

**Eating right  
and being active...  
It's as easy as**



Teach a Kid  
to Fish

Creating community solutions for children's health



**54321 Go!**



[www.teachakidtofish.org](http://www.teachakidtofish.org)



## Toolkit for Childcare Providers

### How to introduce 5-4-3-2-1-GO! concepts into your daycare program:

- **Talk to kids** about what it means to be healthy, using the 5-4-3-2-1-GO! message. Incorporate 5-4-3-2-1-GO! behaviors into your lesson plans, coloring sheets, and activities.
- **Model healthy behaviors.** Sit down with your kids and eat together. Let them see you eating vegetables and drinking milk. Don't spend too much time in front of the TV and computer – get up and move around with the kids.
- **Reinforce healthy behaviors** by praising children when they eat fruit and vegetables, consume dairy products or water, participate in physical activity other than television or time at the computer.
- **Create a healthy environment** by making fruits, vegetables, dairy foods, and water readily available within your daycare. Choose toys that encourage physical activity. And limit time within the daycare to less than an hour a day.

- 5** servings of fruits and vegetables a day  
*(5 is fine, 9 is divine)*
  - 4** servings of water a day
  - 3** servings of low-fat dairy a day
  - 2** hours or less of screen time a day
  - 1** hour or more of physical activity a day
- 

**5**

## Servings of fruits and vegetables a day

### Fruits and Veggies in the daycare:

- Offer lots of fruits and vegetables at every meal and snack time. Kids can choose whether to eat them or not, but offer them every time.
- Theme an alphabet lesson around a single fruit or vegetable. Teach kids that “B is for broccoli” and make a broccoli-themed poster.
- Explore symmetry and have fun by cutting a variety of fruits to reveal their hidden shapes. For example, cut an apple in half width-wise to reveal a star.
- Take a field trip to a farmers market or a pick-your-own produce farm.
- Grow some fruits or veggies from seeds in a pot or empty egg carton. Try lettuce or radishes for the quickest growth.
- Sing “I like to eat-eat-eat apples and bananas” and other silly songs featuring fruits and vegetables.
- Let kids participate in “cooking” with you—tearing fresh lettuce or cutting bananas with a plastic knife.
- Don't forget to wash kids' hands thoroughly before starting—and remind kids not to eat as they work.
- Read books about fruits and vegetables. The Very Hungry Caterpillar or Blueberries for Sal are great choices.
- Create a fruit and vegetable rainbow collage using pictures cut out of old seed or gardening catalogs.

Fruits and vegetables have vitamins, minerals, and fiber to help you grow healthy and strong.

You need at least 5 fruits and vegetables every day.

You should get a variety of different kinds and colors of fruits and vegetables every day.

## Fruits & Vegetables

### Fruit and Veggie Online Resources:

Fruits and Veggies Matter website

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

- The Fruits and Veggies Matter website contains information about the benefits of fruits and veggies, how to prepare and serve fruits and veggies, and tips and recipes for increasing fruit and veggie consumption. Look in the “For Health Professionals” tab under “Resources and Tools” for educational materials. There are posters, activity sheets, recipe cards, and more for promoting fruits and vegetables among children.

Dole 5-a-Day Website

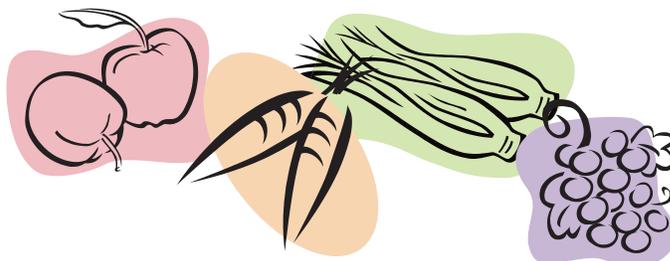
<http://www.dole.com/#1superkids>

- The Dole 5-a-Day website has sections for kids, for parents, and for teachers. Kids can play games, watch videos, or listen to music featuring fruits and vegetables. There are also printable comics, crossword puzzles, and coloring pages for kids. The parents' site contains nutrition information and tips for increasing fruit and vegetable consumption. The teachers' site contains lesson plans, printable activity sheets, and ideas for incorporating fruits and vegetables into a classroom.

K-State Extension Fruit and Vegetables

<http://www.ksre.ksu.edu/humannutrition>

- K-State's cooperative extension website contains a treasure trove of fruit and veggie resources. They've got recipes, flyers, brochures, posters—and a fantastic series of activities and printables based on fruit and vegetable-themed children's stories.



# 4

## Servings of water a day

### Water in the daycare:

- Bring water along whenever you're traveling or if kids are playing vigorously outside.
- Limit juice and soda. Have water or milk available at every meal. Kids can have plain water between meals.
- Talk to kids about the importance of drinking enough water.
- Make it easy for kids to get themselves water by keeping reusable bottles filled with tap water in the fridge, or by having a container of water with a kid-friendly spout in the fridge so kids can help themselves.
- If kids are used to Kool-aid or juice, try weaning them off of it by diluting it a little more each day or alternate sweetened beverages with plain water.
- Lincoln's tap water is safe for drinking and has had fluoride added to promote dental health.

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Water  
messages

About 60% of your body is made of water. You need water to stay alive.

You need to get at least 4-8 oz glasses of fluids every day.

Choose water over juice or other beverages containing sugar.

