



BusyBodies



Creative food and play
ideas for your preschooler
(ages 3 to 5)



The Nutrition Resource Centre at the
Ontario Public Health Association
is pleased to bring you *BusyBodies*.
We trust these cards will inspire you to explore
healthy eating and physical activity every day
with your preschooler.



NUTRITION
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Funded by the Government of Ontario as part of
Ontario's Action Plan for Healthy Eating and Active Living

February, 2007

INDOORS/OUTDOORS

Do the Twist

Play music and dance for 10 minutes.



**GOOD TO
KNOW:**

*Dancing is a great way to make your heart
and lungs stronger.*

Around the World

Explore foods from many cultures.

Try new foods: mango, chapati (flatbread), tzatziki (yogurt dip), hummus (chickpea dip), samosa (pastry triangles), couscous (grain), falafel (chickpea patties), quesadilla and tofu.



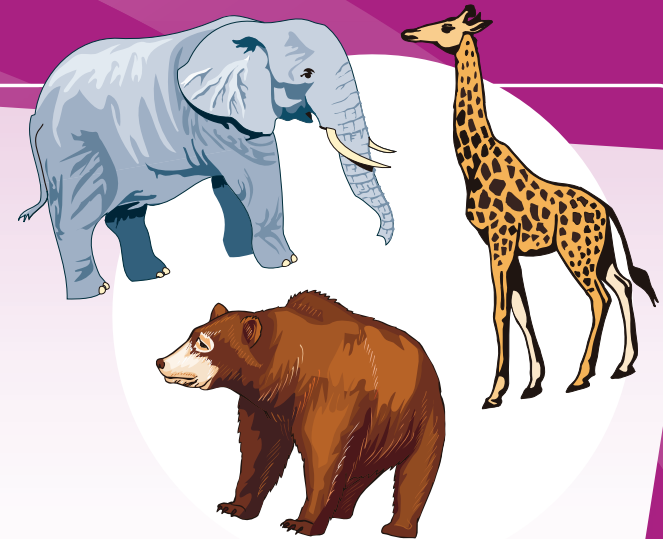
GOOD TO KNOW:

Offer new foods to your child with familiar foods. Try small amounts at first. It can take 10 to 15 times before your child accepts a new food.

INDOORS/OUTDOORS

It's a Zoo Out There

Have one person be the “zookeeper”. The zookeeper calls out an animal and everyone moves around the room just like that animal. When the zookeeper says “feeding time”, everyone moves back to the zookeeper imitating their animal and waits for the next animal to be called.



GOOD TO KNOW:

Preschoolers should build up to 60 minutes of structured physical activity every day. These are activities that you plan, supervise and/or do with your child.

Design a Placemat

Cut out pictures of food from magazines or grocery store flyers.

Get 4 pieces of paper. Label as:
(1) Vegetables and Fruit, (2) Grain Products,
(3) Milk and Alternatives and (4) Meat and Alternatives.

Glue the food pictures on each Food Group.

GOOD TO KNOW:

Children follow by example. If you eat a variety of foods, so will they. Families that eat together are more likely to eat healthier foods.



INDOORS

It's Never Too Late to Skate

On a carpeted area, clear some space to make a “rink”. Get two pieces of paper (8 1/2” x 11”), and put one under each foot. With shoes on, stride forward and backward as if you were skating. Have skating races, create a path to follow, or skate to music.



GOOD TO KNOW:

Preschoolers should build up to 60 minutes of endurance activities (activities that make your heart beat faster) every day.

How Does Your Garden Grow?

Take a small clay pot or plastic container.
Make sure there is a hole in the bottom.

Fill the container with soil. Plant vegetables
(beans, peas) or herbs from seeds or seedlings.
Watch them grow. Remember to water them.



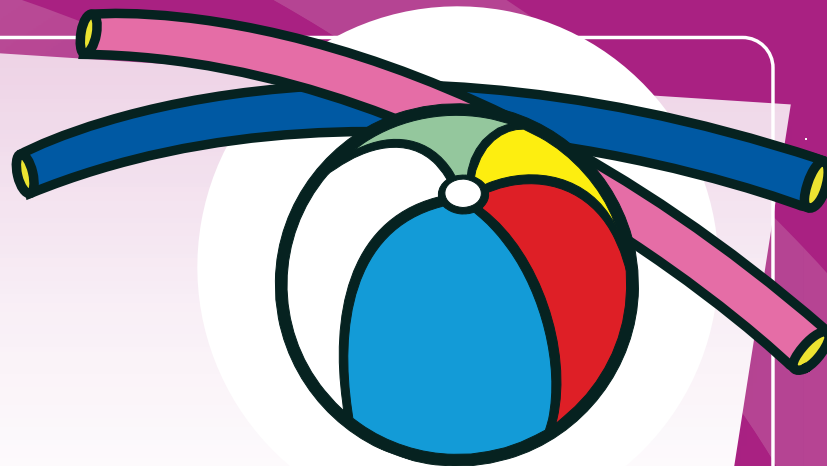
GOOD TO KNOW:

Get children involved in growing vegetables and choosing them at the grocery store. They will be more likely to eat them.

INDOORS/OUTDOORS

Wacky Hockey

Play hockey using pool noodles and a soft ball.



**GOOD TO
KNOW:**

Physical activity doesn't have to cost a lot of money. Think of household items you can use to be active e.g. plastic containers, squeeze bottles, cardboard boxes, cardboard rolls from wrapping paper or paper towels, egg cartons, old clothes and hats.

