

## Family Activities



### School Readiness Skill: Eats a balanced diet

Children who eat nutritious foods during every meal stay healthy and have the energy necessary to learn. Below are some activities you may try with your child to help them understand the importance of healthy nutrition.



#### Healthy Eating Chart

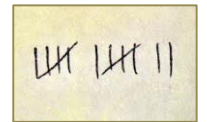


Try this fun sorting activity to reinforce your child's understanding of the difference between healthy and unhealthy foods. You will need a copy of the chart entitled: "Healthy Eating" and the food picture cards that have been provided. Cut apart the food picture cards and mix them up face down on the table next to the chart. Work with your child to sort the pictures into the correct column on the chart. Healthy foods should be placed under the column Good for Healthy Living and the unhealthy foods should be placed under the column Not Good for Healthy Living. Be sure to discuss with your child why each food is considered healthy or unhealthy.

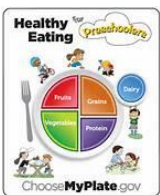
#### A Trip to the Grocery



Bring your child along with you to your next visit to the grocery store. As you and your child make your way through the market, take the opportunity to point out examples of healthy and unhealthy foods that you spot. Use a sheet of paper and a pencil to help your child to take a tally of each healthy food that you both can find.



#### My Plate



The U.S. Department of Agriculture has developed a useful tool families may use to help ensure their children are getting the right amount of nutrition with each meal. Print out the My Plate poster provided and use it with discussions you have with your child about healthy eating.



There are many children's books available that reinforce healthy nutrition concepts. Check out your local library for some of these exciting choices.

*The Vegetables We Eat* by Gail Gibbons

*What the World Eats* by Peter Menzel

*Good Enough to Eat: A Kids Guide to Food and Nutrition* by Lizzy Rockwell



# Healthy Eating Chart

<b>Good for Healthy Living</b> 😊	<b><u>NOT</u> Good for Healthy Living</b> 😬

Directions: Use this chart with the Healthy Eating food picture card sorting activity.

## Healthy Food Cards



Directions: Cut apart food pictures for use with Healthy Eating family activity.

Unhealthy Food Cards



Directions: Cut apart food pictures for use with Healthy Eating family activity.