**H<sub>2</sub>O**

# 3

## Servings of low-fat dairy a day

### Dairy in the daycare:

- Learn about where milk comes from—read some books from the library about dairy farms, milk, or cattle.
- Use dairy terms to learn your letters—examples include “M is for milk”, “D is for dairy”, “C is for cow”, and “B is for bones”. Talk to kids about what dairy products are, where they come from, and how they help your bones and teeth.
- Take “milk mustache” pictures of the kids—use a milkshake of milk and vanilla ice cream so the mustache will stick.
- Clean some bones from your chicken drumsticks well and use them to demonstrate what bones are like if they don't have enough calcium. Place one bone in a cup full of vinegar. Take it out after it's soft and show the kids the difference between the two bones. Explain that our bones need calcium to be strong.
- Let kids assemble their own fruit and yogurt parfaits—use vanilla yogurt, berries or another fruit, and granola or dry cereal. Have kids layer the ingredients one spoonful at a time in a clear plastic cup.
- Kids can help to assemble instant pudding—and see for themselves how pudding is a good source of dairy.

### Dairy Online Resources:

American Dairy Association and Dairy Council of Nebraska Website

[www.midwestdairy.com](http://www.midwestdairy.com)

- Check out the “Fun stuff to print” page in the “Kids” section of the website for coloring pages, puzzles, and activity sheets. There are also some great dairy jokes and a tour of a dairy farm.

Milk Matters Website

<http://www.nichd.nih.gov/milk/>

- The National Institutes of Health's Milk Matters website is focused on increasing dairy intake in middle school and high school children, but the Kids page has plenty of stuff for younger kids too. There are coloring pages, word searches, mazes, and more.

3-a-Day of Dairy website

[www.nationaldairy.org](http://www.nationaldairy.org)

Dairy messages

Dairy foods contain calcium and other minerals that help you build strong bones.

Milk is fortified with Vitamin D, which helps your body use calcium to build strong bones.

You need at least 3 servings of low-fat dairy

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# 2

## Hours or less of screen time a day

### Screen Time Messages

Screen time includes time watching TV on the computer, or playing video games.

Time spent in front of a screen is inactive and keeps you from being as healthy as you can be.

You should spend 2 hours or less in front of a screen every day.

### Screen time in the daycare:

- Don't let the TV become background noise in your daycare – plan media time carefully if you choose to use TVs and computers within your daycare.
- Offer plenty of opportunities for kids to engage in non-screen activities – great options include playing outside, coloring, reading, crafts, or playing with toys.

# 1

## hour or more of physical activity a day

### Physical Activity in the Daycare:

- Play animals in the zoo—have kids “act out” animal behaviors. They can gallop like a horse, stretch their back like a cat, or stand on one leg like a flamingo.
- Instead of strapping everyone in the car for a ride to the park, gather them together for a walk to the park. Kids can “buddy up” for extra safety—or you can have the children hold on to a length of colorful rope to keep everyone together on the way.
- Promote physical activity by giving kids access to a variety of toys that can be used in physically active ways—balls of many shapes and sizes, jump ropes, Frisbees, push or pull along toys for younger children, foot powered riding toys for older children
- Make a shady spot somewhere in your yard for you to stay with the littlest ones while the older children play.
- Set up an obstacle course with a blanket and chairs for kids to crawl through, go over, run around, or crab walk through.
- Play games like Red Light, Green Light, Ring-around-the-Rosie, Follow the Leader, Simon Says, and London Bridge.
- Plan active outings: walk around the zoo, go bowling, go to the rollerskating rink or swimming pool, or participate in a community clean up project.
- Have kids write their own names on a piece of paper and then try to make their body into the shape of each letter.
- Encourage kids to act out their favorite stories or to move like their superheroes do.
- Give kids directions for activities using position words: around, upside down, through, between, above, below, up, down, in, out, over, under, on, off, next to, left, right, near, far, etc.

### Physical Activity Online Resources:

#### Games Kids Play

[www.gameskidsplay.net](http://www.gameskidsplay.net)

- This provides a treasure trove of familiar and less-familiar games for children. Many are physically active choices. You'll need to choose wisely, however, as some of the games may not be safe for all ages.

#### Head Start Body Start

[www.aahperd.org/headstartbodystart/](http://www.aahperd.org/headstartbodystart/)

- Scroll down to the HSBS toolbox for physical activity ideas for kids and a play space assessment tool to help you assess the quality of your outdoor play space.

### Health & Nutrition Online Resources:

#### Kids Health

[kidshealth.org](http://kidshealth.org)

- The Kids Health website, created by the Nemours foundation, has healthy living resources for both adults and children. The kid's site has articles, movies, games, experiments and recipes. The parent's site has articles, recipes, and question and answers. Both sites are available in Spanish—scroll to the bottom of the left hand sidebar for a Spanish link.

#### MyPyramid

[www.choosemyplate.gov](http://www.choosemyplate.gov)

- Choosemyplate.gov gives general information and tips for healthy eating at every stage of life. Kids will enjoy the “Blast Off” game that allows them to reach Planet Power by choosing good foods and physical activity.

#### Nutrition Explorations

[www.nutritionexplorations.org](http://www.nutritionexplorations.org)

- Nutrition Explorations uses games, articles, and recipes to teach kids about healthy eating.

Physical activity messages

Physical activity builds a strong heart, strong bones, and strong muscles.

Physical activity is anything that gets your muscles moving and your heart pumping.

You should do at least one hour of physical activity every day.

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