

GO GLOW GROW

Activity 1 - Growing Inch by Inch

Directions

1. Discuss **GROW** foods:
 - **GROW** foods help you grow bigger and stronger.
 - **GROW** foods help you to have strong bones and teeth.
 - Some **GROW** foods are made from milk, can you name some?
 - Some **GROW** foods are from animals and plants, can you name some?
2. Tell the children they will be making a **GROW** food chain.
3. Give **GROW** each "**GROW** child a strip." Ask them to draw a picture of a food on it. Tell them to refer to the poster if they need help.
3. While children are drawing, talk about the foods on their strip.
4. One at a time, ask each child to tell the name of their **GROW** food. Write the name of the food on their strip and help the children staple their **GROW** strip to the **GROW** chain.
5. Watch as the chain gets longer! Emphasize that the chain grows link by link, just as the children grow inch by inch!

- ### Supplies
- **GROW** strips - paper strips cut approximately 2" x 8"
 - Crayons
 - Stapler
 - MyPyramid for Kids poster

Note: This activity can be done in small groups and then



Activities 1, Activities 19, Recipes 1, Recipes 2, Parents 1, Parents 2, Parents 10, Parents 15

HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds



MyPyramid

Lesson Preview

Children enjoy hearing the story of the *Beastly Feast* and learning about the importance of healthy eating. They are introduced to MyPyramid and learn how it is a guide to healthy eating. They have fun playing MyPyramid Shuffle and Food Group Toss, and making the Fun-do Recipe.



Objectives

Children will:

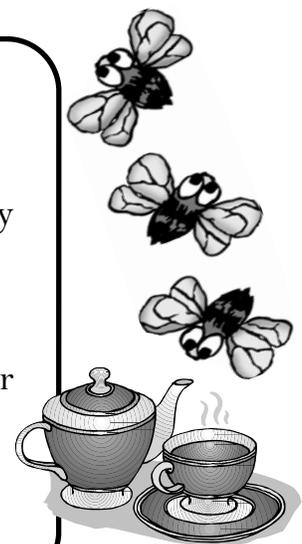
- ★ Recognize MyPyramid and identify it as a guide to healthy eating.
- ★ Know MyPyramid is divided into five food groups.
- ★ Know eating healthy food helps them grow and play.



Book Overview

Beastly Feast by Bruce Goldstone

This colorfully illustrated and rhyming book is a great way to introduce the general concept of foods and healthy eating. The theme is, “The beasts are having a feast! Animals from everywhere come with tasty food to share.” The bears, parrots, antelope, mosquitoes, bees, and more each bring their favorite foods to the feast. Some of the foods will be familiar to children such as pears, carrots, burritos, and rice. But perhaps they will be introduced to new foods such as knishes or other beastly favorites!



Activities
2-5

Activities
15-17

Activities
19

Recipes
1

Recipes
6

Recipes
11

Parents
1

Parents
6-8



HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid for 4 to 6-Year-Olds



Recommendations

- **Variety** - Eat foods from all five food groups.
- **Proportionality** - Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products) and less of others (foods high in saturated or trans fats, added sugars, cholesterol, salt and alcohol).
- **Moderation** - Choose forms of foods that limit intake of saturated or trans fats, added sugars, cholesterol, salt and alcohol.
- **Activity** - Be physically active every day.

Reference:

MyPyramid.gov
United States
Department of
Agriculture

Teacher Background Information

The *Dietary Guidelines for Americans 2005* provides science-based advice to promote health and reduce the risk for major chronic diseases through diet and physical activity. According to the Dietary Guidelines a healthy diet:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

The MyPyramid Food Guidance System was created to implement the recommendations contained in the Dietary Guidelines. It colorfully displays the five groups that should be the core of a healthy diet. Each of these food groups has a key message to help you improve your diet.

