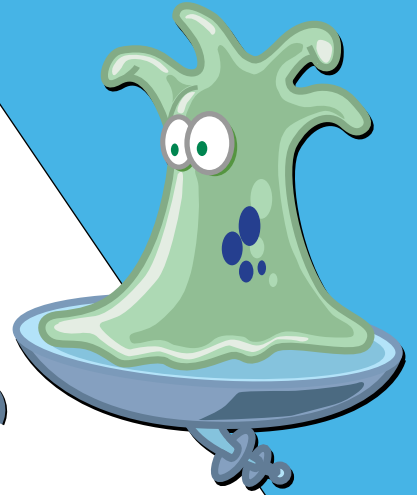
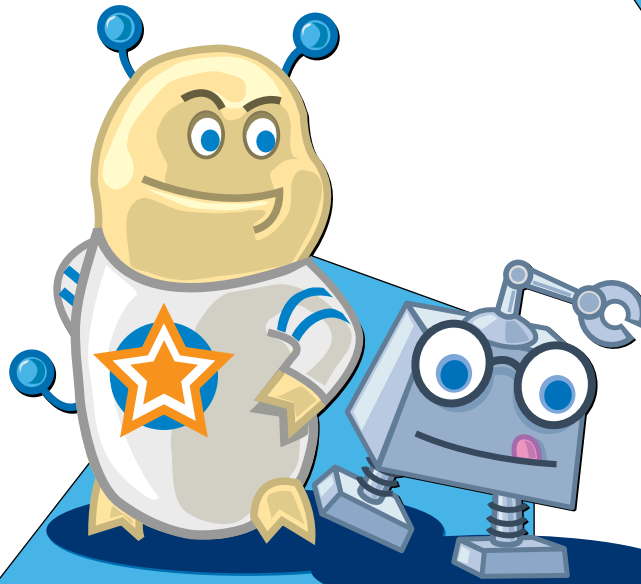


# L.A.U.N.C.H.<sup>TM</sup>

LEARNING AND UNDERSTANDING  
NUTRITION, CHOICES & HEALTH

**A**DVENTURES in wellness,  
created by dietitians



## Preschool

**Curriculum resources to  
engage students in healthy  
eating, active living and  
positive self-esteem.**

- ★ curriculum connections
- ★ easy-to-use lesson plans
- ★ fun student activity sheets
- ★ home connection activities
- ★ assessment guide



[www.kelloggsnutrition.com](http://www.kelloggsnutrition.com)

L.A.U.N.C.H.<sup>TM</sup> is brought to you by the Registered Dietitians of the Kellogg Company.

L.A.U.N.C.H.<sup>TM</sup> materials may be duplicated in whole without permission for educational purposes only.

©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA. USDA does not endorse any products, services or organizations.

*Kellogg's*  
NUTRITION<sup>TM</sup>

Welcome to



Adventures in wellness,  
created by dietitians

**L.A.U.N.C.H.™**  
resources for  
Preschool to  
Grade 8 are available at  
kelloggsnutrition.com

*L.A.U.N.C.H.™ (Learning and Understanding Nutrition, Choices & Health)* is a unique program created to engage students in healthy eating, physical activity and positive self-esteem. The program features entertaining ways to explore and foster healthy living habits through a series of curriculum-based resources for students in preschool to grade 8.

Developed by Registered Dietitians and based on the USDA's *MyPyramid*, the *L.A.U.N.C.H.™* initiative is rooted in the Kellogg Company's commitment to support children's healthy growth and development.

### **A New Adventure with *L.A.U.N.C.H.™***

The *L.A.U.N.C.H.™* program for preschool to grade 8 students features a team of three lovable characters from outer space, who have come to Earth seeking knowledge on healthy eating, active living and self-esteem. These characters are an integral part of the *L.A.U.N.C.H.™* program as they work together to help students succeed in their adventures to eat well, be active and feel good about themselves.

### **Embarking on the *L.A.U.N.C.H.™* Program is Simple**

To begin, give each student a copy of the introduction to the "*L.A.U.N.C.H.™* Team" on page 3. Read it out loud to your class to set the stage and spark their interest as you embark on your *L.A.U.N.C.H.™* journey.

<b>Teaching Tools to Guide Your <i>L.A.U.N.C.H.™</i> Adventure</b>	<b>Page #</b>
☆ <b>Curriculum Overview</b> .....	2
☆ <b>Vocabulary List</b> .....	4
☆ <b>Suggested Reading List</b> .....	5
☆ <b>Adventure 1 plans</b> .....	6
☆ <b>Adventure 2 plans</b> .....	11
☆ <b>Adventure 3 plans</b> .....	14
☆ <b>Adventure 4 plans</b> .....	17
☆ <b>Parent Information</b> .....	26

ADVENTURE OBJECTIVES	LEARNING EXPECTATIONS	SUBJECTS
<p><b>ADVENTURE 1 - AMAZING BODIES</b> Students are introduced to body awareness and discover how each person is unique.</p>	<ol style="list-style-type: none"> <li>1. Recognize each person is special and unique.</li> <li>2. Identify and describe major parts of the body.</li> </ol>	<ul style="list-style-type: none"> <li>☆Language Arts</li> <li>☆Health</li> <li>☆Art</li> </ul>
<p><b>ADVENTURE 2 - START YOUR DAY THE HEALTHY WAY</b> Students explore daily habits for health including eating well, being active, eating breakfast, taking care of their teeth and getting enough sleep and rest.</p>	<ol style="list-style-type: none"> <li>1. Identify daily habits for good health and growth (eating well, being active, eating breakfast, taking care of teeth and getting enough sleep).</li> </ol>	<ul style="list-style-type: none"> <li>☆Health</li> <li>☆Art</li> <li>☆Language Arts</li> </ul>
<p><b>ADVENTURE 3 - BLAST OFF WITH HEALTHY EATING</b> Students explore healthy eating habits and how eating well gives them energy, and helps them grow, learn and feel good.</p>	<ol style="list-style-type: none"> <li>1. Recognize nutritious foods are needed for energy and to grow, learn and feel good.</li> <li>2. Identify healthy eating habits; e.g. eating a variety of foods, a balanced breakfast, lunch and dinner, choosing nutritious snacks and drinking water.</li> </ol>	<ul style="list-style-type: none"> <li>☆Language Arts</li> <li>☆Health</li> <li>☆Art</li> </ul>
<p><b>ADVENTURE 4 - DISCOVERING FOODS IN CATEGORIES</b> Students explore the USDA's <i>MyPyramid For Kids</i>, become familiar with foods in the five food groups, and learn to choose a variety of nutritious snacks.</p>	<ol style="list-style-type: none"> <li>1. Understand that different types of food are needed for good health.</li> <li>2. Know that foods are classified into five food groups.</li> <li>3. Identify the food groups and give examples of foods in each group.</li> <li>4. Recognize that food packaging gives us important information for healthy eating.</li> </ol>	<ul style="list-style-type: none"> <li>☆Health</li> <li>☆Language Arts</li> <li>☆Art</li> <li>☆Math</li> </ul>

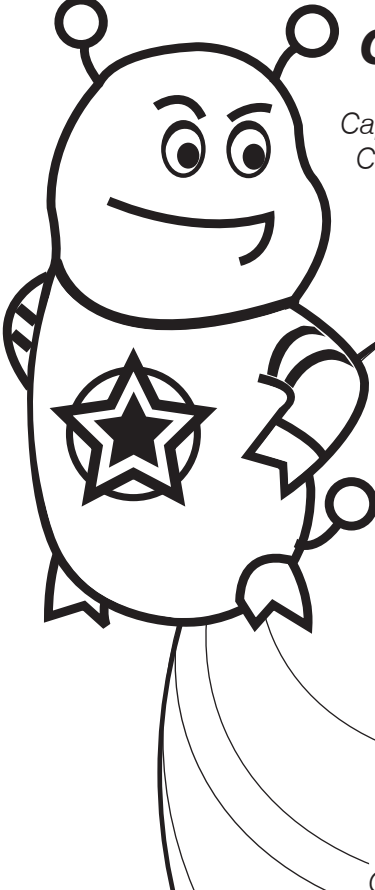
Adventures in wellness,  
created by dietitians

## Introducing the **L.A.U.N.C.H.**<sup>™</sup> Team

A group of aliens called the *L.A.U.N.C.H.*<sup>™</sup> Team has come from outer space to learn about Earthlings. They want to know all about our habits and how we grow and go. Their many questions about people on Earth have brought them from the farthest corners of the galaxy. And they would like us to help them in their journey! Let's learn a little bit more about our heroes:



### **CAPTAIN KIP**



*Captain Kip* is the leader of the *L.A.U.N.C.H.*<sup>™</sup> Team. *Captain Kip* has lots of confidence and likes to ask questions and share important information to help lead us through the Adventures.



### **GLUBBER**

*Glubber* is full of fun... get ready for a few laughs! *Glubber* has incredible shape-changing powers and can turn into just about anything to guide us and give us clues to help solve the Adventures.



