who can you play with? (Friends)
  - < Your family is deciding how to spend the day on Saturday. Who can suggest some great ways to be active and have fun? (The child)

## View and Do



# View and Do:

## *Mango Tango*

Children will watch **Mango Tango** on the DVD and then play a rhyming dance game that focuses on healthy foods and healthy moves.

### \* Try This!

During snack time, ask children to fill in the missing word for these silly rhymes.

**I'm dancing with an apple  
And I'm wiggling like an otter.**

**I dance, and dance,  
and dance, and dance.  
And then I drink  
a little \_\_\_\_\_. (water)**

**I'm dancing with a bean  
who's long and thin and green.**

**I dance and groove,  
but the bean won't jam.  
Maybe next time  
I'll ask a \_\_\_\_\_. (yam)**

### Children will:

- < Rhyme about some of the healthy foods they've learned
- < Dance together in various ways
- < Learn about letter sounds
- < Reinforce the relationship between healthy eating and active movement

### Viewing:

Watch **Mango Tango** on the DVD (segment #8). Together, discuss what you see and hear. What words did children hear over and over again? Did they hear words that rhyme, or sound the same?

### Doing:

1. Invite children to make up silly rhymes like Mango Tango for different fruits and vegetables. Nonsense words like Apple Bapple are fine.
2. Turn on music and let them make up the Apple Bapple dance. This focus on dance combined with healthy foods helps children link two elements of a healthy life: eat healthy foods and stay physically active every day.





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## Hello, families!

In our program, we've been reinforcing what we've learned so far about healthy habits.

### Weekend Update:

We'd like to celebrate the good choices your family makes on the weekends. Complete the Weekend Update chart with your child to record the ways your family ate right and stayed physically active. Children can share their healthy news on Monday.

### \* Did You Know?

Children at this age love to imitate adults. So show them your healthy side by eating healthy foods and getting lots of physical activity. It's your chance to inspire a lifetime of healthy habits!

But we know children can't do it alone. Who's on your child's team? You, your child, and the whole family are important members of your own Healthy Team. You lead the way by choosing to serve healthy foods and planning physical activity into your days. And let your child take the lead once in awhile. She will love sharing all she has learned about eating right and being physically active.

### You can help at home!

Here's a recipe for a healthy day:

**5 fruits and vegetables**  
**+ 60 minutes of physical activity**  
**= a great start!**

### Can you dance and rhyme at the very same time?

Say this Silly Food and Dance Rhyme with your child. Make sure he moves the whole time you are talking and then let him fill in the silly rhyme.

< **I am dancing with my string cheese,**  
**With its loopy, loopy loops.**  
**We dance, and dance, and dance, and dance.**  
**Then we try our hula \_\_\_\_\_ . (hoops)**

What other silly rhymes can you make up about dancing with food?

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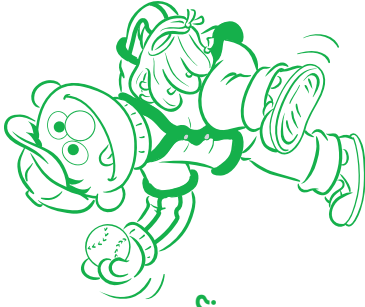
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### Family Handout

- What fruits did you eat this weekend?
- What vegetables?
- Did you drink nonfat milk or water instead of other drinks?
- How did you move your body this weekend?
- What games have you played outside?



# Weekend Update

**What have you been doing over the weekend to stay healthy and strong?**

Write it down and then invite your child to draw a picture of a favorite healthy moment.

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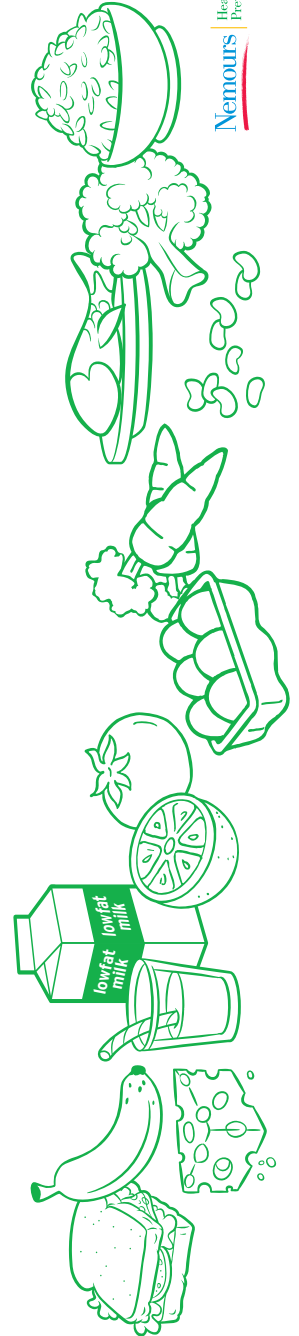
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## Chapter 2 Introduction

# The Power to Make Healthy Choices Every Day

Children have learned what they need to do to stay healthy and strong. This chapter focuses on helping children to use the information they've gained to make healthy choices.

