



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Yolo County's UC Nutrition Education Program

The Yolo County University of California Nutrition Education Program is a cooperative non-profit program that is sponsored by Yolo County, the State of California, and the United States Department of Agriculture. Our program's primary goal is to assist you in integrating nutrition education and physical activity into your classroom or school. As a result, your students will learn how to build healthy lifestyle habits through the involvement of our program.

Our program offers **FREE** nutrition education curricula and experiential materials that support the **California Content Standards**. The delivery method for our program is based upon activity "kits" that have been adapted to include nutrition and physical activity lessons that help students excel in mathematics, language arts, and science. Our kits are designed to support your method of teaching, whether you prefer individual or group activities for your students. Each kit is carefully prepared to include the majority of materials needed to implement the activity with minimal preparation required. These kits are available for loan for teachers of grades Preschool through Third grade.

Because we are committed to addressing your needs, we can provide trainings on our materials for you and your staff. We will deliver our materials/services to your site and work around your busy schedule.

The requirements are minimal to access our program, and they include:

- ◆ Completing an MOU
- ◆ Completing a Teacher Enrollment form
- ◆ Verifying site eligibility
- ◆ Providing monthly feedback to better improve our program materials

Additional services we provide include:

- ◆ Interactive produce specific taste-testing activities
- ◆ Hands-on cooking/snack clubs
- ◆ Parent- or Community-focused classes
- ◆ Staff Wellness classes
- ◆ Staff trainings on nutrition/MyPyramid
- ◆ School-garden support



Cooking Club at a local Woodland CDC

If you are interested in our Nutrition Education Program or would like more information, please contact us at 530-666-8143.

Because...

Every opportunity can be a “teaching moment.” Children who are given the reasons for things better understand the world and can apply rules to other situations. Take time to explain the “why.” Sometimes it takes some thought as to the reason for the rule, but it helps to reduce tantrums, offers greater vocabulary, and leads to better behavior as they grow. Follow up with a choice to redirect their thinking and give them some control.



For example:

We cannot have jelly beans for breakfast *because...* our bodies will use up the energy quickly and we will be hungry again before lunch. Would you like eggs or cereal?

We never go into the street without an adult *because...* cars might be too big to see small children and could hurt you. Would you like to cross the street with me, or continue walking on this side?

We never ride a bike without a helmet *because...* if we were to fall down we could hit our head on the hard ground and get hurt. Would you like to put it on yourself or do you want me to do it?

We can't go to the park right now, *because...* we don't have any food for dinner and we need to go grocery shopping today. Would you like spaghetti or tacos for dinner tonight?

A Refreshing Summer Treat



With spring ending and summer beginning, many of us are starting to feel the effects of the hot, sunny summer days. Hundreds of people will swim around

the pool, beach, lake, or river to stay cool, but all of us will be consuming many cold beverages a day to help take the edge off.

When we stop to evaluate what and how much we drink during the summer season, we often surprise ourselves with what we find. Studies have shown that during the summer months, high sugar beverages such as sodas, juices, sports drinks, iced flavored frappuccinos, and coffees are often consumed. You are not only consuming extra calories, but also not properly replenishing your body's fluid losses. Try this healthy and refreshing summer treat, without the extra added sugar!

Fresh Fruit Cooler Recipe

Serves 1

Ingredients:

- 1/2 cup ice
- 3/4 cup water or sparkling water
- 1/3 cup melon or berries
- Mint leaves or citrus slices (oranges, lemons, etc. optional)



Instructions:

1. Wash your hands with warm soapy water.
2. Wash the melon or berries with cold running water.
3. Place the ice, water, and fruit into a blender.
4. Blend mixture until slushy, pour into a clean glass.
5. Chop or slice the selected garnishment for your cooler.
6. Garnish with mint leaves or a citrus slice.

Recipe adapted from Harvard School of Public Health Nutrition Source Updates Newsletter; June 2010

Movement

It's very easy to ask a preschooler to move around the playground or classroom and impersonate their favorite character from a storybook or television show.

