

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.18 Cooperation Carry

GET READY:

- Space: Indoors
- Stuff: Beach ball
- Time: Playtime, weekend fun

GET SET:

- Blow up a beach ball
- Find a partner! Moms, dads, sisters, brothers and friends...everyone needs a partner.

GO:

- Work with your partner to carry the ball across the play area. Each partner uses two hands.
- Next, try one hand each. Then, how about no hands?!
 - Can you carry it with your elbows?
 - Try your tummy.
 - How about your hips, shoulders, back?

DID YOU KNOW?

Research shows that children and adults who are physically active on a regular basis are healthier than those who are not. Unfortunately, studies also show that many adults and children do not get regular physical activity. Children need to develop preferences for an active lifestyle early. Also, they need to develop movement skills that will keep them participating in sports and recreational activities as they get older.

Make time several days this week for a fun activity such as Cooperation Carry. While you are having fun with your child, you will be modeling enjoyment of physical activity, helping him or her to develop healthy lifestyle preferences.

Funding for this project was provided by the Office of Head Start Administration for Children and Families, U.S. Department of Health and Human Services

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Crave your F.A.V.! Teach your child to crave fruits and vegetables (F.A.V.) which provide fiber, vitamins and minerals. Preschool aged children should eat 1-1.5 cups of fruits and 1-1.5 cups of vegetables each day.

Make fruits and vegetables fun and interesting to eat. Add chopped vegetables to a “personal size” pizza (creating a face). Create fruit and low-fat cheese kabobs. Add fruit slices or berries to yogurt to make a nutritious parfait. Make the Magical Fruit Salad below together. (Everything tastes yummier when you help make it!)

Healthy Recipe: Magical Fruit Salad

Ingredients:

4 cups assorted fruit, fresh and/or canned: apples, bananas, oranges, grapes, pineapple
1 small package (2 ½ ounces) instant lemon or vanilla pudding
1 ¾ cups cold milk (use nonfat or 1%)

Directions:

- Rinse fresh fruit. Chop into bite-size chunks.
- Open and drain canned fruit.
- Sprinkle pudding mix over fruit. Add milk and toss all ingredients together.
- Refrigerate for 5 minutes.
- Eat as soon as ready.
- Refrigerate leftovers within 2-3 hours.

Recipe is provided courtesy of Oregon State University Extension Service.

Funding for this project was provided by the Office of Head Start Administration for Children and Families, U.S. Department of Health and Human Services