

## Tips to make you Happy and Healthy Everyday!

- **Visit a supermarket or farm** to help your child learn where foods come from. Encourage your child to pick one food and discuss how it is packaged and the different ways the food could be prepared and served.
- **Hop to the car, subway or bus.**
- **Do a taste test or a crunch test.** Dip a vegetable into three different flavors of low-fat dressing or try a crunch test with three different kinds of vegetables to see which vegetable crunches the loudest.
- **Ask your child to move like different animals:** “Jump like a kangaroo”, “Slither like a snake”, or their favorite sports stars, “move like a basketball player”, or “balance like your favorite gymnast”.
- **Help your child make a healthy foods alphabet book.** Encourage your child to think of healthy foods that begin with different letters. Feature one letter and food on each page. For example: A is for apple. B is for broccoli. C is for carrots. When your alphabet book is finished, have fun reading it together.
- **Invite your child to plan the menu for one family meal.** Encourage your child to go shopping with you to buy the foods. Then, let your child help prepare and serve the meal. After the meal, talk about what your child learned about food.
- **Encourage your child to brush his/her teeth** for as long as it takes to sing the ABC song!
- **Play different types of music** at home and make dance time a family routine! Encourage your child to work with friends to create new dance steps to their favorite music and maybe even put on a dance show for you!
- **Make up a song about a healthy food**, where it comes from and how its good for your body.
- **Eat your colors everyday!** Encourage your child to pick five different colored fruits and vegetables to eat each day!

