



Books

- "From Head to Toe," Carle, Eric. Harper Festival, 1999.
- "I'm Growing!" Aliko. Demco Media, 1993.
- "Growing, Growing Strong: A Whole Health Curriculum for Young Children," Bennett, B., Hendricks, C., Smith, C. Readleaf Press, 2007.
- "Growing Vegetable Soup," Ehlert, Lois. Voyager Books, 1990.

CDs

- "Kids in Motion," Greg & Steve.

Web sites

- The Dannon Institute, www.dannon-institute.org
- Public Broadcasting Service, www.pbs.org
- National Dairy Council, www.nutritionexplorations.org
- Dole Foods Company, Inc., www.dole5aday.com
- Preschool Rock, www.preschoolrock.com
- U.S. Department of Agriculture, <http://mypyramid.gov>

Terrific Tykes

Suggested CHEC-out activities

1 Red light, green light

Draw a picture of a stoplight. Cut out pictures of different foods. Glue foods on either the green light to represent "green light" foods or on the red light to represent "red light" foods. Tell your students that green light foods give us energy and help our bodies. Red light foods make us stop before we eat and ask ourselves whether our food option is a good choice.

2 What's on your plate

Keep a bin of play food in your classroom's house center. The students can sort the food into either the red light or green light bin they also will find there. The students can then pick food that they would like to prepare and serve. This is a good way to reinforce their knowledge about foods that give them the energy they need to grow.

3 Just like the animals

Read "From Head to Toe," by Eric Carle, and pretend to move like the animals in the story. Discuss how we are similar to and different from the animals. Students can use paper plates to create animal faces.

4 Move your body

Play a CD and ask students to move if they just ate "green light" foods. Freeze the CD and watch students freeze or stop just like we need to do before we eat "red light" foods.