At their age, they're seeing the world as a constant motion, everything and everyone is constantly moving. Movement has paved the way for preschoolers to learn about themselves and others through interaction. Organized movement has helped children build motor skills, learn about physical fitness, and lay a foundation for an active, healthy lifestyle.

Importance of Teaching Movement

Because daily movement is part of every child's educational experience, preschoolers are more than ready to acquire and practice new motor skills.

Daily physical activity for preschoolers not only helps them improve their gross motor skills such as jumping, running, and skipping, but also impacts their ability to strengthen other skill set areas such as language and social skills, in addition to:

- Aiding in developmental growth
- Increasing awareness of the body in space
- Reinforcing good self-concept through participation
- Encouraging problem solving

Understanding the four concepts of movement will help you plan your classroom activities to incorporate specific skills and concepts.

Movement is described in four concepts:

- Body
- Space
- Effort
- Relationship

BODY:

1. What the body is doing.
2. Describes what the movement is.

Body movements can be locomotor, non-locomotor, and manipulative.

Locomotor movements include:

- Jumping

- Running
- Galloping

Non-locomotor movements (continual movement), include:

- Bending
- Stretching

Manipulative movements use objects, including:

- A ball
- An action; for example, throwing or catching

SPACE:

1. Where the movement takes place.

Spatial concept is defined by direction, level, or path.

Examples:

- Direction - backward, forward, sideways
- Level - low, medium, high
- Path - circles, straight, zig-zag

EFFORT

1. How the movement is done.

Effort is described by using time, amount of force, or flow of movement.

Examples:

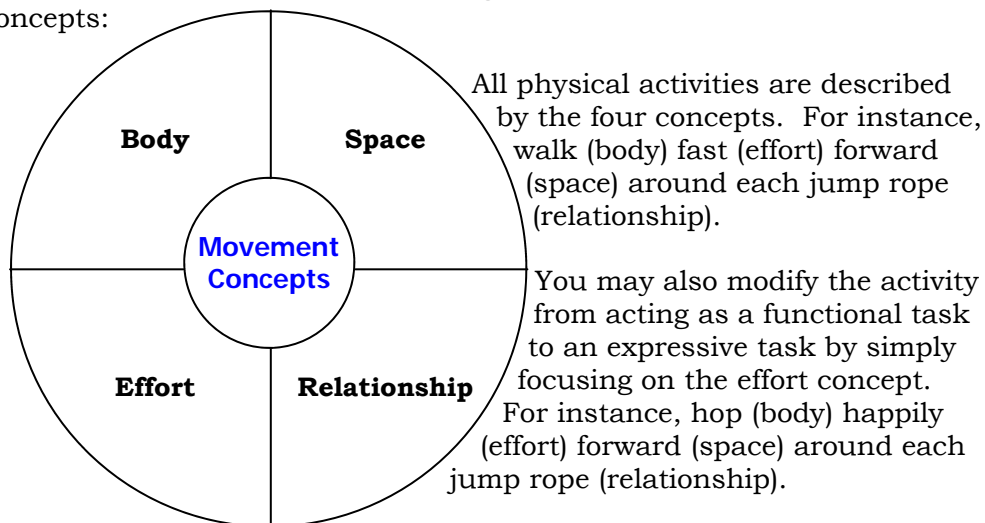
- Time - slow, fast
- Force - light, strong
- Flow - ongoing, stoppable

RELATIONSHIP

1. The interaction between persons or objects in a environment.

Examples:

- Tossing a baseball to a teacher
- Crawling under a table



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Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your young children while integrating math, language arts, and science. **These lessons come “ready-made”** with all the materials you will need to teach a fun and interactive lesson with your preschoolers or kindergarteners. The curriculum was developed by the University of California or Scholastic, Inc.

We will bring the materials to your site, free of charge, and we can provide your staff with trainings and additional resources to increase their confidence in these topics. We can also plan classroom, food-themed parties, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact us.

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