Physical Activities and Healthy Snacks for Young Children

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How do I use these snack cards?

The logo in the upper right hand corner of the card indicates whether the recipe provides:

- a fruit or vegetable serving

or

- a grain/bread serving

The condiment cards are not intended to provide an entire serving of these components. Therefore these logos do not appear on those cards.
How do I use these snack cards?

Each card provides a book title appropriate for young children. The books relate to specific foods in the recipes, to healthy eating or to physical activity.

The books give you an opportunity to develop children's reading readiness as well as to broaden their understanding and appreciation for a wide variety of foods.
How do I use these cards?

The recipe selections are designed to assist you to plan snacks and daily physical activities for young children that meet the Dietary Guidelines for Americans. One of the 2005 Dietary Guidelines that points the way to good health is:

Mix up your choices within each food group.

a. Focus on fruit.
b. Vary your veggies.
c. Get your calcium-rich foods.
d. Make half your grains whole.
e. Go lean in protein.
f. Know the limits on fats, salt and sugar.
How do I use these snack cards?

• The Dietary Guidelines specifically focus on choosing more grains (especially whole grains), fruits and vegetables. The recipes included were selected to provide either a fruit, vegetable or bread/grain serving for snacks for 1 to 5 year olds according to Child and Adult Care Food Program guidelines. The recipes also emphasize fruits and vegetables high in vitamins A and C. Snacks are the focus because they are often high in fat, sodium and sugar and low in nutrient density. Offering nutritious snacks to young children teaches them to appreciate a wide variety of food as well as replacing snack foods low in nutrients.

• The serving suggestions include recommendations on how to incorporate the recipe into an entire snack plan. The serving suggestions are located in the lower right hand corner next to this logo. Below is an example of what you will see.

1 wrap-up served with 1/4 cup papaya slices

From What’s Cooking at Super Wednesday Fitness

The source of the recipe is also given under the snack idea.
Recipe Card Citations

American School Food Service Association web site - www.asfsa.org
  Cinnamon Apricot Couscous
  Blueberry Smoothie
  Surprise Muffins, p. 111
  Pasta and Trees, p. 88
A Cookbook Collection from around the World, 1995, published by Amherst H. Wilder Foundation
  Mexicali Bean Dip, p. 62
  Sesame Broccoli (Seeds and Trees), p. 175
Recipe Card Citations

5-a-Day web site - www.5aday.com
Paradise Freeze
Food, Family and Fun: A Seasonal guide to Healthy Eating, 1996, published by the United States Department of Agriculture
Garden Fresh Tomato Sauce, p. 74
Homemade Salsa, p. 72
Meals to Please: Helps for Children’s Nutrition, 1983, published by Association for Child Development
Apple-Oat Casserole, p. 38
Tickle Your Appetite: Team Nutrition’s Education Kit for Child Care, 1998, published by United States Department of Agriculture
Pumpkin Bread, p. 7-25
Crustless Spinach Pie, p. 7-38
Snappy Vegetables with Basil Dip, adapted from Snappy Green Beans with Basil Dip, p. 7-49
Recipe Card Citations

*We Made it Together*, compiled by Drake University Head Start, Des Moines, Iowa
  *Sweet and Sour Vegetables*, p. 146

*What’s Cooking at Super Wednesday*, 1998, compiled and printed for Grace United Methodist Church, Des Moines, Iowa

Wrap-ups

*What’s Cookin’ II*, editor Charlotte S. Kern, 1997 by Nebraska Department of Education
  *Peach Bread Pudding* adapted from *Bread Pudding*, p. 154.
  *Bread Sticks*, p. 120
  *Finger Pancakes*, p. 172
Recipe Card Citations

American School Food Service Association web site - www.asfsa.org
  Pasta Vegetable Soup with Croutons, recipe courtesy of National Pasta Association

  Winter Fruit Compote

California Project Lean web site- www.caprojectlean.org/eattowin/recipes/
  genEatRecipeIndex.asp
  Frozen Grapes. Recipe courtesy of the California 5 a Day Campaign
  Fruit Pops. Recipe courtesy of the California 5 a Day Campaign
  New Wave Morning Cobbler. Recipe courtesy of the California 5 a Day Campaign
  Pepper, Pineapple and Ham Pita Pizza. Recipe courtesy of the California 5 a Day Campaign
  Bran Muffins with Fruit. Recipe courtesy of the California 5 a Day Campaign
Recipe Card Citations

  Applesauce Oatmeal Muffins, p. 107

  Sunshine Fruit Dip, p. 98

Five A Day Cookbook, printed January 2001 by Genesis Health System, Davenport, IA
  Melon with Blueberries, p. 35, recipe from The American Cancer Society Cookbook
  Berries with Banana Cream, p. 38, recipe from Diabetic Cooking, Vol. 1, May/June 2000, no. 9,
  Mango and Melon Salad with Strawberry Sauce, p. 60
  Hearty Pasta and Bean Salad, p. 58

5 a Day Recipe Card, recipe courtesy of Carlo Micklione
  Puree of Carrot Soup

Golden Grain Mission pasta web site - www.goldengrainmission.com/kitchen
  Wholesome herbed pasta