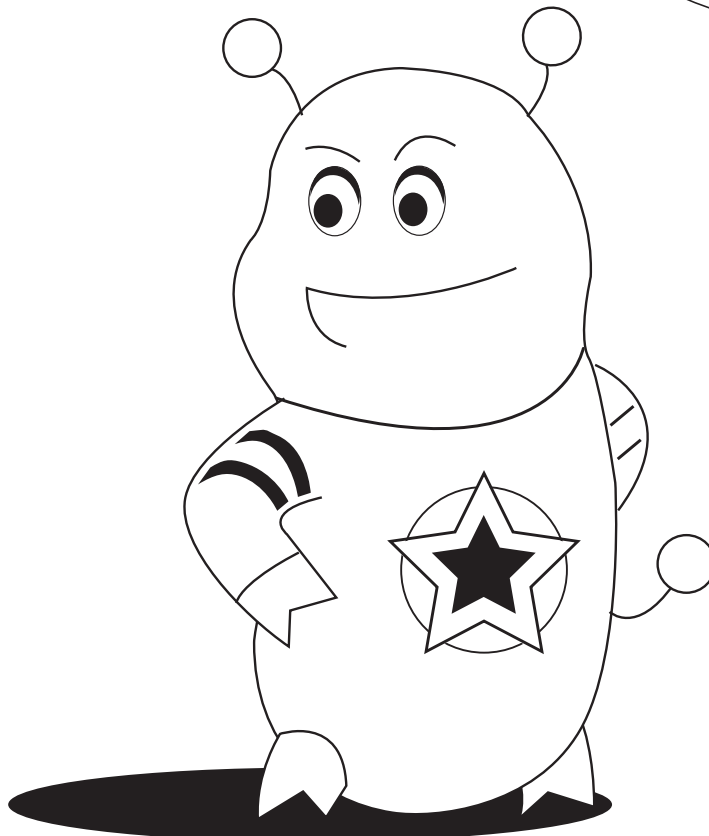
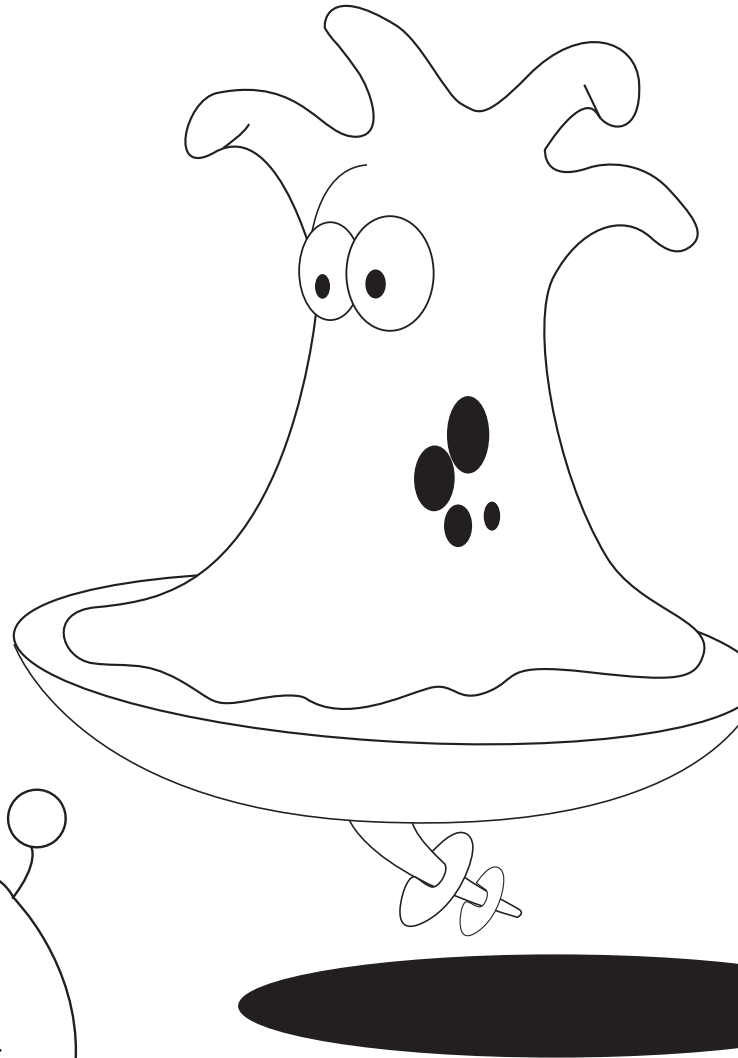
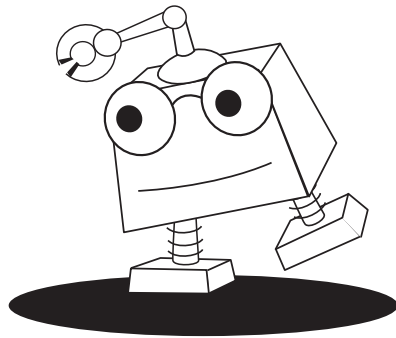
### **HANDY-BOT**

*Captain Kip* and *Glubber* built *Handy-Bot* to help them in their travels. With a "can-do" attitude, *Handy-Bot* loves to learn new things and is always ready to pitch in with tools to help carry out the Adventures.

## **PRESCHOOL VOCABULARY**

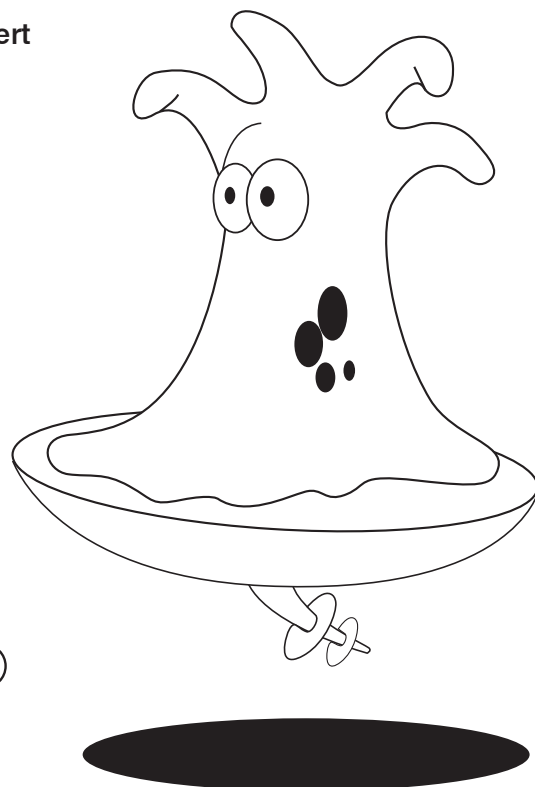
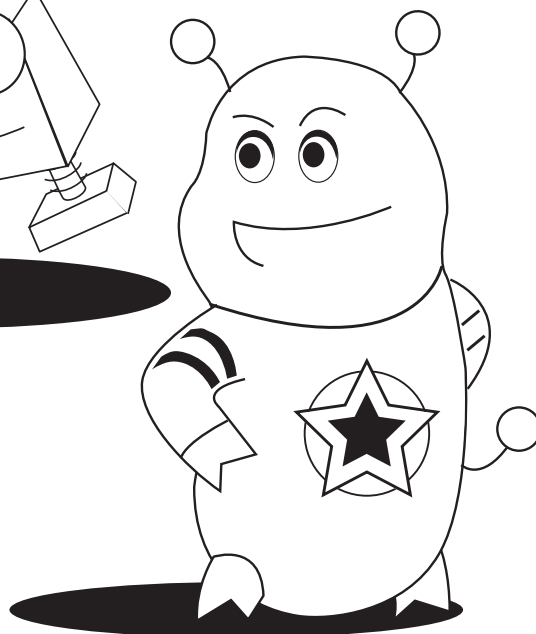
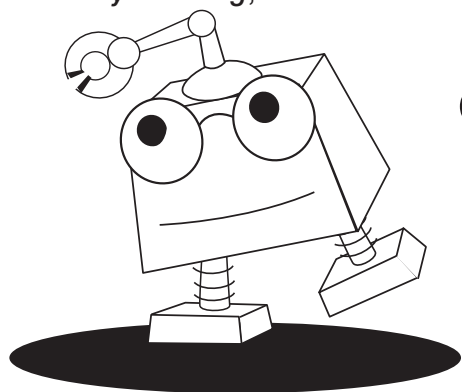
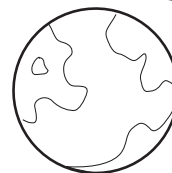
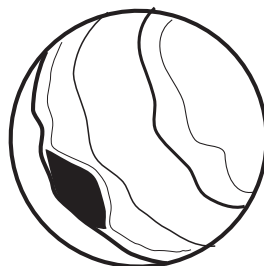
**Introduce some or all of the following words  
to your Preschool class.**

Nutrition  
Health  
Exercise  
Hydration  
Protein  
Dairy  
Grain  
Balanced  
Packaging  
Label  
Portion  
Serving  
Ingredients  
Prepare  
Fresh  
Seasonal



## RECOMMENDED READING

- ★ *The Vegetables We Eat*, Gail Gibbons
- ★ *Fruits*, Sara Anderson (a board book)  
*Vegetables*, Sara Anderson (a board book)
- ★ *Oh The Things You Can Do That Are Good For You*  
(from the Cat in the Hat's Learning Library), Tish Rabe
- ★ *I Will Never Not Ever Eat a Tomato* (Charlie and Lola), Lauren Child
- ★ *The Berenstain Bears and Too Much Junk Food*, Stan & Jan Berenstain
- ★ *The Very Hungry Caterpillar*, Eric Carle
- ★ *Little Pea*, Amy Krouse Rosenthal
- ★ *Eating The Alphabet: Fruits and Vegetables from A to Z*, Lois Ehlert
- ★ *Grover's Guide To Good Eating*, Naomi Kleinberg
- ★ *Your Tummy's Talking*, Jean Cochran





Adventures in wellness,  
created by dietitians

## ADVENTURE PLANS FOR PRESCHOOL **ADVENTURE 1** ONE OF A KIND AMAZING BODIES

*Students will explore and discover how each body  
and each person is unique.*



### **Learning Expectations:**

1. Recognize each person is special and unique.
2. Identify and describe major parts of the body.

### **Subject Links:**

Language Arts, Health, Art

### **Materials & Resources:**

- ☆ Paper
- ☆ Crayons
- ☆ Glue
- ☆ Butcher paper

### **Class Discussion:**

Each student is “one of a kind”! Note that it is important to accept and appreciate one another’s differences. Then explore the following characteristics to help students recognize they are each special and unique:

- ☆ cultural heritage
- ☆ favorite activities
- ☆ physical characteristics
- ☆ food preferences

### **Teaching Tip:**

Take every opportunity to make conversation with your students and learn what interests them. Tying your lessons to their interest areas is highly effective.

### **Activities:**

1. Introduce the *L.A.U.N.C.H.*™ Team and what makes each character special and unique. For example, *Kip* is the captain of the *L.A.U.N.C.H.*™

**L.A.U.N.C.H.**™  
resources for  
Preschool to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

*L.A.U.N.C.H.*™ is brought to you by the  
Registered Dietitians of the Kellogg Company.  
*L.A.U.N.C.H.*™ materials may be duplicated in whole  
without permission for educational purposes only.  
©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA.  
USDA does not endorse any products, services or organizations.

ADVENTURE PLANS FOR PRESCHOOL  
**ADVENTURE 1**  
ONE OF A KIND AMAZING BODIES



Adventures in wellness,  
created by dietitians

*Continued*

Team; *Glubber* is the wild and wacky first mate who can contort into different shapes; and *Handy-Bot* is a robot that can fix things with a vast array of tools. Then, in pairs, have students take turns telling each other something that's special and unique about themselves and each other.

2. Have each child lie flat and still on a large piece of butcher paper on the floor. An adult can trace around the silhouette of each child. The children can then draw in their facial features and clothing with crayons or markers. Hang the finished life-size portraits together in the classroom where children can admire and compare their unique bodies. (This activity could alternately be done outdoors with sidewalk chalk on a concrete area.)