Colours of the Rainbow

Expose children to many colourful vegetables and fruit.

Get children to name as many colourful fruit and vegetables as they can: yellow, orange, red, green, blue, purple.

This activity can be done at the grocery store.

GOOD TO KNOW:

Make eating vegetables fun. Serve them with dips and sauces (try yogurt dip, salsa, salad dressing, BBQ sauce). Children who eat together with their families are more likely to eat vegetables.



OUTDOORS

Walk and Roll

Go for a walk. Try a “different walk”: walk slowly, quickly, with heavy loud steps, on tiptoes, with long strides, with tiny steps, in a straight line, and in a zig-zag. Run, skip, hop, step and jump.



GOOD TO KNOW:

Be active as a family by walking to do small errands such as mailing letters, a trip to the corner store, or returning a DVD.

Do You Hear What I Hear?

At mealtime or when cooking, explore the different sounds that foods make.

Here are some ideas to get you started:

- Popping popcorn
- Crushing crackers
- Whisking eggs
- Crunching apples

Talk about other foods that make a sound when you eat them.

**GOOD TO
KNOW:**

Be careful... popcorn, nuts, seeds, raisins, candies, and raw pieces of hard fruit or vegetables like carrots and apples, can be a choking hazard for children under the age of four.



INDOORS/OUTDOORS

Have a Ball

Play with a ball in a variety of ways (e.g. kick, bounce, roll, throw, catch).



GOOD TO KNOW:

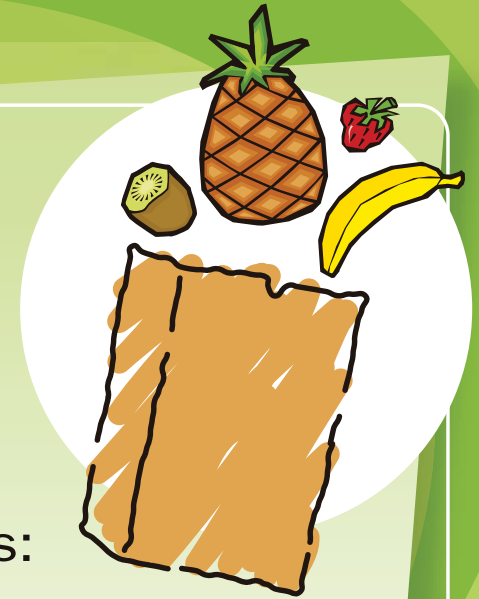
Children need to learn basic skills in the years between six months and six years. Help your child to become comfortable with different ball skills using a variety of balls. Start with simple ball skills such as rolling the ball, then progress to bouncing, throwing, kicking and catching.

Food Explorers

Hide a vegetable or fruit in a paper or cloth bag. Ask children to put their hand in the bag and guess what the food is.

Use foods with different textures, shapes and sizes:

- Fuzzy (peach, kiwi)
- Smooth (tomatoes, apple)
- Bumpy (potato, strawberries)
- Long (carrot, cucumber, celery)



**GOOD TO
KNOW:**

Exploring foods by taste, touch and smell encourages children to try new foods.

INDOORS/OUTDOORS

Time to Act

Act out a sport and have your child guess what sport you are “playing” (e.g. basketball, hockey, soccer, baseball, volleyball, swimming). To make this activity more active, have your children mirror the activity while you act it out. Try again with another sport. Take turns acting.



GOOD TO KNOW:

Participating in a variety of sports helps children learn new skills, improve their self confidence, make new friends, and improve their health.

RECIPE

Monkey Berry Smoothie

Mix together in a blender:

- 1 cup (250 mL) milk or fortified soy beverage
- 1 medium banana
- Handful of fresh or frozen berries e.g. strawberries, blueberries, raspberries

Makes four 4-ounce (125 mL) servings. Enjoy as a snack between meals.

GOOD TO KNOW:

Smoothies are a great way to enjoy milk. Preschoolers need 2 cups (500 mL) of milk every day for healthy bones and teeth.



INDOORS/OUTDOORS

I Get a Kick Out of You!

Practice kicking and passing a ball using only your feet. A young child may need to use her hands to stop a rolling ball.



GOOD TO KNOW:

To make kicking safe and more interesting, make sure your child is wearing non-slip shoes and use an under-inflated large rubber ball. Try to challenge your child to aim toward an object rather than just kicking for distance.

RECIPE

Perfect Pizza

- 2 tbsp (25 mL) pizza or pasta sauce
- 1 whole wheat English muffin, tortilla, or pita
- 1/4 red or green pepper, diced
- 3 mushrooms, sliced
- 1/4 cup (50 mL) grated mozzarella, cheddar or parmesan cheese

Heat oven to 350°F (180°C). Spread sauce on muffin, tortilla or pita. Add vegetables. Sprinkle cheese. Bake for 20 minutes.

GOOD TO KNOW:

Pizza is a great way to get all four food groups in one meal. Add lean ham or grilled chicken and the pizza will have foods from all four food groups.