Pick a better snack

TEAM NUTRITION IOWA™
Recipe Card Citations

Meals to Please: Helps for Children’s Nutrition, 1983, published by Association for Child Development
  *Sunshine Carrot Cocktail*, p.10
  *Peach Pops*, p.117
  *German Apple Bread*, p.163

What’s Cookin’ II, editor Charlotte S. Kearn, 1997 by Nebraska Department of Education
  *Oven Fried Parmesan Potatoes*, p.100
  *Cereal Snack*, p.151
More Information about the Suggested Books

Don’t Forget the Bacon by Pat Hutchins. New York, NY: Scholastic Inc., c. 1976
Eric Follows His Name by Constance Allen. Racine, WI: Western Publishing Co. Inc., c. 1990
“Hi, Pizza Man!” by Virginia Walter, New York, Orchard Press, c.1995
More Information about the Suggested Books


*Tops and Bottoms* by Janet Stevens. Orlando, FL: Harcourt Brace, c. 1995

*What Food is This?* by Rosemary Hausherr. New York, NY: Scholastic Inc., c. 1994

More Information about the Suggested Books


More Information about the Suggested Books

Tips for Involving Young Children in Food Preparation

Involving young children in food preparation and food serving promotes learning and appreciation for a wide variety of foods. Young children can participate in some steps in all of these snack recipes. Evaluate these recipes step-by-step according to these developmental guidelines offered by the United States Department of Agriculture* to determine how to involve children.

2-year-olds can:
- Wipe table tops
- Scrub vegetables
- Tear Lettuce Greens
- Break Cauliflower
- Move pre-measured ingredients from one place to another

3-year-olds can do what 2-year-olds can plus:
- Wrap potatoes in foil for baking
- Knead and shape yeast dough
- Pour liquids (not hot liquids)

Snap green beans
- Wash salad greens
- Play with utensils
- Bring ingredients from one place to another

Mix ingredients
- Shake liquids
- Spread soft spreads
- Place things in trash
Tips for Involving Young Children in Food Preparation

4-year-olds can do what 2- and 3-year-olds can plus:
Peel oranges or hard cooked eggs
Move hands to form round shape
Mash bananas

5- and 6-year-olds can do all of the above plus:
Measure ingredients
Cut with a blunt knife
Use an egg beater
Cut with dull scissors - green onions, parsley, dried fruit
Set table

Why is physical activity included in the Dietary Guidelines?

Research shows that adults who are physically active reduce their health risk. Active adults report having learned motor and sport skills as children. Confidence and skill carry-over from childhood into adulthood, increases the chance of an active adult lifestyle.

During childhood, nutrition and physical activity work together to create healthy bones. Both weight-bearing physical activity and good nutrition are necessary for healthy bones. Children who are inactive (sedentary) tend to remain inactive. Childhood inactivity may contribute to childhood obesity. It is recommended that children get 60 minutes of physical activity each day.

Finally, motor skills and physical activity are important in our culture.

“Be physically active” is one of five Team Nutrition messages.
Principles

The following principles were used to develop the activities on the cards:

• Children are naturally active, therefore we are fostering a normal behavior by using the activities on these cards.

• Each child is unique. Differences in motor skill within and between children are normal. This means that a child may find some skills easier than other skills. Each child will find some skills easy and other skills more difficult.

• Boys and girls are more alike than different when doing physical activities.

• Motor skills develop as a result of practice.

• Children participate in sport and physical activity to have fun, learn skills and be with their friends.
Teaching Tips

Position yourself so you can see all the children.

Use a signal to get the children’s attention. Teach the children to stop and listen when you give the signal.

Have a few simple rules, for example:

- listen and do
- hands to yourself
- be kind
- be careful

Use activities and equipment developed for the age and skill level of the children.
How to use these cards

Check the equipment before you begin so you can gather the materials you need for the activity.

Title: Zig Zag Toss Across

1 bean bag

Arrange the children in two lines facing each other.

The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, this continues till the bean bag gets to the end of the line. The last child runs to the first position in his/her line (if the lines are uneven in number have the child go to the end of the opposite line) and start the tossing again. Repeat.

Hint: Say the name of the child tossing and catching so they are both ready before a toss. “Chris, you are going to toss to Alex, Alex get ready to catch.”

Placement of the children is described and shown in a figure. Small x represents the children, large x represents the teacher.
Toast bread (whole wheat or other whole grain variety). Spread low-fat whipped cream cheese on the bread and top it with sliced fresh fruit (choice of bananas, blueberries, strawberries, peaches, kiwi, etc.) or fresh vegetables. Children may prefer steamed but still crisp vegetables.

Arrange the fruit or vegetable pieces on the toast in shapes, designs or faces and talk about shapes or textures of the fruit. Or use canned fruit available in animal shapes.

1/2 slice toasted bread with toppings and 1/2 cup 100% berry juice
Tubby Toes

Arrange the children in scatter formation.

The children follow and sing or chant with you. They touch the body part as they say the words.

Sing or chant the following words: “Head, shoulders, knees and toes, knees and toes” (a bit faster on knees and toes the second time) “watch how fast the Tubby goes, Tubby goes” (run in a circle).

Repeat.

