



Healthy Eating and Lifestyle week

The learning objectives for this week are:

- To learn how to make healthy snack and meal choices
- To get your child cooking in the kitchen and helping with snack preparation
- To spend a week being active and eating healthy

Sensory & Fine Motor Skills

- Play in toy kitchen. Go through the food and talk about which are healthy choices and which are not
- Use a fruit and veggie toob to talk about healthy veggies and fruit; have a rice bucket search and divvy out fruits in one pile and veggies in another (<https://www.amazon.com/Safari-Ltd-Fruits-Vegetables-Toob/dp/B00HDSO4RC>)
- Grocery store scavenger hunt- have child find healthy items in a grocery store (<http://www.naturalbeachliving.com/2016/03/kids-nutrition-activities-free-printables.html>); then, have them pick out fruits and vegetables for snacks during the week
- Food group sorting activity- laminate and play with during meals. Use the placemat to help putting the proper amounts of each type of food on the plate- (<http://www.totschooling.net/2016/10/food-groups-sorting-printable-activity.html>)
- Have a picnic (that your child helps to make) and take a walk when done
- Make a healthy snack drawer for your pantry and fridge together- (<https://www.pinterest.com/pin/484348134911276411/>)
- Buy kid friendly knives (either a Montessori knife or the one that follows) to allow kids to help you cut vegetables and food in the kitchen with you- I used this set with Aria (https://www.amazon.com/Curious-Chef-3-Piece-Nylon-Knife/dp/B002Q5YH9C/ref=sr_1_2?s=books&ie=UTF8&qid=1488572159&sr=8-2&keywords=montessori+knife)

Math Element

- Play store checkout in the kitchen and have your child practice giving you money and counting

Literacy Element

- Fruit and Veggie Beginning Sounds cards- (<http://mominspiredlife.com/product/fruit-vegetable-beginning-sound-clip-cards/>)

Science Element

- Help measure out ingredients for meals

Arts & Crafts

- Eat the rainbow- divide up food in the fridge into different colors and use them to make a rainbow of colors (<http://www.naturalbeachliving.com/2016/03/kids-nutrition-activities-free-printables.html>)
- Healthy food coloring pages (<http://www.happinessishomemade.net/printable-healthy-eating-chart-coloring-pages/>)
- Healthy vs. junk food cutting and pasting practice activity- (<https://www.thecrafttrain.com/healthy-eating-printable-activities-for-preschoolers/>)
- Garden vegetable stamping and painting- (<https://www.pinterest.com/pin/484348134911276231/>)

Music & Movement

- Try a different game each day outside- learn a sport, plant some vegetables, play in water, etc.
- Do a workout video with your child or have a dance party
- Go on a walk or run together. Don't push them in a stroller but have them walk or run
- Learn and sing the vegetable song- (https://www.pinterest.com/pin/AfoACTmGmacoVfm74VsuYN575NOex5xa_yDkddKUNz3PVU_mjv5jS40/)

Books to Read

- Eating the Alphabet by Lois Ehlert
- Read The Very Hungry Caterpillar by Eric Carle and color the coloring page. Discuss which foods are healthy and which aren't- (<http://theeducatorsspinonit.com/2012/01/little-hands-that-cook-with-books.html>)

Shows & Movies

- Ratatouille (to get them excited about cooking)
- Farm episodes from Curious George

Places and Experiences

- Go to the grocery store and practice making good choices in eating
- Go out to the park and get active!

Snacks

- Make English muffin pizzas in the toaster oven (can top with veggies, turkey pepperoni, lowfat mozz, goat cheese, etc)
- Make acai bowls or smoothies in the morning for breakfast (loved by both of my girls)
- Make homemade baked chicken fingers and fish sticks
- Make baked carrot fries with yogurt dip
- Keep fruit and veggies cut up in the fridge to grab quickly
- Make a frittata with veggies, meat, cheese
- Make pasta with zoodles as a substitution
- Replace hot dogs with turkey dogs

Miscellaneous

