



Ready To Learn

Iowa Public Television



READ

Check out these books from your public library or school library.

- *Bread, Bread, Bread* by Ann Morris
- *The Very Hungry Caterpillar* by Eric Carle (Spanish book available)
- *If You Give a Mouse a Cookie* by Laura Joffe Numeroff (Spanish book available)
- *Pancakes for Breakfast* by Tomie dePaola (wordless book)
- *Picking Apples and Pumpkins* by Amy and Richard Hutchings (Spanish book available)
- *Pizza Party* by Grace Maccarone (Spanish book available)



VIEW

Doctors say children age three years and older should have no more than one to two hours of quality screen time each day. Please keep this in mind as you make choices for your children.

Sesame Street - The Cookie Tree #4197

- **Friday**, November 27, 2009 at 9:00 am on IPTV (.1) Maria, Luis and Elmo are picking apples from an apple tree. Cookie Monster hears something loud and crunchy! He is excited because he thinks it's a cookie.

WordWorld - Pig's Big Moonlight Feast #110H

- **Friday**, November 27, 2009 at 10:30 pm on IPTV (.1) When Pig is too sick to cook the Moonlight Feast, his friends step in, but they find that if you don't follow the recipe you may end up "in the soup".

Angelina Ballerina - Angelina's Holiday Treats #312H

- Saturday, November 28, 2009 at 2:30 pm on IPTV LEARNS (.2)
- Sunday, November 29, 2009 at 9:30 am on IPTV (.1) Angelina and Marco eat too many candy canes and too many slices of Mum's fruitcake.

Food

Eating different kinds of healthy foods and snacks will help children grow up healthy. Make it easy for your child to choose healthy snacks by keeping fruits and vegetables ready to eat. Other good snacks are yogurt, peanut butter and celery, milk or whole-grain crackers and cheese. If your child doesn't like a certain food don't force him/her to eat it. Ask him/her to try it. If your child still doesn't like it, try a different food the next day until you find one your child likes. Limit fast food, sugary drinks, chips and candy. Make them "once-in-a-while" foods. Try to eat together as a family. It will give you a chance to talk and have fun.

DO

Make changes in these activities to meet the needs of your child.

- What is healthy food and what is junk food? Find pictures of healthy foods and junk foods in magazines, fliers, newspapers, etc. On one piece of paper, write "Healthy Food" and draw a green traffic light. On the other piece, write "Junk Food" and draw a yellow traffic light.
 - * Sort healthy: Point to the green traffic light and ask: What does a green light mean? (Go ahead.) Kids should feel free to go ahead and eat lots of healthy foods. Help children choose and glue two or three pictures of healthy foods onto the paper.
 - * Sort junk: Point to the yellow traffic light and ask: What does a yellow light mean? (Slow down, and get ready to stop.) Explain that we should only eat junk food once in a while. Help children choose and glue two or three pictures of junk food (e.g., candy, chips, soda) on the paper.
 - * Keep sorting food pictures while you discuss healthy eating habits. Ask questions such as: "What sorts of things should we eat? How can we keep our bodies strong and healthy?"
- Children like helping in the kitchen and often are more willing to eat foods they help make. Let them help plan, shop for food and make some easy meals and snacks. The age of your child will help you decide what he can/can't do. It is hard for a two-year-old to set the table but he/she might be able to stir, with help from you. Expect a few spills! This is also a great time to talk with your child about what you are doing, what kind of food he/she likes, etc.
- Take your child to the grocery store and talk about the different food you are buying. "This is bread. I am putting it in our basket." "These are carrots. Do you want to smell them?"

Tip of the Month

Turn the phone, TV, and other screens off during meals. Enjoy some uninterrupted time talking with your family.