Teletubbies character trademarked by Ragdoll Ltd. licensed by Itsy Bitsy Entertainment Co. used with permission.
Wrap-Ups

1-5” whole wheat tortilla
1 tsp. low-fat mayonnaise
1 tsp. low-fat sour cream
1/4 cup chopped or grated vegetables
(tomato, red pepper, cucumber, carrot, onion, zucchini) or cooked dried beans
2 Tbsp. grated cheese

1. Mix mayonnaise and sour cream. Spread on one side of tortilla.
2. Top with 1/4 cup chopped vegetables and grated cheese.
3. Fold the tortilla in half or roll it up for a sandwich on the go.

Avocado Option:
Mix a small amount of mashed avocado into the mayonnaise/sour cream spread.

Makes 5 wrap-ups
Animal Walks

Arrange the children in a long line facing you.

Ask the children “who can show me how (insert animal name) walks”? If a child volunteers allow them to demonstrate. If what the child does is close to the description, have the other children copy. If the demonstration is not close, ask if anyone can think of another way to show how that animal might walk. You can also demonstrate or cue by using the descriptions below. Repeat with the animals running, with each child selecting their favorite, adding their own animals and so forth.

• Kangaroo (jumping while holding hands near chest with fingers forward)
• Monkey (walking with hands on ground)
• Bear (lumbering so that hand and foot on the same side go forward together)
• Pony (galloping or trotting with all fours)
• Giraffe (lift arms above head pretending this is the neck and head, then slide to move across the area)
• Squirrel (running, darting and dodging, quick head movements during short stops)
Surprise Muffins

1 cup whole wheat flour
1 cup quick-cooking oats
2 tsp. baking powder
1/2 tsp. cinnamon
1/4 cup brown sugar, packed
1/4 cup oil
1 large egg
1 cup low-fat milk
1/4 cup jam

1. Preheat oven to 400 degrees.
2. Mix dry ingredients except brown sugar in a bowl.
3. Combine brown sugar, oil, egg and milk until smooth.
4. Add brown sugar mixture to dry ingredients and mix until moistened.
5. Fill 12 greased muffin cups 1/4 full. Spoon 1 tsp. jam over batter and fill each cup 3/4 full with remaining batter.

If You Give a Moose a Muffin

By Laura Numeroff

12 servings

Go for the good stuff

TEAM NUTRITION IOWA

Snack Idea

1/2 muffin and 1/2 cup apple juice

From Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends
Arrange half the children in scatter formation on the carpet squares.

The remaining children will be scattered among the carpet squares. The children on the carpet squares are “skyscrapers”. Explain this to them (e.g., tall buildings). They can sway but can’t move their feet. Arms must be at their sides or above their heads.

The children scattered among the skyscrapers are airplanes. They move carefully among the buildings with wings spread. The airplanes can’t stop moving and must not touch the buildings or each other. Airplanes should fly (run or jog).

Repeat reversing roles of skyscrapers and buildings.
Apricot Cinnamon Couscous

16 oz. can apricots or other fruit packed in juice
10 oz. package (7/8 cup) couscous
1 Tbsp. butter or margarine
3 Tbsp. sugar
1/2 tsp. cinnamon

About 16 servings

1. Drain fruit, reserving juice.
2. Pour juice into measuring cup and add water to equal 2 cups.
3. Prepare couscous according to package directions using the fruit juice mixture and butter.
4. Dice fruit and add to couscous.
5. Combine sugar and cinnamon and mix with couscous.
6. Place in serving bowl and sprinkle with cinnamon. Serve at room temperature or chilled.

Snack Idea

1/3 cup Apricot Cinnamon Couscous and 1/2 cup low-fat milk

From American School Food Service Association Web site; recipe by Wheat Foods Council
Zig Zag Toss Across

1 bean bag

Arrange the children in two lines facing each other.

The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, this continues until the bean bag gets to the end of the line. The last child runs to the first position in his/her line (if the lines are uneven in number have the child go to the end of the opposite line) and start the tossing again. Repeat.

Hint: Say the name of the child tossing and catching so they are both ready before a toss. “Chris, you are going to toss to Alex. Alex get ready to catch.”
Three Bear's Baked Porridge

2 cups cooked oatmeal
1 1/2 cup diced apple
1/2 cup raisins
1/4 cup molasses
1/2 tsp. cinnamon

1. Preheat oven to 400 degrees.
2. Mix all ingredients and pour into a greased casserole dish
3. Bake 20 minutes. Serve warm with milk.

7 servings

Goldilocks and the Three Bears
By James Marshall

Go for the good stuff

Snack Idea
2/3 cup porridge and 1/2 cup low-fat milk

From Meals to Please: Helps for Children's Nutrition, recipe titled Apple-Oat Casserole
Hop, Jump and Dance Like Betsy

Arrange the children in a long line facing you.

Betsy is a frog in the book “Hop, Jump” (by Ellen S. Walsh, 1993, Harcourt, Brace & Co). This activity copies Betsy’s movements, and allows the children to create movements of their own. Betsy watches the other frogs hop and jump, but she wants to try other movements. At first the other frogs say “no room for dancing”, but after watching her they try dancing and like it. Then they say “no room for hopping and jumping”, but Betsy tells us there is room for everyone.

