

Happy Healthy Me Jeopardy Game - Questions

Kids on the Move	MyPlate	Age Appropriate Mealtimes Practices	Curriculum Content	Nutrition For 4-6 year olds	Featured Books
<ul style="list-style-type: none"> Exercise to grow strong & healthy and Drink water everyday, especially when exercising 	The purpose of MyPlate	Enhances small muscle coordination and builds confidence	Number of lessons in Happy Healthy Me	Three places where the majority of 4-6 year old nutrition education occurs	Two Eggs Please!
<ul style="list-style-type: none"> Overall health Stimulate learning Higher level of academic achievement Greater creativity 	Peas and pies	Children should decide how to eat	Goal of Happy Healthy Me	<ul style="list-style-type: none"> Connection between nutrition & health Names & sources of food Exercise for a strong heart 	Featured book for the Fruit Group
The 11 animals in From Head to Toe	Fruits and Vegetables	At least three serving skills 4-6 year olds can do	Six of the 13 elements contained in each lesson	Four examples of activity-based nutrition education deliveries	Book title & food safety message are the same
Children are more prone to dehydration	Activity that actively engages children in sorting the foods found on MyPlate	At least 5 food preparation skills 4-6 year olds can do	Two elements that emphasize language development	Two reasons why activity-based deliveries should be used to teach 4-6 year olds	Gets you in the garden
Playing with dancing streamers	In this lesson, children learn that eating healthy foods helps them to...	Develops the following: <ul style="list-style-type: none"> Positive attitude towards healthy food & nutrition Language & vocabulary Math and problem-solving skills Small and large motor skills Social skills 	Curriculum is correlated to these developmental expectations	Three examples of food-based deliveries for 4-6 year old nutrition education	Title requires you to put your lips on an animal

Happy Healthy Me Jeopardy Game - Answers

Kids on the Move	MyPlate	Age Appropriate Mealtime Practices	Curriculum Content	Nutrition For 4-6 year olds	Featured Books
The two goals of the Lesson—Kids on the Move	To show how to implement the recommendations of the 2010 Dietary Guidelines	Why children should serve themselves at snack and mealtime	Nine	Home Preschool/school Childcare	Featured book of the Protein group
Why exercise is important for 4-6 year olds	What fleas and flies brought to the feast	Because children's appetites may vary	Young children will develop healthy eating and physical activity habits that last a lifetime	Things 4-6 year olds can learn	Lunch
<ul style="list-style-type: none"> • Gorillas • Penguins • Crocodiles • Giraffes • Donkeys • Camels • Buffalos • Monkeys • Seals • Cats • Elephants 	Make half your plate...	<ul style="list-style-type: none"> • Wipe table tops • Fold napkins • Set the table • Bring food from one place to another 	<ul style="list-style-type: none"> • Lesson preview • Objectives • Book overview • Background • Read aloud • Nutrition activity • Physical activity • Poems/songs/finger play • Other things to do • Parent letter • Creating healthy classroom environments • Recipe • Evaluation 	<ul style="list-style-type: none"> • Art projects • Visitors • Food models • Songs & jingles • Role play & drama • Field trips & games • Stories & books • Puzzles & felt boards 	Wash Your Hands
Because children have a higher percentage of water in their bodies than adults	MyPlate Shuffle	<ul style="list-style-type: none"> • Scrub veggies • Tear greens • Break cauliflower • Snap green beans • Shake liquids • Knead and shape dough • Pour ingredients • Spread soft spreads • Mix ingredients • Peel oranges & eggs • Mash banana • Measure ingredients • Cut with plastic knife • Use an egg beater 	Reading the book Song/poem/fingerplays	<ul style="list-style-type: none"> • Learn best by being active • Using manipulatives • Using real-life objects • Being hands-on • Non-threatening 	Growing Vegetable Soup
Stimulates brain connections —by arm and leg movements cross over from one side of the body to the other	Grow and play	Benefits of cooking with young children	California Department of Education, Child Development Division's <i>Desired Results, Health Standards and Common Core Standards</i>	<ul style="list-style-type: none"> • Gardens • Food prep & cooking • Tasting parties • Using 5 senses • Eating snacks & meals 	Kiss the Cow