L.A.U.N.C.H.™  
resources for  
Preschool to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

[www.kelloggsnutrition.com](http://www.kelloggsnutrition.com)

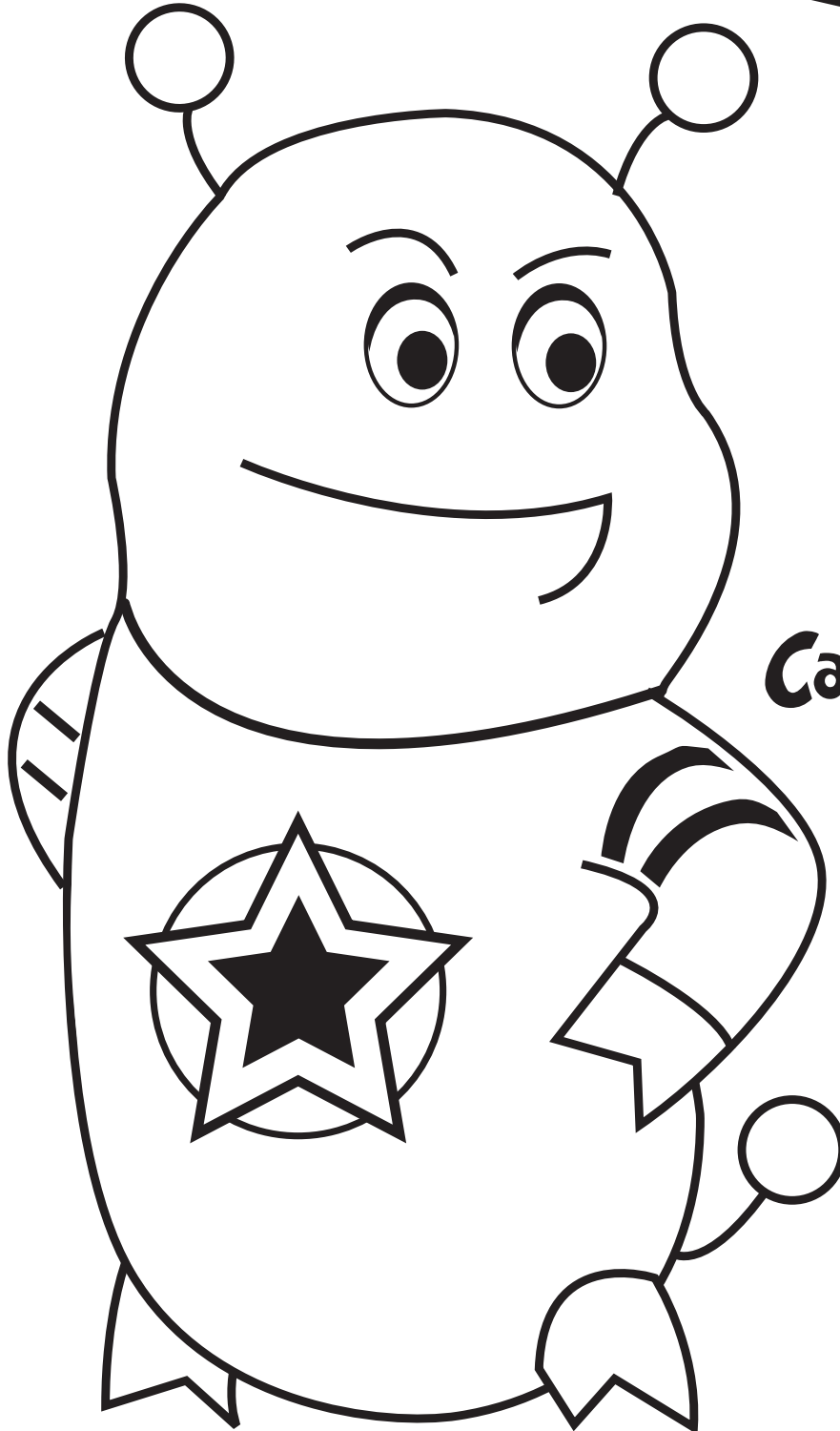
L.A.U.N.C.H.™ is brought to you by the Registered Dietitians of the Kellogg Company.  
L.A.U.N.C.H.™ materials may be duplicated in whole without permission for educational purposes only.  
©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA. USDA does not endorse any products,  
services or organizations.

*Kellogg's*  
NUTRITION™

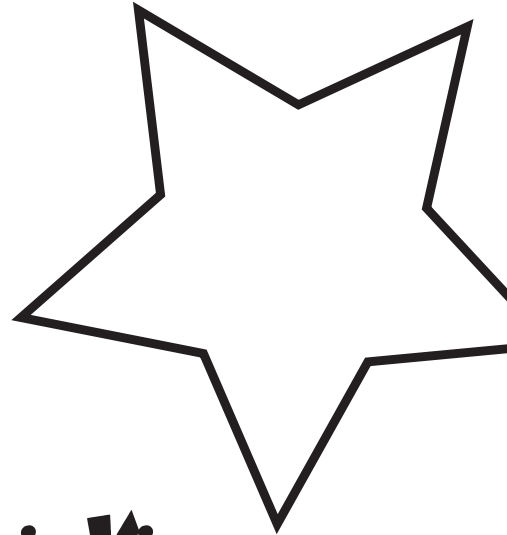
PAGE  
**7**

## Introducing the L.A.U.N.C.H.<sup>TM</sup> Team

This graphic can be reproduced, cut, and colored to make a paper puppet or display piece to enhance your lessons.



**Captain Kip**



## Introducing the **L.A.U.N.C.H.**<sup>TM</sup> Team

This graphic can be reproduced, cut, and colored to make a paper puppet or display piece to enhance your lessons.



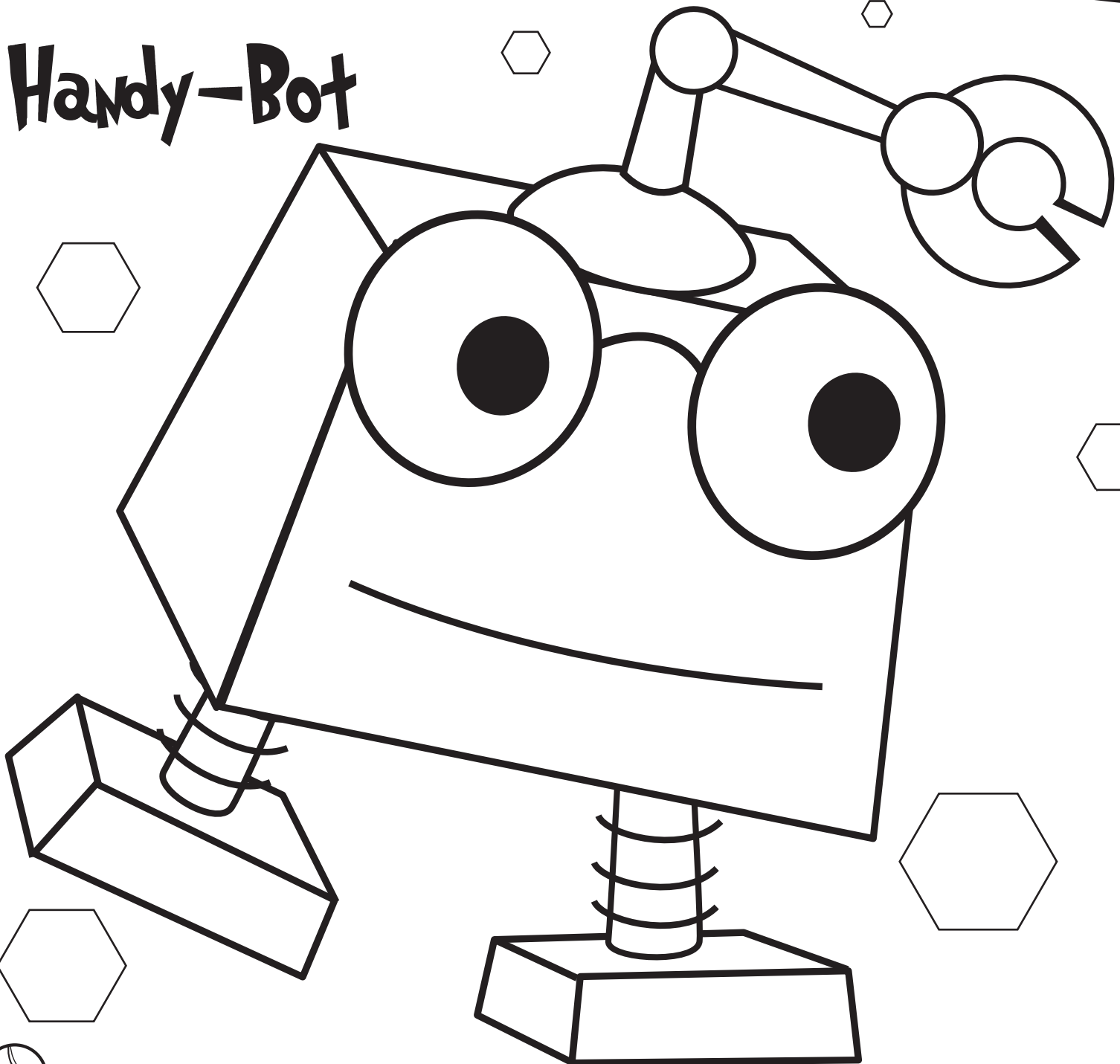
**Glubber**



## Introducing the L.A.U.N.C.H.<sup>TM</sup> Team

This graphic can be reproduced, cut, and colored to make a paper puppet or display piece to enhance your lessons.

# Handy-Bot





*Students explore daily habits for health including eating well, being active, eating breakfast, taking care of their teeth and getting enough sleep and rest.*

### Learning Expectations:

1. Identify daily habits for good health and growth (eating well, being active, eating breakfast, taking care of teeth and getting enough sleep).

### Subject Links:

Art, Health, Language Arts

### Materials & Resources:

- ☆ Crayons or markers

### Class Discussion:

The L.A.U.N.C.H.<sup>TM</sup> Team is curious to know how people and animals on Earth stay healthy. The following questions help students realize all living creatures require water, food, physical activity and rest for good health.

Ask students:

- ☆ What does the word “healthy” mean? How does your body feel when you are healthy?
- ☆ Who has pets? What do you do to take care of them?
- ☆ What do all people and animals need to stay healthy?
- ☆ What do you do to stay healthy each day?

### Teaching Tip:

Taking care of animals at home or in the classroom is a fun way for students to learn about basic needs for health including food, water, activity, rest and keeping clean.

### Activities:

#### 1. If You Are a Healthy Eater - Clap Your Hands!

Sing a song to the tune of “If You’re Happy and You Know It” to encourage students to enjoy healthy eating habits:

*If you ate a healthy breakfast...clap your hands!*

*If you ate a healthy breakfast...clap your hands!*

*If you ate a healthy breakfast...and you know it was the greatest*

*If you ate a healthy breakfast...clap your hands!*

Continue the song with three more verses by substituting the words “lunch,” “snack” and “dinner” for the word “breakfast” and other actions such as “stomp your feet” for “clap your hands.” You can also add a “If you drank lots of water...” verse.

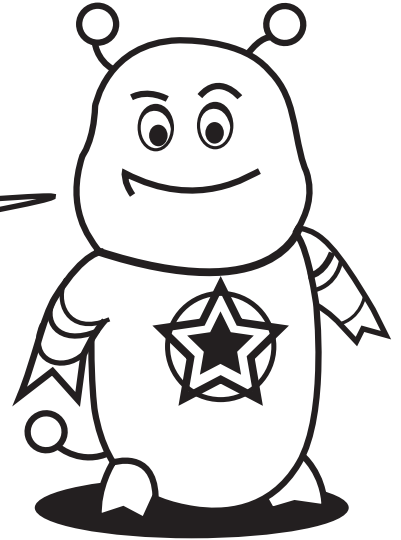
2. Two coloring pages are included on the following pages. Discuss the healthy habits, as pictured, with your students.

