



Ready To Learn



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

May 2007

Good nutrition and a balanced diet will help children grow up healthy. You can help by making it easy for children to choose healthy snacks. Keep fruits, vegetables and other healthy snacks available and ready to eat. Have a special basket full of healthy snacks they can choose from. Other good snacks include yogurt, peanut butter, celery, milk or whole-grain crackers and cheese. Help children learn to make healthy food choices by limiting fast food, sugary drinks, chips and candy. As a child care provider you are a very important role model for children. If children see you enjoying healthy foods and physical activity, they are more likely to do the same now and for the rest of their life.

VIEW

Berenstain Bears – Too Much Junk Food #106b

- Monday, May 28, 2007 at noon.

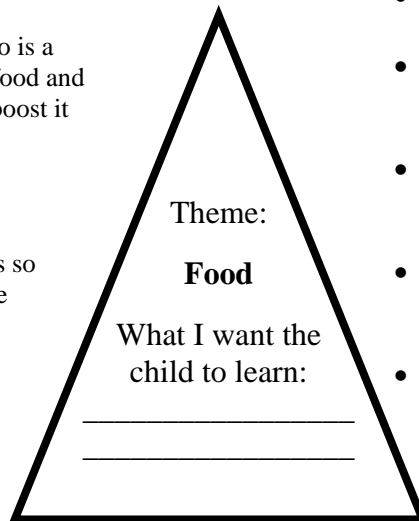
Papa and the cubs decide to train together for the Annual Bear Country Run, but find their performance level isn't increasing the way that it should. Dr. Grizzly informs them that exercise is important, but so is a healthy diet. When Papa and the cubs put away the junk food and eat more nutritious foods, their energy level is given the boost it needs to run the big race.

Arthur – Binky Goes Nuts #910a

- Tuesday, May 29, 2007 at 6:30 a.m. & 4:30 p.m.
- When Binky discovers that he's allergic to peanuts, he has so many questions: Will he be forced to live without Chinese food? Will he ever again be able to eat with his friends? And most importantly, will his Mom ever calm down? Binky learns that the best way not to go nuts is to be well informed, and to understand his allergy. **After the story**, Kellie and Kristen, who are both allergic to nuts, give a tour of their home candy factory and prove that nut-free chocolates can be delicious.

READ

- Bread, Bread, Bread* by Ann Morris
- Eat!* by Roberta Grobel Intrater (Available in Spanish.)
- The Very Hungry Caterpillar* by Eric Carle (Available in Spanish.)
- If You Give a Mouse a Cookie* by Laura Joffe Numeroff (Available in Spanish.)
- Pancakes for Breakfast* by Tomie dePaola (Wordless book.)
- Pizza Party* by Grace Maccarone (Available in Spanish.)



DO

- Healthy food verses 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.
 - Healthy: Point to the green traffic light and ask: *What does a green light mean? (Go.)* 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.
 - 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 food should we eat? How can we keep our bodies strong?*
- Set up a grocery store and talk about the different foods you are selling and buying. "This is bread. I am putting it in our basket. Who eats bread? What can you make with bread?" "These are carrots. Who likes to eat carrots?" Are carrots a fruit or a vegetable?"
- Make a Healthy Foods Alphabet Book. Encourage children to think of healthy foods that begin with different letters. Feature one letter and food on each page. For example, A is for apple. B is for broccoli. C is for carrots. When your alphabet book is finished, have fun reading it together.

Tip of the Month

Plan children's TV viewing: Instead of flipping through the channels, use a program guide and the TV ratings to help you choose shows. Turn the TV on to watch the program and turn it off when the program is over.