

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.8 Moving Like the Weather

GET READY:

- Space: Outdoors
- Stuff: Your imagination
- Time: Playtime, weekend fun

GET SET:

- Plan to go for a walk around your home, back and forth across a yard or park, or through your neighborhood.
- Play indoors by marching, dancing or running in place instead of walking.
- Talk about different types of weather.
- Create a fun motion to go along with each type of weather. For example:
 - *Sunny day*: turn your body in a big circle and move slowly up and down
 - *Windy day*: reach your arms up high and wave them back and forth
 - *Tornado*: turn quickly in circles

GO:

- Begin your walk!
- Call out one type of weather. Stop, pretend and move.
- Continue your walk and call another weather type. Repeat.
- Take turns being the “leader” or “caller.”

DID YOU KNOW?

For young children, movement is key to learning. Children understand new concepts and acquire knowledge through movement activities. Help your child to learn how his or her body moves by changing the speed of the tornado’s circles (fast, medium, slow) or the force of the wind’s gusts (strong, medium, light). You can include directions (up, down, forward, backward), levels (high, medium, low) or locations (near/ far, around/ through, in front/ behind , together/ apart, in/out, top/ bottom).

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING - NUTRITION NUGGET

Fresh, whole foods can be expensive. However, you can **Save Money While Eating Healthy**. Follow these tips to help you with your grocery shopping. Plan your meals for the week ahead of time and stick to the plan. Review ads and clip coupons. Look for savings on healthier foods such as chicken, beef, fruits and vegetables. Cut the coupons out or sign up for your local grocer's bonus card for more savings. Beware of unhealthy displays. Stores often place unhealthy foods on the ends of aisles and in other visible spots where children can easily see them. These are often advertised with a familiar TV or toy character. If shopping with your children, you can teach them about food and nutrition.

Healthy Recipe: Tortilla Roll-Ups

Ingredients:

4-10 inch whole wheat tortillas
2 tablespoons low-fat salad dressing or low-fat mayonnaise
½ cup chunky salsa
4 ounces sliced smoked turkey or roast beef
½ cup shredded low fat cheddar cheese
½ cup thin strips red pepper
¼ cup sliced green onions
2 tablespoons sliced black olives

Directions:

- Spread salad dressing on tortilla
- Spread salsa over salad dressing
- Top with meat, cheese and vegetables as desired.
- Roll up and serve or heat 1 minute in microwave on medium power.
- Wrap each tortilla in plastic wrap after rolling and then refrigerate. Cut into 1-inch slices for bite-sized snacks.

Source: *Wheat Foods Council* at www.wheatfoods.org

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