

SUMMARY OF WELL-BEING CULTURE WORKSHOPS IN PRESCHOOL



STAYING ACTIVE AND SCREEN TIME

- ✓ Staying active as a family is fun, easy and free.
- ✓ Your children are more likely to be active if you are active too.
- ✓ Children should be physically active for 1 hour or more a day.
- ✓ Children may be more active during the day when screen time is limited.
- ✓ Moving the television and other screens out of the bedroom can help limit screen time.

HELP CHILDREN EAT WELL

- ✓ Making mealtime fun helps children enjoy mealtime.
- ✓ Children enjoy trying new foods.
- ✓ Children eat better when they see, touch, taste and smell food.
- ✓ Children may need to see a new food for 8 to 12 times before wanting to try it.
- ✓ Children eat better when they don't feel pressured to eat.

EAT TOGETHER AS A FAMILY AND EAT AT HOME

- ✓ Sitting down to eat with the children:
 - Builds family values, confidence and self-esteem.
 - Teaches eating habits that last a lifetime.
- ✓ Homemade meals can be healthier than eating out and can help save money.

BEST DRINK OPTIONS

- ✓ Drinks high in sugar take away children's appetite for healthy foods.
- ✓ Sugar provides empty calories and none of the vitamins or minerals that children need to grow well.
- ✓ Low-fat milk has the same vitamins and minerals as whole milk, but without the fat.
- ✓ Children over 2 years old should drink 1% milk or skim milk.
- ✓ Whole fruit makes us feel full faster and provides healthy fiber that juices don't have.

EAT FRUITS AND VEGETABLES AT MEALS AND SNACKS

- ✓ Serve fruits and vegetables at all meals and snacks to get the nutrition we need.
- ✓ Our goal is to eat 5 or more servings of fruits and vegetables per day.
- ✓ Children enjoy fruits and vegetables more when they help prepare them.
- ✓ Presenting fruits and vegetables in different ways and adding them to favorite recipes helps children eat more fruits and vegetables.



SNAP-Ed
Division of Food & Energy Assistance

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Fruit Parfait

Ingredients:

- strawberries
- other fruits like bananas or pineapple
- natural yogurt low in fat
- granola/cereal low in sugar

Instructions:

Work together to wash and cut fruit. Encourage children to make their own fruit dessert with layers of fruit, yogurt, and granola/cereal.



Talk with your Children about:

- Teach your child to learn and solve problems by:
 - ✓ Recognize patterns that teach them mathematics and reading.
 - ✓ Learn to do things in a certain order.
- Let's make something nutritious and delicious! We are going to use fruit, yogurt and granola to make a pattern. First the yogurt, then the fruit, then the granola, and then what should we put after?
- What kind of fruit do we have today? Can you tell me the name of all the fruit? Which is the biggest? Which is the smallest?

Text2LiveHealthy

How do I sign up?

1. Text FOOD to 21333
2. Answer 3 simple questions
 - Name of your school
 - Role
 - First name

Sign up today and receive 2-3 text messages weekly:

- ✓ Creative and healthy recipes
- ✓ Tips to stay active as a family
- ✓ Local Event Information