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)

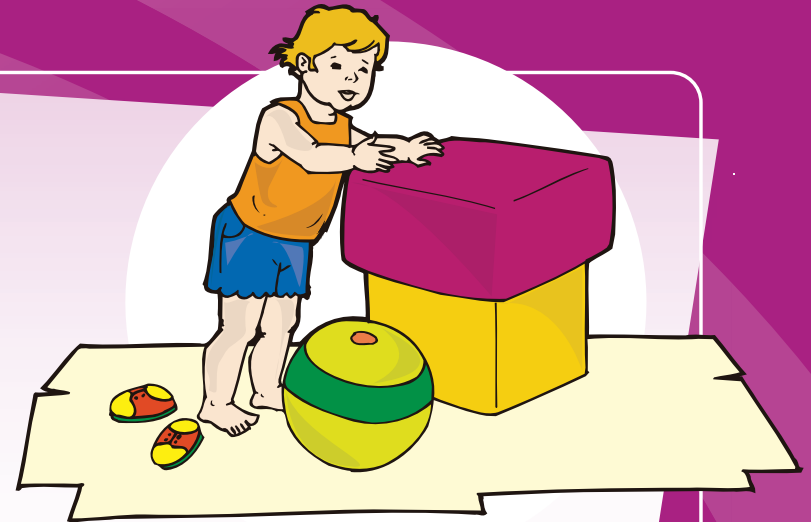


INDOORS

Obstacle Course

On a carpeted area, create an obstacle course by using boxes, chairs, pillows, and other household items to jump over, crawl under and move around.

Think about your child's safety by choosing items that are sturdy, free of sharp or rough edges, and lightweight.



GOOD TO KNOW:

Some children may get bored quickly so don't worry if you don't get to finish an activity before moving on to the next one.

RECIPE

Fun with Eggs

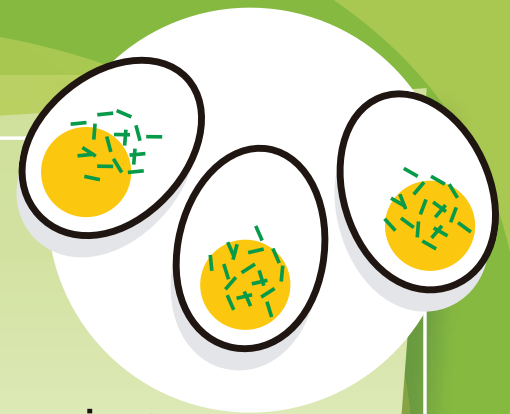
- 6 hard cooked eggs
- 1/4 cup (50 mL) plain yogurt or whipped salad dressing
- 1 tablespoon (15 mL) dill
- Salt and pepper

Peel the eggs. Cut them in half, lengthwise. Empty the yolks into a bowl. Mash the yolks with yogurt/salad dressing and dill. Add salt and pepper to taste. Fill the egg whites with egg yolk mixture. Serve cold. Makes 12 servings.

GOOD TO KNOW:

Some children have a hard time chewing and swallowing meat. Cut meat into very small bits and add it to soups, stews or tomato sauce. Offer other protein foods such as eggs, fish, cheese, smooth peanut butter, tofu, cooked dried beans, peas or lentils.

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)



INDOORS/OUTDOORS

Strike up the Band

Create your own marching band and march around the house using real or make-believe instruments.



**GOOD TO
KNOW:**

Physical activity builds strong bones and strengthens muscles, promotes flexibility, strengthens the heart, and enhances healthy growth and development.

Hand Washing Song

“Wash, Wash, Wash Your Hands”

(to the tune of Row, Row, Row Your Boat)

*Wash, wash, wash, your hands,
Play our handy game.*

*Rub and scrub, scrub and rub,
Germs go down the drain. Hey!
Wash, wash, wash your hands,
Play our handy game.*

*Rub and scrub, scrub and rub,
Dirt goes down the drain. Hey!*



**GOOD TO
KNOW:**

Encourage children to wash their hands before and after eating.

INDOORS/OUTDOORS

Sing and Dance

Play and move to your child's favourite action songs: *Hokey Pokey*; *Grand Old Duke of York*; *Wheels on the Bus*; *Head, Shoulders, Knees and Toes*; and *Shake Your Sillies Out*.



**GOOD TO
KNOW:**

Young children may not do the same task for long periods of time. So add up your physical activity in short periods of time (e.g. 10 minutes) throughout the day.

RECIPE

Fruity Fruit Salad

Cut up different coloured fruit into slices or bite-size chunks. Place in separate bowls. Encourage your child to create his own fruit salad or fruit kabobs. Add 1-2 tablespoons (15-25 mL) of orange juice concentrate as the “dressing” or serve with vanilla yogurt as a dip.

Need fruit ideas? Banana, kiwi, watermelon, canteloupe, honeydew melon, pineapple, peach, orange, blueberries, strawberries, and grapes.

GOOD TO KNOW:

Limit juice to no more than 4-6 oz (125-175 mL) a day. Too much juice is filling and can affect children’s appetites at mealtimes. Juice also has no fibre. Offer your child fruit instead of juice to get fibre.



INDOORS

Walk to the Rhythm of the Beat

Play music and move to the rhythm: walk, run, hop, march, gallop, and jump. Go down low, reach up high. Walk on the spot, on your toes, and on your heels. Walk around with big steps, little steps, light quick easy steps, heavy quick steps or long slow steps. Use your imagination.



GOOD TO KNOW:

Place pictures of your child being active on the fridge or on the walls... creating your own "Wall of Fame". This will reinforce physically active play.

RECIPE

Homemade Hummus

This chickpea dip is a great way for kids to enjoy vegetables.

