

MOVE PLAY & LEARN

AT HOME

HEALTHY HOMES

MOVE, PLAY AND LEARN AT HOME

V1.9 Paper Plate Skate

GET READY:

- Space: Indoors
- Stuff: Paper plates
- Time: Playtime, weekend fun or anytime you need to move from one place to another

GET SET:

- Put paper plates on the floor.
- Stand on each plate and slide across the floor.

GO:

- Get active! Skate around the room. Turn on some music to pick up the pace.
- Skate to another room to get a favorite toy and come back. Count the number of skates/slides it takes to get to different places (How many skates to get to the table? How many skates to get to the bathroom? Etc...)
- Be a helper! When mom is preparing dinner, step onto your paper plate skates and help out. Skate the salt and pepper over to the table. Come back. Now skate the napkins over to the table and come back. What else can you skate to the table?

DID YOU KNOW?

Children need to develop healthy lifestyle preferences early. This includes both enjoyment for physical activity and desire for healthy eating. Help children develop an enjoyment for physical activity by incorporating it as part of your regular routine and making it fun. Get creative. Paper plate skate to help set the table or make cleaning up fun (i.e. skate your toys to your room and put them away). When you are folding laundry, roll up pairs of socks and toss them into the basket. Turn on music and dance!

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HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

I AM MOVING, I AM LEARNING – NUTRITION NUGGET

Try It, You'll Like It: It is important for children to eat a variety of foods to be healthy. If your child tries a new food once and does not like it, don't be discouraged. Children 2-5 years of age are more likely to like new foods introduced to them if they have repeated exposure to the new foods. It may take as many as ten to fifteen tries before a child accepts a new food, so keep offering new foods and eventually your child may like it.

Try having a family rule around taking a "thank you" or "courtesy" bite. This practice encourages children to try new foods without negative consequences. Children are encouraged to always take at least one small bite of a new food. If they really don't like it, they are permitted to spit the food into a napkin. Remember it may take ten to fifteen "tries" before the child likes the new food.

Healthy Recipe: Pita Pizza

Ingredients:

- 1 whole wheat pita
- 1-2 tablespoons spaghetti or pizza sauce
- 1-2 tablespoons reduced fat mozzarella cheese
- 1-2 tablespoons each chopped vegetables, fruits or cooked meat

Directions:

- Preheat oven to 400 degrees
- Spread pita bread with sauce
- Add cheese and toppings of your choice
- Bake for 8-10 minutes until lightly browned and cheese is melted
- Allow to cool slightly before eating
- Refrigerate leftovers within 2-3 hours

Try a **variety** of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple and tomato.

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