

Physical Activities and Healthy Snacks for Young Children

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Pick a **better** snack



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Physical Activities and Healthy Snacks for Young Children

This program to promote the 2000 Dietary Guidelines is sponsored by the Iowa Department of Education Bureau of Food and Nutrition, Iowa Team Nutrition, Iowa Public Television, Iowa State University Extension, and Iowa State University Department of Health and Human Performance. The project was funded by a grant from the United States Department of Agriculture. The snack cards were prepared by Laura Sands, R.D., L.D. (Iowa Department of Education) and the activity cards were prepared by Katherine Thomas Thomas, Ph.D. (Department of HHP, Iowa State University).

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How do I use these snack cards?

The logo in the upper right hand corner of the card indicates whether the recipe provides:

a fruit or vegetable serving



or

a grain/bread serving

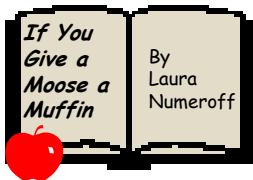


The condiment cards are not intended to provide an entire serving of these components. Therefore these logos do not appear on those cards.

How do I use these snack cards?

Each card provides a book title appropriate for young children. The books relate to specific foods in the recipes, to healthy eating or to physical activity.

The books give you an opportunity to develop children's reading readiness as well as to broaden their understanding and appreciation for a wide variety of foods.



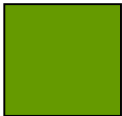
How do I use these cards?

The recipe selections are designed to assist you to plan snacks and daily physical activities for young children that meet the Dietary Guidelines for Americans. The Guidelines point the way to good health.



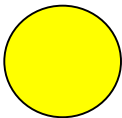
Aim for Fitness

1. Aim for a healthy weight.
2. Be physically active every day.



Build a Healthy Base

3. Let the Pyramid guide your food choices.
4. Choose a variety of grains daily, especially whole grains.
5. Choose a variety of fruits and vegetables daily.
6. Keep foods safe to eat.



Choose Sensibly

7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
8. Choose beverages and foods to moderate your intake of sugar.
9. Choose and prepare foods with less salt.

How do I use these snack cards?

- The Dietary Guidelines specifically focus on choosing more grains (especially whole grains), fruits and vegetables. The recipes included were selected to provide either a fruit, vegetable or bread/grain serving for snacks for 1 to 5 year olds according to Child and Adult Care Food Program guidelines. The recipes also emphasize fruits and vegetables high in vitamins A and C. Snacks are the focus because they are often high in fat, sodium and sugar and low in nutrient density. Offering nutritious snacks to young children teaches them to appreciate a wide variety of food as well as replacing snack foods low in nutrients.
- The serving suggestions include recommendations on how to incorporate the recipe into an entire snack plan. The serving suggestions are located in the lower right hand corner next to this logo. Below is an example of what you will see.

Snack Idea



Serving for 1-5 yr. old

1 wrap-up served with 1/4 cup
papaya slices

From *What's Cooking at Super
Wednesday Fitness*

The source of the recipe is also given under the snack idea.

Recipe Card Citations

American School Food Service Association web site - www.asfsa.org

Cinnamon Apricot Couscous

Blueberry Smoothie

Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends, 1992, published by Favorite Recipes Press

Surprise Muffins, p. 111

Connecticut Cooks for Kids, A collection of Recipes from Childcare Providers Throughout Connecticut, 1996, published by the Connecticut Nutrition Education and Training Program

Pasta and Trees, p. 88

A Cookbook Collection from around the World, 1995, published by Amherst H. Wilder Foundation

Mexicali Bean Dip, p. 62

Sesame Broccoli (Seeds and Trees), p. 175

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Recipe Card Citations

5-a-Day web site - www.5aday.com

Paradise Freeze

Food, Family and Fun: A Seasonal guide to Healthy Eating, 1996, published by the United States Department of Agriculture

Garden Fresh Tomato Sauce, p. 74

Homemade Salsa, p. 72

Meals to Please: Helps for Children's Nutrition, 1983, published by Association for Child Development

Apple-Oat Casserole, p. 38

Tickle Your Appetite: Team Nutrition's Education Kit for Child Care, 1998, published by United States Department of Agriculture

Pumpkin Bread, p. 7-25

Crustless Spinach Pie, p. 7-38

Snappy Vegetables with Basil Dip, adapted from *Snappy Green Beans with Basil Dip*, p. 7-49

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Recipe Card Citations

We Made it Together, compiled by Drake University Head Start, Des Moines, Iowa
Sweet and Sour Vegetables, p. 146

What's Cooking at Super Wednesday, 1998, compiled and printed for Grace United Methodist Church, Des Moines, Iowa

Wrap-ups

What's Cookin' II, editor Charlotte S. Kern, 1997 by Nebraska Department of Education
Peach Bread Pudding adapted from Bread Pudding, p. 154.

Bread Sticks, p. 120

Finger Pancakes, p. 172

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Recipe Card Citations

American School Food Service Association web site - www.asfsa.org

***Pasta Vegetable Soup with Croutons**, recipe courtesy of National Pasta Association*

Better Homes and Gardens Annual Recipes 1998, edited by Nancy Byal. Des Moines, IA: Meredith Corporation, c.1998

Winter Fruit Compote

California Project Lean web site-

www.caprojectlean.org/eattowin/recipes/genEatRecipeIndex.asp

***Frozen Grapes**. Recipe courtesy California 5 a Day*

***Fruit Pops**. Recipe courtesy of California 5 a Day*

***New Wave Morning Cobbler**. Recipe courtesy California 5 a Day*

***Pepper, Pineapple and Ham Pita Pizza**. Recipe courtesy California 5 a Day*

***Bran Muffins with Fruit**. Recipe courtesy California 5 a Day*

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Recipe Card Citations

Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends, 1992, published by Favorite Recipes Press

Applesauce Oatmeal Muffins, p. 107

Connecticut Cooks for Kids, A collection of Recipes from Childcare Providers Throughout Connecticut, 1996, published by the Connecticut Nutrition Education and Training Program

Sunshine Fruit Dip, p. 98

Five A Day Cookbook, printed January 2001 by Genesis Health System, Davenport, IA

Melon with Blueberries, p. 35, recipe from *The American Cancer Society Cookbook*

Berries with Banana Cream, p. 38, recipe taken from *Diabetic Cooking*, Vol. 1, May/June 2000, no. 9,

Mango and Melon Salad with Strawberry Sauce, p. 60

Hearty Pasta and Bean Salad, p. 58

Golden Grain Mission pasta web site - www.goldengrainmission.com/kitchen

Wholesome herbed pasta

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Recipe Card Citations

Many Friends Cooking: An International Cookbook for Boys and Girls by Terry Touff Cooper and Marilyn Ratner. New York: Philomel Books, c. 1980

Gazpacho, p. 20

Meals to Please: Helps for Children's Nutrition, 1983, published by Association for Child Development

Sunshine Carrot Cocktail, p. 10

Peach Pops, p. 117

German Apple Bread, p. 163

What's Cookin' II, editor Charlotte S. Kern, 1997 by Nebraska Department of Education

Oven Fried Parmesan Potatoes, p. 100

Cereal Snack, p. 151

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Tips for Involving Young Children in Food Preparation

Involving young children in food preparation and food serving promotes learning and appreciation for a wide variety of foods. Young children can participate in some steps in all of these snack recipes. Evaluate these recipes step-by-step according to these developmental guidelines offered by the United States Department of Agriculture* to determine how to involve children.

2-year-olds can:

- Wipe table tops
- Scrub vegetables
- Tear Lettuce Greens
- Break Cauliflower
- Move pre-measured ingredients from one place to another

- Snap green beans
- Wash salad greens
- Play with utensils
- Bring ingredients from one place to another

3-year-olds can do what 2-year-olds can plus:

- Wrap potatoes in foil for baking
- Knead and shape yeast dough
- Pour liquids (not hot liquids)

- Mix ingredients
- Shake liquids
- Spread soft spreads
- Place things in trash



Tips for Involving Young Children in Food Preparation

4-year-olds can do what 2- and 3-year-olds can plus:

Peel oranges or hard cooked eggs
Move hands to form round shape
Mash bananas

Cut with dull scissors - green onions,
parsley, dried fruit
Set table

5- and 6-year-olds can do all of the above plus:

Measure ingredients
Cut with a blunt knife
Use an egg beater



*Source: *Tips for Using the Food Guide Pyramid for Young Children*, p. 10 USDA Center for Nutrition Policy and Promotion.
www.usda.gov/cnpp

More Information about the Suggested Books

Blueberries for Sal by Robert McCloskey. New York, NY: Puffin Books 1976, c. 1948.

Curious George goes to the Beach by Margret & H.A. Rey. Boston, MA: Houghton Mifflin Co., c. 1999.

Daisy's Garden by Mordicai Gerstein and Susan Yard Harris. New York, NY: Hyperion Books for Children, c. 1995.

D. W. the Picky Eater by Marc Brown. USA: Little, Brown & Company, c. 1995.

Each Peach Pear Plum by Janet and Allan Ahlberg. New York, NY: Viking Press, c. 1978.

Eating the Alphabet: Fruits and Vegetables A to Z by Lois Ehlert. San Diego: Harcourt Brace Jovanovich, c. 1989.

Follow Carl by Alexandra Day. New York, NY: Farrar, Straus & Giroux, c. 1998.

Fruit by Gallimard Jeunesse. New York, NY: Scholastic Inc., c. 1989.

Goldilocks and the Three Bears by James Marshall. New York, NY: Dial Books for Young Readers, c. 1988.

Hop, Jump by Ellen Stoll Walsh. San Diego, CA: Harcourt Brace & Co., c. 1993.

If You Give a Moose a Muffin by Laura Numeroff, New York: Harper Collins, c. 1991.

Jingle Dancer by Cynthia Leitich Smith. New York, NY: Morrow Junior Books, c. 2000.

Lunch by Denise Fleming, New York, NY: Scholastic Inc., c. 1992.

Nature Walk by Douglas Florian. New York, NY: Greenwillow Books, c. 1989.

Pancakes, Pancakes! by Eric Carle. New York, NY: Scholastic Inc., c. 1990

Peanut Butter, Apple Butter, Cinnamon Toast by Argentina Palacios. Austin, TX: Steck-Vaughn Company, c. 1992.

"Spaghetti, Spaghetti!" by Jack Prelutsky from *Never Take A Pig to Lunch*, New York, NY: Scholastic Inc., c. 1994.

More Information about the Suggested Books

The Biggest Pumpkin Ever by Steven Kroll. New York, NY: Scholastic Inc., c, 1984.

The Giant Jam Sandwich by Vernon Lord and Janet Burroway. New York: Houghton Mifflin Company, c. 1972.

The Runaway Tortilla by Eric Kimmel. New York: Winslow Press c. 2001.

The Tortilla Factory by Gary Paulsen. San Diego: Harcourt Brace, c. 1995.

The Very Hungry Caterpillar by Eric Carle, New York: Philomel Books (division of The Putnam & Grosset Group) 1987, c. 1969.

Tingo Tango Mango Tree by Marcia Vaughan. Morristown, NJ: Silver Burdett Press, (a division of Paramount Publishing), c. 1995

We Can Eat the Plants by Roxanne Lanczak Williams. Cypress, CA: Creative Teaching Press c. 1994.

Wiggle, Waggle by Jonathan London. San Diego: Harcourt Brace & Co., c. 1999.

