

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.6 Falling Leaves

GET READY:

- Space: Outdoors
- Stuff: Your imagination
- Time: Playing after school, weekend fun

GET SET:

- Throw a leaf or bunch of leaves up in the air and watch them float through space. Talk about how they move high and low and fast and slow. Some leaves even twist and twirl as they float down toward the ground.

GO:

- Now it is your turn. Use your imagination to pretend you are a leaf that has just fallen from a tree.
- Float all over space. Dart high and low, fast and slow, twist and twirl until you reach the ground.
- Try it again but this time pretend to be a very small leaf or a very large leaf.

DID YOU KNOW?

Help your children grow and learn by providing opportunities for both movement and creativity. Children will improve their thinking and movement skills while getting much needed physical activity. Extend the activity above by pretending to move like other things you may see in nature – jump like a frog, fly like an eagle, roll like a rock, or flow like a stream. Act out a few examples with your child and then let your child lead the activity with a few ideas.

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

An important healthy eating message to teach young children is to **Let Nature Nourish You**. Help children to learn early to select and enjoy whole fresh foods. These are the best source of vitamins, minerals, and fiber. Parents can make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables. Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Mix your favorite nuts with dried fruit such as cranberries or raisins for a homemade trail mix.

Healthy Recipe: Carrot Cake Cookies

Ingredients:

½ cup packed light brown sugar	1 teaspoon baking powder
½ cup sugar	¼ teaspoon salt
½ cup oil	1 teaspoon ground cinnamon
½ cup applesauce or fruit puree	½ teaspoon ground cinnamon
2 eggs	½ teaspoon ground nutmeg
1 teaspoon vanilla	½ teaspoon ground ginger
1 cup flour	2 cups old-fashioned rolled oats
1 cup whole-wheat flour	1 ½ cups finely grated carrots (3 large)
1 teaspoon baking soda	1 cup raisins or golden raisins

Directions:

- Preheat oven to 350 degrees F.
- Mix sugars, oil, applesauce, eggs and vanilla thoroughly.
- Stir dry ingredients together
- Blend dry ingredients into wet mixture. Stir in raisins and carrots.
- Drop by teaspoonfuls on greased cookie sheet.
- Bake 12-15 minutes until golden brown.
- Store in airtight container.

Source: Oregon State Extension Service <http://www.healthyrecipes.oregonstate.edu>

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