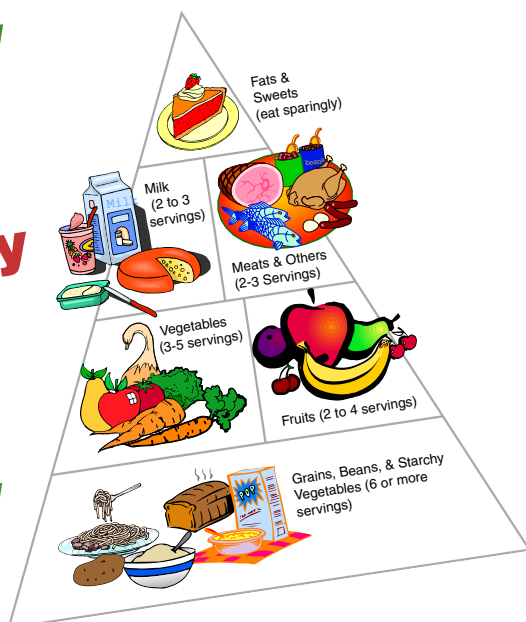




58"

Know to Grow

**Eat Healthy
Foods,
Exercise,
Read**



Take time now to learn and be healthy for the future

54"

The Three Little Pigs

Three pigs build new homes. One uses straw, the second uses twigs, and the third pig uses bricks. The three pigs' lives are suddenly in danger when a hungry wolf knocks on the door of each house and asks to be let in. When the first two pigs say no, the wolf blows down the house of straw and the house of twigs, and both pigs run to the third pig's house. When the wolf comes to the third house, he cannot blow down the strong brick walls. The pigs are safe!

Read

■ **At the grocery store, find foods that make our bodies strong, like the pig's brick house.** Point out fruits and vegetables and say the beginning sounds of each – like "b" for beets or "c" for carrots.

Eat Healthy Foods

■ **Make a meal balanced with protein and other nutrients.** Meals that have tortillas, rice, pasta, or whole-grain bread AND fruits and vegetables, along with foods from the milk, meat, and beans group are the best.

Soft Tacos Recipe

You will need: Soft tortillas (one for each person)

- ☞ Shredded lettuce
- ☞ Pinto beans (canned or home cooked)
- ☞ Mild cheddar cheese
- ☞ Tomato
- ☞ Taco sauce

Directions:

Chop tomato. Shred lettuce. Grate cheese. Mash beans. Combine on tortillas.

Exercise

■ **Build a pretend house.** Lift your arms in the air and pretend to hammer the roof. Climb up and down an imaginary ladder. Pretend to paint the walls and sweep the floors. Let your body move in all directions. Make it a game of charades and have everyone guess what you are pretending to do.



52"

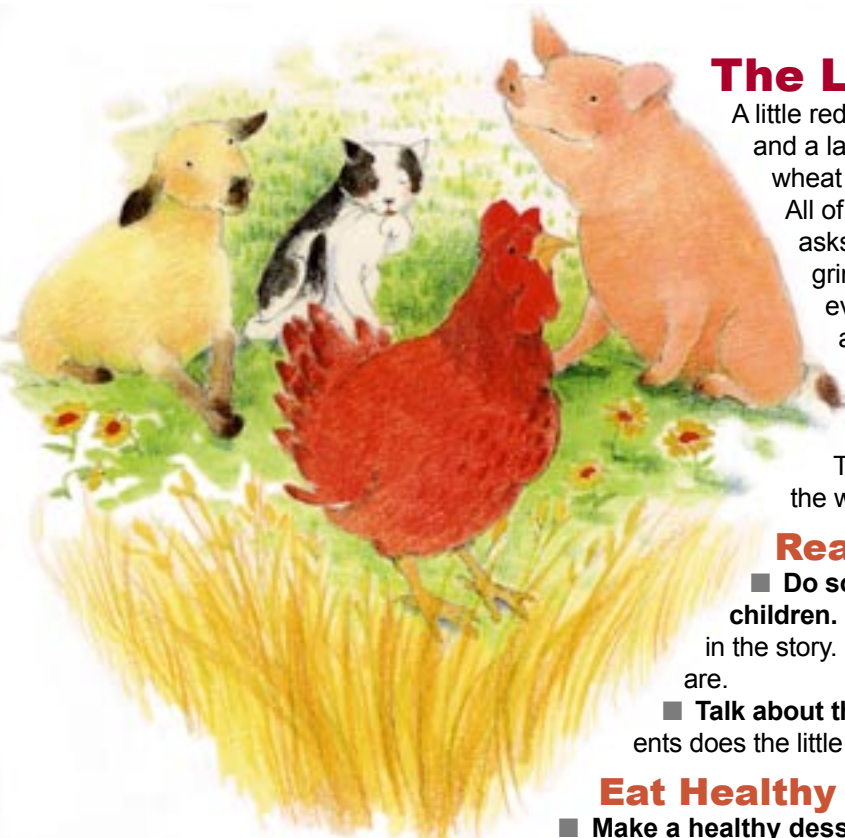
50"

4'

- **Be a role model...Eat Healthy Foods**
- **Serve your children small portions.** Young children need smaller portions than adults do. Let them ask for more if they are still hungry. Do not force your children to clean their plates if they are no longer hungry.
- **Eat meals as a family.** It is a great time to talk and laugh together.
- **Plan healthy snacks between meals.** Fresh fruits and vegetables are tasty.
- **Involve your children in grocery shopping and cooking.** It teaches them about good eating habits, reading, and measuring.
- **Include all the food groups in your meals.**
- **Drink water, 100% fruit juice, or milk.** These are healthier than sugary drinks like soda pop.
- **Roast, bake, or broil.** Frying adds too much fat.