- 1 can (540 mL/19 oz) chickpeas, drained
- 1/4 cup (50 mL) lemon juice
- 1/2 tsp (2 mL) each ground cumin, salt and pepper
- 1/4 cup (50 mL) plain yogurt
- 2 tbsp (25 mL) olive oil
- 2 cloves garlic

In a food processor or blender, puree chickpeas. Add lemon juice and blend. Continue adding each ingredient and blending until all the ingredients have been added. Serve with vegetable sticks (e.g. carrot, celery, zucchini, sweet pepper or cucumber) or tomato slices. Makes 2 cups.

GOOD TO KNOW:

You may have to offer a new food ten or more times before your child will try or eat it.



INDOORS/OUTDOORS

Activate your Board Games

Take a favourite game that you and your child like to play and add some physical activity to it. For example, if a game uses colours, choose a physical activity for each colour. Every time a player lands on that colour, everyone does the activity.



**GOOD TO
KNOW:**

*Find ways that you and your child can be active together.
Look for “Parent and Tot” classes. Take part in family swim.
Learn a new skill or activity together.*

RECIPE

Terrific Trail Mix

- 1 cup (250 mL) small cheese-flavoured crackers
- 1 cup (250 mL) wheat squares cereal
- 1 cup (250 mL) o-shaped cereal
- 1 cup (250 mL) puffed rice cereal
- 1 cup (250 mL) raisins or dried cranberries
- 1 cup (250 mL) pretzel sticks or small pretzels

Mix the ingredients in a large bowl. Let your child help herself to a 1/2 cup to 1 cup portion (125 mL to 250 mL). Serve with cheese cubes and vegetable juice. Makes 6 one-cup (250 mL) servings.

GOOD TO KNOW:

Avoid snacking on foods or sipping on drinks (other than water) throughout the day as this can cause cavities.



INDOORS/OUTDOORS

Snake Stomp

Hold a skipping rope at one end. Keeping the rope on the ground, wiggle it back and forth while having your child try to stomp on the rope.



**GOOD TO
KNOW:**

Jumping helps strengthen your child's bones.

RECIPE

Yummy French Toast

- 4 slices of whole wheat bread
- 2 eggs
- 2 tbsp (25 mL) milk
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (2 mL) brown sugar
- 1 tsp (5 mL) butter or soft margarine

Use cookie cutters to cut bread into different shapes. Whisk the eggs, milk, cinnamon and sugar together. Dip the bread into the egg mixture. Cook over medium heat in a lightly-buttered frying pan until the egg mixture is cooked. Serve with maple syrup (optional).

GOOD TO KNOW:

Children are likely to get the nutrients they need to grow and stay healthy when meals include a variety of foods from at least three of the four food groups.

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)



OUTDOORS

Jump Through the Seasons

Enjoy a walk in the rain, by jumping over puddles. On a warm, sunny day, jump over marks or cracks on the sidewalk or puddle shapes drawn with chalk. Fall and winter seasons offer piles of leaves and mounds of snow to jump into and over. Be sure to stay well back from the road and clear leaf piles of sharp sticks.



GOOD TO KNOW:

Children enjoy singing in the rain and walking in a winter wonderland! Remember, there's no such thing as bad weather... just dress properly for whatever weather Mother Nature brings!

RECIPE

Sweet Potato Fries

Most kids love to eat fries. Try this healthier option using sweet potatoes.

- 1 sweet potato, peeled and cut into sticks
- 1 tbsp (15 mL) olive or canola oil
- 1/4 tsp (1 mL) salt and pepper
- 1/4 tsp (1 mL) dried rosemary (optional)

Toss the sweet potato sticks with the oil, salt and pepper (and rosemary if using). Place on a foil-lined baking sheet. Bake for 30 minutes in a 400°F (200°C) oven. Makes 3 to 4 servings.

GOOD TO KNOW:

Your children will grow best if you do not pressure, bribe or reward them to eat more or eat certain foods.



INDOORS/OUTDOORS

“I spy” a Walk

While walking, one person takes a turn calling “I spy with my little eye, something that is _____” (fill in the blank with a letter, colour, texture, etc.). Walk/run to the object. Continue walking while a different person takes a turn “spying”.



GOOD TO KNOW:

When children are encouraged to be active at an early age, there is a greater chance they will continue to be active throughout their lives.

RECIPE

Fabulous Fish Cakes

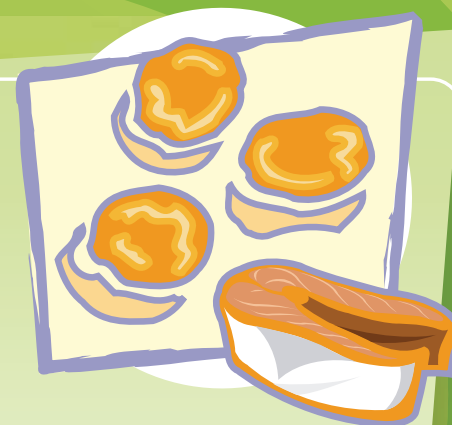
- 1 can (213 g) salmon (or 2 cups leftover fish without bones)
- 1/4 cup (50 mL) green onions, chopped (optional)
- 1 tbsp (15 mL) plain yogurt or mayonnaise
- 1 tsp (5 mL) lemon juice
- 1 1/2 cups (375 mL) bread crumbs or crushed, unsweetened, whole grain cereal
- 1 tsp (5 mL) mustard
- 1 egg, beaten
- 1 tbsp (15 mL) butter or soft margarine

Mash salmon in a bowl. Add onions (if using), mayonnaise/yogurt, lemon juice, 1 cup (250 mL) bread crumbs, mustard and egg. Mix well. Shape into 1 inch (2.5 cm) balls and flatten into cakes. Roll fish cakes in the remaining bread crumbs. Heat butter in non-stick frying pan. Cook fish cakes until slightly brown. Makes about 15 to 20 fish cakes.