L.A.U.N.C.H.<sup>TM</sup>  
resources for  
Preschool to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

L.A.U.N.C.H.<sup>TM</sup> is brought to you by the Registered Dietitians of the Kellogg Company. L.A.U.N.C.H.<sup>TM</sup> materials may be duplicated in whole without permission for educational purposes only. ©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA. USDA does not endorse any products, services or organizations.

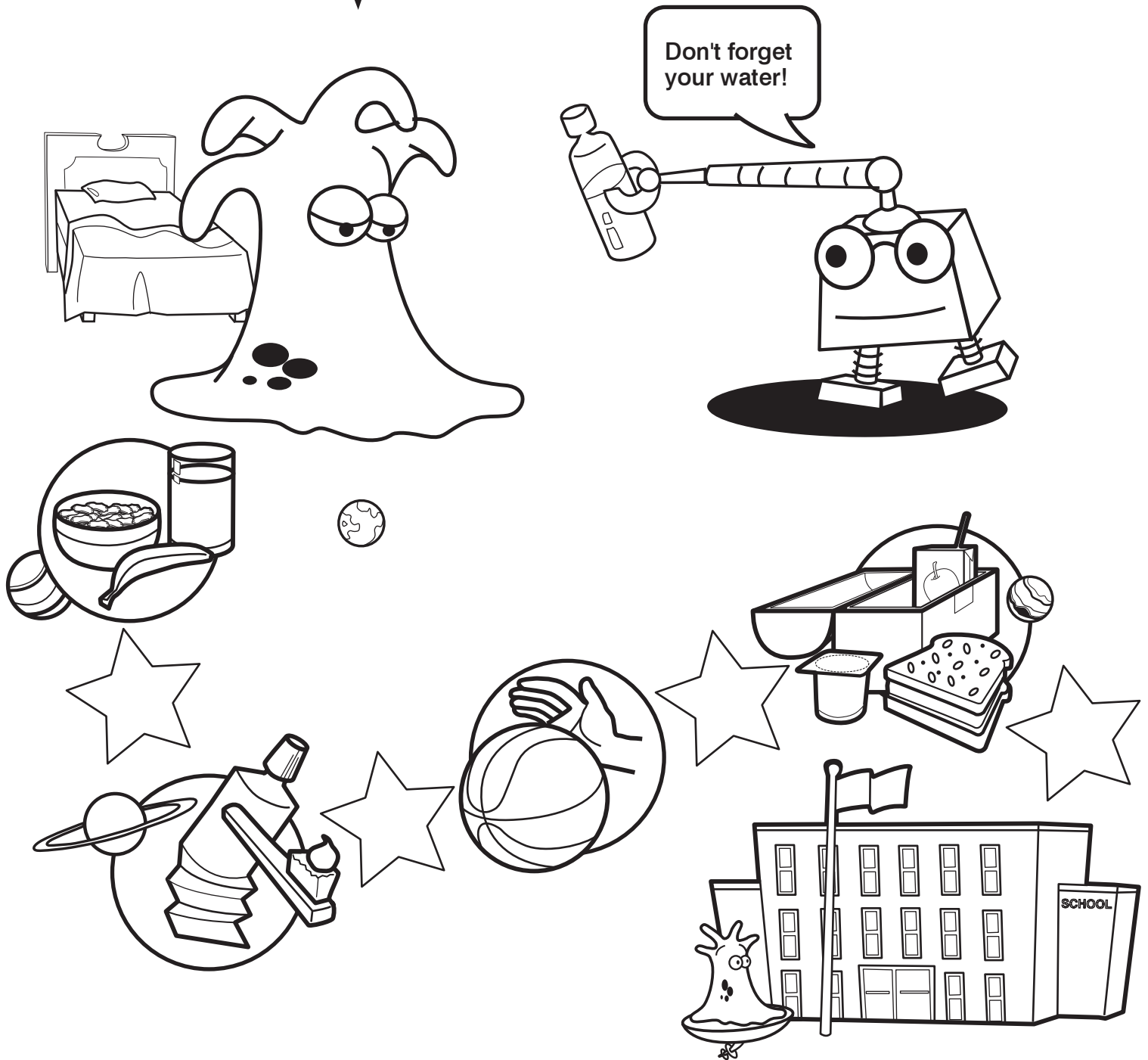


Start your day the healthy way!  
Help *Glubber* find the healthy way to  
school. Color in all the healthy habits  
along the way.



Adventures in wellness,  
 created by dietitians

STUDENT ADVENTURES FOR PRESCHOOL  
**ADVENTURE 2**  
 START YOUR DAY THE HEALTHY WAY



How many healthy habits did you color? \_\_\_\_\_

Adventures in wellness,  
created by dietitians

*Students explore healthy eating habits and how eating well gives them energy, and helps them grow, learn and feel good.*



### Learning Expectations:

1. Recognize nutritious foods are needed for energy and to grow, learn and feel good.
2. Identify healthy eating habits; e.g. eating a variety of foods, a balanced breakfast, lunch and dinner, choosing healthy snacks, and drinking water.

### Subject Links:

Language Arts, Health, Art

### Materials & Resources:

- ☆ Class list
- ☆ Paper
- ☆ Crayons or markers

### Class Discussion:

The following questions can help students recognize that just as a spaceship needs fuel to take off, their bodies need food for energy and nutrients to go, grow and glow.

- ☆ What would happen if a spaceship tried to take off without any fuel?
- ☆ Have you ever had to go without breakfast? How did your body feel later on in the morning when you started your day without fueling up with breakfast?

- ☆ What if you missed lunch, dinner or snacks? How would your body feel?
- ☆ How would you feel if you did not have anything to drink all day?

### Teaching Tip:

Foods come in all kinds of interesting colors, shapes, and sizes with a variety of tastes and smells to explore. Help children develop healthy relationships with food by encouraging them to enjoy a variety of foods, rather than labelling individual foods as good or bad. Remember all foods can fit into healthy eating!

### Activities:

1. Enjoying a variety of foods gives us energy and nutrients to grow and learn. Read a book such as *Eating the Alphabet*, by Lois Ehlert, to encourage students to enjoy a variety of foods. As you read, ask students to name some additional foods that begin with each letter.
2. Make a large list of students names. During circle time call on each individual child to choose a square from the prepared pile that represents what he/she ate for breakfast. Students can attach their breakfast food beside their name. Teachers can reproduce the sample squares on page 13 and have multiples prepared. Some blanks can also be included for students to draw their own breakfast foods.
3. Take Off with Breakfast. Ask students to color in pictures of some of their favorite foods in each food group to help fuel the *L.A.U.N.C.H.*<sup>TM</sup> spaceship on this activity sheet (page 14). When they are finished, each student can take their activity sheet home to display on their refrigerator.

**L.A.U.N.C.H.**<sup>TM</sup>  
resources for  
Preschool to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

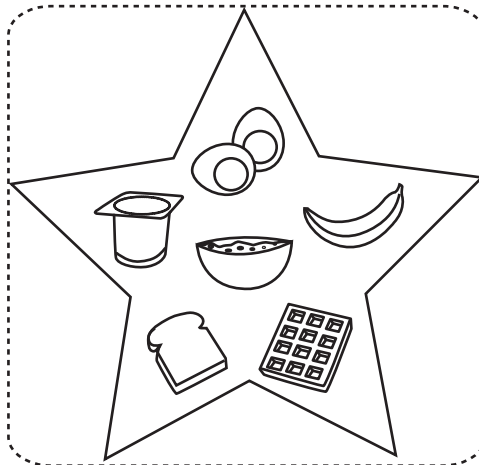
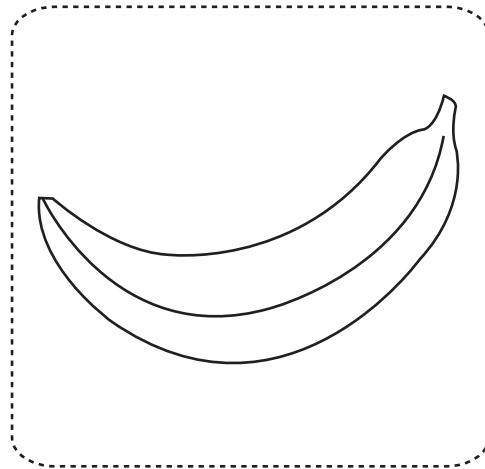
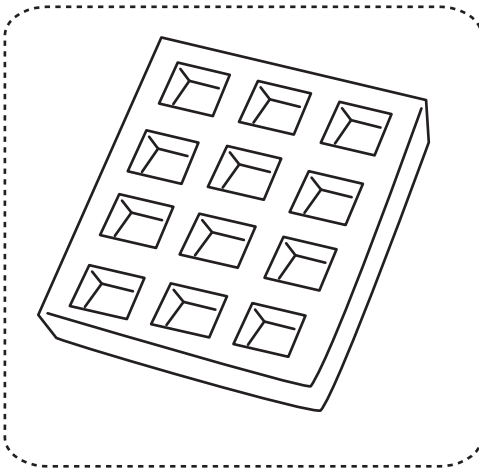
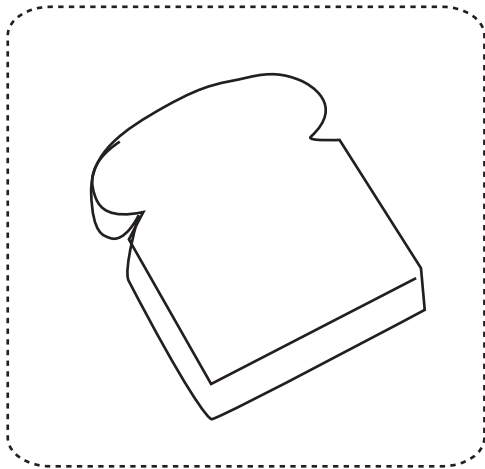
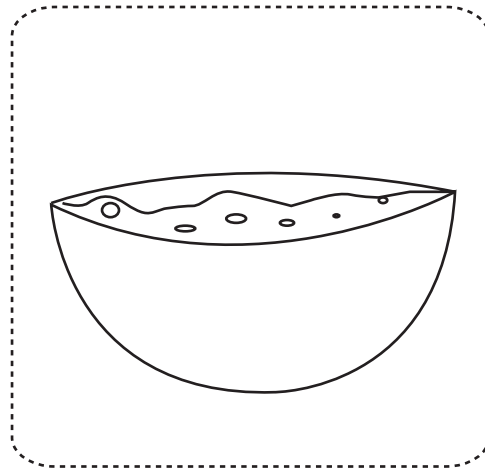
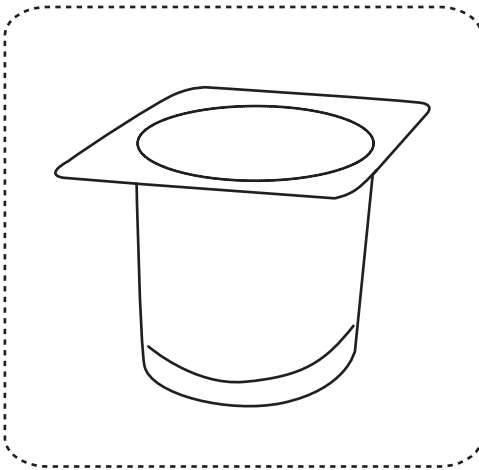
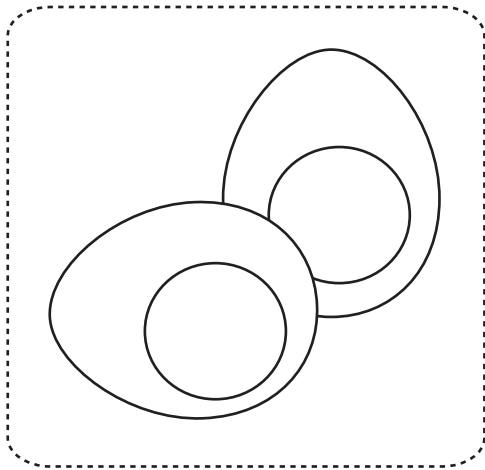
*L.A.U.N.C.H.*<sup>TM</sup> is brought to you by the Registered Dietitians of the Kellogg Company. *L.A.U.N.C.H.*<sup>TM</sup> materials may be duplicated in whole without permission for educational purposes only. ©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA. USDA does not endorse any products, services or organizations.