Mix up your choices within each food group.	
	Focus on fruits. Eat a variety of fruits - whether fresh, frozen, canned, or dried - rather than fruit juice for most of your fruit choices. Eating a diet rich in fruits as part of an overall healthy diet may protect against the risk of coronary heart disease, type 2 diabetes and some cancers.
	Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash. Besides vitamins and minerals, vegetables provide important dietary fiber. Fiber helps reduce blood cholesterol, may lower the risk of heart disease, and improves bowel function.
	Get your calcium-rich foods. Consuming milk and milk products provides health benefits- people who have a diet rich in milk and milk products can reduce the risk of low bone mass throughout the life cycle. Foods in the milk group provide calcium, potassium, vitamin D and protein.
	Make half your grains whole. Eating grains, especially whole grains, provides health benefits. People who eat whole grains, as part of healthy diet have a reduced risk of some chronic diseases. In addition to dietary fiber, grains provide important B vitamins and iron, magnesium, selenium.
	Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. Vary your protein choices with more fish, beans, peas, nuts and seeds. Protein is important for bone, muscle, skin and blood health.
Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and <i>trans</i> fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).	

HAPPY HEALTHY ME. . .

Moving, Munching & Reading Through MyPyramid
for 4 to 6-Year-Olds



Wash Your Hands!

Lesson Preview

Children are introduced to the importance of hand washing by the book, *Wash Your Hands!* They learn the need to wash their hands **after** they do certain activities and **before** they do other things. They practice proper hand washing and learn a new song to sing while they wash their hands. For the physical activity, they play with Hand Hoops and do physical activities that use their hands. The Squish, Squash, and Squeeze Cheese Spread snack is fun to make and eat.



Objectives

Children will:

- ★ *Understand hand washing removes harmful germs and helps keep us healthy.*
- ★ *Learn how to properly wash their hands.*
- ★ *Describe at least one instance when they should wash their hands.*



Book Overview

Wash Your Hands by Tony Ross

The Little Princess is constantly being reminded to wash her hands! She is told to wash her hands after playing outside, frolicking with the dog, using the potty, and sneezing. She is told to wash her hands before she eats her cake. She demands to know why! She is told that the germs and nasties will make her sick. The colorful artwork and fun illustrations make the book a great way to introduce children to the importance of hand washing.



Activities
11-13

Activities
18

Recipes
5

Recipes
7

Recipes
10-12

Recipes
14-16

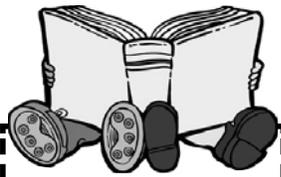
Parents
9

Parents
11



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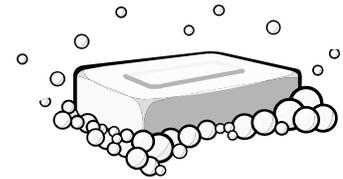
References

- * Niffenegger Joann (1995). *Professor's research shows value of washing hands.* <http://www.purpue.edu/UNS/html4ever/961115.Niffenegger.hands.html>.
- * College of American Pathologists (2003). Public Interest, Health and Wellness. *Answers to your questions about the hazards of antibacterial cleaners.* http://www.cap.org/health_and_wellness/germs.html

Teacher Background Information

Hand Washing

Hand washing is the single most effective way of preventing the spread of communicable diseases. When done properly, hand washing has been shown to significantly reduce the spread of diseases such as colds, flu, ear infections, strep throat, and other intestinal problems.



Germs and viruses that cause these diseases are spread by routine things such as handling food, sharing toys, touching stair rails and door knobs, putting your mouth on a telephone receiver, as well as shaking hands. Vigorous hand washing with soap and water will reduce the spread of germs and viruses.

One study conducted by Purdue University found that 3 to 5 year old children in a day care center that used proper and frequent hand washing had considerably fewer colds than children in a control group (*Niffenegger 1995*). Children and adults in this study were taught the principles of hand washing and instructed in the process that calls for using soap and water and at least twenty seconds of vigorous washing that created lots of bubbles.

Soap and water and lots of scrubbing are the best techniques for hand washing. The introduction of antibacterial soaps has created concern and confusion. Recent studies by the National Institute of Health indicates that antibacterial soaps are no better than regular soap at destroying bacteria and other studies have even shown plain old soap to be more effective. Additionally, researchers are concerned about the potentially harmful effects of antibacterial soap because they could destroy weaker strains of bacteria allowing stronger more resistant strains to flourish.