More Information about the Suggested Books

- The Apple Pie Tree* by Zoe Hall. New York: Blue Sky Press, c. 1996
- Apples and Pumpkins* by Anne Rockwell. New York: MacMillan, c. 1989
- Big Birds Red Book* by Roseanne and Jon Cerf. Racine, WI: Western Publishing Co., Inc., c. 1990, 1997
- Bread, Bread, Bread* by Ann Morris. New York, NY: Scholastic Inc., c. 1989
- The Carrot Seed* by Ruth Krauss. New York: Harper and Row, c. 1945
- Don't Forget the Bacon* by Pat Hutchins. New York, NY: Scholastic Inc., c. 1976.
- Eric Follows His Name* by Constance Allen. Racine, WI: Western Publishing Co. Inc., c. 1990
- Feast for 10* by Cathryn Falwell. New York, NY: Houghton Mifflin Co., c. 1993
- Gregory the Terrible Eater* by Mitchell Sharmat. New York: Four Winds Press, c. 1980
- Growing Vegetable Soup* by Lois Ehlert. Orlando, FL: Harcourt Brace, c. 1987
- "Hi, Pizza Man!"* By Virginia Walter
- It Looked Like Spilt Milk* by Chris Shaw. New York, NY: HarperCollins Children's Books, c. 1947.
- Market Day* by Lois Ehlert. San Diego: Harcourt Brace, c. 2000

More Information about the Suggested Books

Molly and Emmett's Surprise Garden by Marilyn Hafner. Peru, IL: Carus Publishing, c. 2001

Oliver's Fruit Salad by Vivian French. New York: Orchard Books, c. 1998,

Potluck by Anne Shelby. New York: Orchard Books, c. 1991.

Stone Soup by Ann McGovern. New York, NY: Scholastic Inc., c. 1968.

Ten Seeds by Ruth Brown. New York, NY: Alfred Knopf., c. 2001

Today is Monday by Eric Carle. New York, NY: Scholastic Inc., c. 1993

Tops and Bottoms by Janet Stevens. Orlando, FL: Harcourt Brace, c. 1995

The Vegetable Show by Laurie Krasny Brown. Canada: Little, Brown and Company, c. 1995

What food is this? by Rosemary Hausherr. New York, NY: Scholastic Inc., c. 1994

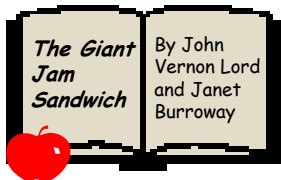
Who is in the Garden? By Vera Rosenberry. New York: Holiday House Inc., c. 2001



Tubby Toast

Toast bread (whole wheat or other whole grain variety). Spread low-fat whipped cream cheese on the bread and top it with sliced fresh fruit (choice of bananas, blueberries, strawberries, peaches, kiwi, etc.) or fresh vegetables. Children may prefer steamed but still crisp vegetables.

Arrange the fruit or vegetable pieces on the toast in shapes, designs or faces and talk about shapes or textures of the fruit. Or use canned fruit available in animal shapes.



Snack Idea



Serving for 1-5 yr. old

1/2 slice toasted bread with toppings and 1/2 cup 100% berry juice

Wrap-Ups

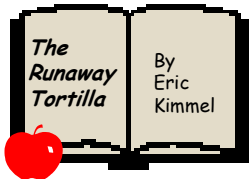
- 4-5" tortilla
- 1 tsp. low-fat mayonnaise
- 1 tsp. low-fat sour cream
- 1/4 cup chopped or grated vegetables
(tomato, red pepper, cucumber,
carrot, onion, zucchini) or cooked
dried beans
- 2 Tbsp. grated cheese

1. Mix mayonnaise and sour cream.
Spread on one side of tortilla.
2. Top with 1/4 cup chopped
vegetables and grated cheese.
3. Fold the tortilla in half or roll it up
for a sandwich on the go.

Avocado Option:

Mix a small amount of mashed avocado
into the mayonnaise/sour cream
spread.

Makes 5 wrap-ups



Snack Idea



Serving for 1-5 yr. old

1 wrap-up served with 1/4 cup
papaya slices

From *What's Cooking at Super
Wednesday*

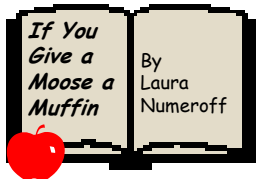


Surprise Muffins

- 1 cup whole wheat flour
- 1 cup quick-cooking oats
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/4 cup brown sugar
- 1/4 cup oil
- 1 egg
- 1 cup milk
- 1/4 cup jam

1. Preheat oven to 400 degrees.
2. Mix dry ingredients except brown sugar in a bowl.
3. Combine brown sugar, oil, egg and milk until smooth.
4. Add brown sugar mixture to dry ingredients and mix until moistened.
5. Fill 12 greased muffin cups 1/4 full. Spoon 1 tsp. jam over batter and fill each cup 3/4 full with remaining batter.
6. Bake 15-20 minutes.

12 servings



Snack Idea



Serving for 1-5 yr. old

1 muffin and 1/2 cup apple juice

From *Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends*

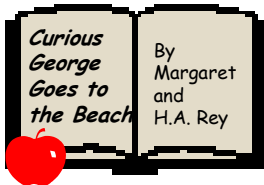
Apricot Cinnamon Couscous



- 16 oz. can apricots or other fruit packed in juice
- 10 oz. package (7/8 cup) couscous
- 1 Tbsp. butter or margarine
- 3 Tbsp. sugar
- 1/2 tsp. cinnamon

About 16 servings

1. Drain fruit, reserving juice.
2. Pour juice into measuring cup and add water to equal 2 cups.
3. Prepare couscous according to package directions using the fruit juice mixture and butter.
4. Dice fruit and add to couscous.
5. Combine sugar and cinnamon and mix with couscous.
6. Place in serving bowl and sprinkle with cinnamon. Serve at room temperature or chilled.



Snack Idea



Serving for 1-5 yr. old

1/3 cup Apricot Cinnamon Couscous and 1/2 cup pineapple juice

From American School Food Service Association Web site; recipe by Wheat Foods Council



Three Bears' Baked Porridge

2 cups cooked oatmeal
1 1/2 cup diced apple
1/2 cup chopped nuts
1/2 cup raisins
1/4 cup molasses
1/2 tsp. cinnamon

7 servings

*Goldilocks
and the
Three
Bears*

By
James
Marshall



Snack Idea



Serving for 1-5 yr. old

2/3 cup porridge and 1/2 cup
canned peaches

From *Meals to Please: Helps for
Children's Nutrition*, recipe titled
Apple-Oat Casserole

Pumpkin Bread

Go for the **good** stuff

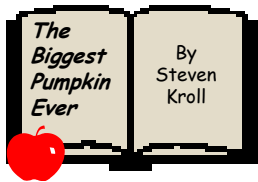


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- 1/2 cup sugar
- 1/2 cup vegetable oil
- 3/4 cup canned pumpkin
- 2 eggs
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 cup raisins (optional)
- 1/2 cup chopped nuts (optional)

1. Preheat oven to 350 degrees.
2. In a large bowl, stir together sugar, oil, pumpkin, and eggs.
3. In a medium bowl, stir together flour, baking powder, baking soda and cinnamon. Fold into other ingredients just to moisten.
4. Stir in raisins and nuts and pour into greased 9"x5" loaf pan.
5. Bake for 45 to 50 minutes or until toothpick inserted in center comes out clean.

12 servings



Snack Idea



Serving for 1-5 yr. old

Cut loaf into 12 slices. Serve one slice with 1/2 cup pineapple tidbits.

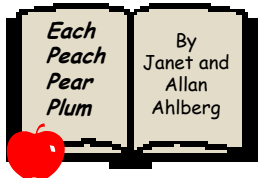
From *Tickle Your Appetite*

Peach Bread Pudding



- 5 slices of bread (whole wheat, raisin or cinnamon)
- 2 large eggs
- 2 cups skim milk
- 1/2 cup sugar
- 1 tsp. vanilla
- 1/2 tsp. cinnamon
- 1-15 oz. can chunky cut peaches well drained
- 1/2 cup dried fruit of your choice

1. Cut bread into 1-inch cubes.
2. Mix eggs, milk, sugar, vanilla and cinnamon.
3. Add cubed bread mixture to eggs and let soak for 5 minutes. Stir in peach chunks and dried fruit.
4. Pour mixture into lightly greased 8"x8" baking dish.
5. Bake at 350 degrees for 50 minutes or until knife inserted in center comes out clean.



10 servings

Snack Idea



Serving for 1-5 yr. old

1/2 cup of Peach Bread Pudding and
1/2 cup apple juice

Adapted from Bread Pudding in
What's Cookin' II



Homemade Tortilla Chips

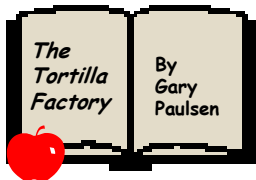
Spray light coating of cooking oil or water on 4-5" flour or corn tortillas.

For herb or cheesy chips:

Sprinkle Parmesan cheese or herb mix on the tortillas. Cut each tortilla into 8 wedges. Spread in one layer on a baking sheet. Bake at 400 degrees for 8 to 10 minutes or until crispy.

For sweet chips:

Sprinkle a mixture of cinnamon and sugar on the tortillas and bake as above.



Snack Idea



Serving for 1-5 yr. old

If using 4-5" tortillas, 8 chips will provide a serving. Serve herb chips with Mexicali Bean Dip (condiment card) and 1/2 cup apple slices.

Go for the **good** stuff



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Graham Cracker Smacker

Spread a graham cracker square with thin layer of peanut butter. On top of the peanut butter, place slices of banana, peach, pear or other soft fruit. Top with another graham cracker square spread with peanut butter (peanut butter facing inside).



Snack Idea



Serving for 1-5 yr. old

1 Graham Cracker Smacker, 1/4 cup additional sliced fruit and 1/4 cup 100% cranberry juice blend



Bread Sticks

Homemade bread sticks are easy to make. Thaw according to package directions 1 pound loaf of frozen bread dough (plain or whole wheat). Cut dough into 16 equal pieces and stretch each piece into a 6" rope. Brush bread ropes with egg substitute, water or milk. Place on a greased baking sheet and sprinkle with any of the variations listed below. Allow bread sticks to rise in a warm, draft-free location until double in size, about 1 hour. Bake at 375 degrees for 10 minutes or until golden brown. Remove bread sticks from baking sheet immediately.

Sprinkle Variations:

Sprinkle one of the following on bread sticks before baking: sesame seeds, Parmesan cheese, garlic or other flavored salt, or mixture of cinnamon and sugar.



snack Idea



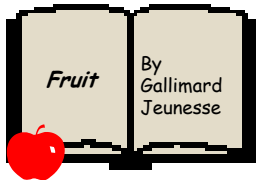
Serving for 1-5 yr. old

1 bread stick, Basil Dip from Snappy Vegetables (recipe card), 1/2 cup cherry tomatoes sliced in half.

From *What's Cookin' II*

Fruit Bowl

Fruit is just about the perfect snack. A variety of cubed or sliced fruit mixed with a little flavored yogurt is a year-round favorite. Mix canned and fresh fruit. Summer fruit bowls can emphasize fruits rich in vitamin A, like fresh apricots, cantaloupe, melon, peaches, papaya and mango. Winter fruit bowls can emphasize citrus fruits, like oranges, grapefruit and tangerines, which are readily available during colder months. Other fruit available in the winter months include kiwi, apples, bananas, grapes.



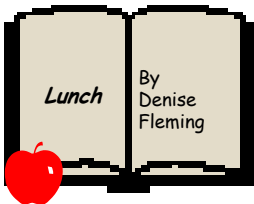
Snack Idea

Serving for 1-5 yr. old

1/2 cup mixed fruit and 1 1/2
rice cakes.

Snappy Vegetables with Basil Dip

Fresh, crisp vegetables beg to be dipped in savory dips - cauliflower, broccoli, carrots, fresh green beans, cherry tomatoes, fresh asparagus, green, red and yellow peppers, snow peas and zucchini are just a few. Combine in a small bowl 1/3 cup low-fat mayonnaise, 2 Tbsp. skim milk, 1 Tbsp. fresh chopped basil or 1 tsp. dried basil and 1 tsp. onion powder. Provide children with a serving of fresh vegetables and a small amount of dip.