Begin by jumping forward (jumping is with both feet at the same time). Try short quick jumps, long jumps and jumps up into the air.
Next try hopping (jumping on one foot at a time, several hops at a time). Repeat on the other foot.
Betsy leaped (long running step) and did twisting and turning. Show the children leaping, have them try. Repeat with several turns.
Betsy and the frogs began to dance combining jumps, hops, turns, leaps and other movements. Expand by having everyone hop-jump while one person dances, reverse.
Finger Pancakes

2 large eggs
3 cups skim milk
2 cups flour (use 1 cup white flour and 1 cup whole wheat flour)
1/2 tsp. salt
1 tsp. sugar
1 tsp. baking powder
powdered sugar as needed

32 mini pancakes

1. Beat eggs and add milk.
2. Combine dry ingredients until well mixed.
3. Pour 2 Tbsp. batter onto lightly greased skillet and cook until golden brown on each side.
4. When pancake is cooked, sprinkle lightly with powdered sugar, roll up jelly roll fashion and eat or fill with fresh fruit before rolling.

Snack Idea
1 pancake filled with 1 Tbsp. of chopped fruit. Serve with 1/2 cup orange juice.

From What's Cook'n II
Jump the Line

Arrange the children so each child is on a line.

Jump with both feet down (along) the line. Jump over the line, turn and jump back over the line, repeat. Jump from side to side over the line. Jump forward and backward over the line. Jump high over the line.

Repeat several times.

Allow children to demonstrate or lead jumping by selecting one of the ways to jump.

Expand: Arrange children in a line, the first child is the leader who selects a way of jumping. The other children follow. You can be the leader too.
Pumpkin Bread

1/2 cup sugar
1/2 cup vegetable oil
3/4 cup canned pumpkin
2 eggs
1 1/2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1/2 cup raisins (optional)
1/2 cup chopped nuts (optional)

16 servings

1. Preheat oven to 350 degrees.
2. In a large bowl, stir together sugar, oil, pumpkin, and eggs.
3. In a medium bowl, stir together flour, baking powder, baking soda and cinnamon. Fold into other ingredients just to moisten.
4. Stir in raisins and nuts and pour into greased 9”x5” loaf pan.
5. Bake for 45 to 50 minutes or until toothpick inserted in center comes out clean.

Cut loaf into 16 slices. Serve one slice with 1/2 cup pineapple tidbits.

From Tickle Your Appetite
**Toss Up**

One 6-8 inch foam ball.

Marking for circle (polyspots, chalk)

Arrange the children on the small circle with you in the middle.

Each child should have a “special spot” (their own spot) on the large and small circles. Practice moving from the special spot on the small circle to the special spot on the large circle. Practice moving back to the small circle from the larger circle. You will count “one, two, three” aloud and after “three” say one of the children’s names. As you say a child’s name toss the ball into the air (straight up). The child whose name you called runs to the center and catches the ball. The other children run to their special spot on the outside circle. Once the center child has gained control of the ball, you move to the small circle as do all the other children. The game continues until all children have been in the center. Repeat.
Peach Bread Pudding

5 slices of bread (whole wheat, raisin or cinnamon)
2 large eggs
2 cups skim milk
1/2 cup sugar
1 tsp. vanilla
1/2 tsp. cinnamon
1-15 oz. can chunky cut peaches well drained
1/2 cup dried fruit of your choice

1. Cut bread into 1-inch cubes.
2. Mix eggs, milk, sugar, vanilla and cinnamon.
3. Add cubed bread mixture to eggs and let soak for 5 minutes. Stir in peach chunks and dried fruit.
4. Pour mixture into lightly greased 8”x8” baking dish.
5. Bake at 350 degrees for 50 minutes or until knife inserted in center comes out clean.

1/10th of Peach Bread Pudding recipe and 1/2 cup low-fat milk

Adapted from Bread Pudding in What’s Cookin’ II

Snack Idea

Serving for 1-5 yr. old

Go for the good stuff

TEAM NUTRITION IOWA™
Pencil Roll, Inch Worm and Rocker

No equipment.
Mats helpful.

If you are using mats, arrange one line at each mat. If you are on carpet or grass allow 1-3 children to go at time. Allow children to practice as you give instructions, then repeat each activity as time allows.

The pencil roll begins with the child laying flat on his/her back, arms extended overhead (the arms can also be crossed on chest or held straight at sides). Keeping the body straight like a pencil or log, roll onto the stomach. Continue moving front to back. Be sure the children roll in a straight line. Repeat several times.

The Inch Worm begins standing with feet together and legs as straight as possible. While holding the feet still, the child “walks” the hands forward until the body is straight. Then holding the hands still, the child walks the feet toward the hands. Repeat until a specific distance has been covered (for example 10 feet).

The Rocker begins with the child laying on her/his back. Bend the legs bringing the legs toward the chest. Hug the knees with both arms. By moving the head forward and backward rock the body as vigorously as possible.
Graham Cracker Smacker

Spread a graham cracker square with thin layer of peanut butter. On top of the peanut butter, place slices of banana, peach, pear or other soft fruit. Top with another graham cracker square spread with peanut butter (peanut butter facing inside).