Other Tips for Child Care Centers

- ★ Don't use a standing basin of water to rinse children's hands.
- ★ Don't use a common hand towel for drying children's hands. Use individual disposable towels for children.
- ★ Don't use a single damp towel to wash a group of children's hands or faces.
- ★ Don't use sponges or non-disposable clothes for cleaning unless you launder them daily and add chlorine bleach to the wash.



the Lunch box

APPEALING LUNCHES FOR PRESCHOOL CHILDREN

Children look forward to school lunches that have been planned especially for them. Appeal to your child's taste buds and appetite by keeping foods simple, adding contrast and variety, and preparing small serving sizes.



Activities
2

Recipes
3

Recipes
8

Recipes
9

Parents
1

Parents
10-12

Field Trip
1



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Keep Foods Simple

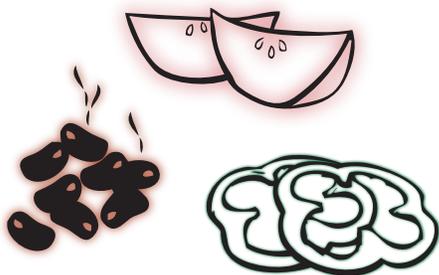
Simple and easy-to-eat foods interest young children. Packaging that children can open and food they can eat easily help them develop self confidence and independence when eating their meals.



Add Contrast and Variety

Using lots of colors, flavors, textures, and shapes makes lunches more tempting.

- Color:** Include foods with at least two colors from the rainbow along with neutral colors from grains, meats, and dairy products.
- Texture:** Include soft foods (breads, lunch meats, rice, pasta) and something crunchy or crisp (fresh fruits and vegetables, chopped nuts, crackers).
- Flavors:** Think of different foods your child might like. Mild-tasting foods are usually preferred by young children. Each week select a variety of flavors for sandwich fillings, breads, fruits, vegetables, and cheeses.
- Shapes:** Perk up a lunch box by cutting sandwiches and other foods into strips, circles, or triangles. Consider adding foods that naturally come in interesting shapes like broccoli "trees," cauliflower "clouds," and sliced bell pepper "rings."

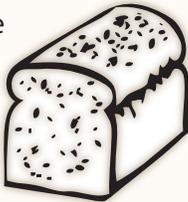
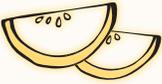


Small Serving Sizes

When it comes to serving sizes, think small. Small children have small stomachs that can hold only small amounts of food. The amount of food needed daily will depend on many factors including how active your child is and how rapidly he/she is growing.

MyPyramid for Kids recommends the following small serving sizes for 2- to 3-year-olds and 4- to 5-year-olds. Since 2- to 3-year-olds have small stomachs, serve smaller serving sizes more often during the day.

Recommended Serving Sizes

	2- to 3-year-olds	4- to 5-year-olds
Grains	3–5 oz total (choose 6–10 of the following) ½ slice bread ½ small tortilla ½ cup dry cereal ¼ cup cooked cereal, pasta, rice ½ small muffin 3 small crackers 2 graham cracker squares ¼ English muffin ½ mini bagel 	4–5 oz total (choose 4–5 of the following) 1 slice bread 1 small tortilla 1 cup dry cereal ½ cup cooked cereal, pasta, rice 1 small muffin 6 small crackers 4 graham cracker squares ½ English muffin 1 mini bagel or ¼ regular 
Vegetables	1–1½ cups (choose 4–6 of the following) ¼ cup chopped raw vegetables ¼ cup cooked vegetables ½ cup raw leafy greens	1½–2 cups (choose at least 3–4 of the following) ½ cup chopped raw vegetables ½ cup cooked vegetables 1 cup raw leafy greens 
Fruits	1–1½ cups (choose 2–4 of the following) ½ small whole fruit ½ cup canned or frozen fruit 2 tablespoons dried fruit 	1½–2 cups (choose 3–4 of the following) 1 small whole fruit ½ cup canned or frozen fruit ¼ cup dried fruit
Milk	2 cups (choose at least 4 of the following) ½ cup milk ¼ ounce cheese ½ cup yogurt	2 cups (choose at least 3 of the following) ¾ cup milk 1 ounce cheese ¾ cup yogurt 
Meat and Beans	2–4 ounces (choose 2–4 of the following) 1 ounce meat, poultry, or fish (2 tablespoons) 1 egg ¼ cup cooked dry beans 1 tablespoon peanut butter ¼ cup tofu ½ ounce chopped nuts or seeds 	3–5 ounces (choose 3–5 of the following) 1 ounce meat, poultry, or fish (2 tablespoons) 1 egg ¼ cup cooked dry beans 1 tablespoon peanut butter ¼ cup tofu ½ ounce chopped nuts or seeds