GOOD TO KNOW:

Help children by setting a good example. Eat with them at the table. Eat well yourself by choosing a variety of foods.

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)

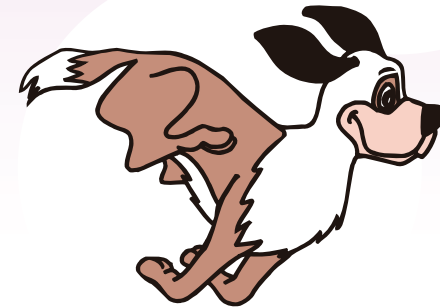


INDOORS/OUTDOORS

Who Let the Dogs Out?

It's a Pooch Promenade. Pretend to walk like different dogs. Some ideas include:

- Dainty poodle walk
- Bouncy golden retriever walk
- Big Great Dane steps walk
- Crazy "mutt" walk
- At the end, do the "wet dog shake"



GOOD TO KNOW:

Being active can be affordable. You can visit many public parks, trails and playgrounds at no cost. Look for these places in your community and visit them regularly.

RECIPE

Oatmeal Raisin Cookies

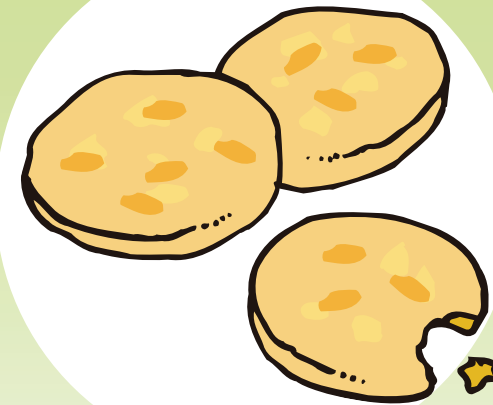
- 2 cups (500 mL) all-purpose flour
- 2 tbsp (25 mL) baking powder
- 1/4 cup (50 mL) brown sugar
- 2 cups (500 mL) quick cooking oatmeal (not instant)
- 6 tbsp (90 mL) melted butter or soft margarine
- 2 eggs
- 3/4 (175 mL) cup milk
- 1 cup (250 mL) raisins

Preheat oven to 375°F (190°C). In a mixing bowl, stir together flour, baking powder, brown sugar and oatmeal. In another bowl, whisk eggs. Add milk and butter. Add this mixture to the dry ingredients. Stir until thoroughly mixed. Add raisins. Drop spoonfuls on cookie sheets and bake for 10 minutes. Enjoy with a glass of milk. Makes 20 cookies.

**GOOD TO
KNOW:**

Limit low-nutrient foods such as chips, cheesies, candy, chocolate and pop. These foods are okay once in a while but if eaten every day, they may replace healthier food choices.

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)



INDOORS/OUTDOORS

Bean Bag Bonanza

Start by balancing a bean bag (or similar-sized item such as a stuffed animal or cushion) on your head, then walking around the room. Move the bean bag to various body parts such as your elbow, shoulder, tummy, back, knee. Next play bean bag basketball by throwing the bean bags into a box or basket.



**GOOD TO
KNOW:**

This game helps your child learn about how her body moves and how to use space in different ways.

RECIPE

Snack Attack

Healthy snacks include at least two food groups. Here are some yummy examples:

- Unsweetened cereal and milk
- Fruit smoothie (blend milk and fruit)
- Cheese cubes with apple slices
- Whole wheat tortillas with hummus
- Pizza slice and juice or milk
- Carrot or bran muffin with juice or milk



GOOD TO KNOW:

Children have small stomachs. So for good health, they need to eat more often than adults. That's why it's important to offer snacks between meals.

INDOORS/OUTDOORS

Story Time

Have your child pretend to be a character in a book and move to the action words in the story. Act out songs, stories and poetry.



**GOOD TO
KNOW:**

Preschoolers need at least 60 minutes and up to several hours of unstructured physical activity each day. Unstructured physical activity is supervised time for your child to play actively alone or with other children.

RECIPE

Wrap and Roll

- 2 whole wheat tortillas (or other soft flatbread)
- 4 tsp (20 mL) cream cheese
- 2-3 tbsp (25 - 45 mL) shredded cheese (e.g. cheddar, Monterey Jack)
- 2-4 tsp (10 - 20 mL) shredded carrot, chopped cucumber or diced tomato
- 2 slices of cooked meat (chicken, turkey, ham, roast beef)
- 2 Romaine lettuce leaves, torn into pieces

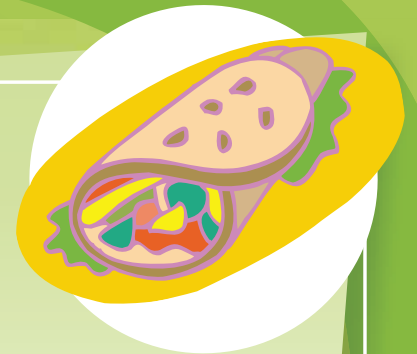
Spread 2 tsp (10 mL) cream cheese on tortilla. Sprinkle shredded cheese and vegetable. Place one slice of meat on top. Top with lettuce. Roll tortilla. Cut in half. Enjoy! Makes 4 servings.