Peanut Butter, Apple Butter, Cinnamon Toast

By Argentina Palacios

1 Graham Cracker Smacker, 1/4 cup additional sliced fruit and 1/4 cup 100% cranberry juice blend

Serving for 1-5 yr. old
Blast-off

Arrange the children in a line on one side of a rectangle facing the other side of the rectangle.

The rocket launcher counts backward, “5,4,3,2,1 blast-off”.

“Blast off” is the signal to run as quickly as possible to the opposite side of the rectangle. The adult should be the first rocket launcher. Select a child to be the next rocket launcher. Help the child count and say blast-off if necessary. Play the game until everyone has been the rocket launcher. Repeat.
Homemade Tortilla Chips

Spray light coating of cooking oil or water on 4-5” whole wheat flour or corn tortillas.

For herb or cheesy chips:
Sprinkle Parmesan cheese or herb mix on the tortillas. Cut each tortilla into 8 wedges. Spread in one layer on a baking sheet. Bake at 400 degrees for 8 to 10 minutes or until crispy.

For sweet chips:
Sprinkle a mixture of cinnamon and sugar on the tortillas and bake as above. 
Note: Children under 4 years of age may be served unbaked tortillas to reduce choking hazard.

If using 4-5” tortillas, 4 chips will provide a serving. Serve herb chips with Mexicali Bean Dip (condiment card) and 1/2 cup apple slices.
Reveille

No equipment.

Arrange the children in a line on one side of a rectangle.

Upon a signal by the ship’s captain the children will run to the other side of the rectangle and stop on a line. They should stand very tall, straight and still. The children should salute the captain. The captain then says “dismissed” and the children say “aye, aye, captain” and return to the first line. The captain selects a new captain and the game continues so that all children have at least one turn as captain.
Bread Sticks

Homemade bread sticks are easy to make. Thaw according to package directions 1 pound loaf of frozen bread dough (plain or whole wheat). Cut dough into 16 equal pieces and stretch each piece into a 6” rope. Brush bread ropes with egg substitute, water or milk. Place on a greased baking sheet and sprinkle with any of the variations listed below. Allow bread sticks to rise in a warm, draft-free location until double in size, about 1 hour. Bake at 375 degrees for 10 minutes or until golden brown. Remove bread sticks from baking sheet immediately.

Sprinkle Variations:
Sprinkle one of the following on bread sticks before baking: sesame seeds, Parmesan cheese, garlic or other flavored salt, or mixture of cinnamon and sugar.

1/2 bread stick, Basil Dip from Snappy Vegetables (recipe card), 1/2 cup cherry tomatoes sliced in half.

From What’s Cookin’ II
Seven Jumps

Arrange the children in a circle, they can hold hands facing right which will have them move counterclockwise.

Move around the circle (slide, skip, gallop, fast walk or run). Stop the music. Everyone will touch one knee to the floor for 10 counts, then stand. Start the music and move in the opposite direction around the circle. Stop the music. Touch one knee to the floor for 5 counts, the other knee touches the floor for 10 counts, then stand. Start the music and move the opposite direction. This continues, each round add a body part as follows:

- knee
- other knee
- elbow
- other elbow
- stomach
- back
- forehead

There is music for Seven Jumps from many sources for example Circle Dances for Today (KEA 1146C Kimbo Educational, 2001). However, you can use any music which is lively for example a polka, two step or march.
Fruit Bowl

Fruit is just about the perfect snack. A variety of cubed or sliced fruit mixed with a little flavored yogurt is a year-round favorite. Mix canned and fresh fruit. Summer fruit bowls can emphasize fruits rich in vitamin A, like fresh apricots, cantaloupe, melon, peaches, papaya and mango. Winter fruit bowls can emphasize citrus fruits, like oranges, grapefruit and tangerines, which are readily available during colder months. Other fruit available in the winter months include kiwi, apples, bananas and grapes.

Snack Idea
1/2 cup mixed fruit and 4 vanilla wafers

Serving for 1-5 yr. old
Locomotor Skills

Arrange the children in scatter formation so all children can see you.

Locomotor skills are walking, running, jumping, hopping, galloping, sliding and skipping. Hopping is a jump taking off from one foot and landing on that foot. In galloping the same foot is always in the front (leading). Skipping is step-hop, step-hop.

Have the children move around the area using each skill. Emphasize moving under control, so children don’t fall or bump into each other. Begin with walking, then progress to running, jumping and so forth. The skills listed become progressively more difficult. You may have to help by holding a child’s hand hopping or demonstrating and practicing sliding, galloping or skipping. Children begin these skills at the following ages: walk (12 mo.), run, hop & jump (24 mo.), gallop, slide & skip (36 mo.).
Snappy Vegetables with Basil Dip

Fresh, crisp vegetables beg to be dipped in savory dips - cauliflower, broccoli, carrots, fresh green beans, cherry tomatoes, fresh asparagus, green, red and yellow peppers, snow peas and zucchini are just a few. Combine in a small bowl 1/3 cup low-fat mayonnaise, 2 Tbsp. skim milk, 1 Tbsp. fresh chopped basil or 1 tsp. dried basil and 1 tsp. onion powder. Provide children with a serving of fresh vegetables and a small amount of dip.