### \* Did You Know?

When adults provide meals and snacks on a regular schedule and offer children a variety of healthy foods and drinks, children are more likely to develop healthy eating habits.



Even when children have the knowledge to make healthy choices, they need adults to provide healthy options. For instance, if you offer a banana, apple, or melon as a snack, children can make healthy choices on their own. Through teamwork, along with children and their families, you can help build this foundation.

- < Begin by singing **Healthy Choice Voice** and encourage children to notice how healthy foods make them feel. (page 80)
- < Bring children together to prepare **nutritious and delicious** choices to enjoy with friends. (page 81)
- < Help Grover make healthy choices in **Help Grover Decide**. (page 82)
- < Go on a **Healthy Day Hunt**. (pages 83-84)
- < Watch **Elmo Tricycle** on the DVD and explore what it means to be “proud” of their healthy choices. (page 85)
- < Send home the **Family Newsletter** to help adults foster children’s learning at home. (pages 86-87)

Have fun making healthy choices together!

Group Song

# Healthy Choice Voice

*Sing words to the tune of "Old MacDonald Had a Farm":*

**If you make a healthy choice,  
there's so much you can do.  
You'll move, and grow, and learn, and play,  
And feel so healthy too.**

*(Say: What if I sit around all morning and I'm feeling really s-l-o-w?)*

**Then jump up and go out to play  
and run and dance and move.  
You'll feel so good you'll shout, "Hooray!"  
You're in a healthy groove.**

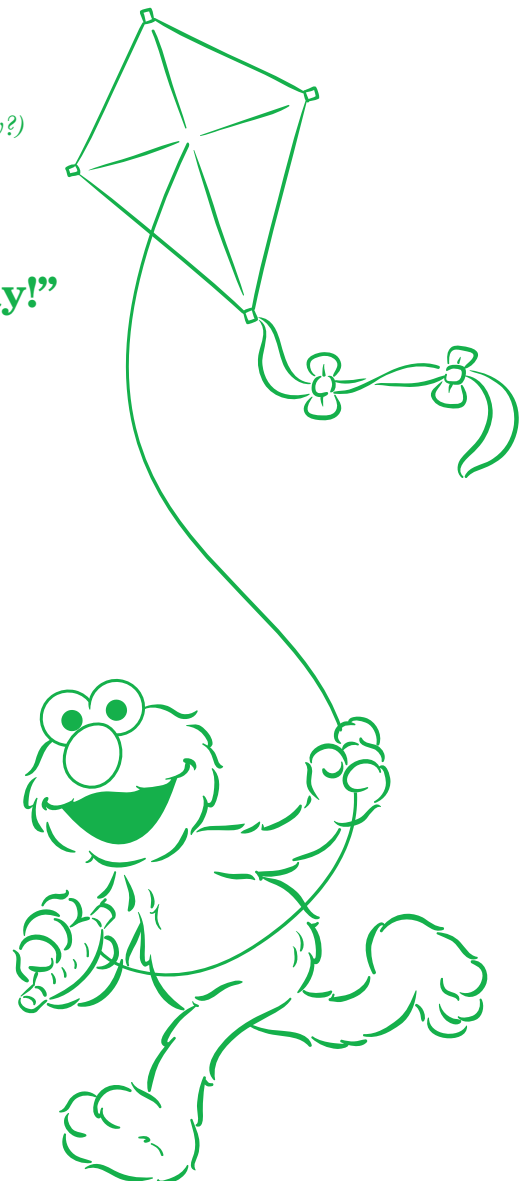
*(Say: I'm at a birthday party and there's cake.)*

**Eat a little cake, yum, yum,  
but have some fresh fruit too.  
It's juicy and it's sweet and nice,  
it is so good for you!**

*(Say: I'm really thirsty and in front of me there is a big glass of soda and a glass of water.)*

**Drink a glass of water now  
to help you feel okay!  
Water keeps us healthy as  
we jump, and skip, and play.**

**Say it, do it!** < Pose the questions between verses to children. Then sing to provide the solution. You can add children's healthy choices into the song: "Sadie stretched at circle time, she stretched up really high. She stretched and stretched and stretched so much, she almost touched the sky."



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# Nutritious and Delicious

A nutritious snack can keep children feeling good and tide them over until the next meal. Children can work together to prepare these delicious snacks.

They're great alternatives to sometime foods, and perfect for a Happy Healthy Party.

As they share the food, children see how wonderful it can be to relax and enjoy food with friends. You can also copy this page and send it home with children.

## Children will:

- < Practice counting and identifying shapes
- < Enjoy healthy food with their friends

## Celebrate with healthy snacks:

Choose these alternatives to typical party snacks.

### 1,2,3 Sesame Salsa

Mix equal parts black beans (rinsed), corn, and mild salsa. Serve with baked tortilla chips.

### Self-Serve Fruit Salad

A variety of cut-up colorful fruits in different bowls. Try strawberries, blueberries, orange sections, kiwi, and banana! Give each child a small bowl and invite them to create a very colorful fruit snack!