For a vegetarian version, omit meat and:

- Replace cream cheese with hummus; or
- Replace meat with chopped, hard-cooked egg; or
- Add some extra shredded cheese.

**GOOD TO
KNOW:**

Keep portion sizes small. As children grow, portion sizes can grow too.



Adapted from: School Lunch Your Kids Will Munch, Region of Waterloo Public Health

INDOORS/OUTDOORS

Sponge Play

Use soft sponges to throw, catch, and bat using your hands.



**GOOD TO
KNOW:**

It is important to promote all types of physical activities for both boys and girls. Avoid comments about what boys and girls should or should not do.

RECIPE

Frozen Yogurt Pops

- 2 cups (500 mL) of vanilla or fruit yogurt
- 1 cup (250 mL) chopped fruit (berries, bananas, kiwi, grapes)



Blend all ingredients in a blender until smooth. Pour equal amounts into popsicle moulds. You can also use paper cups with a plastic or wooden ice pop stick or plastic spoon for a handle. Freeze for 3 to 4 hours.

GOOD TO KNOW:

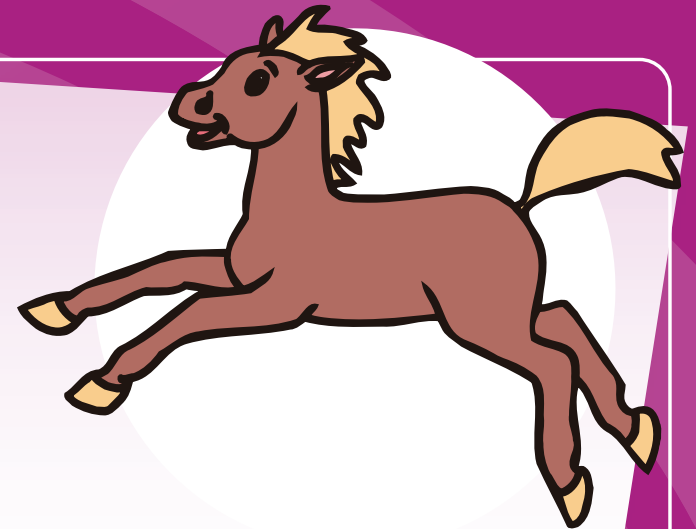
Growth is affected by many things. Each child is different. Children grow and develop at different rates. Talk to your child's doctor to find out if your child is growing well.

Source: Cooking Up Some Fun, Toronto Public Health

INDOORS/OUTDOORS

Horse Play

Go for a horse-back ride... on your imaginary horse. Gallop, trot, and canter down the street, at the park or in the house. Try some jumps and other show stopping moves!



**GOOD TO
KNOW:**

Becoming active early in life increases the chances that young children will learn to move skillfully, and forms the foundation for sport, dance, and exercise activities later in life.

RECIPE

Easy Mac 'n Cheese

- 2 cups (500 mL) uncooked macaroni
- 1 can (284 mL/10 oz) cream of mushroom soup
- 1 cup (250 mL) milk
- 1/2 cup (125 mL) onion, finely chopped
- 1 cup (250 mL) broccoli florets or diced sweet red pepper
- 1 1/2 cups (375 mL) cheddar or mozzarella cheese, grated

Preheat oven to 350°F (180°C). Cook macaroni in boiling water; drain and set aside. Mix cream of mushroom soup, milk, onion, and broccoli/red pepper. Heat and bring to a boil. Add macaroni and 3/4 cup (175 mL) cheese. Pour into an oven proof dish and sprinkle with remaining cheese. Bake for 20 minutes. Turn oven to “broil” for 2 to 3 minutes, until cheese is browned.

GOOD TO KNOW:

Children need nutritious, higher fat foods like peanut butter and cheese to meet their energy needs.

Source: Cooking Up Some Fun, Toronto Public Health



INDOORS/OUTDOORS

Hop to It

Name animals and insects that hop and jump, then show how they move. Some examples to get you started include: grasshopper, kangaroo, frog, and rabbit.



**GOOD TO
KNOW:**

Physical activity in young children helps early brain development and learning.

RECIPE

Juice Pops

- 2 cups (500 mL) unsweetened 100% fruit juice
- 1 cup (250 mL) berries, peaches or mashed banana

Blend all ingredients in a blender until smooth. Pour equal amounts into popsicle moulds. You can also use paper cups with a plastic or wooden ice pop stick or plastic spoon for a handle. Freeze for 3 to 4 hours.

GOOD TO KNOW:

Make frozen pops part of a meal or snack. If your child is thirsty, offer water between meals and snacks. Water is better for preschoolers' teeth than juice.

Adapted from: Toddler and Preschooler Nutrition Kit, Kingston, Frontenac, Lennox and Addington Public Health Unit



INDOORS/OUTDOORS

Push and Pull

Have your child push and pull a large box, laundry basket or wagon to different spots inside or outside. You can add household items to it to make it heavier. Take advantage of seasonal themes. For example, fill a wagon with some pumpkins in the fall.



**GOOD TO
KNOW:**

Create indoor and outdoor play areas where rolling, climbing, jumping, and tumbling are safe, allowed and encouraged.

Food Alphabet

Think of foods that start with each letter of the alphabet.

- For Q, try quinoa, a type of grain.
- For X, try xavier, a soup thickened with rice flour and garnished with diced chicken.



GOOD TO KNOW:

Children are born with the ability to know when they are hungry and when they are full. Let your child decide how much she will eat. When children say they are full, respect their decision to stop eating. This helps them understand their feelings of hunger and fullness and makes them less likely to overeat or undereat.