46"

44"



The Little Red Hen

A little red hen lives in a house with a pig, a cat, and a lamb. One day, she finds some grains of wheat and asks who will help her plant them. All of her friends say, "Not!!" When the hen asks who will help her harvest the wheat, grind it into flour, and make bread out of it, everyone says, "Not!!" So the hen does it all by herself. When the hen asks who will help eat the delicious bread, the pig, the cat and the lamb all say, "I will!!" The hen says, "But you didn't help me make it." They promise, from then on, to help with the work if they want to share in the treats.

Read

■ **Do sound effects for the story with your children.** Make noises for all the different animals in the story. Have your family guess what animal you are.

■ **Talk about the recipe from the story.** What ingredients does the little red hen use to bake her bread?

Eat Healthy Foods

- **Make a healthy dessert or snack.** Be sure to limit portions!
- **Healthy snacks should have foods from several of the food groups.** Try apple slices with cheese, crackers with bean dip, or celery with peanut butter or cream cheese. Dip fruit slices in yogurt to add calcium to your snack.

Exercise

■ **Change one of your favorite games, "Duck, Duck, Goose," to "Lamb, Lamb, Hen" to include Little Red Hen and her friends.** This game takes quick thinking and quick moving!

40"

- **Be a role model...Exercise.** Show your kids that reading, eating healthy foods, and exercising is fun.
- **Find fun ways to get moving—jump, skip, play tag, or dance to music.** Remember: children need at least one hour of physical activity every day!
- **Build a healthy heart.** Do activities with your children that will raise your heart rates, such as running, jumping, and aerobics.
- **Build strong muscles.** Toe touches, sit-ups and knee bends develop flexibility and muscle strength.

38"

The Gingerbread Man

An old man and woman bake a gingerbread cookie that comes to life. They love him as if he were a real child. The family rules — eating his vegetables — so he runs away, yelling, "Run, run, as fast as you can! You can't catch me — I'm the Gingerbread Man!" When he meets a hungry fox at the river and almost gets gobbled up, the Gingerbread Man learns that the rules of his family are not to ruin his fun. They are, instead, a part of his family's love for him. He decides to go home at last.

Read

■ **At the grocery store, find the ingredients you need for a gingerbread man.** With what letter does each ingredient begin? F is for flour, S is for salt....

Eat Healthy Foods

Healthy Gingerbread Man Cookies

You will need:

- ☞ 1 cup shortening
- ☞ 1 cup sugar
- ☞ 1 egg
- ☞ ¾ cup molasses
- ☞ 2 tablespoons vinegar
- ☞ 5 cups flour
- ☞ 1 ½ teaspoons baking soda
- ☞ ½ teaspoon salt
- ☞ 2-3 teaspoons ginger
- ☞ 1 teaspoon cinnamon
- ☞ 1 teaspoon cloves

Directions:

Mix shortening and sugar. Beat in egg, molasses, and vinegar. Sift together flour, baking soda, salt, ginger, cinnamon, and cloves. Blend with shortening and egg. Chill in the refrigerator for three hours. Roll dough ½ inch thick and cut with cookie cutter. Place on slightly greased cookie sheet and bake at 375° F for five minutes. Do not overcook.

Exercise

■ **Go for a family jog.** Pretend you are running through the forest chasing the Gingerbread Man. Play a game of Gingerbread Man tag.

■ **Go swimming!** You could take lessons or just play games together in the shallow end of a pool.

Note: Children should always have adult supervision when they swim.



34"

32"

30"

- **Be a role model. Visit your local library and read, read, read!**
- **Talk with your children.** Help them learn to put their thoughts and feelings into words.
- **Talk about the story when you read with your children.** Ask questions. The word "bear" begins with what letter or sound? Why couldn't the wolf blow down the brick house? What did the Gingerbread Boy learn about running away? How will the pig, cat, and lamb become better friends with Little Red Hen?

28"



The Three Bears

One morning, a family of three bears takes a walk in the sunshine before breakfast. While they are gone, a little girl walking through the woods finds their house. She decides to go inside and explore. She sits in their chairs, eats some of their breakfast, and then falls fast asleep in one of their beds. When the bears come home, they are surprised to find that someone has been through their house. They find the little girl in baby bear's bed! She is scared, and very sorry she went into the house of strangers. When she apologizes to the bears, they forgive her. Baby bear and the little girl become friends.

Read

■ **Illustrate the story with your children, and ask them to explain their pictures to you.**

■ **Teach your children to go grocery small, medium and large when you go to the grocery store.** Ask them to compare different sizes of cans and packages.

Eat Healthy Foods

■ **Make a healthy breakfast.** A nutritional breakfast gives our bodies a boost, and prevents overeating later in the day.

Exercise

■ **Make your body tiny and huge.** Scrunch up into a ball and squeeze all your muscles. Now, burst out of the ball and reach as far as you can in every direction. "Stretch every part of your body!"