ADVENTURE PLANS FOR PRESCHOOL  
**ADVENTURE 3**  
BLAST OFF WITH HEALTHY EATING



Continued

Adventures in wellness,  
created by dietitians



[www.kelloggsnutrition.com](http://www.kelloggsnutrition.com)

**L.A.U.N.C.H.™**  
resources for  
Preschool to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

L.A.U.N.C.H.™ is brought to you by the Registered Dietitians of the Kellogg Company.  
L.A.U.N.C.H.™ materials may be duplicated in whole without permission for educational purposes only.  
©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA. USDA does not endorse any products,  
services or organizations.

★  
PAGE  
**15**



Adventures in wellness,  
 created by dietitians



Eating breakfast gives you energy to start your day!  
 Color the foods you like to eat for breakfast.





## ADVENTURE PLANS FOR PRESCHOOL **ADVENTURE 4** DISCOVERING FOODS IN CATEGORIES

*Students explore USDA's MyPyramid For Kids, become familiar with foods in the five food groups, and learn to choose a variety of nutritious snacks.*

Adventures in wellness,  
created by dietitians



### **Learning Expectations:**

1. Understand that different types of food are needed for good health.
2. Know that foods are classified into five food groups.
3. Identify the food groups and give examples of foods in each group.
4. Recognize that food packaging gives us important information for healthy eating.

### **Subject Links:**

Health, Language Arts, Art, Math

### **Materials & Resources:**

- ☆ Paper plates
- ☆ Old grocery flyers and food magazines
- ☆ Paint
- ☆ Glue

### **Class Discussion:**

The *L.A.U.N.C.H.*™ Team is hungry for some healthy snacks. Brainstorm nutritious snack ideas, including a variety of foods from the five food groups in USDA's *MyPyramid For Kids*. Before beginning, use colored construction paper to cut out five "planets." Label each with the corresponding food group name and tape to a wall in the classroom.

- ☆ Introduce *L.A.U.N.C.H.*™ and emphasize the important of choosing a variety of foods from each food group.
- ☆ Let students take turns naming a favorite snack from each food group.
- ☆ Ask students which food group the snack belongs to and write it down in the appropriate "planet." Some may be combination foods that belong to more than one food group such as a sandwich, pizza or cheese and crackers.

### **Teaching Tip:**

1. The information found on the food labels on packaged foods, such as the list of ingredients and nutrition information, can help us make informed food choices. Students in Preschool can begin to learn about the kinds of information they may find on food packaging. They can also learn to recognize the Nutrition Facts labels on packaged foods. As they get older they can learn to read and use the nutrition information on food labels. Nutrition Facts labels are now mandatory on most packaged foods. Food manufacturers must use standard formats for the Nutrition Facts labels, making them easier to recognize and read. It is important that students understand that many foods without a food label or Nutrition Facts label, such as fresh vegetables and fruit, are healthy choices as well. Learn more about nutrition labeling at [www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)
2. Teach children that food choices that are high in calories, fat, sugar and salt should be limited but can be enjoyed at times. Focusing on nutritious foods from the five food groups in USDA's *MyPyramid For Kids* will help children learn how to adopt a healthy eating pattern.

L.A.U.N.C.H.™  
resources for  
Kindergarten to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

L.A.U.N.C.H.™ is brought to you by the  
Registered Dietitians of the Kellogg Company.  
L.A.U.N.C.H.™ materials may be duplicated in whole  
without permission for educational purposes only.  
©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA.  
USDA does not endorse any products, services or organizations.

ADVENTURE PLANS FOR PRESCHOOL  
**ADVENTURE 4**  
DISCOVERING FOODS IN CATEGORIES

*Continued*



**LEARNING AND UNDERSTANDING  
NUTRITION, CHOICES & HEALTH**

Adventures in wellness,  
created by dietitians

**Activity:**

1. Provide each child with a paper plate. They can paint the center of the plate any color they choose, if this is desired. Provide children with a wide variety of cut-out food pictures, and some flyers or magazines available for children to cut more. Ask each child to choose 4 foods to fill their plate in order to make a balanced meal.
2. On the following pages are planets representing each food group. Teachers can hang the colored planets from string in order to make a complete grouping of food planets.

**Allergy Awareness:** To ensure safety, always check with students and their parents for any food allergies before activities that involve bringing foods or food packaging into the classroom. The ingredient list found on food labels is especially useful for identifying ingredients that may cause an allergic reaction.

**Allergy and Anaphylaxis Resource:**

☆ Food Allergy & Anaphylaxis Network School Program:  
[www.foodallergy.org](http://www.foodallergy.org)

**L.A.U.N.C.H.™**  
resources for  
Kindergarten to  
Grade 8 are available at  
[kelloggsnutrition.com](http://kelloggsnutrition.com)

L.A.U.N.C.H.™ is brought to you by the Registered Dietitians of the Kellogg Company.  
L.A.U.N.C.H.™ materials may be duplicated in whole without permission for educational purposes only.  
©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA. USDA does not endorse any products,  
services or organizations.

[www.kelloggsnutrition.com](http://www.kelloggsnutrition.com)



*Kellogg's*  
NUTRITION™

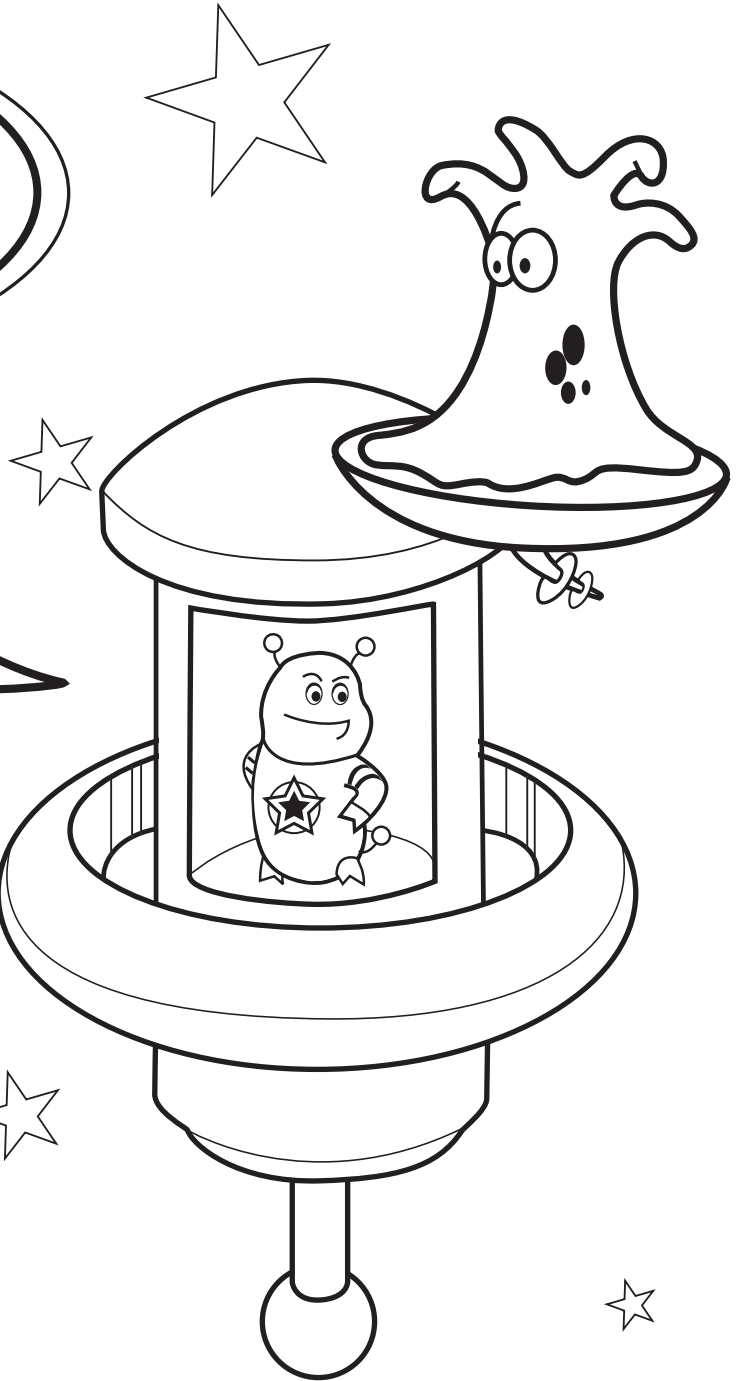
Adventures in wellness,  
created by dietitians