INDOORS/OUTDOORS

Bubbling Over with Fun

Get out the bubble solution and blow bubbles. Try to catch and pop the bubbles.



**GOOD TO
KNOW:**

Provide your child with the chance to jump, balance, catch, and follow objects with her eyes. Practicing these skills now will help build the skills she will use later to play different sports such as baseball and basketball.

Read All About It

Look for books about food at your local library. Here are a few titles to get you started:

- *Why are Pineapples Prickly?* – Christopher Maynard
- *The First Strawberries* – Joseph Bruchac
- *The Perfect Pizza* – Michael Teitelbaum
- *Does Cheese Grow on Trees?* – Michael Teitelbaum
- *Potluck* – Anne Shelby
- *Pancakes, Pancakes* – Eric Carle
- *Food ABC* – Amanda Doering
- *Why is an Orange called an Orange?* – Cobi Ladner

**GOOD TO
KNOW:**

Reading about food helps create an interest in learning about food.



OUTDOORS

Soaring Across the Sky

Practice throwing and catching a soft Frisbee or paper plate.

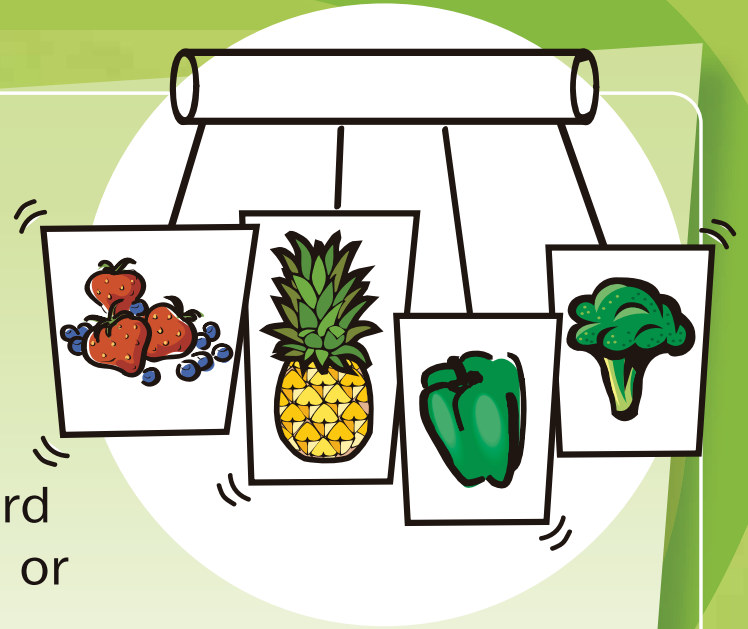


GOOD TO KNOW:

Children quickly develop different motor skills and thinking skills between the ages of two to five. It is important that the activities you do with your child match her abilities, otherwise your child will become frustrated. The best time to start an activity is when your child is well rested.

Fruit and Veggie Mobile

Cut out fruit and vegetable pictures from store flyers, or get your child to draw his own. Tape string on to the pictures and hang them from a cardboard roll (paper towel roll or toilet tissue roll) or clothes hanger to create a mobile.



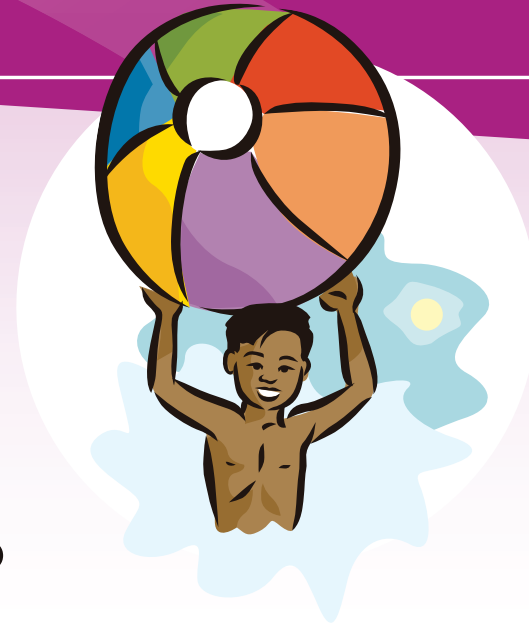
GOOD TO KNOW:

Sometimes children will only eat a few kinds of foods. Be patient. Keep offering healthy foods with no pressure to eat them.

OUTDOORS

Beach Ball Volleyball

Using a large, lightweight ball such as a beach ball, helps a child lift a ball up and over a net. He can then try to volley the ball or play a game of "keep the ball in the air". Make a net using old pantyhose tied to two chairs.



GOOD TO KNOW:

By encouraging interaction and active play with other children, your child will learn life skills such as cooperation, taking turns, sharing and communication.

Fun Food Field Trips

- Go apple or berry picking.
- Visit a pumpkin patch.
- Explore a local farmers' market.
- Check out a book about foods that grow on a farm at your local library.



GOOD TO KNOW:

All foods can be part of healthy eating. But some foods are healthier than others. Following Canada's Food Guide is an easy way to eat healthy.

OUTDOORS

Cycle Madness

Teach your child to ride a tricycle and eventually a bicycle. Ride with her to run short errands, go to preschool or enjoy nature.



GOOD TO KNOW:

Children and parents should always wear a bike helmet when cycling. Buy a helmet with a label saying it meets the Canadian Standards Association approval. Do not buy a helmet that you want your child to grow into. It must fit properly every time your child uses it.