Snack Idea

Serving for 1-5 yr. old

1/2 cup fresh vegetables, 1
bread stick (recipe card) , and
Basil Dip

From *Tickle Your Appetite*

Sweet Potato Oven Fries and Coins

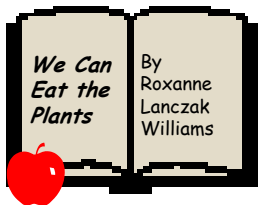


Fries

Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375 degrees for 20 minutes. Sprinkle with a purchased seasoning mix and lemon juice if desired.

Coins

Make sweet potato coins by slicing sweet potatoes 1/2" thick, spraying with cooking spray, and coating with cinnamon. Bake the same as fries above.



Snack Idea



Serving for 1-5 yr. old

1/2 cup sweet potato coins or fries and 1/4 cup cooked pasta shapes sprinkled with Parmesan cheese

Crustless Spinach Pie

- 1/4 cup butter or margarine
- 3 eggs
- 1 cup flour
- 1 cup low-fat milk
- 1/8 tsp. garlic powder or 1/4 tsp.
fresh minced garlic
- 1 tsp. baking powder
- 12 oz. shredded cheese (cheddar or
mozzarella)
- 4 cups fresh washed and chopped
spinach

6 servings

*D. W.
the
Picky
Eater*

By
Marc
Brown

1. Preheat oven to 350 degrees.
2. Melt butter or margarine in 9"x13"
pan.
3. Beat eggs well. Add flour, milk,
garlic powder and baking powder.
4. Stir in cheese and spinach and
pour mixture into the pan.
5. Bake for 35 minutes or until lightly
browned.

Snack Idea



Serving for 1-5 yr. old

3"x4" rectangle (1/6 of
the pan) provides a
vegetable and meat snack
serving.

From *Tickle Your
Appetite*

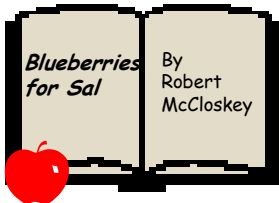


Blueberry Smoothie

2 cups blueberries, fresh or frozen
1 cup pineapple juice
8 oz. low-fat vanilla yogurt
2 tsp. sugar

6 servings

1. If using frozen blueberries, slightly thaw.
2. In the container of an electric blender, combine berries, juice, yogurt and sugar.
3. Blend until smooth, about one minute.
4. Serve immediately.



snack Idea



Serving for 1-5 yr. old

1/2 cup Blueberry Smoothie
and 7 animal crackers

From *American School Food Service Web site*; recipe by
North American Blueberry Council

Black Bean Salad



16 oz. can black beans rinsed and drained

2 cups whole kernel corn

3/4 cup chopped green pepper

3/4 cup chopped onion

Dressing

1 cup homemade (recipe card) or purchased salsa

1/4 cup chopped parsley

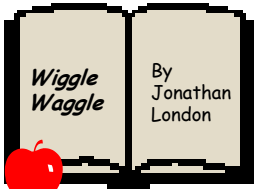
1 tsp. crushed fresh garlic

1 tsp. ground cumin

1 tsp. prepared mustard

13 servings

1. Mix beans, corn, pepper and onion in a large bowl.
2. Combine dressing ingredients in small bowl and mix well. Stir into vegetable mixture.
3. Cover and chill before serving.



Snack Idea



Serving for 1-5 yr. old

1/2 cup Black Bean Salad and 8 homemade tortilla chips (recipe card)

Pasta and Trees

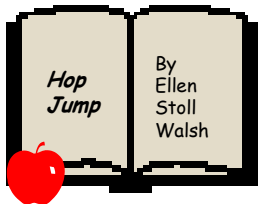
(Pasta and Broccoli)



- 1 cup pasta shapes uncooked (look for colorful and fun shapes)
- 3 Tbsp. olive oil
- 1 clove garlic minced or 1/4 to 1/2 tsp. garlic powder
- 4 cups cooked broccoli pieces
- 3/4 cup grated Parmesan cheese
- salt and pepper to taste if desired

8 servings

1. Cook pasta according to package directions and drain.
2. In a large skillet heat oil and sauté garlic until golden brown and remove from oil. Or just add garlic powder to the oil.
3. Add broccoli to oil remaining in skillet, stirring for 5-10 minutes until heated through.
4. Turn onto a platter with pasta. Sprinkle with cheese, salt and pepper to taste.



Snack Idea



Serving for 1-5 yr. old

1 cup Pasta and Trees provides a vegetable and a bread/grain snack component.

From *Connecticut Cooks for Kids*

Seeds and Trees

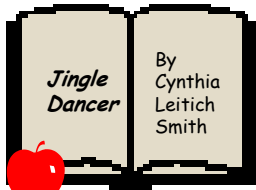
(Broccoli Salad)



- 1 Tbsp. sesame seeds
- 1 pound broccoli (after peeling stems)
- 3 Tbsp. orange juice
- 1 Tbsp. sesame oil
- 2 tsp. soy sauce
- 1/2 tsp. ginger powder

8 servings

1. Cook sesame seeds in small pan over medium heat for 3 minutes, shaking pan occasionally.
2. Cut broccoli into florets. Peel stalks and slice diagonally.
3. Steam broccoli for 4-5 minutes or until tender-crisp.
4. Combine orange juice, oil, soy sauce and ginger. Toss with broccoli. Sprinkle with sesame seeds.
5. Serve immediately or chilled.



Snack Idea



Serving for 1-5 yr. old

1/2 cup Seeds and Trees
and 1/4 cup rice

From *A Cookbook
Collection from Around
the World*

Garden Fresh Tomato Sauce



- 3 cups chopped tomatoes
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1/2 tsp. dried basil
- 1/4 tsp. dried oregano
- 1/4 tsp. dried parsley
- 1/2 tsp. fennel seed
- 1/8 tsp. black pepper

1. Combine all the ingredients in a sauce pan and simmer over medium heat for 15 minutes.
2. Serve over cooked pasta. You can make sauce ahead so you can heat and serve at snack time.

Chili Variation:

Add 1/2 pound of cooked lean ground meat, 1 cup of pinto beans, 1 tsp. chili powder, 1/4 tsp. cumin and a dash of Tabasco sauce.

about 5 servings

Snack Idea



Serving for 1-5 yr. old

1/2 cup tomato sauce served over 1/4 cup pasta.

From *Food, Family and Fun: A Seasonal Guide to Healthy Eating*

"Spaghetti, Spaghetti"
by Jack Prelutsky
in

Never Take a Pig to Lunch and other Poems about the Fun of Eating



Paradise Freeze

1 large, ripe banana
1 cup strawberries
1 ripe mango, cubed
1 cup 100% cranberry juice
1 cup crushed ice

7 servings

1. In the container of an electric blender, combine banana, strawberries, mango, juice and ice.
2. Blend until smooth.
3. Serve immediately.



Snack Idea



Serving for 1-5 yr. old

$\frac{1}{2}$ cup Paradise Freeze
and 1 Surprise Muffin
(recipe card)

From 5-a-Day Web Site,
recipe by Dole Food
Company

Orange Splash

3/4 cup of thawed orange juice
concentrate
1 cup low-fat milk
1 cup water
1 cup crushed ice
3 Tbsp. sugar
1/2 tsp. almond extract

1. In the container of an electric blender, combine all ingredients.
2. Blend until smooth.
3. Serve immediately.

3 servings



*The Very
Hungry
Caterpillar*

By
Eric
Carle

Snack Idea



Serving for 1-5 yr. old

1 1/2 cups Orange Splash
and 1/2 slice raisin toast

Sweet and Sour Vegetables



- 9 large carrots
- 1/2 green pepper
- 10 oz. can pineapple chunks

Sauce

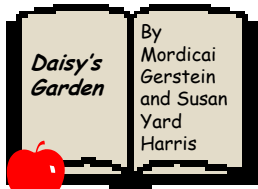
- 1/4 cup pineapple juice or water
- 3 Tbsp. sugar
- 3 Tbsp. vinegar
- 1 tsp. soy sauce
- 1 tsp. cornstarch
- 1 Tbsp. cold water

Peel and cut up carrots and pepper and combine with drained pineapple chunks (reserve juice).

Sauce

1. Combine juice or water, sugar, vinegar and soy sauce in pan.
2. In a separate bowl, add cornstarch to the 1 Tbsp. cold water and mix until smooth.
3. Place pan over medium heat and slowly add cornstarch mixture, stirring constantly. Bring to boil and stir until sauce thickens.
4. Pour sauce over vegetables (raw or steamed) or use as a vegetable dip.

7 servings



Snack Idea



Serving for 1-5 yr. old

1/2 cup Sweet and Sour vegetables, 1/4 cup cooked rice

From *We Made it Together*

Homemade Salsa

- 1 cup fresh tomatoes, diced
- 1/2 cup corn, fresh or frozen
- 1/2 cup onion, diced
- 1 Tbsp. Chopped jalapeno peppers (optional) or 1/2 cup chopped green or red bell peppers
- 2 Tbsp. lime juice
- 2 cloves fresh garlic, finely diced

1. Combine all ingredients.
2. Chill and serve.

Serving suggestions:

Use as filler in wrap-ups or as a dip with bread sticks, homemade tortilla chips, or fresh vegetables.



*Eating the
Alphabet:
Fruits and
Vegetables
A to Z*

By
Lois
Ehlert

*From Food, Family and
Fun: A Seasonal Guide to
Healthy Eating*

Mexicali Bean Dip

- 3/4 cup chopped sweet red pepper
- 3/4 cup chopped green pepper
- 1 large green onion, cut into 1/2" pieces
- 2 tsp. ground coriander
- 1 (16 oz.) can pinto beans, drained
- 1 Tbsp. cider vinegar
- 1 1/2 tsp. lime juice
- 1 tsp. vegetable oil
- 1/8 tsp. ground cumin

1. In blender container, add sweet red and green pepper, onion, and coriander; blend.
2. Add beans and remaining ingredients; blend until well mixed.
3. Serve immediately or chilled.

Serving suggestions:

Serve with homemade tortilla chips or as a spread in wrap-ups.



*Nature
Walk*

By
Douglas
Florian

*From A Cookbook Collection
from around the World*

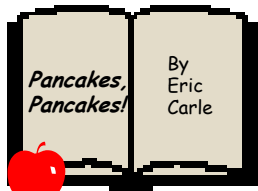


Finger Pancakes

- 2 large eggs
- 3 cups skim milk
- 2 cups flour (may substitute up to 1/2 whole wheat flour)
- 1/2 tsp. salt
- 1 tsp. sugar
- 1 tsp. baking powder
- powdered sugar as needed

15 servings

1. Beat eggs and add milk.
2. Combine dry ingredients until well mixed.
3. Pour 2 Tbsp. batter onto lightly greased skillet and cook until golden brown on each side.
4. When pancake is cooked, sprinkle lightly with powdered sugar, roll up jelly roll fashion and eat or fill with fresh fruit before rolling.



Snack Idea



Serving for 1-5 yr. old

2 pancakes filled with 1 Tbsp. each of chopped fruit. Serve with 1/2 cup orange juice.

