



# Color Me Healthy NEWS

preschoolers moving & eating healthy

## Welcome To Color Me Healthy

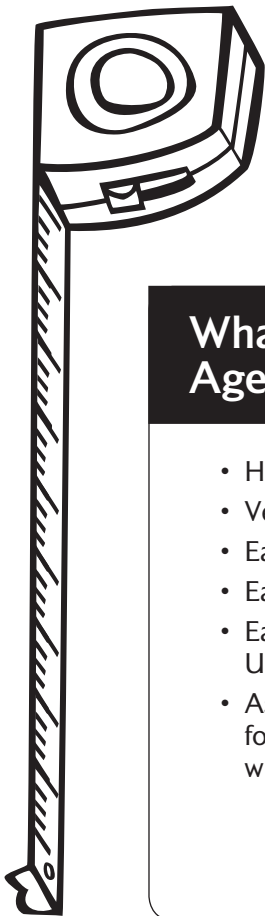
Congratulations! Your child's classroom is participating in *Color Me Healthy*, a program for 4 and 5 year olds on eating healthy and being active. Your child's teacher attended a special training focused on teaching *Color Me Healthy*. The program is designed for children, parents and child care providers and uses sight, sound, touch and taste to teach children about healthy eating and being active. *Color Me Healthy* includes classroom activities, songs, games, and imaginary trips, all developed especially for children

aged 4 to 5. *Color Me Healthy's* goal is to show children that eating healthy and being active is fun! You as the parent will have the opportunity to see and hear *Color Me Healthy* in action as your children share with you songs and activities from their day.



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You will receive a monthly newsletter designed for busy parents like yourself. Watch for monthly issues that contain helpful information on eating healthy and being active, quick after-work recipes, as well as ideas to help you and your family be healthy!



## Your Growing Child

You see so many changes in your little ones as they grow and develop. Eating is one of the areas where children begin to develop quickly between the ages of 3 and 5. Below are several changes that will occur with respect to eating as your child continues to develop.

### What To Expect Between Ages Three And Four:

- Hesitate trying new foods.
- Verbalize food preferences.
- Eat independently with some help.
- Easily distracted in groups.
- Eat using mostly fingers.
- Use spoon and drink from cup.
- Ask for more food or drink when desired.

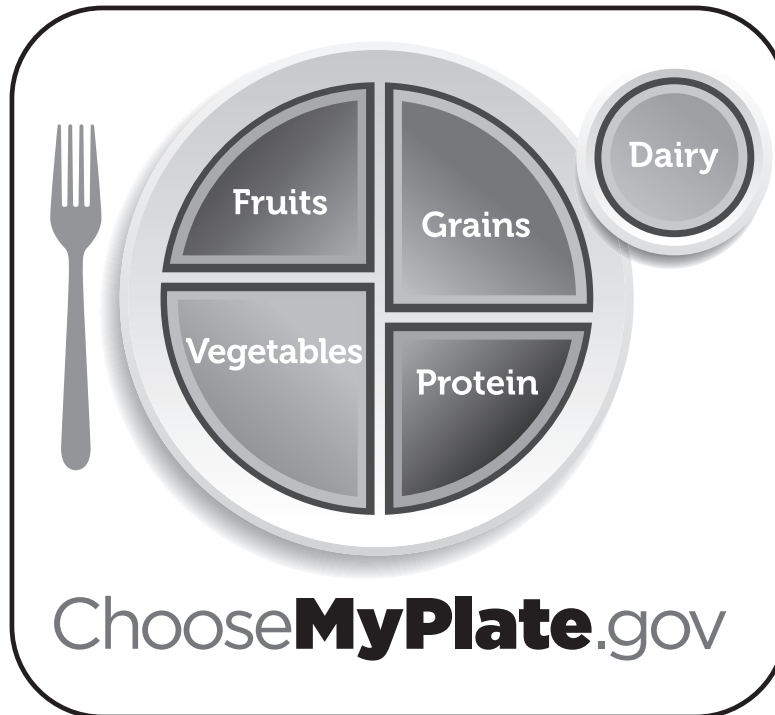


### What To Expect Between Ages Four And Five:

- Begin to experiment with new foods.
- Initiate new food selections.
- Require less help at the table.
- Eat more comfortably in groups.
- Use fork and spoon. Pour own juice.



# Choose a Healthy Plate



## EAT SMART

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

## MOVE MORE

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

*Have fun!*