**First, color each planet.**  
**Second, color any foods**  
**you like to eat.**

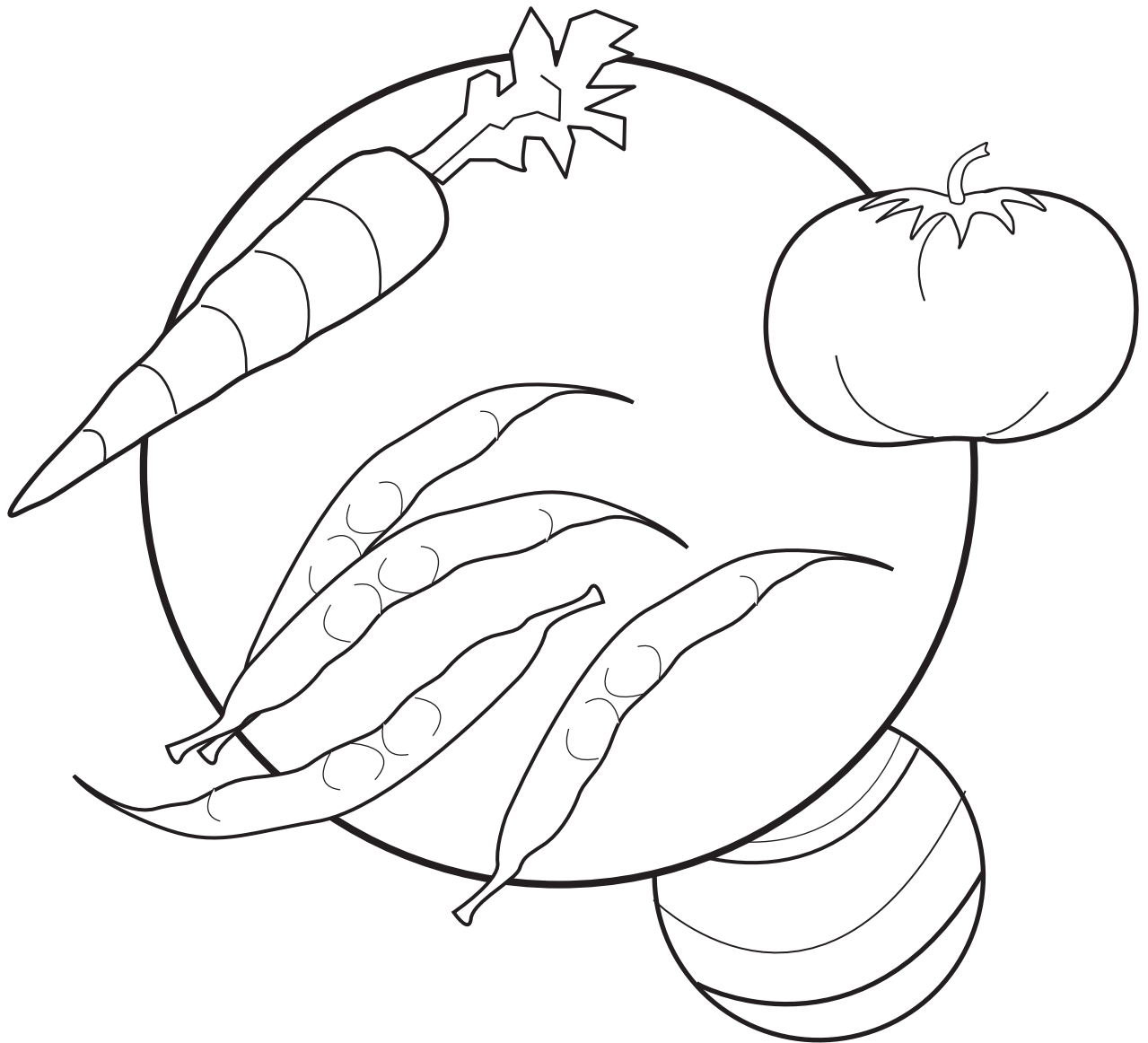


Help *Glubber*  
choose foods from  
the five food groups  
for healthy eating.





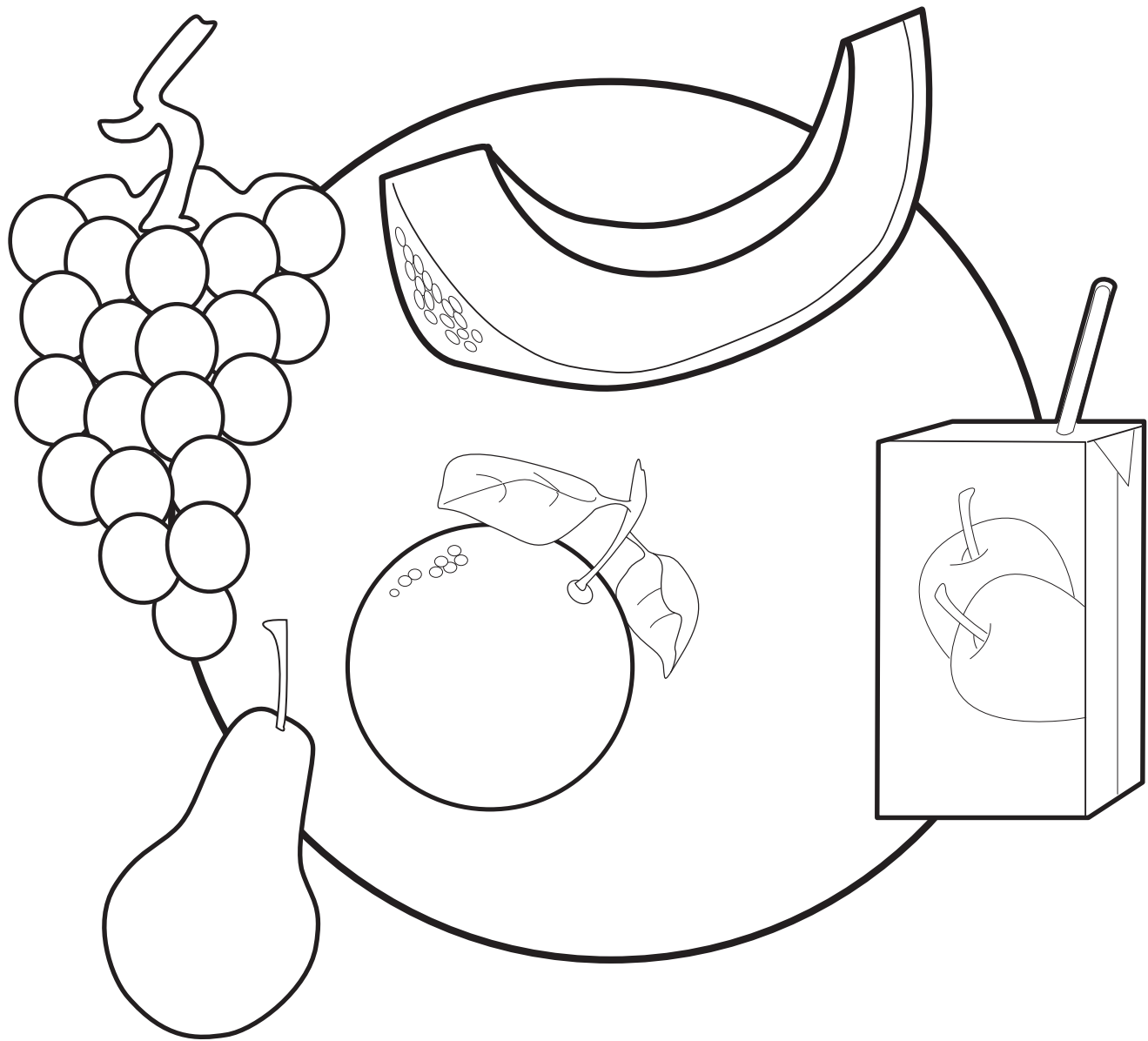
Color the Vegetables  
planet green.



Adventures in wellness,  
created by dietitians

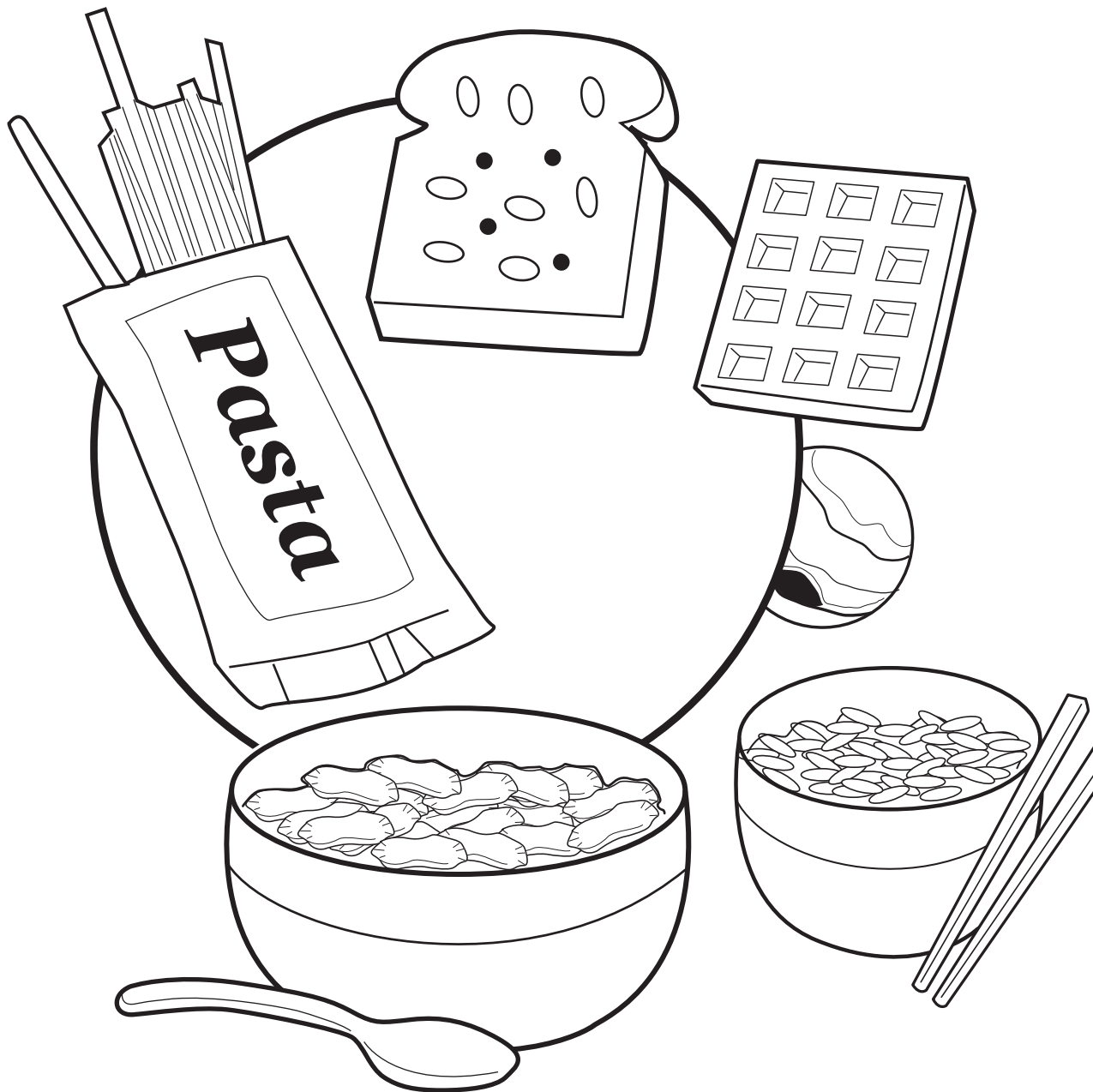


Color the  
Fruit planet red.