From *What's Cookn' II*

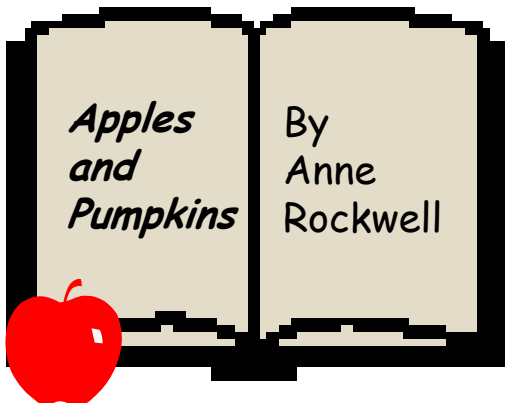
Peach Pops



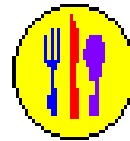
1 cup orange juice
4 ripe peaches (about 4 cups
chopped)
1 tsp. sugar

8 servings

1. Peel, pit and chop peaches.
2. Blend all ingredients in blender until pureed.
3. Pour 1/2 cup puree into a small paper cup with plastic spoon inserted in center.
4. Freeze until firm.



Snack Idea



Serving for 1-5 yr. old

1 Peach Pop and 1
Graham Cracker
Smacker (recipe card)

From *Meals to
Please*

Strawberry Pop

2 cups hulled (stems removed)
and halved strawberries 1 cup
orange juice

4 7-oz paper cups

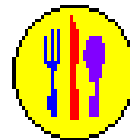
4 popsticks or plastic spoons

4 servings

1. Place fruit and juice in a blender container or food processor bowl. Whirl until smooth.
2. Pour mixture into four 7-oz. paper cups; place cups in freezer until partially frozen.
3. Place pop sticks or plastic spoons in center of cups. Freeze until firm.

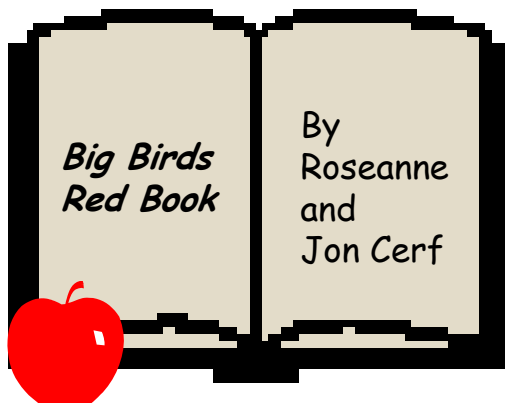
Strawberry Pop and 1/2
slice toasted cinnamon
bread

snack idea



Serving for 1-5 yr. old

From California Project
Lean web site. Recipe
courtesy of California 5
a Day Campaign

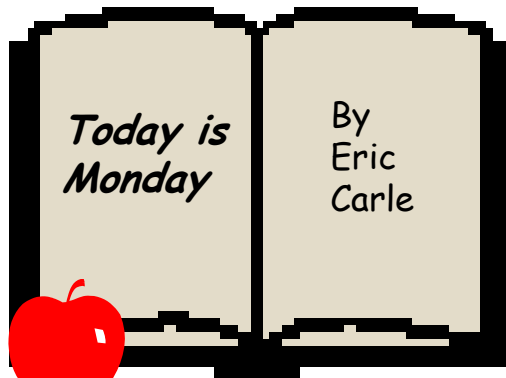


New Wave Morning Cobbler



- 1 cup canned sliced peaches packed in juice, drained
- 1 cup canned pear halves packed in juice, drained and sliced
- 6 pitted prunes, each cut in half
- 1/4 tsp. vanilla extract
- 1 orange
- 1 cup lowfat granola

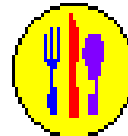
4 servings



1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 tsp. of peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture.
3. Top with granola
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

3/4 cup New Wave Morning Cobbler provides a fruit and grain/bread snack serving

snack idea



Serving for 1-5 yr. old

From California Project Lean web site. Recipe courtesy of California 5 a Day

Pasta Vegetable Soup with Croutons



8 oz. small pastas shapes (e.g. orzo or shells)

6 cups low-sodium chicken broth

4 cups water

4 medium carrots peeled and diced ,
about 2 cups

1 cup celery, diced

1 cup onion, peeled and diced

1/2 cup croutons

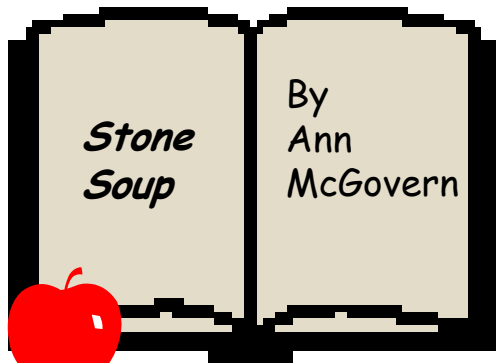
1/2 cup fresh parsley, chopped

1/4 tsp. ground black pepper

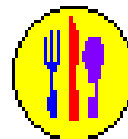
1/2 cup parmesan cheese

8 servings

1. Combine chicken broth, water, carrots, celery and onion in a pot. Heat to boiling. Reduce heat to simmer and cover pot. Simmer for 15 minutes.
2. Stir pasta into broth mixture. Increase heat to boiling. Cook 5 minutes, stirring often. Stir in parsley and pepper. Continue boiling until pasta is done, about 8 minutes.
3. Ladle soup into bowls and sprinkle with croutons and parmesan cheese.



snack Idea



Serving for 1-5 yr. old

3/4 cup Pasta Vegetable Soup provides 1 vegetable and 1 grain/bread snack serving

From American School Food Service web site. Recipe courtesy of National Pasta Association

Melon with Blueberries

2 cups cantaloupe, cubed
2 cup cups honeydew melon, cubed
2 cups watermelon, cubed
1 cup blueberries
2 Tbsp. sugar or 2 Tbsp. honey
2 Tbsp. lemon juice
fresh mint leaves (optional)

1. Combine cubed cantaloupe, honeydew and watermelon and blueberries in a serving bowl.
2. Mix together honey and lemon juice and pour over fruit. Toss to mix.
3. Cover and refrigerate until serving time.

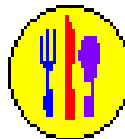
14 servings

*Eric
Follows
His
Name*

By
Constanc
e
Allen



snack Idea



Serving for 1-5 yr. old

1/2 cup Melon with
Blueberries and 2/3 cups
Cereal Snack (recipe card)

From *Five A Day Cookbook*

Puree of Carrot Soup

5 cups of canned chicken broth or
broth made with chicken or
vegetable bouillon (5 cups water
and 2 1/2 bouillon cubes)

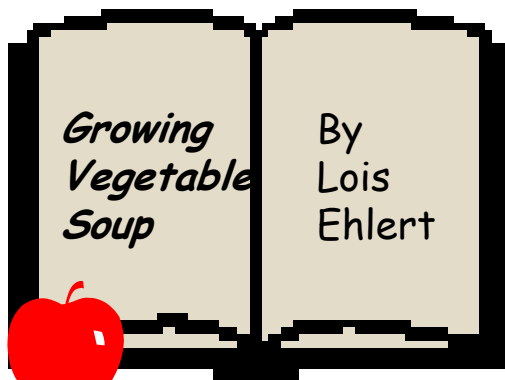
1 pound of peeled carrots chopped
(about 3 1/2 cups)

1 large clove of garlic

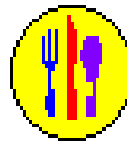
1/8 tsp. Pepper

yield about 7 servings

1. To the 5 cups of broth add the carrots, garlic, salt and pepper.
2. Simmer vegetables for about 20 minutes, or until the carrots are quite tender.
3. Put the soup into a blender and puree to desired texture.



Snack Idea



Serving for 1-5 yr. old

7/8 cup Puree of Carrot Soup
and 1/2 whole wheat English
muffin

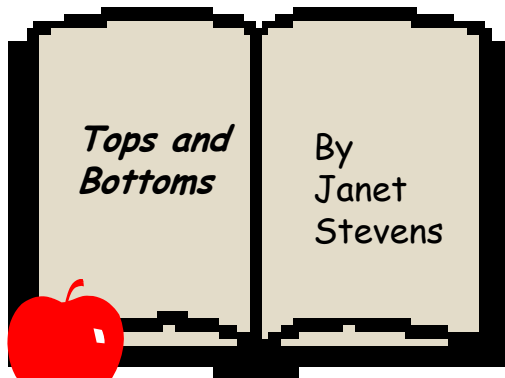
From 5 a Day recipe card,
recipe courtesy of Carlo
Middione.

Berries with Banana Cream

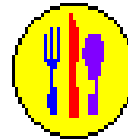
1/3 cup reduced fat sour cream
1/2 small ripe banana cut into chunks
1 Tbsp. frozen orange juice
concentrate
2 cups sliced strawberries,
blueberries, raspberries or a
combination
ground cinnamon

4 servings

1. Combine sour cream, banana and juice concentrate in a blender and blend until smooth.
2. Place berries in a serving dish and top with sour cream mixture. Sprinkle with cinnamon



Snack Idea



Serving for 1-5 yr. old

1/2 cup berries topped with banana cream and 1 grain fruit bar

From *5 A Day Cookbook*

Berry Good

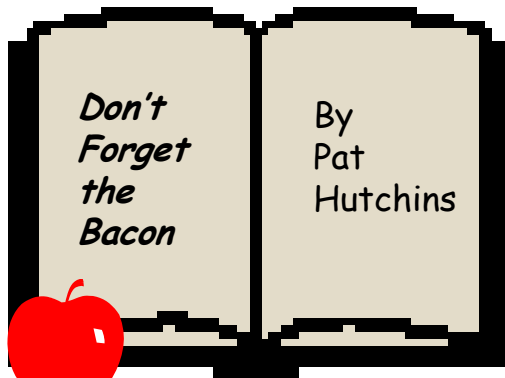
- 1 envelope unflavored gelatin
- 1 cup chopped strawberries
- 1 cup blueberries
- 1 cup apricot nectar
- 2 Tbsp. sugar

5 servings

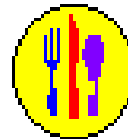
1. Cut up strawberries. Place in medium-sized bowl with blueberries.
2. Combine gelatin, sugar and apricot nectar in saucepan. Warm over low heat until gelatin dissolves, about 5 minutes.
3. Pour nectar over berries and refrigerate until firm.

Alternative

Substitute 2 cups of other seasonal fruit for the strawberries.



snack Idea



Serving for 1-5 yr. old

1/2 cup Berry Good and 1/2 bagel with low fat cream cheese

Bird's Nest Salad

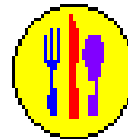
1/3 cup grated carrots
5 or 6 grapes
1 tsp. salad dressing

1 serving

1. Place grated carrot in a bowl and add a tsp. salad dressing, stirring to moisten.
2. Place carrots in the center of a plate and make a hollow in the carrot nest with the back of a spoon.
3. Place grapes in the nest for eggs.
4. Cut grapes in half for children under aged 2.



snack Idea



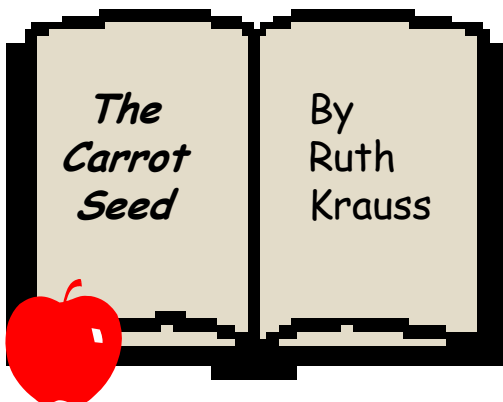
Serving for 1-5 yr. old

1 Bird's Nest and 1/2 slice whole wheat toast sprinkled with Parmesan cheese

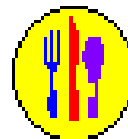
Sunshine Carrot Cocktail

2 cups pineapple juice
1/2 cup carrots
1 banana
1/2 cup crushed ice or ice cubes
6 servings

1. Cut carrots.
2. Place carrots in blender and chop for a few seconds. Add some pineapple juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice and blend until smooth.