### Super Shapes

Presentation makes a difference. Try cutting whole-grain bread into fun shapes.

- < Squares: Cut a sandwich into four squares to make mini-sandwiches.
- < Triangles: Take a whole-wheat pita and slice into wedges, like a pizza.
- < Circles: Work some magic with whole-grain tortillas. Add children's favorite toppings, roll, then slice into pinwheel-shaped sections.





## Activity

# Help Grover Decide

Calling all children!  
Grover needs their help.



### Children will:

< Discover that they can help others make healthy choices

### Activity:

Read the following out loud. Children can also suggest their own ideas and discuss why they are (or are not) good choices.

Hello everybodeee! It is I, your fuzzy and adorable pal Grover, and do you know what? I need YOUR help. Yes! It is true. Can you help me please? PLEASE? You can? Oh, you are so NICE, and smart too!

I want to make sure I keep my fuzzy and blue body healthy and strong, but I'm not sure what to do. A little bird told me that you know all about how to be healthy, so YOU can help me choose. Oh, it is going to be such a healthy day!

Hello! I have just woken up after a nice long night of beauty sleep. Perhaps I should go right back to sleep and stay in bed for the whole day. Is this a good way to keep this fuzzy and blue body healthy and strong?... No? Oh, well what do YOU think I should do?... I should eat a healthy breakfast? Okay, then what should I do?

**A) Play soccer OR B) Watch TV all day long**

Now my cute and adorable tummy is telling me that I am ready for a snack. Maybe I can be SUPER healthy if I eat five pepperoni pizzas and drink soda. Do you think this is a healthy snack? ...NO? It is not? Well then, what do you think I should eat so I can have energy for my day?

**A) An apple with string cheese OR B) A plate of cookies**

Now I would like to build some cute and strong muscles and bones. I should probably eat candy and then take a nap. Is this a healthy choice? ...No again? Oh well, I guess I am not very good at this. What do you think I should do?

**A) Play LOTS of video games OR B) Play hopscotch with my friends**

Thank you SO much for your help!

Love, your fuzzy, blue, and HEALTHY friend, Grover

# Healthy Day Hunt

Children can make healthy choices even when they are faced with less-than-ideal circumstances, such as being stuck inside on a rainy day.

## \* Try This!

Encourage children to be **Healthy Detectives for the day, searching for healthy activities.**

**If you are outside on a walk, what healthy activities can the Healthy Detectives find and do? If you are playing outside, what healthy things do children see their friends doing? Be sure to join them.**

**At lunchtime, what healthy foods can the Healthy Detective spot? What about at home?**

### Children will:

- < Discover how to make healthy choices even when there are obstacles
- < Practice identifying anytime foods and healthy activities

### Materials:

- < Copies of page 84 (one per child)
- < Crayons

### Activity:

1. Have children find and color in the healthy choices in the house.
2. When children have finished coloring their pictures, everyone can share their work. What did children color and what did they leave blank? Why?



Handout: Healthy Hunt (see page 83)



Color the healthy choices in the house.



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# View and Do: *Elmo Tricycle*

Children can feel proud about what they've learned as they watch Elmo zoom around on his tricycle.

## \* Try This!

When you can play outside, set up an obstacle course and have children work in teams to complete the course in a relay.

Have each child jump over a line of blocks on the grass, run around a cone five times, then jump in and out of three hoops before tagging the next team member to complete the course.

They did it! They can say this cheer together:

**We feel healthy, we feel proud.**

**We feel so good we'll shout out loud – YEAH!**



### Children will:

- < Explore new vocabulary related to self-esteem, such as “confident,” “proud,” and “I can do it!”
- < Move in playful ways as they imagine biking, swimming, and running

### Viewing:

Watch **Elmo Tricycle** on the DVD (segment #9) and talk to children about what they've seen.

### Doing:

1. Ask children how they think Elmo feels when riding his tricycle. Point out that he had to practice and practice!
2. Introduce the word “confident” and explain that it means Elmo knew he could ride his tricycle if he tried hard enough. Riding around Sesame Street makes Elmo feel proud. Ask, “What do you do that makes you feel proud?” (Learning to ride a bike like Elmo? Catching a ball? Learning to swim? They've probably been running for a long time, but when they were babies they couldn't even walk.)
3. Invite children to try an inside triathlon (in a space where they can move safely from one wall to another). A triathlon is a race made up of three parts – swimming, biking, and running.
4. Children can take turns in groups of three or four pretending to “swim,” “bike,” and “run” in their first triathlon. Children can pretend to swim from one side of the room to the other, reaching out with their arms as far as they can. Then they touch the wall and ride their bike back to the other side – cycling their legs high and bending their knees. Then children can turn and run to complete their triathlon.
5. Ask children how they are feeling when they finish the run! Are they feeling confident and proud?



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## Hello, families!

In our program we've been practicing how to make healthy choices.

### In our program:

We've been thinking about the foods and drinks we put in our bodies and the activities we do with our bodies.