Play Dough Creativity

Encourage your child to build various foods using play dough. You can also use food-shaped cookie cutters. If you want to make your own play dough:

- 2 cups (500 mL) flour
- 1 cup (250 mL) salt
- 4 tsp (20 mL) cream of tartar
- 2 cups (500 mL) water
- 2 tbsp (25 mL) cooking oil
- Food coloring (optional)

To make play dough:

1) Add the food coloring to the water. Then mix all of the ingredients together in a pot. 2) Cook over medium heat, stirring until it forms a soft ball. 3) Let the mixture cool. Knead slightly.

**GOOD TO
KNOW:**

Some days your child may only eat a few bites at each meal, other days she may eat a lot. It is normal for preschoolers' appetites to vary from day to day.



OUTDOORS

Chalk It Up to Fun

With chalk, draw pictures on the sidewalk, lie on the pavement and trace each other, practice drawing letters, draw animal foot prints and follow them down the street, make a mural. You can also enjoy a game of hopscotch.



GOOD TO KNOW:

Research shows that families who play together really do stay together. Activities that support family time, such as going for a family walk, playing catch or gardening, promote healthy family relationships. These families are more likely to remain close throughout life.

Food Movements

Pretend you are making a recipe or doing a mealtime activity. Take turns with your child to act out the activity. Here are some suggestions:

- Baking a Cake
- Making a Salad
- Making a Sundae
- Setting a Table
- Peeling a Banana
- Washing Dishes

GOOD TO KNOW:

Parents and children have different jobs when it comes to eating. Parents decide what, when, and where to offer food. Children decide whether or not to eat, and how much to eat. By keeping to these roles, your child will be more likely to develop healthy eating habits.



INDOORS/OUTDOORS

Playground Thrills

Your child will love to swing, climb, crawl, balance, rock, run, and jump at your neighbourhood or indoor playground.



**GOOD TO
KNOW:**

Create a sequence of activities for you and your child to enjoy together. Running between pieces of equipment is good for the heart and lungs, while climbing on the monkey bars and other equipment improves strength.

Silly Food Rhymes

Think of favourite foods and words that rhyme. For something fun, look for the book *Pass the Celery, Ellery* by Jeff Fisher at your local library.

Want a berry, Terry?



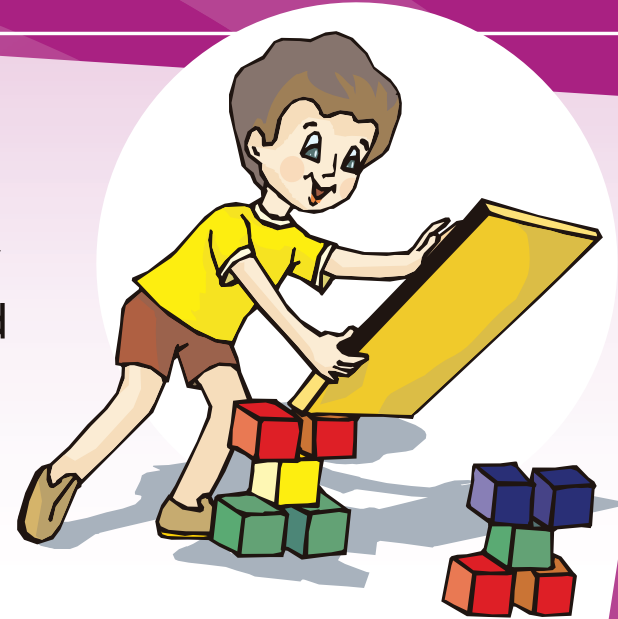
**GOOD TO
KNOW:**

Research shows that families that eat most meals together, are more likely to eat nutritious foods.

INDOORS/OUTDOORS

Just Play

Make sure the television is off and allow lots of time for free play. Have props and dress-up clothes for pretend play. Help your child to use her imagination and make up a game.



**GOOD TO
KNOW:**

Play builds your child's imagination, promotes social skills, helps your child work through emotions, and advances his physical development.

Food Songs

Think of songs and nursery rhymes about different foods. Here are some examples:

- Pat-a-Cake
- Do You Know the Muffin Man?
- Polly Put the Kettle On
- Apples and Bananas

Visit your local library to borrow music CDs.

GOOD TO KNOW:

Eat meals without watching TV or other distractions such as toys. This allows everyone to focus on food and eating. This also helps children know when they're full so they don't overeat.



The physical activities have been adapted from or inspired by:

Active Healthy Kids Canada

*Ideas to Get Your Family Active
activ8 Your Child's Birthday Party
activ8 Your Family While Watching TV*

Best Start Resource Centre

*Have a Ball! A Toolkit for Physical Activity
and the Early Years*

Canadian Child Care Federation

*Moving and Growing Series
Physical Activities for the First Two Years; Physical
Activity for Twos, Threes and Fours; Physical
Activities for Fives and Sixes; Physical Activities
for Sevens and Eights*

**Canadian Fitness and Lifestyle
Research Institute**

Physical Activity Monitor

Canadian Paediatric Society

*When is my child ready for sports? Healthy
Active Living for Children and Youth*

Dietitians of Canada

Healthy Start for Life

Healthy Alberta

Active Ideas for Your Kids

Hospital for Sick Children

*Get Up and Get Moving
Active Transportation*

Invest in Kids

Province of Nova Scotia

Active Living for Early Childhood

Toronto Public Health

*Fun and Physical Activity
Moving on the Spot*

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