Snack Idea



Serving for 1-5 yr. old

1/2 cup Sunshine Carrot
Cocktail and 1/2 slice raisin
toast

Adapted from *Meals to Please*

Oven Fried Parmesan Potatoes



4 potatoes cut into 1/2 inch cubes
(about 4 cups)

1 Tbsp. vegetable oil

1 Tbsp. grated Parmesan cheese

1/2 tsp. garlic powder

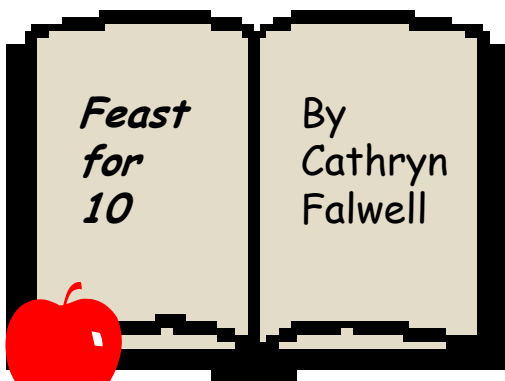
1/2 tsp. paprika

1/8 tsp. pepper

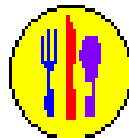
1/8 tsp. salt

8 servings

1. Scrub potatoes under running water and cut them into 1/2 inch wedges.
2. Place potato wedges in a plastic bag with the oil and shake well to coat potatoes evenly.
3. In a second plastic bag, mix Parmesan cheese, garlic powder, paprika, pepper and salt. Add potatoes and shake to coat.
4. Arrange potatoes, in a single layer, on a foil-covered baking sheet that has been sprayed with non-stick cooking spray.
5. Bake at 450 degrees for 30-35 minutes or until golden brown.



snack Idea



Serving for 1-5 yr. old

1/2 cup Parmesan potatoes
and 1/2 cup milk

From *What's Cookin' II*

Mango and Melon Salad with Strawberry Sauce



- 1 fresh mango, peeled and cubed (about 1 cup)
- 3 cups cantaloupe, peeled and cubed
- 3 cups honeydew, peeled and cubed

Strawberry Sauce:

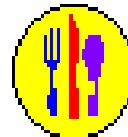
- 1 1/2 cups fresh strawberries or partially thawed frozen strawberries
- 1 Tbsp. lemon juice
- 1/4 cup confectioners sugar
- 14 servings

- 1 Place mango and melon pieces in a large serving bowl.
2. In a blender, blend strawberries with lemon juice and sugar until smooth. Drizzle sauce over fruit salad and serve.

How to peel and slice a mango

Slice each side of the mango vertically along the seed to give two halves, and pull them apart. Hold one mango half peel side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion. Hold the scored portion with both hands and bend the peel backward so that the diamond cut cubes are exposed. Cut cubes off peel, then remove any remaining fruit clinging to the seed.

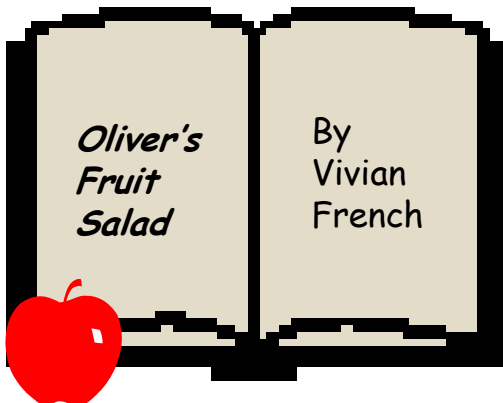
snack Idea



1/2 cup Mango and Melon Salad and 3 vanilla wafers

Serving for 1-5 yr. old

Adapted from *5 A Day Cookbook*





Wholesome Herbed Pasta

8 oz. egg noodles
3 Tbsp. skim milk
1 Tbsp. margarine
1/4 cup chopped parsley
1 clove garlic, minced or 1/4 tsp.
garlic powder
1 tsp. Italian seasoning blend
1/2 tsp. onion powder

1. Cook noodles according to package directions
2. Combine remaining ingredients in a large saucepan. Cook over medium heat 2 to 3 minutes, stirring occasionally.
3. Toss with pasta and serve immediately.

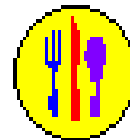
16 servings

*Molly and
Emmett's
Surprise
Garden*

By
Marilyn
Hafner



Snack Idea



Serving for 1-5 yr. old

1/4 cup Wholesome Herbed
Pasta and 1/2 cup strawberries

Adapted from Golden Grain
Mission pasta web site

Cereal Snack

7 cups O shaped cereal
1/4 cup margarine
1/4 cup light corn syrup
1/2 cup brown sugar
1 cup raisins
1/2 tsp. baking soda

12 servings

1. Combine margarine, syrup and sugar in a small saucepan. Bring to boil and cook 2 minutes. Remove from heat and add soda. Remove from heat
2. Pour over cereal and raisins and mix well.
3. Pour mixture onto greased baking sheet and bake at 350 degrees for 15 minutes.
4. Remove from heat and cool. Store in air tight container.

Go for the **good** stuff



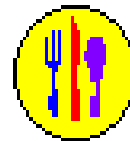
TEAM NUTRITION  **IOWA™**

*Gregory the
Terrible
Eater*

By
Mitchel
|
Sharma



snack Idea



Serving for 1-5 yr. old

2/3 cups Cereal Snack and 1/2 cup cantaloupe

From *What's Cookin'II*

Go for the **good** stuff



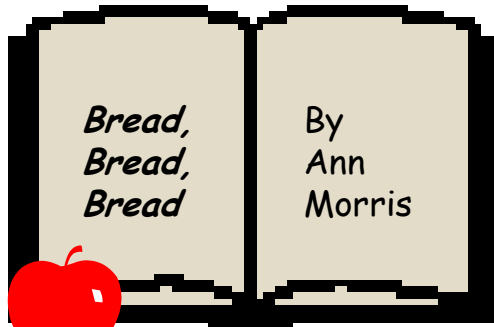
TEAM NUTRITION  **IOWA™**

German Apple Bread

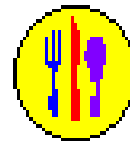
1 pound loaf frozen whole wheat
bread dough
3 medium apples sliced (about 4
cups)
2 Tbsp. sugar
2 Tbsp. cinnamon
chopped nuts and raisins optional

16 servings

1. Let dough thaw and rise according to package instructions.
2. Spread in a greased 9" x 13" baking pan.
3. Cover dough with apples.
4. Sprinkle with remaining ingredients.
5. Bake according to bread dough directions.



snack Idea



Serving for 1-5 yr. old

2" x 3" piece German Apple
Bread and 1/2 cup pear slices

From *Meals to Please*

Applesauce Oatmeal Muffins

1 1/2 cups oats
1 1/4 cups flour
1 tsp. baking powder
3/4 tsp. cinnamon
1 cup unsweetened applesauce
1/2 cup skim milk
1/2 cup packed brown sugar
1 Tbsp. oil
1 egg white
1/4 cup oats
1 tsp. brown sugar
1 tsp. melted margarine
1/8 tsp. cinnamon
12 servings

Go for the **good** stuff



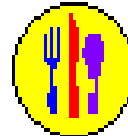
TEAM NUTRITION  **IOWA™**

1. Mix 1 1/2 cups oats, flour, baking powder, baking soda and 3/4 tsp. Cinnamon in a bowl.
2. Press half of crumb mixture into bottom. Add applesauce, milk, 1/2 cup brown sugar, oil and egg white. Mix just until moistened..
3. Fill greased muffin cups almost full.
4. Combine 1/4 cup oats, 1 tsp. brown sugar, margarine and 1/8 tsp. cinnamon in small bowl. Mix well.
5. Sprinkle over muffin batter. Bake at 400 degrees for 20 to 25 minutes..

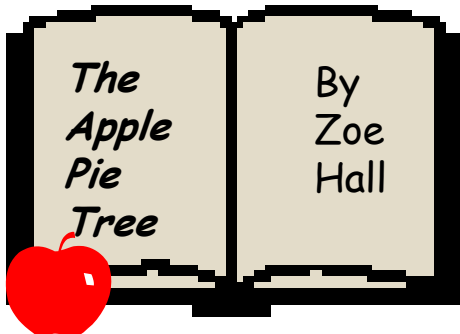
1 Applesauce Oatmeal Muffin
and 1/2 cup Melon with
Blueberries (recipe card)

From *Coming Home to Iowa:
Favorite Recipes of 4-H
Families and Friends*

snack Idea



Serving for 1-5 yr. old





Bran Muffins with Fruit

Nonstick cooking spray

1-14 oz. box oat bran muffin mix

3/4 cup orange juice or apple
juice

1 cup finely chopped fruit
(apricots, mangoes, plums, apples,
or pears)

3/4 cup golden raisins or chopped
dry fruit

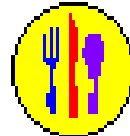
12 muffins

1. Preheat oven to 425 degrees.
Lightly coat 12 muffin cups
with non-cooking spray.
2. Combine muffin mix, juice,
chopped fruit and dried fruit
in a medium bowl. Mixture
should be moist.
3. Spoon 1/3 cup batter into
each muffin cup.
4. Bake 14 minutes or until a
toothpick inserted in center
comes out clean.
5. Remove muffins from pan and
cool on wire rack.

1 Bran Muffin with Fruit and 1/2
cup sliced frozen grapes (recipe
card)

From California Project Lean
web site. Recipe courtesy of
California 5 a Day.

Snack Idea



Serving for 1-5 yr. old

Potluck

By
Anne
Shelby



Go for the **good** stuff



TEAM NUTRITION  **IOWA™**

Pepper, Pineapple and Ham Pita Pizza

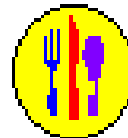
- 4 whole wheat pita breads
- 1/4 cup spaghetti or pizza sauce
- 1/4 tsp dried oregano
- 1 cup chopped red or green bell pepper
- 1 1/2 cups canned pineapple chunks or tidbits, drained
- 1/3 cup chopped ham
- 3/4 cup shredded cheddar cheese
- 20 servings (5 servings per 76 gram pita)

1. Heat oven to 400 degrees.
2. Place pita breads on baking sheet. Spread each pita with 1 Tbsp. spaghetti sauce. Sprinkle with oregano
3. Top each pita with pepper, pineapple, ham and cheese.
4. Bake until hot and cheese bubbles, about 5 minutes.
5. Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

1/5 Pita Pizza served with 1/2 cup watermelon cubes

California Project Lean web site. Recipe courtesy of California 5 a Day

Snack Idea



Serving for 1-5 yr. old

"Hi,
Pizza
Man!"

By
Virginia
Walter



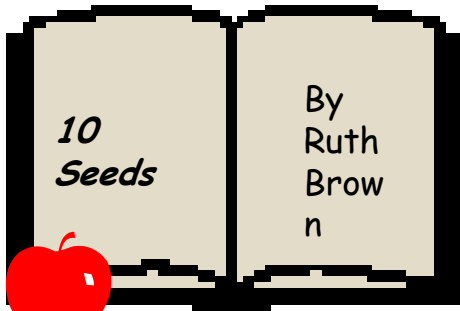
Hearty Pasta and Bean Salad

2 cups raw medium sized shaped pasta
2 cups cooked dried beans or canned dried beans, e.g. kidney, black or red beans
1 cup diced zucchini
1 cup chopped green pepper
1 cup chopped tomato
1/3 cup chopped green olives
1/4 cup grated Parmesan cheese
1 cup plain yogurt
1/2 tsp. chili powder
1/2 tsp. ground coriander (optional)
1/2 tsp. paprika
1/4 tsp. dried sage
salt and pepper to taste

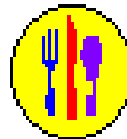
10 servings



1. Cook pasta according to package directions and drain.
2. Add remaining ingredients and mix gently.
3. Serve chilled or at room temperature.