### \* Did You Know?

When adults provide meals and snacks on a regular schedule and offer children a variety of healthy foods and drinks, children are more likely to develop healthy eating habits.

It's hard for children to choose cucumbers over a cookie – and they don't always have to. **Sometimes** it's okay to have cookies – as Cookie Monster says, "Cookie is a sometime food!" But focus on **anytime** foods every day by letting children choose from a variety of healthy foods, including fruits and veggies, and offering water and lowfat milk to drink.

**You can help at home.** Offer your child the choice between two healthy options such as tomatoes and cucumbers, rather than between vegetables and a cookie or other sweet. In addition to offering children lots of healthy foods, you can model healthy eating and a physically active lifestyle.

**Let him do it.** Children enjoy eating snacks they make themselves. A turkey cheese rollup is the perfect "recipe" for the first-time cook. Set out a piece of lean turkey deli meat, lay a slice of cheese on top and roll it up.

**Throw your child a curve.** Try clever new combinations:

- < Cream cheese and peach or nectarine
- < Chocolate graham crackers with strawberries or banana
- < Steamed broccoli and cauliflower florets with ketchup
- < Cucumbers or red bell pepper with hummus
- < Melons or grapes with cheddar or American cheese
- < Mushrooms and fresh greens with lowfat ranch dressing
- < Fresh tomato, mozzarella cheese, and fresh basil

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# Elmo's Happy Healthy Day

After a long day of learning and playing, it's time to let your body and mind rest. Before bedtime, share Elmo's Happy Healthy Day with your child. Fill in the blanks with healthy foods and activities of your child's choice.

**It was morning. Elmo ate a healthy breakfast of \_\_\_\_\_, with a glass of \_\_\_\_\_.**  
*breakfast food* *anytime drink*

**Everything was delicious!**

**Elmo ran outside to meet his friend Zoe at the park. Ernie came along with a ball. They all decided to play a game of \_\_\_\_\_ together.**  
*physical activity*

**Then they went to Hooper's Store for a healthy lunch. They each ordered \_\_\_\_\_ with \_\_\_\_\_ and a tall glass of \_\_\_\_\_.**  
*anytime food* *anytime food* *anytime drink*

**They played all afternoon. Then Elmo said good-bye to his friends and washed his hands before dinner. Elmo and his family ate \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ together.**  
*vegetable* *whole grain* *fruit*

**Afterward, Elmo read a book and talked to his Mommy and Daddy. Then it was time for bed. Good night!**



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## Chapter 3 Introduction

# Celebrating What We've Learned Together



In this chapter, it's time to celebrate. The following pages offer ways to have fun while motivating children to continue to do all they've learned together.

### \* Did You Know?

Preschoolers can learn from friends – they're more likely to try a new healthy snack if it's being shared in a group setting. So the next time your class is celebrating a birthday or holiday, celebrate with healthy snacks.

At the end of Chapter 3, you'll find ideas for throwing a Healthy Happy Party. Let the celebration begin!

- < Play **Cookie, Cookie, Cucumber**, a healthy twist on the classic Duck, Duck, Goose. (page 89)
- < Play **Hoppity Hopscotch** together and help children remember delicious fruits and vegetables. (page 90)
- < Watch **Get Healthy Now** together on the DVD. (page 91)
- < Become **Super Healthy Heroes** to celebrate all you've learned about nutrition and fitness. Help children make their own Super Healthy Hero bracelets and let them zoom around the room. (pages 92-93)
- < Watch **Fruit Dance** and **Veggie Dance** (2 different segments) on the DVD and sing and dance along. (page 94)
- < Throw a **Healthy Happy Party** in your program – invite families too. (page 95)

Have fun playing games, celebrating, and learning together.

# Cookie, Cookie, Cucumber

Children can stay physically active **and** celebrate what they've learned about sometime foods and anytime foods as they play this healthy twist on Duck, Duck, Goose.

## Children will:

- < Play an active game together
- < Recall important messages about sometime/anytime foods

## Activity:

1. Ask children to name some anytime foods, then some sometime foods. Refer to the list on page 100 to be sure which is which.
2. Say you are going to play a game of Cookie, Cookie, Cucumber, which is a lot like Duck, Duck, Goose. You can take a turn first to demonstrate. Have all children stand up in their places. As one child is walking around, children can run or march in place – so everyone is active for the entire game.
3. Choose one sometime food and one anytime food (e.g., candy and spinach). As you walk around the outside of the circle touching each child say, "Candy, candy, candy." When you choose a child to chase, say, "Spinach." This healthy anytime food gives the child the energy she needs to run after you! Try to get to her spot before she catches you. Then it is her turn.
4. Help her choose a sometime food and an anytime food; continue the game. Play until all children have had a chance to be the "chaser."



## Activity

# Hoppity Hopscotch

Children can learn the difference between hopping and jumping and think about healthy anytime foods as they play this twist on the classic Hopscotch game.