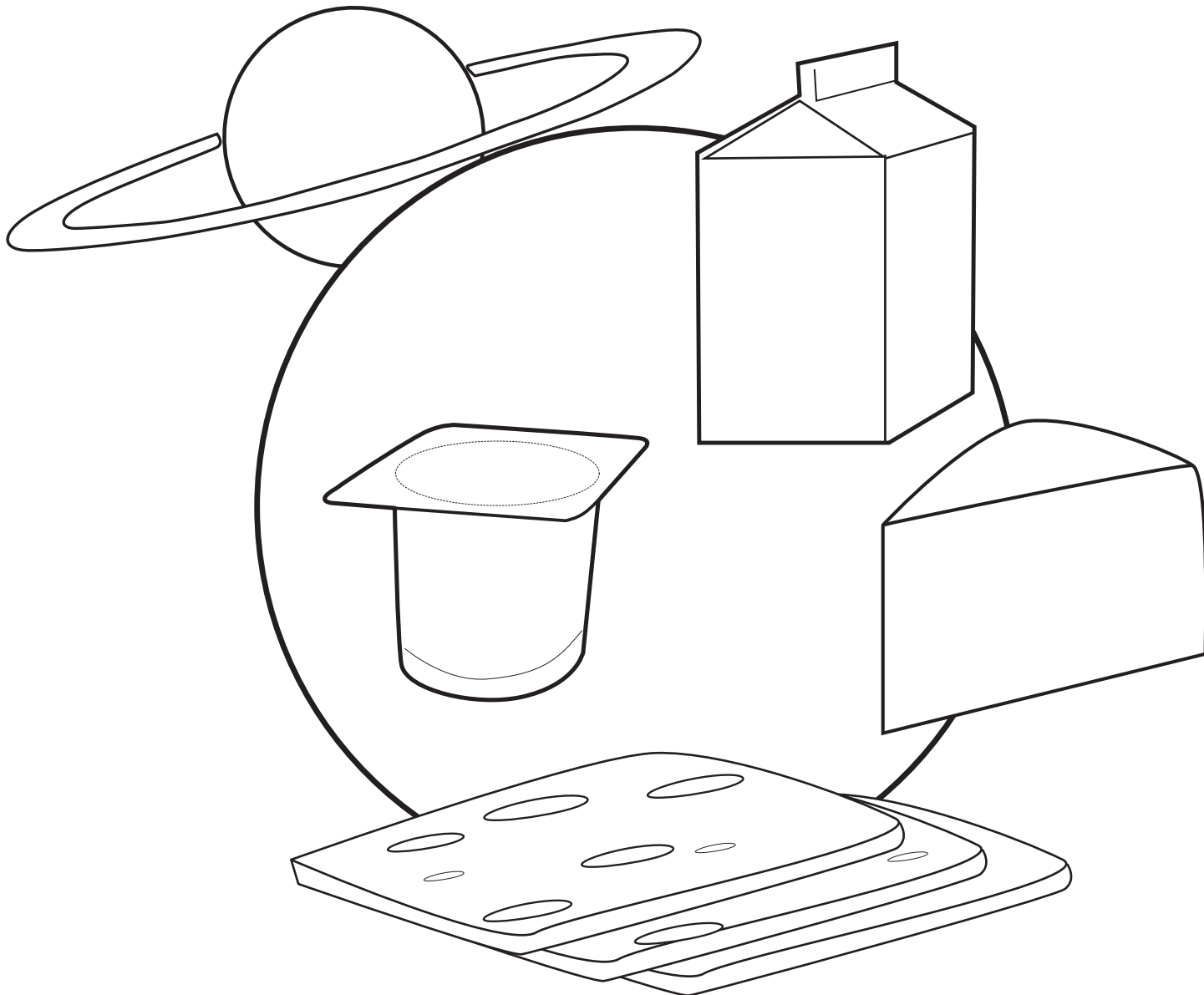


## Color the Grain Products planet orange.



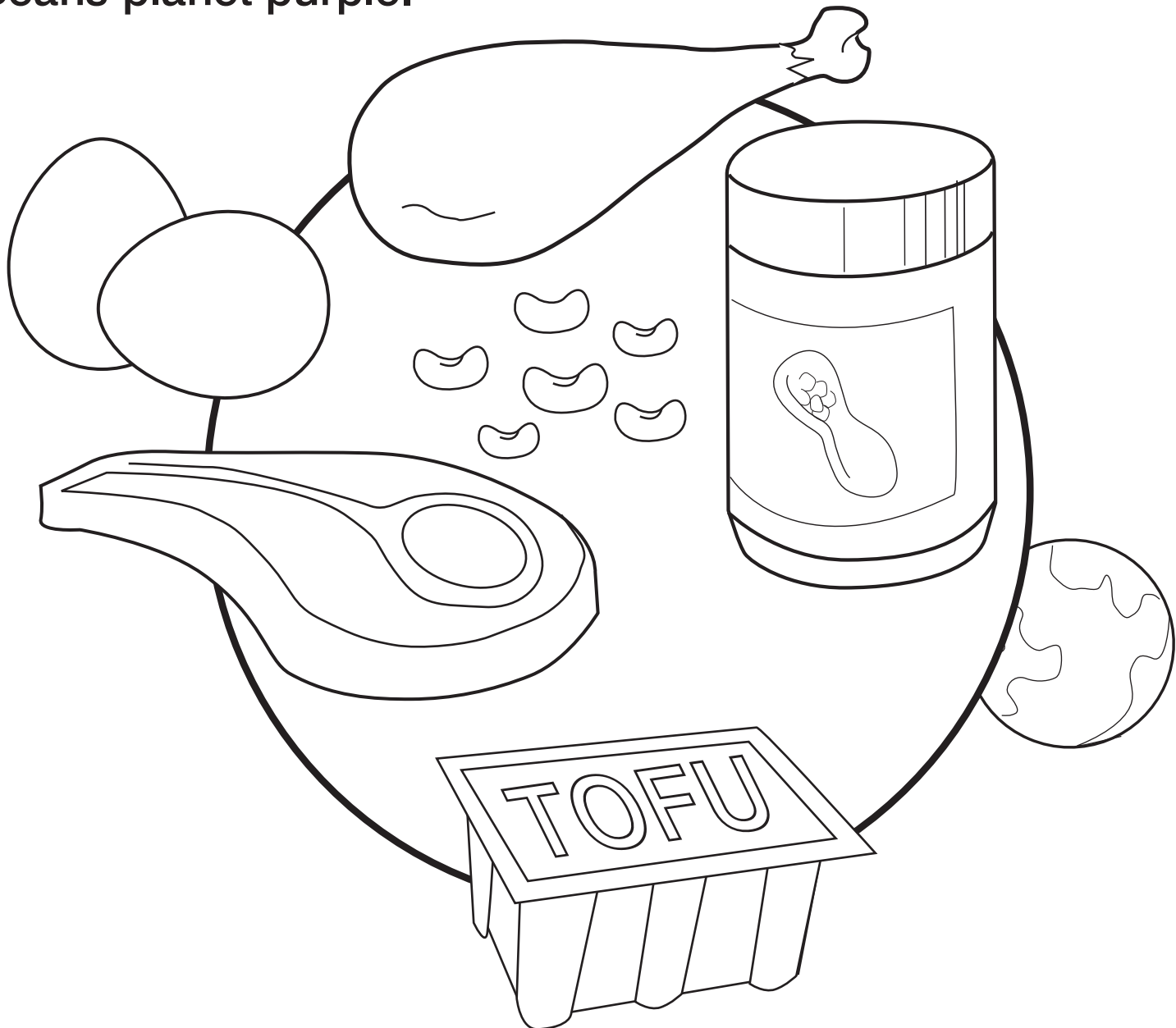


## Color the Milk Products planet blue.





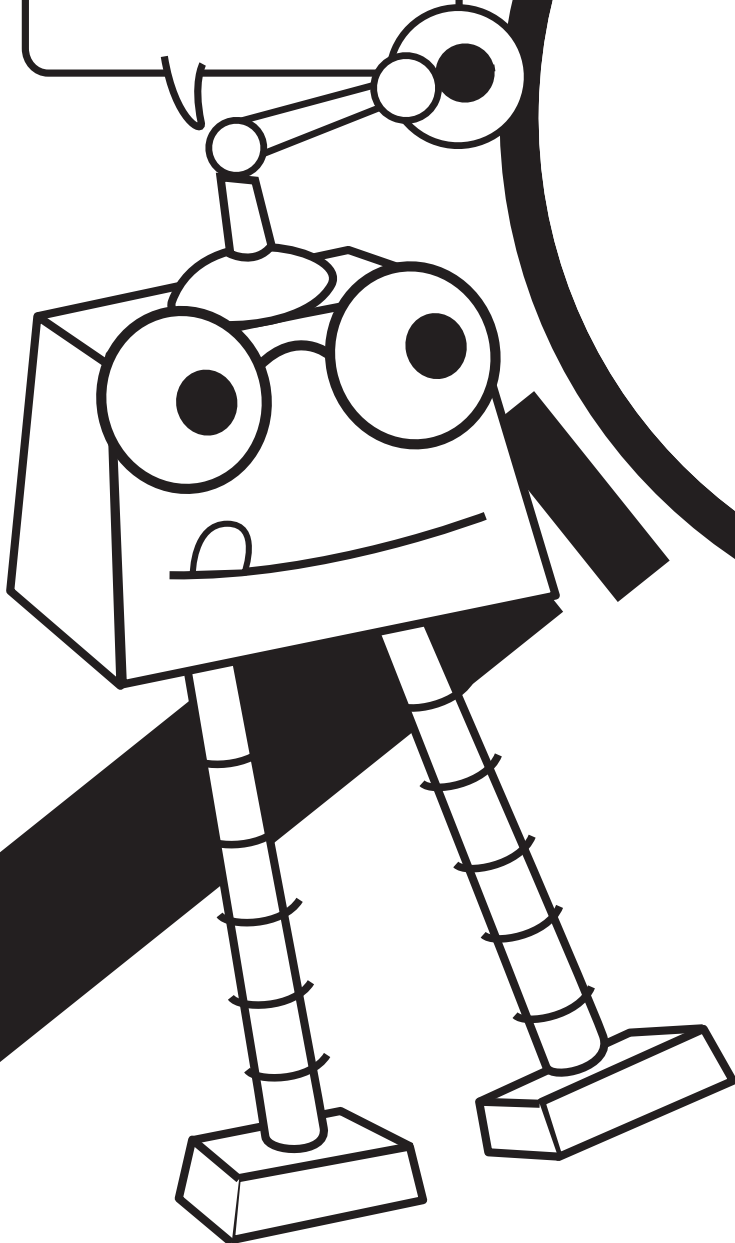
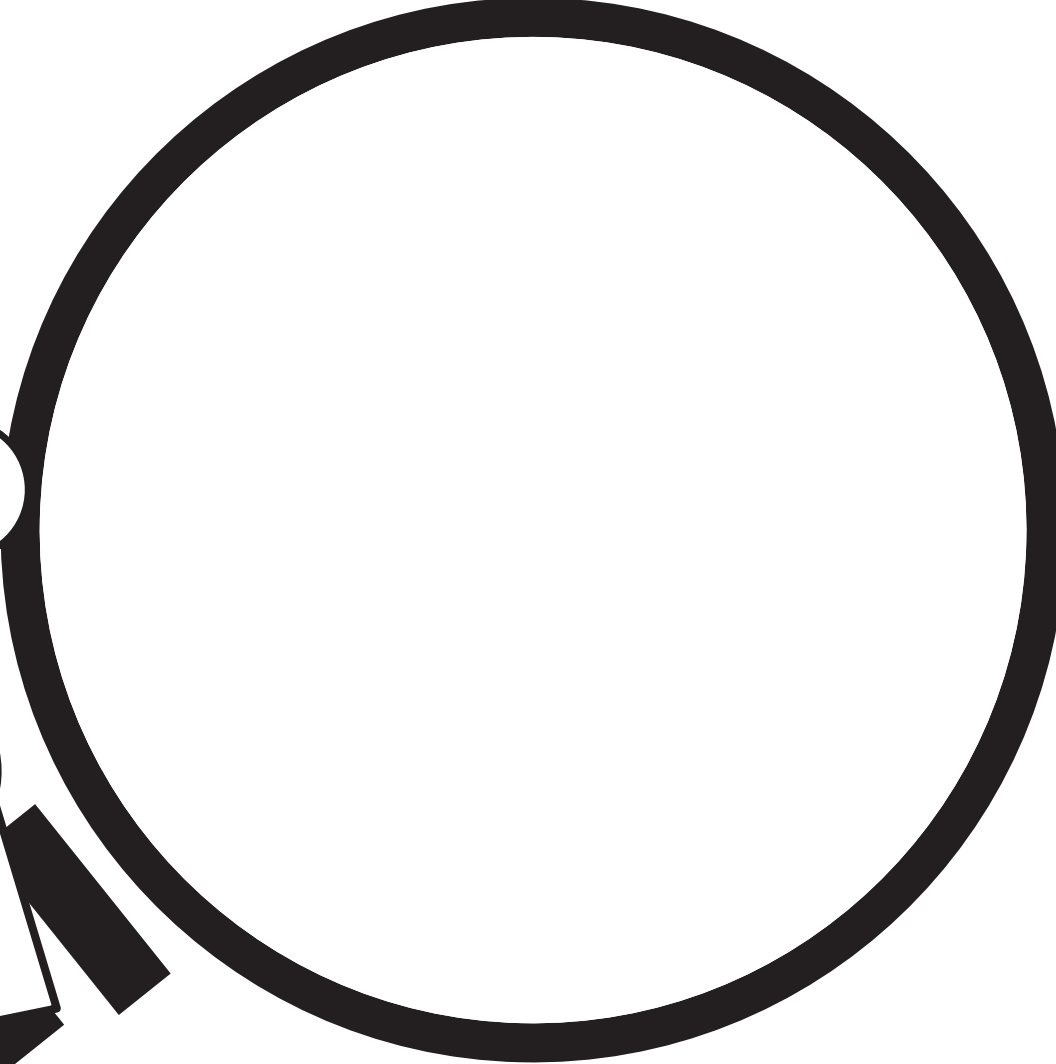
Color the Meat &  
Beans planet purple.