Snack Idea



Serving for 1-5 yr. old

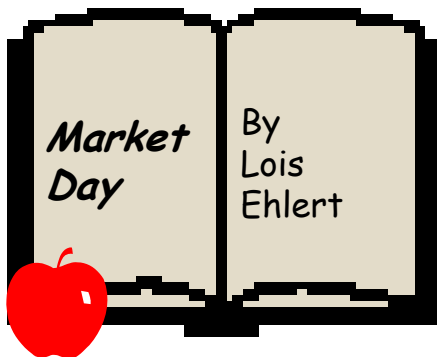
3/4 cup Hearty Pasta and Bean Salad and 1 bread stick (recipe card)

Recipe adapted from *5 A Day Cookbook*.

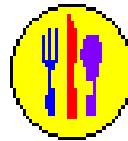
Frozen Grapes

What could be easier than fresh frozen grapes? Just rinse and drain grapes. They should be fairly dry before freezing. Grapes should be cut in half for children under age 2 to avoid choking risk. Place a whole cluster in a bowl or loose grapes on a cookie sheet. Then freeze.

Eat them alone or tossed in yogurt or a salad.



snack Idea



Serving for 1-5 yr. old

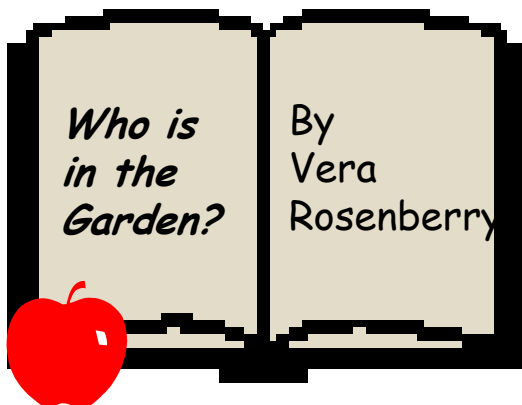
1/2 cup frozen grapes and
7 animal crackers

From California Project
Lean web site. Recipe
courtesy of California 5 A
Day.

Sunshine Fruit Dip

1 cup lowfat vanilla yogurt
2 Tbsp. Frozen orange juice
concentrate, defrosted
1/4 tsp. cinnamon
1 tsp. honey

1. Mix all ingredients until well-blended.
2. Chill and serve as a dip with cut up fruit or served over fruit.



From *Connecticut
Cooks for Kids*

Why is physical activity included in the Dietary Guidelines?



Research shows that adults who are physically active reduce their health risk. Active adults report having learned motor and sport skills as children. Confidence and skill carry-over from childhood into adulthood, increases the chance of an active adult lifestyle.

During childhood, nutrition and physical activity work together to create healthy bones. Both weight-bearing physical activity and good nutrition are necessary for healthy bones. Children who are inactive (sedentary) tend to remain inactive. Childhood inactivity may contribute to childhood obesity.

Finally, motor skills and physical activity are important in our culture.

"Be physically active" is one of four Team Nutrition messages.

Principles

The following principles were used to develop the activities on the cards:

- Children are naturally active, therefore we are fostering a normal behavior by using the activities on these cards.
- Each child is unique. Differences in motor skill within and between children are normal. This means that a child may find some skills easier than other skills. Each child will find some skills easy and other skills more difficult.
- Boys and girls are more alike than different when doing physical activities.
- Motor skills develop as a result of practice.
- Children participate in sport and physical activity to have fun, learn skills and be with their friends.



*T*eaching Tips

Position yourself so you can see all the children.

Use a signal to get the children's attention. Teach the children to stop and listen when you give the signal.

Have a few simple rules, for example:

- listen and do
- hands to yourself
- be kind
- be careful

Use activities and equipment developed for the age and skill level of the children.

How to use these cards

Title →

Zig Zag Toss Across

1 bean bag

Arrange the children in two lines facing each other.



Check the equipment before you begin so you can gather the materials you need for the activity

Description of the game or activity ▶

The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, this continues till the bean bag gets to the end of the line. The last child runs to the first position in his/her line (if the lines are uneven in number have the child go to the end of the opposite line) and start the tossing again. Repeat.

Placement of the children is described and shown in a figure. Small x represents the children, large smiley represents the teacher

Teaching hints ↗

Hint: Say the name of the child tossing and catching so they are both ready before a toss. "Chris, you are going to toss to Alex, Alex get ready to catch."



Tubby Toes

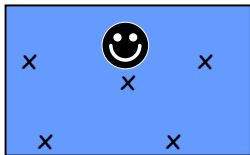
Arrange the children in scatter formation.

The children follow and sing or chant with you. They touch the body part as they say the words.

Sing or chant the following words: "Head, shoulders, knees and toes, knees and toes" (a bit faster on knees and toes the second time) "watch how fast the Tubby goes, Tubby goes" (run in a circle). Repeat.



No equipment



Animal Walks

No equipment.



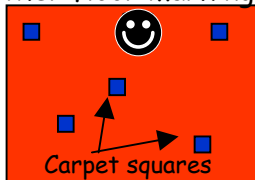
Arrange the children in a long line facing you.

Ask the children “who can show me how (insert animal name) walks”? If a child volunteers allow them to demonstrate. If what the child does is close to the description, have the other children copy. If the demonstration is not close, ask if anyone can think of another way to show how that animal might walk. You can also demonstrate or cue by using the descriptions below. Repeat with the animals running, with each child selecting their favorite, adding their own animals and so forth.

- Kangaroo (jumping while holding hands near chest with fingers forward)
- Monkey (walking with hands on ground)
- Bear (lumbering so that hand and foot on the same side go forward together)
- Pony (galloping or trotting with all fours)
- Giraffe (lift arms above head pretending this is the neck and head, then slide to move across the area)
- Squirrel (running, darting and dodging, quick head movements during short stops)

Airplanes

Carpet squares or other floor markings
(tape, newspaper).



Arrange half the children in scatter formation on the carpet squares.

The remaining children will be scattered among the carpet squares. The children on the carpet squares are "skyscrapers". Explain this to them (e.g., tall buildings). They can sway but can't move their feet. Arms must be at their sides or above their heads.



The children scattered among the skyscrapers are airplanes. They move carefully among the buildings with wings spread. The airplanes can't stop moving and must not touch the buildings or each other. Airplanes should fly (run or jog).

Repeat reversing roles of skyscrapers and buildings.

Zig Zag Toss Across

1 bean bag

Arrange the children in two lines facing each other.



The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, this continues until the bean bag gets to the end of the line. The last child runs to the first position in his/her line (if the lines are uneven in number have the child go to the end of the opposite line) and start the tossing again. Repeat.

Hint: Say the name of the child tossing and catching so they are both ready before a toss. "Chris, you are going to toss to Alex. Alex get ready to catch."

Hop, Jump and Dance Like Betsy

No equipment.

Arrange the children in a long line facing you.



Betsy is a frog in the book "Hop, Jump" (by Ellen S. Walsh, 1993, Harcourt, Brace & Co). This activity copies Betsy's movements, and allows the children to create movements of their own. Betsy watches the other frogs hop and jump, but she wants to try other movements. At first the other frogs say "no room for dancing", but after watching her they try dancing and like it. Then they say "no room for hopping and jumping", but Betsy tells us there is room for everyone.

Begin by jumping forward (jumping is with both feet at the same time). Try short quick jumps, long jumps and jumps up into the air.

Next try hopping (jumping on one foot at a time, several hops at a time). Repeat on the other foot.

Betsy leaped (long running step) and did twisting and turning. Show the children leaping, have them try. Repeat with several turns.

Betsy and the frogs began to dance combining jumps, hops, turns, leaps and other movements. Expand by having everyone hop-jump while one person dances, reverse.

Jump the Line

Equipment: Lines
(string, chalk or tape)

Arrange the children so each child is on a line.

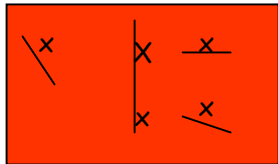
Jump with both feet down (along) the line.

Jump over the line, turn and jump back over the line, repeat.

Jump from side to side over the line.

Jump forward and backward over the line.

Jump high over the line.



Repeat several times.



Allow children to demonstrate or lead jumping by selecting one of the ways to jump.

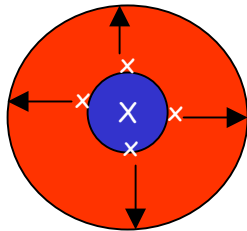
Expand: Arrange children in a line, the first child is the leader who selects a way of jumping. The other children follow. You can be the leader too.

Toss Up

Arrange the children on the small circle with you in the middle.

Each child should have a "special spot" (their own spot) on the large and small circles. Practice moving from the special spot on the small circle to the special spot on the large circle. Practice moving back to the small circle from the larger circle. You will count "one, two, three" aloud and after "three" say one of the children's names. As you say a child's name toss the ball into the air (straight up). The child whose name you called runs to the center and catches the ball. The other children run to their special spot on the outside circle. Once the center child has gained control of the ball, you move to the small circle as do all the other children. The game continues until all children have been in the center. Repeat.

One 6-8 inch foam ball.
Marking for circle (polyspots, chalk)



*P*encil Roll, Inch Worm and Rocker

No equipment.

Mats helpful.

If you are using mats, arrange one line at each mat. If you are on carpet or grass allow 1-3 children to go at time. Allow children to practice as you give instructions, then repeat each activity as time allows.

The pencil roll begins with the child laying flat on his/her back, arms extended overhead (the arms can also be crossed on chest or held straight at sides). Keeping the body straight like a pencil or log, roll onto the stomach. Continue moving front to back. Be sure the children roll in a straight line. Repeat several times.

The Inch Worm begins standing with feet together and legs as straight as possible. While holding the feet still, the child "walks" the hands forward until the body is straight. Then holding the hands still, the child walks the feet toward the hands. Repeat until a specific distance has been covered (for example 10 feet).

The Rocker begins with the child laying on her/his back. Bend the legs bringing the legs toward the chest. Hug the knees with both arms. By moving the head forward and backward rock the body as vigorously as possible.

Blast-off

Arrange the children in a line on one side of a rectangle facing the other side of the rectangle.

The rocket launcher counts backward, "5,4,3,2,1 blast-off".

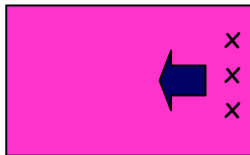
"Blast off" is the signal to run as quickly as possible to the opposite side of the rectangle. The adult should be the first rocket launcher. Select a child to be the next rocket launcher. Help the child count and say blast-off if necessary. Play the game until everyone has been the rocket launcher. Repeat.



No equipment



Rocket launcher



Reveille

No equipment.

Arrange the children in a line on one side of a rectangle.



Captain → X



Upon a signal by the ship's captain the children will run to the other side of the rectangle and stop on a line. They should stand very tall, straight and still. The children should salute the captain. The captain then says "dismissed" and the children say "aye, aye, captain" and return to the first line. The captain selects a new captain and the game continues so that all children have at least one turn as captain.

Seven Jumps

Music¹.

Arrange the children in a circle, they can hold hands facing right which will have them move counterclockwise.

Move around the circle (slide, skip, gallop, fast walk or run). Stop the music. Everyone will touch one knee to the floor for 10 counts, then stand. Start the music and move in the opposite direction around the circle. Stop the music. Touch one knee to the floor for 5 counts, the other knee touches the floor for 10 counts, then stand. Start the music and move the opposite direction. This continues, each round add a body part as follows:

- knee
- other knee
- elbow
- other elbow
- stomach
- back
- forehead



¹ There is music for Seven Jumps from many sources for example Circle Dances for Today (KEA 1146C Kimbo Educational, 2001). However, you can use any music which is lively for example a polka, two step or march.

Locomotor Skills

Arrange the children in scatter formation so all children can see you.