1/2 cup fresh vegetables, 1/2 bread stick (recipe card), and Basil Dip

From Tickle Your Appetite
**Parachute**

A parachute, sheet or blanket.

Space the children around the edge of the parachute or other sturdy fabric (for example a sheet). Spread out adults among the children, if there is more than one adult.

Everyone should stand facing the center and grasp the parachute with both hands. First, hold the parachute still by not moving the hands or arms. Next wiggle the parachute using small arm and hand movements. Do this for 30 seconds and stop. Try big wiggles by moving the arm and shoulders up and down for 30 seconds then stop. Switch back and forth between big and little wiggles for 60 seconds.

Raise the parachute above the children’s heads, then lower it to waist height. Repeat this several times. Raise the parachute again, but lower it to the ground. Repeat several times. When the parachute is raised high have a child you name run under and then back to his/her original position. Repeat until all children have had a turn. Expand by having the child run around the outside and back to her/his place.
Sweet Potato Oven Fries and Coins

Fries
Cut up fresh sweet potatoes like French fries and spray with low-fat cooking spray. Place on baking sheet and bake at 375 degrees for 20 minutes. Sprinkle with a purchased seasoning mix and lemon juice if desired.

Coins
Make sweet potato coins by slicing sweet potatoes 1/2” thick, spraying with cooking spray, and coating with cinnamon. Bake the same as fries above.

Snack Idea
1/2 cup sweet potato coins or fries and 1/4 cup cooked pasta shapes sprinkled with Parmesan cheese

We Can Eat the Plants
By Roxanne Lanczak Williams

Serving for 1-5 yr. old
Throw and Fetch

Arrange the children in a line facing you.

The children throw (overhand) the object as far as possible. On your signal all the children run and pick-up their object. Children return to the starting position and repeat.

Emphasize throwing far and waiting for your signal before going after the objects.

Hint: Taking a large step during the throw will increase the distance the object goes so encourage children to take a big step.

One object (bean bag, ball, crushed paper sack) per child.
1. Preheat oven to 350 degrees.

2. Melt butter or margarine in 9”x9” pan.

3. Beat eggs well. Add flour, milk, garlic powder and baking powder.

4. Stir in cheese and spinach and pour mixture into the pan.

5. Bake for 35 minutes or until lightly browned.

Crustless Spinach Pie

3 Tbsp. margarine
3 eggs
1 cup flour
1 cup low-fat milk
1/8 tsp. garlic powder or 1/4 tsp. fresh minced garlic
1 tsp. baking powder
12 oz. shredded cheese (low-fat cheddar or mozzarella)
4 cups fresh washed and chopped spinach

12 servings

Snack Idea

D.W. the Picky Eater

By Marc Brown

1 portion of Crustless Spinach Pie and 1/2 cup tomato juice.

From Tickle Your Appetite
Moving to Music

Music the children like.

Arrange the children in scatter formation.

Describe sharp movements as a way to move the body to make lines, corners and angles. Demonstrate by making your arms straight then angled by rapidly and forcefully bending your elbows. Ask the children to move their arms in sharp movements. Ask the children to move other body parts with sharp movements (ankles, waist, hands).

Describe smooth movements as a way to move that has circles, turns and doesn’t stop. Demonstrate by swinging your arms in circles. Ask the children to move their arms in smooth movements. Ask the children to move their whole body in smooth movements as you demonstrate turning, bending, swaying—all smoothly.

Turn on the music and ask the children to move to the music. Remind the children to move using smooth or sharp movements.
Blueberry Smoothie

2 cups blueberries, fresh or frozen
1 cup pineapple juice
8 oz. low-fat vanilla yogurt
2 tsp. sugar

6 servings

1. If using frozen blueberries, slightly thaw.
2. In the container of an electric blender, combine berries, juice, yogurt and sugar.
3. Blend until smooth, about one minute.
4. Serve immediately.

Snack Idea

1/2 cup Blueberry Smoothie and 5 animal crackers

From American School Food Service Web site; recipe by North American Blueberry Council
**Turtle and Rabbit**

No equipment.

Arrange the children in scatter formation.

Explain that turtles move slowly and rabbits move very fast. Ask the children to move slow. Once they can demonstrate slow, ask them to demonstrate fast.

To play the game you will call out "turtle" or "rabbit". When you say “turtle” the children move slowly and continuously until you say “rabbit”. When you say “rabbit” the children move fast until you say “turtle”. Repeat alternating “rabbit” and “turtle”.

Focus the children on listening and following directions. The point of the game is for the children to move all the time (either fast or slow).
Black Bean Salad

16 oz. can black beans rinsed and drained
2 cups whole kernel corn
3/4 cup chopped green pepper
3/4 cup chopped onion

Dressing
1 cup homemade (recipe card) or purchased salsa
1/4 cup chopped parsley
1 tsp. crushed fresh garlic
1 tsp. ground cumin
1 tsp. prepared mustard

1. Mix beans, corn, pepper and onion in a large bowl.
2. Combine dressing ingredients in small bowl and mix well. Stir into vegetable mixture.
3. Cover and chill before serving.

Note: Children under 4 years of age should have soft tortillas due to choking hazard of hard chips.