### \* Try This!

Try this new way to play. Cut small pieces (no bigger than two-inch squares) of colored construction paper in red, orange, yellow, green, and blue. Tape the colored squares in the corner of each hopscotch square. When children toss the block to a square and hop or jump to it, they can name the color they've landed on and call out a fruit or vegetable to match:  
**Red - strawberry!**  
**Yellow - pepper!**  
**Green - broccoli!**

They're jumping on a rainbow of healthy colors. If you are playing outside, use different colors of chalk for each square.

### Children will:

- < Recall the names of fruits and vegetables
- < Work together to share what they've learned
- < Strengthen balancing skills through play
- < Learn the difference between a hop (on one foot) and a jump (on two feet)

### Materials:

- < Chalk (for outside play) or tape (for inside)
- < Small block or other marker

### Activity:

1. Make a hopscotch board with at least ten squares on the ground outside or on the floor.
2. Encourage children to take turns tossing a small block onto a square. This is the square they need to hop or jump to. Before children move, ask them if they are going to HOP on one foot or JUMP on two feet.
3. Once a child reaches the block, he calls out an anytime food (any fruit, vegetable, whole grain, lowfat dairy, or water). If he cannot think of one, the group can help. Then it's another child's turn to play.



# View and Do: *Get Healthy Now*

Children can share what they've learned about the importance of "eating your colors" as they pretend to be the Fruit-n-Veggie Five – the performers in the video.

## \* Try This!

Have children think of anytime foods in food groups other than fruits and vegetables.



### Children will:

- < Think about eating colorful anytime foods
- < Remember that they should eat five fruits and vegetables every day
- < Sing together
- < Explore sequencing

### Viewing:

Watch **The Get Healthy Now Show** on the DVD in **separate segments throughout the day**. Encourage children to sing and dance along with the video as they watch.

### Materials:

- < Five pieces of construction paper (red, orange, yellow, green, and purple)

### Doing:

1. When you've finished watching all three segments, children can take turns (five at a time) being the Fruit-n-Veggie Five. The rest of the group can be the audience at their concert.
2. Hand out the construction paper (one to each of the fruit-n-veggie five) and have each child tell you what fruit or veggie they are. (Red = apple, orange = carrot, green = broccoli, yellow = pineapple, and purple = eggplant.)
3. Have the group stand in front of the "audience" on the rug. Then choose one child to be the Big Tomato! He can call the band up "on stage" (in any order) by calling out colors until all of the Fruit-n-Veggie Five are ready on stage.
4. The Fruit-n-Veggie Five can lead a call and response song, just like in the video. (The child with red paper jumps up and says "apple." Everyone repeats "apple.") Continue until all colors have been repeated.
5. Hand the paper to five more children – and bring on the next Fruit-n-Veggie Five!



## Activity

# Super Healthy Heroes

Children share what they've learned about eating well and staying physically active with their own Super Healthy Hero bracelets, which they can wear home.

## \* Try This!

Say this cheer together as superheroes hold their bracelets up to the sky. Let children run and "fly" around the room or outside as they pretend to be superheroes. You can laminate or use clear tape to protect the bracelets.

**We're the Super Healthy Heroes!  
We're healthy every day.  
We eat our fruits and veggies.  
We run and jump and play!**

### Children will:

- < Feel proud of all they've learned about staying healthy
- < Enjoy pretending to be a superhero

### Materials:

- < Copy the bracelets on page 93 (one per child)
- < Crayons

### Activity:

1. Tell children they've learned so much about how to stay healthy every day that they are now officially Super Healthy Heroes. They can make their healthy power bracelets so everyone can see how healthy and strong they are.
2. Have children color their bracelet pages. They can use the crayons to draw pictures of favorite fruits and vegetables, or games they like to play outside.
3. When children have finished decorating their bracelets, cut them out and tape them together around children's wrists. Now you have a whole room full of Super Healthy Heroes!



Handout: Super Healthy Hero Bracelets (see page 92)



Decorate your bracelet with pictures of your favorite fruits and vegetables, or games you like to play outside.



healthy  
habits for life™

View and Do

# View and Do: *Fruit and Veggie Dance*



Children can watch **Fruit Dance** and **Veggie Dance** on the DVD and dance along.

**\* Try This!**

Bring a CD player and some of children's favorite CDs. Show **Fruit Dance** and **Veggie Dance** first to get children up and moving and then turn on some tunes. Move and groove together at your very own dance party. If it's cold or raining outside, this is a great way to stay active for 15 or 20 minutes straight.