Hint: You may find that a whole serving of one food is too much for a meal. When that happens, use another meal or snack to offer the rest of the full serving. For example, serve ¼ of a tuna sandwich for lunch, then serve graham crackers with peanut butter for snack. Together, these make a whole serving from the meat and beans group.

Will My Child Be Hungry If I Send Small Serving Sizes for Lunch?

Probably not. Start the day by serving a healthy breakfast at home.

Morning and afternoon snacks are offered at most preschools.

With a healthy breakfast and snacks, a lunch with child-sized servings should keep your child satisfied throughout the day.

New Foods

Before putting a new food in your child's lunch, try it at home first. If your child likes the new food, include it in the lunchbox.

Too Much Food

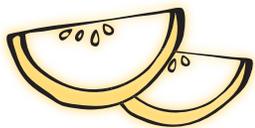
Sending too much food in your child's lunch will probably result in food waste and may encourage your child to overeat.

Lunch Ideas

Simple lunches can combine a variety of textures, colors, shapes, and flavors.

Here are two examples:

- 6 low-fat crackers with low-fat cheese
Broccoli trees
Orange wedges
Water
- ½ roast beef sandwich
Bell pepper rings
6 animal crackers
Low-fat milk



Be safe—pack lunches in insulated containers with a frozen ice pack.

DID YOU KNOW?

- *Toddlers and preschoolers grow more slowly than infants and usually are not as hungry as infants.*
- *Children's appetites vary from day to day depending on their activity and growth.*
- *Don't worry if your child occasionally doesn't eat a meal. It is most important that children eat a balanced diet over a 3- to 4-day period.*

Ideas from Parents

"Half of a sandwich seems to be plenty for my 4-year-old."

—Father

"I serve small portions, easy to eat, colorful, always changing."

—Mother

"Dipping sliced apples in orange or pineapple juice before packing prevents the apples from turning brown."

—Mother

"Make sandwiches in fun shapes using a cookie cutter."

—Mother

"Have children help pack their own lunches."

—Grandmother

"I ask my daughter what her favorite sandwiches, fruits, and vegetables are. That way I know she'll enjoy her lunch."

—Father

Something Special

Children enjoy an occasional surprise in their lunches. Consider adding a non-food item that says "You are special!"

Here are a few ideas for that special something:

- *picture of the family or a pet*
- *note from home*
- *colorful or holiday napkin*
- *sticker*



You can also choose a weekly educational theme and work it into lunch during the week.

Theme ideas could include

- *a word*
- *a color*
- *a shape*
- *a scent*
- *a number*
- *a letter*

green!

Love

More Information

For more information on packing nutritious lunches for your child, log on to <http://www.usda.gov/cnpp/>.

The Lunch Box is a series of handouts designed for parents who pack lunches for their preschool children. The goal of these handouts is to assist parents in packing lunches that are nutritious, safe, and appealing for preschool children.

The author acknowledges the cooperation of the San Luis Obispo County preschools that assisted in the development of the *Lunch Box* program. This program was made possible by funds received from the First 5 Commission of San Luis Obispo County.



You will find related information in these titles and in other publications, slide sets, CD-ROMs, and videos from UC ANR:

Children and Weight: What's a Parent to Do?, DVD 6524D

EatFit Teacher's Curriculum, Publication 3424

Fit Families Novela Series, Publication 3496

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