Snack Idea
1/2 cup Black Bean Salad and 4 homemade tortilla chips (recipe card) or 5 purchased tortilla chips.
**Happy Crabs**

Divide the children equally and arrange them on three of the four sides of a large square.

Crabs move by walking sideways on their long and bent legs. The children are going to pretend to be crabs. Begin by sitting on the ground with legs extended, knees bent and feet on the ground. Arms are extended behind with hands on the ground. Lift bottom off the floor and by “walking” hands and feet move forward, sideward and backward.

Name each side of the square a color (blue crabs, white crabs, silver crabs). The open side of the square is the crab trap. You will say “Blue crabs to the crab trap” and the blue crabs will crab walk to the open side. Continue by moving the white crabs around the square to the new open “traps”. Repeat.
Pasta and Trees  
(Pasta and Broccoli)

1 cup pasta shapes uncooked (look for colorful and fun shapes)  
3 Tbsp. olive oil  
1 clove garlic minced or 1/4 to 1/2 tsp. garlic powder  
4 cups cooked broccoli pieces  
3/4 cup grated Parmesan cheese  
salt and pepper to taste if desired

8 servings

1. Cook pasta according to package directions and drain.  
2. In a large skillet heat oil and sauté garlic until golden brown and remove from oil. Or just add garlic powder to the oil.  
3. Add broccoli to oil remaining in skillet, stirring for 5-10 minutes until heated through.  
4. Turn onto a platter with pasta. Sprinkle with cheese, salt and pepper to taste.

3/4 cup Pasta and Trees provides a vegetable and a bread/grain snack component.  

From Connecticut Cooks for Kids

Hop Jump  
By Ellen Stoll Walsh
Non-locomotor Skills

Arrange the children in scatter formation.

Remind the children to stay in their special spot (where they are). Non-locomotor skills are movements which are done without changing locations. Generally, feet are still. Non-locomotor skills can usually be done with one body part (the arm) or the whole body. Ask the children to do the following movements, if they do not know what to do, demonstrate.

- twist
- bend
- balance
- shake
- sway
- stretch
- lean
- wiggle
- swing
- curl

Vary the movement by asking them to move only one arm or leg instead of the whole body.

Hint: Chalk lines, tape marks, carpet squares or polystops (plastic spots, available at school supply stores) help children find and stay in their special spot.
Paradise Freeze

1 large, ripe banana
1 cup strawberries
1 ripe mango, cubed
1 cup 100% cranberry juice
1 cup crushed ice

7 servings

1. In the container of an electric blender, combine banana, strawberries, mango, juice and ice.
2. Blend until smooth.
3. Serve immediately.

Paradise Freeze

1/2 cup Paradise Freeze and 1 Surprise Muffin (recipe card)

From 5-a-Day Web Site, recipe by Dole Food Company

Snack Idea

Serving for 1-5 yr. old
Circus Elephants

Mats, carpet squares or a soft surface.

Arrange the children in a scatter formation on a soft surface.

Present the following balance challenges. If the children do not understand, demonstrate. Balance on:
- One foot
- The other foot
- One hand and one foot
- Two hands and one foot
- Switch to the other foot and two hands
- Head and two feet
- Elbow and one foot
- Knees (no feet!)
- One knee
- Seat (bottom)

Hint: To challenge older children, ask “can you think of other ways to balance?” or switch quickly from one to another of the challenges. Repeat.
1 Tbsp. sesame seeds
1 pound broccoli (after peeling stems)
3 Tbsp. orange juice
1 Tbsp. sesame oil
2 tsp. soy sauce
1/2 tsp. ginger powder

5 servings

1. Cook sesame seeds in small pan over medium heat for 3 minutes, shaking pan occasionally.
2. Cut broccoli into florets. Peel stalks and slice diagonally.
3. Steam broccoli for 4-5 minutes or until tender-crisp.
4. Combine orange juice, oil, soy sauce and ginger. Toss with broccoli. Sprinkle with sesame seeds.
5. Serve immediately or chilled.

Seeds and Trees
(Broccoli Salad)

1/2 cup Seeds and Trees and 1/4 cup rice

From A Cookbook Collection from Around the World

Jingle Dancer
By Cynthia Leitich Smith

Snack Idea
Serving for 1-5 yr. old
High, Medium, Low and Sneaky Snake

Arrange the children in a long line facing you.

Begin by explaining the difference between high and low. Moving “high” is tall, for example when we move up on our toes. Demonstrate by walking high (on your toes) and have the children practice. Moving “low” is short, for example when we move bending down. Demonstrate and have the children practice. Medium is between high and low. Medium is the way we usually move. Demonstrate and have the children practice.