Locomotor skills are walking, running, jumping, hopping, galloping, sliding and skipping. Hopping is a jump taking off from one foot and landing on that foot. In galloping the same foot is always in the front (leading). Skipping is step-hop, step-hop.



Have the children move around the area using each skill. Emphasize moving under control, so children don't fall or bump into each other. Begin with walking, then progress to running, jumping and so forth. The skills listed become progressively more difficult. You may have to help by holding a child's hand hopping or demonstrating and practicing sliding, galloping or skipping. Children begin these skills at the following ages: walk (12 mo.), run, hop & jump (24 mo.), gallop, slide & skip (36 mo.).

No Equipment.



*P*arachute

A parachute, sheet or blanket.

Space the children around the edge of the parachute or other sturdy fabric (for example a sheet). Spread out adults among the children, if there is more than one adult.

Everyone should stand facing the center and grasp the parachute with both hands. First, hold the parachute still by not moving the hands or arms. Next wiggle the parachute using small arm and hand movements. Do this for 30 seconds and stop. Try big wiggles by moving the arm and shoulders up and down for 30 seconds then stop. Switch back and forth between big and little wiggles for 60 seconds.

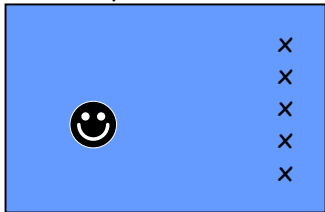
Raise the parachute above the children's heads, then lower it to waist height. Repeat this several times. Raise the parachute again, but lower it to the ground. Repeat several times. When the parachute is raised high have a child you name run under and then back to his/her original position. Repeat until all children have had a turn. Expand by having the child run around the outside and back to her/his place.

Throw and Fetch



Arrange the children in a line facing you.

One object (bean bag, ball, crushed paper sack) per child.



The children throw (overhand) the object as far as possible. On your signal all the children run and pick-up their object. Children return to the starting position and repeat.

Emphasize throwing far and waiting for your signal before going after the objects.

Hint: Taking a large step during the throw will increase the distance the object goes so encourage children to take a big step.

Moving to Music



Arrange the children in scatter formation.

Music the children like.



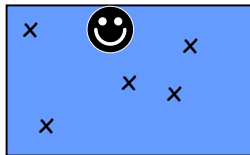
Describe sharp movements as a way to move the body to make lines, corners and angles. Demonstrate by making your arms straight then angled by rapidly and forcefully bending your elbows. Ask the children to move their arms in sharp movements. Ask the children to move other body parts with sharp movements (ankles, waist, hands).

Describe smooth movements as a way to move that has circles, turns and doesn't stop. Demonstrate by swinging your arms in circles. Ask the children to move their arms in smooth movements. Ask the children to move their whole body in smooth movements as you demonstrate turning, bending, swaying--all smoothly.

Turn on the music and ask the children to move to the music. Remind the children to move using smooth or sharp movements.



Turtle and Rabbit

No equipment.



Arrange the children in scatter formation.

Explain that turtles move slowly and rabbits move very fast. Ask the children to move slow. Once they can demonstrate slow, ask them to demonstrate fast.

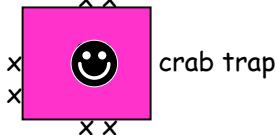
To play the game you will call out  "turtle" or  "rabbit". When you say "turtle" the children move slowly and continuously until you say "rabbit". When you say "rabbit" the children move fast until you say "turtle". Repeat alternating "rabbit" and "turtle".

Focus the children on listening and following directions. The point of the game is for the children to move all the time (either fast or slow).

Happy Crabs

Divide the children equally and arrange them on three of the four sides of a large square.

No equipment.



Crabs move by walking sideways on their long and bent legs. The children are going to pretend to be crabs. Begin by sitting on the ground with legs extended, knees bent and feet on the ground. Arms are extended behind with hands on the ground. Lift bottom off the floor and by "walking" hands and feet move forward, sideward and backward.

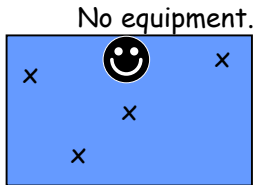


Name each side of the square a color (blue crabs, white crabs, silver crabs). The open side of the square is the crab trap. You will say "Blue crabs to the crab trap" and the blue crabs will crab walk to the open side. Continue by moving the white crabs around the square to the new open "traps". Repeat.

Non-locomotor Skills

Arrange the children in scatter formation.

Remind the children to stay in their special spot (where they are). Non-locomotor skills are movements which are done without changing locations. Generally, feet are still. Non-locomotor skills can usually be done with one body part (the arm) or the whole body. Ask the children to do the following movements, if they do not know what to do, demonstrate.



- twist
- sway
- wiggle
- bend
- stretch
- swing
- balance
- lean
- curl
- shake

Vary the movement by asking them to move only one arm or leg instead of the whole body.



Hint: Chalk lines, tape marks, carpet squares or polypots (plastic spots, available at school supply stores) help children find and stay in their special spot.

Circus Elephants

Mats, carpet squares or a soft surface.

Arrange the children in a scatter formation on a soft surface.

Present the following balance challenges.

If the children do not understand, demonstrate. Balance on:

One foot

The other foot

One hand and one foot

Two hands and one foot

Switch to the other foot and two hands

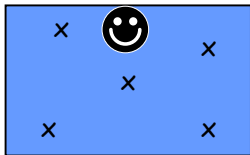
Head and two feet

Elbow and one foot

Knees (no feet!)

One knee

Seat (bottom)



Hint: To challenge older children, ask "can you think of other ways to balance?" or switch quickly from one to another of the challenges. Repeat.

High, Medium, Low and Sneaky Snake

Arrange the children in a long line facing you.

No equipment.



Begin by explaining the difference between high and low. Moving "high" is tall, for example when we move up on our toes. Demonstrate by walking high (on your toes) and have the children practice. Moving "low" is short, for example when we move bending down. Demonstrate and have the children practice. Medium is between high and low. Medium is the way we usually move. Demonstrate and have the children practice.

Most skills can be done high, medium or low. Ask the children to do the following skills at high, medium and low levels: run, jump, hop, slide, gallop (so that high, medium and low hopping one after the other), balance, turn, and wiggle. Remember hopping is jumping on one foot. Now pick from one level (for example "low") and vary the skill (e.g., slide, wiggle, hop). Switch quickly from one to the other, keeping the children moving. "Sneaky snake" is the lowest of all, it is when you crawl (belly on the floor). Add sneaky snake to the skills you are varying (e.g., "skip high, wiggle medium, sneaky snake, run high")

Hint: Tell the children to move from one line or area to a specific place as they practice (for example, to the opposite line).

Paper Bag Derby

One paper grocery sack per child.

Arrange the children on tile or grass (a slick surface) in small groups.



When you say "start your engines" children should make engine noise (Hurmph, humm, brummmm). When you say "the race is on", children scoot themselves around the race track on their sacks (by holding the sides of the sacks and pushing or pulling with the feet). The race track is defined by you. Put the kids into groups to spread them out. Your hand is the caution flag. Use it to stop the race if children get too bunched up. Then restart the race. Everyone wins each time they go around the track and back to their starting place.

Red Light, Green Light

Arrange the children on a long line facing you.



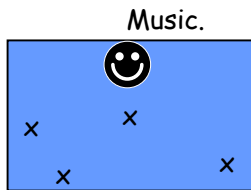
A stop and go sign is helpful.



Begin by explaining the signals for stop ("red light") and go ("green light"). Have one child demonstrate stopping when you signal. The object of the game is to move from one side of a rectangle to the other side. However, children can move only when you say go and must stand very still when you say stop. During the go ("green light") signal children should move as quickly as possible! Once all children reach the opposite side they wait for your signal. Upon your signal they walk back to the start. The game begins again. To make the game more challenging for older children, try changing signals often and quickly or use only the stop/go sign. For younger children use both a visual (the sign or your hand) and verbal signal (saying "green light" or "red light").

Shake, Punch and Roll

Arrange the children in scatter formation. Stand where all children can see you.



The movements for this work-out are shaking (a leg, one arm, two arms, or your head), punching arms alternately forward (vigorously extend and bend arms with fists held the whole time) and rolling (lay on the ground or floor, roll from back to stomach and back).

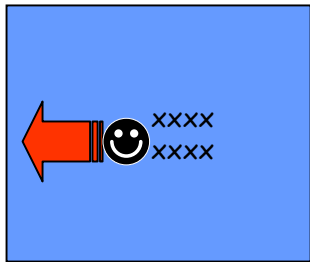
Do each movement at least 8 times to the music (for 8 to 16 counts depending on the music). For younger children repeat each movement more times, for older children change the type of movement more often. Running in place can be inserted between shakes, punches and rolls.

Hint: Select music the children enjoy.

*F*itness March

Marching music.

Arrange the children in 1-2 lines facing front.



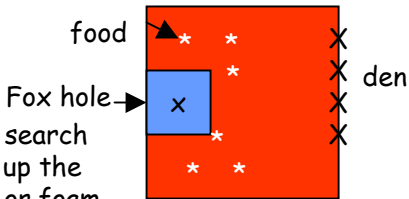
Play the music and march. Encourage high steps with the knees lifted up on each step. Encourage moving the arms vigorously in a pattern opposite to the legs. Begin with you as the leader. March around the area in various patterns (lines, zig zags, circles, etc.). Then allow a child to be the leader. Switch leaders often.

Run Rabbit Run

Recommended for children 4 years and older.



Bean bags or other pretend food.
Stuffed socks or foam balls.
Tape or markers.



The rabbits quietly move out of their den to search for "food". They gather the food by picking up the bean bags. Foxes are identified by the sock or foam ball they carry. The foxes are asleep in their fox hole. When the fox(es) wakes up he smells the rabbits and says "run, rabbit, run". The rabbits run back to their den with any food they have gathered. If the fox touches a rabbit with the sock or foam ball, the rabbit becomes a fox. The fox returns to his hole and goes back to sleep. It is safe for the rabbits to search for food again by leaving their dens. Once all of the food is gathered the game starts again with a new fox. Repeat until all children have had at least one turn to be fox. If necessary cue the fox to wake up.

Flying bean bags

1 bean bag per child.

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop an efficient overarm throwing pattern. The best way to do this is to encourage children to throw hard or far. Do not use a target.

Hold the bean bag in the preferred hand, throw as far as possible. Retrieve the bean bags after the signal and repeat.

Look for and encourage children to:

- take a big step
- step on the opposite foot from throwing arm
- shoulders move parallel to target, then perpendicular, then parallel, then perpendicular opposite
- begin by taking the bean bag in a backward and downward circle



Throwing is important in many activities, provide as much practice as possible.

Fun with catching

1 bean bag, 8.5" foam ball
8.5 inch playground ball

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop catching skill. Catching progresses in the following order:

- sitting with legs spread, stop a rolled ball
- while standing, stop a rolled ball (roll the ball slowly, directly to the child)
- while standing with arms extended, palms up, capture a foam ball tossed (in an arch) directly to the hands from a distance of about 10 feet
- repeat above using a bean bag
- standing watching a spot on the floor, catch a bounced ball (toss the ball so it bounces on the spot the child is watching)
- catch a foam ball tossed in the general direction of the child (progress to bean bag)

Practice each skill, once that skill is mastered move on to the next skill.

Kicking fun

1 crushed newspaper ball
per child

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop kicking skill

Kicking progresses in the following order:

- push a newspaper-ball forward with foot
- swing leg and contact newspaper ball with foot
- take one step and kick newspaper ball with foot
- take two or more steps and kick newspaper ball with foot
- run, take a large step (which lifts child off the ground), kick newspaper ball



Practice each skill, then once that skill is mastered move on to the next skill.

