

Healthy Readers



Goal: Students will listen to a story that will help foster discussion about healthy eating and healthy activities. They will also participate in a motivational activity that teaches them about nutrition and health.

BookSpring will provide:

- HealthStart Nutrition Poster
- Chef's hat and apron
- Plastic food
- Read Aloud Selections
- Yoga Pretzels cards
- Yoga mat, jump rope
- My Plate placemat (examples)
- Felt board and display pictures (healthy foods)

What to do BEFORE reading the story

- Read the lesson plan and look through the kit to familiarize yourself with the contents.
- Introduce yourself, and tell the children what they can expect to do today: (yoga or healthy eating activity plus a story).
- For Infants: Sing *Head, Shoulders, Knees, and Toes* and fully involve the babies by doing the actions with them. All parts of the body need good nutrition and exercise!
- For Toddlers: (wear the chef's hat and apron) and tell students that today you will be reading healthy foods and making vegetable soup. Show them the Nutrition poster and help them identify the foods on the stickers. Talk about what each food does for your body as you place the stickers on the poster. Use the "my plate" placemats to make a healthy meal. Sing the "Healthy Hokey Pokey" song.
- For Preschoolers: (wear yoga/workout attire) Ask the students if they have ever heard of yoga. Would they like to try it with you? Explain some of the benefits of yoga and use the Yoga Pretzels cards to practice some yoga moves with the children. Show the nutrition poster and explain that our bodies need exercise and nutritious food.

What to do DURING the story

- Share one or more of the read aloud selections with the children. Encourage their participation in reading the story and ask questions about the foods mentioned in the story.
- Be sure to show the illustrations and allow the children time to look at the details.

What to do AFTER reading the story

- Ask the children if they had a favorite part or if they learned anything new.
- Talk to the children about what Books For Me means, and tell them that, today they will be choosing a new book of their very own!
- For Infants and Toddlers: Allow each child to choose from 2 or 3 books.
- For Preschoolers: Tell the children they will walk around the tables so that they can see all of the books. Then, when the teacher says to choose a book, they can choose one book they would like to take home and keep forever. The children will take their books to their teacher, who will write their names in their books.
- After the children have selected their books, volunteers and center teachers place a label in the book and write the child's name. Sit down with the children to begin reading the books the children selected for a short period of time.

Suggested Read-Aloud Books

Infants: *Head, Shoulders, Knees, and Toes (Bilingual)* or *Eating the Rainbow (English and Spanish)*
Toddlers: *The Very Hungry Caterpillar (English and Spanish)*

Discussion Points: Familiarize yourself with the stories ahead of time. If you are comfortable using a sing-song voice to read the stories, do so, and ask the children to join in with actions or by reading along. Pause and ask the students to identify colors, foods, and objects of interest in the story.

Preschoolers: *Gregory, the Terrible Eater* or *Growing Vegetable Soup (English and Spanish)*

Discussion Points: *Growing Vegetable Soup* Explain the concept of “eating the rainbow” to the children. It is healthy to eat foods during the day that have many colors. Ask them to find different colored foods in the story! Ask them what kind of vegetables they would add if they were going to make their own vegetable soup. Can they find those vegetables in the basket of plastic food or on the nutrition poster? Identify the foods on the Health Education poster and talk about why they are good for your body. (The poster illustrations show why a certain food is good for a part of the body.

For *Gregory, the Terrible Eater*, talk about balanced eating. Have the children ever eaten too much or wanted to eat only the “wrong” kinds of foods? Use the nutrition poster to show students how a balanced diet helps them take care of all the different parts of their body! What else could Gregory do to be healthy (exercise)? Ask the students what kinds of exercise they most enjoy



For younger children...

It is necessary to be more interactive with your words. Using a “motherese” voice, talk about the children and how they are feeling/doing. Motherese is adult-to-child talk that helps babies learn language and includes the use of short, simple phrases and changes in the pitch of your voice. Other important visual changes are your facial expressions and your body language.

Community Partnership:

A huge thank you to the Health Start Foundation for nutrition posters in this activity. The Health Start Foundation provides health education curriculum resources for preschool and elementary school children. www.healthstartfoundation.org



Tech Connection: Visit <http://www.choosemyplate.gov/> to learn all about the most up-to-date nutritional standards and to learn more about My Plate.

Developmental Standards for Reading, Writing, Speaking, and Listening:

The student will: understand increasingly complex language - identify nutrition terms and body systems. The student will: demonstrate knowledge of print and its uses by showing interest in books.