Adventures in wellness,  
created by dietitians



Draw a picture of  
a favorite healthy  
food.



L.A.U.N.C.H.<sup>TM</sup> is brought to you by the  
Registered Dietitians of the Kellogg Company.  
L.A.U.N.C.H.<sup>TM</sup> materials may be duplicated in whole  
without permission for educational purposes only.  
©, TM, ©2008 Kellogg NA Co. MyPyramid is property of USDA.  
USDA does not endorse any products, services or organizations.

Dear Parents/ Guardians:

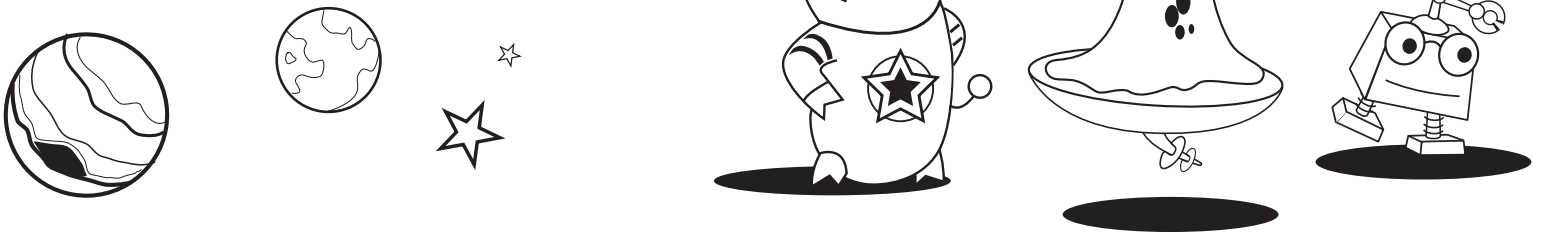
This year, our class will be embarking on *L.A.U.N.C.H.*<sup>™</sup>, an exciting education program created by Registered Dietitians to promote children's healthy growth and development.

Preschool children are at an ideal age to begin healthy habits that will grow with them throughout a lifetime. *L.A.U.N.C.H.*<sup>™</sup> introduces children to nutrition and fitness concepts and vocabulary. Children will be encouraged to eat well, be active, and feel good about their bodies.

The attached pages are filled with important nutrition facts. It can help you and your family to make informed decisions for your health.

You can find out more about the *L.A.U.N.C.H.*<sup>™</sup> program, as well as more healthy living tips for the whole family at [www.kelloggsnutrition.com](http://www.kelloggsnutrition.com).

Wishing you and your family good health!



## IDEAS FOR FAMILIES

- ★ While at the family table, discuss types of foods you are sharing. Which ones taste sweet, salty or sour? Which foods grow in the ground or on a tree? Which foods were prepared from ingredients? Discuss the different colors, textures, and shapes.
- ★ While bathing or dressing your children, help them to identify their body parts. Talk about the differences of each person. For example, "your hair is brown, but your sister's hair is blonde" or perhaps, "your feet are small, but daddy's feet are long".
- ★ Plan physical activities that are fun and beneficial for the whole family. Get your family involved with swimming lessons, tee-ball, or youth sports in your area. Make exercise a regular event in your home.

## PRESCHOOL

### Valuable Information for Parents of Preschool Children

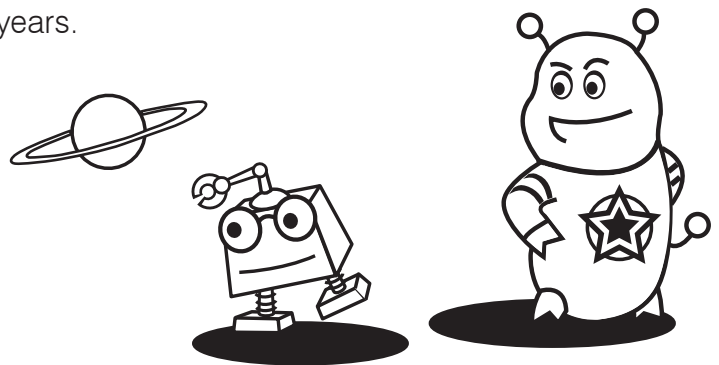
#### HEALTHY EATING FOR CHILDREN

Healthy eating provides children with the energy and nutrients they need to grow, to learn and to feel good. Children can learn healthy eating habits from a young age. These include enjoying a variety of foods for breakfast, lunch and dinner, choosing healthy snacks and drinking plenty of water and other fluids. USDA's *MyPyramid For Kids* emphasizes the importance of enjoying a variety of foods from each food group every day. Exploring foods from other cultures may interest children in trying new foods and may help to expand the variety of foods they enjoy.

#### Nutritious Choices

Children can learn healthy eating habits by choosing foods from the five food groups in USDA's *MyPyramid For Kids*: Grains, Vegetables, Fruits, Milk Products and Meat & Beans. The amount of food children need depends on their age. Keep in mind that young children have small stomachs so they need to eat small amounts of food more often throughout the day. This chart shows the recommended number of Food Group Servings for moderately active children 4 to 8 years.

FOOD GROUP	SERVINGS (per day)
Grains	5 oz. equivalents
Vegetables	1 1/2 - 2 cups
Fruits	1 1/2 cups
Milk Products	2 cups
Meat & Beans	4 - 5 oz. equivalents



#### Food for Fuel

It's important for children to fuel up with nutritious foods at meals and snacks throughout the day and to drink water regularly as well as milk and 100% juice to stay hydrated. Children who don't get energy and essential nutrients may feel tired, weak and have a hard time paying attention in class. Being active helps maintain a healthy energy balance and develop strong, healthy bodies.

#### The Importance of Breakfast

The USDA's *MyPyramid For Kids* recommends "start smart with breakfast," everyday. Breakfast is often referred to as the most important meal of the day. Eating breakfast provides the body with energy and essential nutrients and can help improve attention, classroom behavior and school performance. Eating breakfast may help to control hunger later in the morning and regular breakfast eating is also associated with healthy weights. People who skip breakfast often don't make up for those missed nutrients later in the day. Breakfast should provide about 25% of daily energy and nutrient needs. A balanced breakfast includes at least three of the five food groups.

Preschool

## **Valuable Information for Parents of Preschool Children** (Continued)

### **Less Healthy Food Choices**

The *2005 Dietary Guidelines for Americans* encourages children to limit food and beverage choices that are high in calories, fat, saturated fat, cholesterol, sugar and salt (sodium) but low in essential nutrients like fiber, vitamins and minerals. These include cakes, cookies and pies, regular soft drinks, sugars and candy, fruit drinks (fruitades and fruit punch), ice cream, and fried foods and salty snacks including French fries, potato chips, corn chips and tortilla chips. These foods should be limited but can be enjoyed at times.

### **Fat for Children**

The *2005 Dietary Guidelines for Americans* encourages people to limit intake of fats and oils high in saturated fat and keep *trans* fats as low as possible. However, fat is a key source of energy (calories) for children's healthy growth, development and activity needs. Encourage children to choose low-fat or fat-free nutritious foods. For example, nutrient rich foods that are low in fat include fiber-rich whole grain foods, low-fat milk and yogurt and lean meat. Following the USDA's *MyPyramid* overarching theme, eat a variety of foods from all food groups and eat foods high in fats with moderation.

### **Sugar for Children**

The *2005 Dietary Guidelines for Americans* encourages people to choose and prepare foods and beverages that are "nutrient-dense" – meaning they provide important nutrients to the diet rather than just calories. Foods that are high in sugar but low in essential nutrients (like doughnuts, cakes and candy) should be enjoyed in limited amounts because they may replace foods that provide important nutrients. It is also important to recognize that some foods with added sugars can actually deliver important nutrients to kids (such as milk, yogurt or cereal) - rather than displace them.

### **Foods Lower in Salt (Sodium)**

The *2005 Dietary Guidelines for Americans* encourages people to choose and prepare foods with little salt. At the same time, foods high in potassium, such as vegetables and fruits, should be encouraged. Some foods that can be high in sodium include pizza, salad dressings, soup, frozen and canned foods, salsa, potato chips, tortilla chips and pretzels.

### **Water Wise**

Water is an essential nutrient. Children should be encouraged to drink water regularly to quench their thirst, especially before and after active play and sports. Most fluids (e.g., milk and juice) and many foods (e.g., fruits) are great sources of water. However, plain water quenches thirst, is inexpensive and when fluoridated may help prevent tooth decay.

### **Food Guide Facts**

For more information on healthy eating, see <http://www.mypyramid.gov/kids/>.

### **Physical Activity**

For more information on active living, visit <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm>.

