



Eating Healthy, Growing Strong!

By participating in Play K at the library with the *Eating Healthy, Growing Strong* playscape, your child had experiences with vocabulary and concepts centered around the theme of nutrition. Learning about nutrition and healthy eating in the preschool years can have positive effects on learning and health throughout your child's school years and beyond. The best way to help your child learn new vocabulary and concepts is through repeated practice over time. Here are five ideas for practicing your child's new learning at home. Enjoy!

1. Use the new words and concepts your child learned from this playscape in conversation, as often as possible. For example, "I know you were learning about how important fruits and vegetables are for healthy eating. Tell me what it means again to "eat a rainbow." The more times your child hears and uses new vocabulary and concepts, the easier they are to learn!
2. Let your child help you with simple food preparation tasks and meal planning at home. Keep a chart on the refrigerator for "eating a rainbow" of fruits and vegetables every day and encourage the whole family to participate!
3. Sing this song from Storytime together:
The Vegetable Song
Sung to: "Twinkle, Twinkle Little Star"

*Carrots, Peas, and Broccoli,
Vegetables are good for me.
For my snack and in my lunch,
Veggie sticks are great to munch.
Carrots, Peas, and Broccoli,
Vegetables are good for me!*

4. Log-on to **Bookflix** for free, courtesy of your public library and PowerLibrary.org! This wonderful site allows your child to read e-books and play games related to a variety of themes. All you need is your library card. Here is the link and a list of the titles related to *Eating Healthy, Growing Strong*:
<http://kids.powerlibrary.org/Remote/Remote.asp>

Fiction: *Chato's Kitchen* **Nonfiction:** *Math in the Kitchen*

Fiction: *How Do Dinosaurs Eat Their Food?* **Nonfiction:** *This is the Way We Eat our Food*

Fiction: *Too Many Tamales* **Nonfiction:** *Mis Comidas: My Foods*

5. Here are some additional books your child may enjoy. Ask your librarian for these and other titles related to eating healthy & growing strong!