**Children will:**

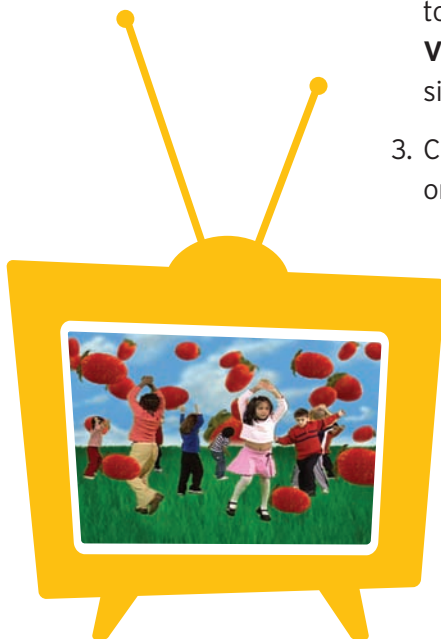
- < Name various fruits and vegetables
- < Move together in playful ways
- < Prepare a dance for the Healthy Happy Party

**Viewing:**

Watch **Fruit Dance** and **Veggie Dance** on the DVD (segments #11 and #12 have similar songs and dances, one for fruits and one for vegetables). Encourage them to sing and dance along.

**Doing:**

1. Have children gather (make sure they have room to move safely). Play the DVD and dance along together.
2. Encourage the group to copy some of the moves children are doing on screen and then see if they can make up their own moves. If you watch **Fruit Dance** first, encourage children to pay close attention to the words in the song. Now play **Veggie Dance** and see if they can sing along. The songs are similar, following the same rhythm.
3. Children can call out the names of the foods they see on the screen.



# Healthy Happy Party Time

Children can help you plan a party for their families to attend to celebrate everything they've learned.

Planning a party will get everyone working together as a team and let them celebrate their accomplishments with their families.

## Children will:

- < Celebrate what they have learned
- < Teach others what they know
- < Plan an event together

## Materials:

- < Invitations, with a request to bring a favorite "anytime" snack (see ideas on page 81)
- < Markers or crayons
- < Paper plates and napkins
- < CDs and CD player, Healthy Habits for Life DVD

## Plan the party:

Tell children that together, you will throw a Healthy Happy Party so that everyone can celebrate what they've learned. Suggest that children decorate the invitations to take home to their families.

## Have the party! Here are some ways you might celebrate:

- < Choose a few songs, dances, or activities to share with everyone who comes to the party.
- < Tape the poster pages from previous chapters up on the wall and choose one to say as a group.
- < Create a Healthy Museum and highlight all the artwork and other projects children have done.
- < Have children put on a show with one of the songs or poems.
- < Show the **Fruit Dance** and **Veggie Dance** on the DVD so that children can dance along. Then have a dance party - play CDs and encourage everyone to stay active together. (What dance moves can adults teach children? What moves do children want to share with adults?)
- < Meet on the rug. You can go around the circle asking adults and children alike to name their favorite fruit (or their favorite vegetable, physical activity, etc.). You might even graph the results of your survey.

Send home the family newsletter.





# healthy Family Newsletter habits for life™



## Hello, families!

Families and children  
deserve a BIG congratulations!

### \* Did You Know?

Children who eat family meals eat more nutritious food, but that's not all. Family meals give children and families a chance to reconnect. Whether you're having pizza or a full-course feast, it's a chance to celebrate something very important – being together.

### We've completed the Healthy Habits for Life program.

We've learned to make healthy choices, stay physically active, limit sedentary time, eat our colors, eat at least five servings of fruits and vegetables a day, and listen to our bodies. We want to thank you for being a key member of your child's healthy team. You can congratulate your child with the certificate you received. Have your child fill in his name and color it, then display it on the refrigerator.

**You can help at home.** We've made nutritious food and physical activity part of our daily routine and hope you'll find ways to do the same at home. Take advantage of the everyday moments you share with your child. In the kitchen, talk about why you chose a certain vegetable for dinner. Or whip up a healthy snack together. Also be ready with activity ideas (especially on bad weather days) so your child doesn't spend too much time on the couch.

Little by little, you can weave healthy habits into your family's routines. For inspiration (or a few good ideas), look no further than your child. Do you know how to dance the Mango Tango? Your child can show you how.

