

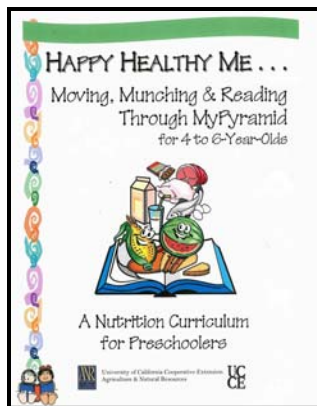
PRESCHOOL

Happy Healthy Me...Moving, Munching and Reading Through MyPyramid for 4 to 6-Year-Olds! is a nutrition and literacy curriculum for young children. They are introduced to a variety of nutrition and food concepts through high quality children's storybooks. Hands-on, interactive nutrition and physical activities support the story and nutrition themes.

MyPyramid is the cornerstone of the curriculum. Lessons focus on an introduction to MyPyramid, each of the five food groups, healthy snacks, exercise and hand washing. Exposure to new foods and activities is done in a fun manner.

Each lesson includes:

- A read aloud
- Nutrition activities
- Physical Activities
- Poems, Song and Finger Plays
- A lesson review
- Alternative activities
- Recipe
- Family letter
- Handouts
- Food model pictures



Go Glow Grow is designed to meet the specific needs and abilities of preschoolers. It provides opportunities for young children to actively learn about healthy eating and exercise. Based on the USDA's MyPyramid, **Go Glow Grow** simplifies MyPyramid for preschoolers. It is divided into just three sections labeled Go, Glow and Grow. Each of the sections corresponds to the effect these food groups have on the body.

GO Foods contain the grain group foods that provide the body with energy. Children learn that **GO** foods "help me run, jump and play all day".

GLOW Foods contain the vegetable and fruit group foods that supply the body with vitamins and minerals. **GLOW** foods "make my hair shine and eyes sparkle."

GROW Foods contain milk and meat & beans group foods that help the body grow and develop strong bones and muscles. Children learn that **GROW** foods "help me grow bigger and stronger."

CONTACT INFORMATION

We are able to meet with teachers individually or in groups. Call 385-7418 or email kalcorn@ucdavis.edu to get started.

