



Ready To Learn

**Iowa Public
Television**



The Learning Triangle

Engage children in these theme-related activities in any order and at any time. Point out the connections between the segment they VIEW, the book they READ, and the activity they DO. The repetition and variety of media used will reinforce the concepts and skills with children.

Food

Eating different kinds of healthy foods and snacks will help children grow up healthy. Make it easy for children 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 children don't like a certain food don't force them to eat. Ask them to try it. If they still don't like it, try a different food the next day until you find one they like. Limit fast food, sugary drinks, chips and candy. Make them "once-in-a-while" foods. Try to eat snacks and meals together. It will give you a chance to talk and have fun.

READ

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

Birth-2 years

- *Eat!* by Roberta Grobel Intrater (Spanish book available)
- *Spot Bakes a Cake* by Eric Hill
- *Fruits and Vegetables/Frutas y vegetales* by Gladys Rosa-Mendoza (Bilingual book)

3 years-Kindergarten

- *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)

VIEW

Doctors say no screen time for children under the age of two years and no more than one to two hours of quality screen time each day for children age three years and older. As you make choices for the children in your care, please consider how much time they are viewing screens at home.

Birth-2 years

If you choose to let children ages birth to two watch TV, the IPTV programs most age-appropriate are: Barney, Mister Rogers, & Sesame Street.

It's A Big Big World - Food and Plenty of It #125B

- Monday, June 29, 2009 at Noon

Talking so much about food makes Burdette hungry. When Snook offers to sprinkle some nuts on his Papaya Pie, Burdette decides she's ready to try something new after all.

3 years-Kindergarten

Barney & Friends -The Magic Lamp #1207

- Monday, June 29, 2009 at 12:30 p.m.

Layla and her friends celebrate her birthday with traditional Lebanese foods. Layla is apprehensive about being "different," but everyone loves the new treats!



DO

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

Birth-2 years

- Talk with babies and toddlers while you feed them. Say: "Now you are going to eat carrots. Carrots are orange. Carrots grow in the ground". Even though they may not understand the words you are speaking, you are helping them develop language skills and you are practicing for meal-time conversations when they are older.

3 years-Kindergarten

- 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?

- Set up a grocery store and talk about the different food you are selling and buying. "This is bread. I am putting it in our basket. Who eats bread?" "These are carrots. Do you want to smell them? Who likes to eat carrots?"

Tip of the Month

Turn the TV and other screens off during meal and snack time. Enjoy some uninterrupted time talking with each other.