Once the child has mastered 1-3 with a paper ball, use a foam ball, then a playground ball. Caution: Children may step on a real ball and fall.

Baby handball



one crushed newspaper ball
per child, several foam or
playground or beach balls
two 4x4 foot areas marked

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop striking skill, striking begins with the hand. Later children can strike with an extension (a racquet or bat). With the ball resting on the ground, hit the ball with either hand. Move the ball from one side of the area to the opposite side and back. Repeat several times.

Arrange children in a scatter formation with balls scattered on the floor. Ask the children to put the balls in one area by striking the ball(s) with the hand. When all the balls are in that area, ask them to move the balls to the other area. Repeat.

Rollie Pollie

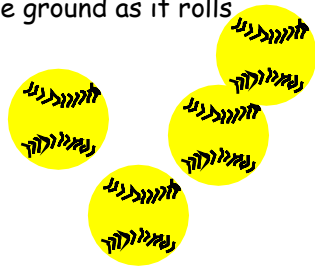
1 tennis or other small ball per child
markers for spots (polyspots, chalk).

Arrange the children in 1 long line, facing an open area.

Present the following challenges to the children:

- sit, rolling the ball forward using one or two hands to push the ball
- while standing, make the ball move on the ground sloooooowly (demonstrate)
- walk forward and roll the ball --the ball should be on the ground as it rolls
- roll the ball over a spot
- roll the ball at a spot, try to make it stop on the spot
- toss the ball up and let it bounce
- toss the ball and catch it (start with very small tosses)
- toss the ball from hand to hand
- toss the ball to a partner

As each skill is mastered, move to the next skill.



Thunderbumper
4-6 year olds

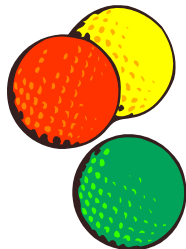
1 8.5" playground ball per child

Arrange the children in scatter formation, facing an open area.
Each child has a ball.

The objective is to practice bouncing, with the long term goal of dribbling the ball. Present the challenges in order, giving a new challenge as children master each skill:

- bounce and catch your ball with both hands
- toss your ball, let it bounce and catch it--use both hands
- bounce and catch your ball with both hands 3 times in a row
- drop your ball and bounce it with one hand
- bounce your ball with one hand, catch it with two
- drop your ball, hit it (bounce it) with one hand two times in a row
- bounce your ball as many times as you can

Encourage children to try both hands.



Ball stations

Bean bags, 8.5" foam balls
polyspots or other markers
1 cone

The objective is independent practice of manipulative skills.

Station 1. Kicking for distance

Station 2. Throwing the bean bag for distance

Station 3. Striking the ball with the hand from a cone

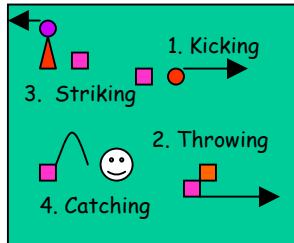
Station 4. Catching--teacher tosses to the children

Describe and demonstrate stations.

Divide children among stations.

Have children practice at a station.

Rotate children among all stations.



Streamers



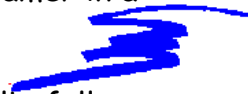
1 36" ribbon, plastic or crepe paper streamer per child

Arrange children in a circle each with a streamer.

Demonstrate and have the children practice the following movements:

- Circles: to the side, in front, overhead, to the other side
- Squiggles: quickly wiggle the streamer, try it high and low
- Figure 8: connect two circles, using a smooth motion
- Snapping to the beat: moving the wrist, snap the streamer in a hammering motion

Combine the various movements, do them while you walk, follow-the-leader, or put them to music.



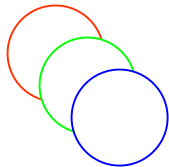
Hoops

1 hoop¹ per child (24-30")

Arrange children in scatter formation with a hoop.

Present the following challenges:

- with your hoop on the floor, walk around your hoop (repeat running, hopping, skipping)
- jump into your hoop, now out. Repeat
- balance with 1 leg in the hoop and one out of the hoop
- balance with 2 feet out and 2 hands in the hoop
- stand under your hoop, beside your hoop, in front, behind
- go through your hoop
- roll your hoop
- throw your hoop



¹ Carpet squares can be used for many of these if you don't have hoops.

Locomotor challenges

Arrange children in scatter formation.

Present the following challenges:

- walk under control, do not bump or touch anyone else
- walk forward, stop, backward, stop, backward, stop, forward, stop, backward
- walk and balance on one foot (repeat)
- hop on one foot, now the other foot
- walk (allow them to walk several steps), hop (again several steps), walk backward
- run slowly, now hop, walk backward, hop
- walk and jump
- run and jump
- walk and hop
- jump backward, then forward (repeat)
- step (walk), then hop, step-hop, step-hop



As children master a challenge, move to the next challenge. Challenges should be repeated. Use surprise to keep interest.

Partner challenges

Arrange children with a partner.



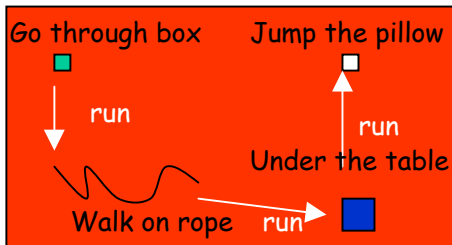
Present the following challenges:

- holding hands walk forward with your partner
- facing your partner, raise both arms up, move them to the side, make circles
- facing your partner, put hands on each others shoulders, toes touching--can you walk?
- facing your partner, make a bridge with your arms (hold hands and lift arms up)
- facing your partner, hold hands and walk in a circle
- facing your partner, clap hands together, clap your legs, then hands and so forth
- one partner stand behind the other, with hands on the partner's shoulders, walk forward follow-the-leader style
- facing your partner, hands on shoulders, slide toward me--now away.

Playland

pillow, 6 foot long rope, card table, blanket, cardboard box

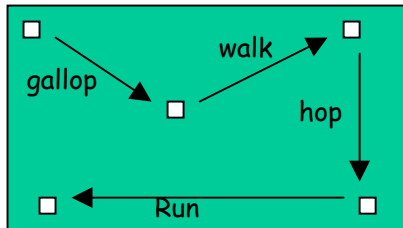
Create an "obstacle course" of items easily found. Try using: empty cardboard box (to crawl through), rope (on floor as a balance beam), card table with a blanket (to go under), pillow (to go over). Demonstrate the path and action at each item, run between items. Children will go one at a time. Repeat several times.



Going on a trip

route markers

Create a route with markers (cones, carpet squares, plastic milk bottles filled with sand or water). For each part of our "trip" we will use a different movement. One child goes at a time, so you and the other children can "cue" or coach which skill should be done on each segment of the trip. At the end, you and the children can go together forming a "train" by doing the movements in a line. You can substitute other movements.



Mulberry bush



Arrange the children in a circle with 2 feet or more between children.

For the chorus sing "Here we go around the mulberry bush, mulberry bush, mulberry bush, (repeat), so early in the morning" while walking around a in a large circle.

During each verse, stand in circle formation, and do the action.

"This is the way we _____, (repeat twice), this is the way we _____, so early in the morning." Alternate verses and the chorus.

touch our toes

jump in the air

bend our knees

hop on one foot

run in place

twist our hips

Laundry basket derby

1 large rectangular basket
per 2-3 children, 2-4 cones

Arrange the children in groups of 2-3 with a laundry basket, one group near each cone. This activity is easier on a smooth surface, for example a tile floor.

Describe and walk through the route marked by cones. One child will sit in the basket, two other children will push the basket with the child inside around the cones. This is not a race. On your signal the children will do "laundry basket upset", which means the child in the basket will get out. One of the pushers will move into the basket and the pushing will begin again. Repeat several times so all children have several turns pushing and riding.

Trucks



Arrange the children in a line shoulder to shoulder on one side of and facing an open area.

Each child is a truck. The object is to practice "slow" and "fast" movements. Talk about and demonstrate the difference between slow and fast. The trucks are waiting for the signal to move (when you say "start your engines"). The trucks must stay together walking around the area, until you say "faster", then some trucks can move quicker as long as all movement is under control. When you say "slow down, curve ahead" the trucks must walk around the outside of the area. Alternate slow and fast by using the cues "faster" and "slow down". Start over occasionally so everyone is grouped again.

Hand signals

Arrange the children in scatter formation.



You will use words and hand signals to tell them which direction to move. You can create your own signals, for example forward is thumb pointing behind you, backward is finger pointing toward the children, and so forth. Show them the signals, demonstrate and use words.

Have the children move in each direction on your visual and verbal cue. Once the children can do this, use only the verbal cues. Once they can do the verbal cues, have them move only with the visual cues. Try to "trick" them, when you do make it fun and exciting by laughing and telling them you are going to try to "trick them" again.

For younger children use walking and go slowly. For older children you can use various locomotor skills (e.g., hop, jump, gallop) in addition to walking.

Shapes

Cards with shapes

Arrange the children in scatter formation.

Explain the three words. Sharp movements are hard, with angles and force. Smooth movements are soft, flowing and gentle. Pause is a stop, holding the position, especially something fun. The activity is to make a movement (sharp or smooth) or pause, until you change the card. When you change the card the children do that activity until you change again.



Stop and point out things you like.
Find something good from each child.

*P*arachute play

Parachute or table cloth

Arrange the children around the edge of the parachute.

Begin by shaking the parachute. Place light objects (e.g., balls, jump ropes) on the parachute, have the children try to shake them off the parachute.

Walk around while holding the parachute with the inside hand. Reverse directions and hold the chute with the other hand.



Stand, holding the parachute with both hands, raise and lower the parachute. Allow it to fill with air. Repeat but everyone will move inside, and sit on the ground continuing to hold the parachute close to the ground. It should remain filled with air like a tent.

Hustle

Favorite music with moderate tempo

Arrange the children in scatter formation.

Do the following movements to music. Repeat each 8-16 times, then do a different movement.

Step and toe touch: Step backward, stand on one foot. Touch the toe of the opposite foot on the floor. As you step back swing your arms forward and upward, the downward as the toe touches.

Walk forward: On each step pull arms forcefully down to waist from a position in front of head with elbows bent.

Side swings: Swing arms in a circle in front of body while taking one step sideways (step and close).

Jog in place.

Fitness course

Four markers for each stop on the course

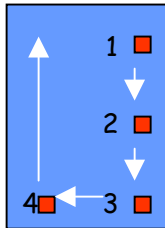
Stop 1. Bend and stretch--touch toes then stand tall and stretch with arms over head (repeat as time allows)

Stop 2. Crunches--laying on back, arms crossed on chest, roll upward until the shoulders are off the floor, slowly roll back to start (repeat)

Stop 3. Twister--standing with feet shoulder distance apart, turn upper body as far as possible in each direction, hands on waist (repeat)

Stop 4. Seal walk--support body weight with arms while legs are extended with tops of feet on floor (repeat)

Begin with all children traveling with you around fitness course. Describe and demonstrate each stop, have them practice. Jog from one stop to the next. Divide the children into 4 groups, one group begins at each stop. Groups rotate around stops on your signal.



Beanbag fun

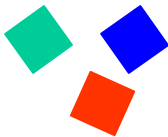
1 bean bag per child

Arrange the children in scatter formation or a circle.

Present the following bean bag challenges to the children. Repeat.

Put the bean bag on your:

- | | | |
|-----------|-------|-------|
| •arm* | elbow | leg* |
| •shoulder | back | hip |
| •knee | head* | calf |
| •foot* | hand* | waist |
| •stomach* | thigh | |



The child responds by placing or touching the appropriate body part with the bean bag. Demonstrate as necessary. *Easy enough for the younger children

Do the following with your bean bag:

- balance it on your head and walk
- put it on the floor and walk around it, jump over it
- toss it and catch it (older kids may toss it from hand to hand)