

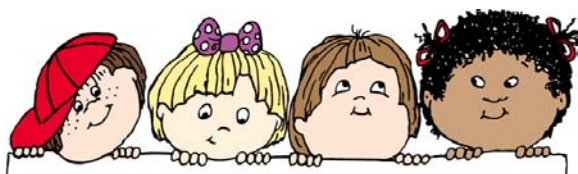


Happy Healthy Me . . .



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

The goal of the curriculum is to help children develop healthy eating and physical activity habits that will last a lifetime.



Objectives:

4 to 6-year-old children will:

- ★ Recognize MyPyramid and know it is a guide for healthy eating and exercise.
- ★ Identify the five food groups: grains, vegetables, fruits, milk, and meat & beans.
- ★ Sort foods according to the five food groups.
- ★ Know they need physical activity everyday.



Each lesson includes:

- ★ Background information
- ★ Featured book
- ★ Nutrition activities
- ★ Physical Activities
- ★ Poems, Songs and Finger plays
- ★ Other things to do
- ★ Recipe
- ★ Letter to parents
- ★ Evaluation



Children form lifetime dietary habits at a very young age. Early introduction of nutrition education can help them develop positive and healthful attitudes about food, physical activity, and overall health.

For more information contact:



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