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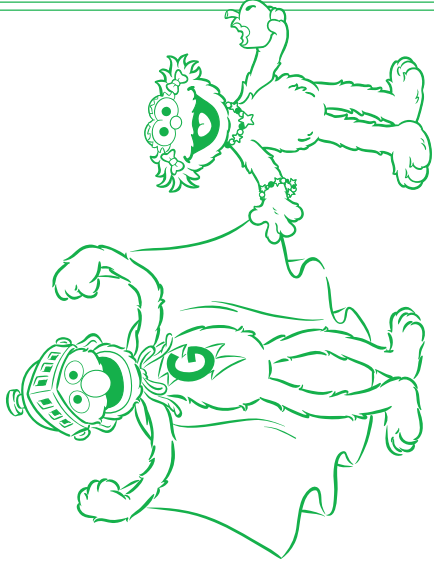
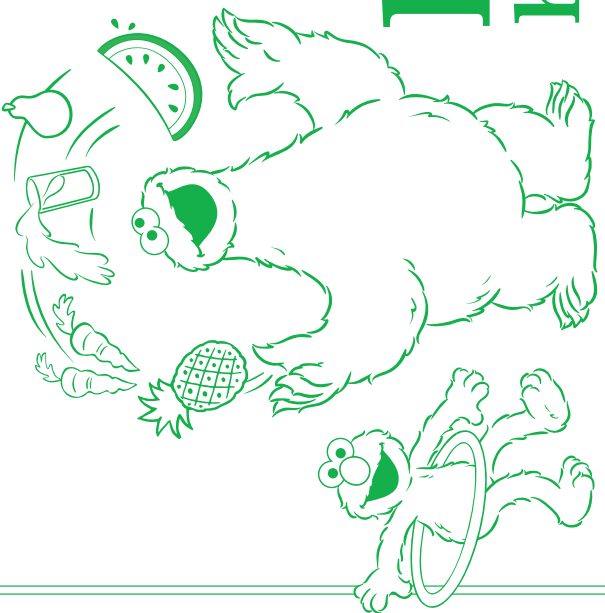
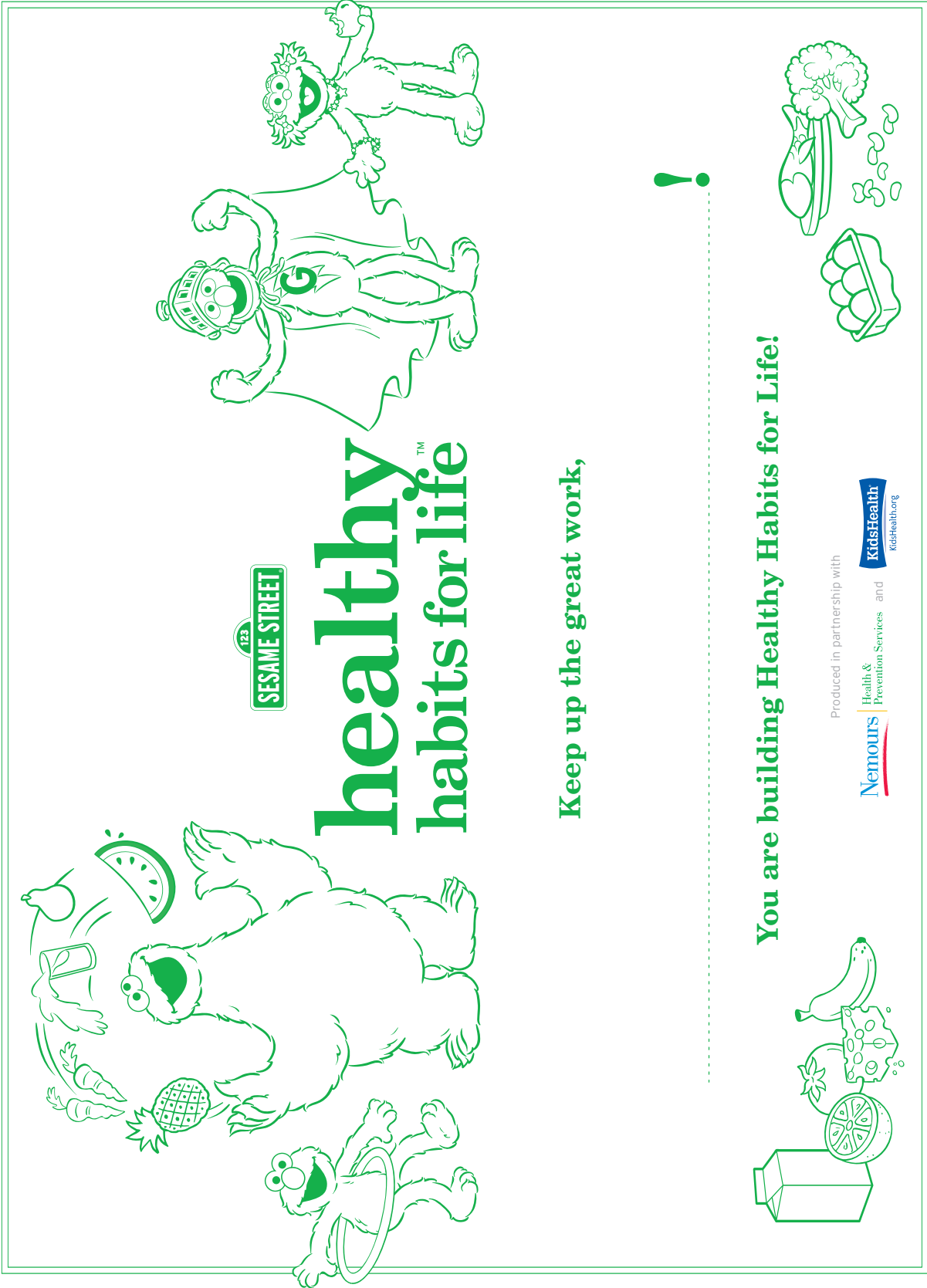


Health & Prevention Services and



KidsHealth.org

Family Handout: Certificate



123  
SESAME STREET

# healthy™ habits for life

Keep up the great work,



You are building Healthy Habits for Life!



