

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

V1.1 Sidewalk Journey



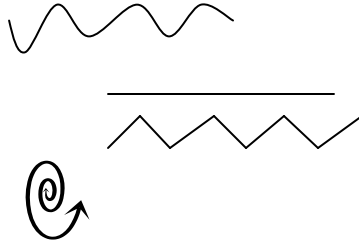
GET READY:

- **Space:** Outdoors on a sidewalk
- **Stuff:** Sidewalk chalk
- **Time:** Waiting for the bus, walking home from school, playtime

GET SET:

- Using sidewalk chalk, draw a variety of pathways on the ground, such as:

- Curvy
- Straight
- Zig Zag
- Curly



GO:

- Children walk along each pathway drawn on the ground. Add challenge by changing from walking to running, galloping, jumping and hopping on the pathways.
- Remind children of the type of movement they are using (walking, galloping, etc.) and of the pathway on which they are traveling (curvy, straight, etc.).

DID YOU KNOW?

Writing with sidewalk chalk helps children to increase their fine motor skills—how well they use their fingers. They produce scribbles, lines and circles, which are the beginning stages of drawing and writing. Encourage your child’s writing development by providing time, opportunity and a variety of materials with which to write and draw. Comment on their efforts, regardless of what they produce, so they keep trying.

*Also available in Spanish. También está disponible en español.

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

Encourage healthy eating by practicing **Do See Do**. Family members can be powerful role models by choosing and eating healthy foods. Children do what they see and say what they hear. If your child sees you enjoying eating healthy foods, he or she is more likely to enjoy those foods as well. If your child hears you talking positively about healthy food, he or she will, too.

Practice **Do See Do** by including more whole grain foods into your diet. Whole grains offer vitamins, minerals and other healthy plant-based nutrients. Studies show that eating more whole grains may reduce risks related to heart disease, cancer and diabetes. Whole grains may also improve insulin control and help in weight management.

Try new types of whole grain foods with your child. Here are a few ideas from *The Whole Grains Council*:

1. Try different types of whole grain bread. See which one you and your child likes best.
2. Substitute whole grain pasta for regular pasta at dinner.
3. Serve brown rice instead of white rice or potatoes.

Healthy Recipe: Funny Face Pizza Snack

Ingredients:

4 English muffins split or 4 slices of pita bread

1/2 cup of low-fat pasta sauce

3/4 cup shredded mozzarella cheese

Vegetables and ham or pepperoni

Directions:

1. Preheat oven – 350 degrees
2. Place on a baking sheet and spread each muffin or slice of bread with sauce and top with cheese.
3. Cut vegetables and meat into shapes as suggested below.
4. Bake for 12 to 15 minutes or until cheese melts.



Suggestions for faces:

Eyes: mushrooms or carrot strips

Nose: cherry tomato half, pepperoni or ham

Mouth: bell pepper slices or carrot strips

Hair: strips of ham, cauliflower or broccoli florets cut in small pieces

Source: <http://www.wheatfoods.org/Funny-Face-Pizza-Snacks.90.1.html>

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