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# Fruits and Vegetables Rainbow

Here's a handy list of fruits and vegetables by color.  
Remind children to "eat their colors"!

## Purple

- < Blackberries
- < Elderberries
- < Plums
- < Purple cabbage
- < Purple Belgian endive
- < Black currants
- < Purple figs
- < Raisins
- < Purple carrots
- < Purple peppers
- < Dried plums
- < Purple grapes
- < Purple asparagus
- < Eggplant
- < Potatoes (purple fleshed)

## Red

- < Blood oranges
- < Cranberries
- < Red pears
- < Strawberries
- < Red peppers
- < Red onions
- < Tomatoes
- < Red apples
- < Red grapes
- < Pomegranates
- < Watermelon
- < Radishes
- < Red potatoes
- < Cherries
- < Red grapefruit
- < Raspberries
- < Beets
- < Radicchio
- < Rhubarb

## Yellow

- < Yellow apples
- < Grapefruit
- < Pineapples
- < Yellow peppers
- < Yellow winter squash
- < Cape gooseberries
- < Lemon
- < Yellow watermelon
- < Yellow potatoes
- < Sweet corn
- < Yellow figs
- < Yellow pears
- < Yellow beets
- < Yellow tomatoes
- < Yellow summer squash

## Orange

- < Apricots
- < Nectarines
- < Peaches
- < Butternut squash
- < Rutabagas
- < Cantaloupe
- < Oranges
- < Persimmons
- < Carrots
- < Sweet potatoes
- < Mangoes
- < Papayas
- < Tangerines
- < Pumpkin

Continued on page 99.

Continued from page 98.

### Green

- |                  |                    |                   |
|------------------|--------------------|-------------------|
| < Avocados       | < Green apples     | < Green grapes    |
| < Honeydew       | < Kiwifruit        | < Limes           |
| < Green pears    | < Artichokes       | < Arugula         |
| < Asparagus      | < Broccoflower     | < Broccoli        |
| < Broccoli rabe  | < Brussels sprouts | < Chinese cabbage |
| < Green beans    | < Green cabbage    | < Celery          |
| < Chayote squash | < Cucumbers        | < Endive          |
| < Leafy greens   | < Leeks            | < Lettuce         |
| < Green onions   | < Okra             | < Peas            |
| < Green peppers  | < Snow peas        | < Sugar snap peas |
| < Spinach        | < Watercress       | < Zucchini        |

### White

- |                            |                        |                    |
|----------------------------|------------------------|--------------------|
| < Bananas                  | < Brown pears          | < White nectarines |
| < White peaches            | < Cauliflower          | < Garlic           |
| < Ginger                   | < Jerusalem artichokes | < Jicama           |
| < Kohlrabi                 | < Onions               | < Mushrooms        |
| < Parsnips                 |                        |                    |
| < Potatoes (white fleshed) |                        |                    |
| < Shallots                 |                        |                    |
| < Turnips                  |                        |                    |



# Sometime & Anytime Foods

**“Anytime” Foods** < These are foods that are good to eat anytime. They are the healthiest foods with nutrients to help you grow up healthy. Examples: fruits and vegetables, nonfat and lowfat milk.

**“Sometime” Foods** < These foods are the least healthy. That's why they're once-in-awhile foods. Examples: French fries, cookies, ice cream.

FOOD GROUP	“ANYTIME” FOODS	“SOMETIME” FOODS
<b>Vegetables</b>	Fresh, frozen, steamed, or canned vegetables (low sodium) without added fat (such as butter) or sauces	Any vegetable fried in oil
<b>Fruits</b>	All fresh and frozen fruits, canned fruits packed in their own juice	Fruits canned in syrup, dried fruits
<b>Breads &amp; Cereals</b>	Whole-grain breads, pitas, and tortillas; whole-grain pasta, brown rice, oatmeal; hot and cold unsweetened whole-grain breakfast cereals	Doughnuts, muffins, croissants, and sweet rolls; sweetened breakfast cereals; crackers, cookies, and chips; cakes and pies
<b>Milk &amp; Milk Products</b>	Nonfat and lowfat milk; nonfat and lowfat yogurt; lowfat and nonfat cheese; lowfat and nonfat cottage cheese	Whole milk; full-fat cheese and cheese spreads; cream cheese; yogurt made from whole milk; ice cream, ice milk, and frozen yogurt; puddings
<b>Meats, Poultry, Fish, Eggs &amp; Beans</b>	Beef and pork that have been trimmed of their fat; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; fish and shellfish that's been baked, broiled, steamed, or grilled; beans; split peas and lentils; tofu; egg whites and substitutes	Beef and pork that haven't been trimmed of their fat, fried hamburgers, ribs, bacon, fried chicken, chicken nuggets, hot dogs, deli lunch meats, pepperoni, sausage, salami, fried fish and shellfish, whole eggs cooked with added fat
<b>Drinks</b>	Water, nonfat and lowfat milk, unsweetened iced teas and lemonade	Whole milk, regular soda, sweetened iced teas and lemonade, fruit drinks with less than 100% juice