Most skills can be done high, medium or low. Ask the children to do the following skills at high, medium and low levels: run, jump, hop, slide, gallop (so that high, medium and low hopping one after the other), balance, turn, and wiggle. Remember hopping is jumping on one foot. Now pick from one level (for example “low”) and vary the skill (e.g., slide, wiggle, hop). Switch quickly from one to the other, keeping the children moving. “Sneaky snake” is the lowest of all, it is when you crawl (belly on the floor). Add sneaky snake to the skills you are varying (e.g., “skip high, wiggle medium, sneaky snake, run high”)

Hint: Tell the children to move from one line or area to a specific place as they practice (for example, to the opposite line).
Garden Fresh Tomato Sauce

3 cups chopped tomatoes
1 Tbsp. garlic powder
1 Tbsp. onion powder
1/2 tsp. dried basil
1/4 tsp. dried oregano
1/4 tsp. dried parsley
1/2 tsp. fennel seed
1/8 tsp. black pepper

about 5 servings

1. Combine all the ingredients in a sauce pan and simmer over medium heat for 15 minutes.

2. Serve over cooked pasta. You can make sauce ahead so you can heat and serve at snack time.

Chili Variation:
Add 1/2 pound of cooked lean ground meat, 1 cup of pinto beans, 1 tsp. chili powder, 1/4 tsp. cumin and a dash of Tabasco sauce.

1/2 cup tomato sauce served over 1/4 cup pasta.

Snack Idea

From Food, Family and Fun: A Seasonal Guide to Healthy Eating
Paper Bag Derby

One paper grocery sack per child.

Arrange the children on tile or grass (a slick surface) in small groups.

When you say “start your engines” children should make engine noise (Humph, humm, brummmm). When you say “the race is on”, children scoot themselves around the race track on their sacks (by holding the sides of the sacks and pushing or pulling with the feet). The race track is defined by you. Put the kids into groups to spread them out. Your hand is the caution flag. Use it to stop the race if children get too bunched up. Then restart the race. Everyone wins each time they go around the track and back to their starting place.
Orange Splash

3/4 cup of thawed orange juice concentrate
1 cup low-fat milk
1 cup water
1 cup crushed ice
3 Tbsp. sugar
1/2 tsp. almond extract

6 servings

1. In the container of an electric blender, combine all ingredients.
2. Blend until smooth.
3. Serve immediately.

1/2 cups Orange Splash and 1/2 slice raisin toast
Red Light, Green Light

Arrange the children on a long line facing you.

![Stop and Go Sign]

Begin by explaining the signals for stop ("red light") and go ("green light"). Have one child demonstrate stopping when you signal. The object of the game is to move from one side of a rectangle to the other side. However, children can move only when you say go and must stand very still when you say stop. During the go ("green light") signal children should move as quickly as possible! Once all children reach the opposite side they wait for your signal. Upon your signal they walk back to the start. The game begins again. To make the game more challenging for older children, try changing signals often and quickly or use only the stop/go sign. For younger children use both a visual (the sign or your hand) and verbal signal (saying "green light" or "red light").
Sweet and Sour Vegetables

9 large carrots
1/2 green pepper
10 oz. can pineapple chunks

Sauce
1/4 cup pineapple juice or water
3 Tbsp. sugar
3 Tbsp. vinegar
1 tsp. soy sauce
1 Tbsp. cornstarch
1 Tbsp. cold water

Peel and cut up carrots and pepper and combine with drained pineapple chunks (reserve juice).

Sauce
1. Combine juice or water, sugar, vinegar and soy sauce in pan.
2. In a separate bowl, add cornstarch to the 1 Tbsp. cold water and mix until smooth.
3. Place pan over medium heat and slowly add cornstarch mixture, stirring constantly. Bring to boil and stir until sauce thickens.
4. Pour sauce over vegetables (raw or steamed) or use as a vegetable dip.

7 servings

Daisy’s Garden
By Mordicai Gerstein and Susan Yard Harris

Pick a better snack
TEAM NUTRITION IOWA

Snack Idea
1/2 cup Sweet and Sour vegetables, 1/4 cup cooked rice
From We Made it Together

Serving for 1-5 yr. old
Shake, Punch and Roll

Arrange the children in scatter formation. Stand where all children can see you.

The movements for this work-out are shaking (a leg, one arm, two arms, or your head), punching arms alternately forward (vigorously extend and bend arms with fists held the whole time) and rolling (lay on the ground or floor, roll from back to stomach and back).

Do each movement at least 8 times to the music (for 8 to 16 counts depending on the music). For younger children repeat each movement more times, for older children change the type of movement more often. Running in place can be inserted between shakes, punches and rolls.

Hint: Select music the children enjoy.
Homemade Salsa

1 cup fresh tomatoes, diced  
1/2 cup corn, fresh or frozen  
1/2 cup onion, diced  
1 Tbsp. Chopped jalapeno peppers (optional) or 1/2 cup chopped green or red bell peppers  
2 Tbsp. lime juice  
2 cloves fresh garlic, finely diced

1. Combine all ingredients.  
2. Chill and serve.

Serving suggestions: 
Use as filler in wrap-ups or as a dip with bread sticks, homemade tortilla chips, or fresh vegetables.

Yield: 2 cups
Fitness March

Arrange the children in 1-2 lines facing front.

Play the music and march. Encourage high steps with the knees lifted up on each step. Encourage moving the arms vigorously in a pattern opposite to the legs. Begin with you as the leader. March around the area in various patterns (lines, zig zags, circles, etc.). Then allow a child to be the leader. Switch leaders often.
Mexicali Bean Dip

3/4 cup chopped sweet red pepper
3/4 cup chopped green pepper
1 large green onion, cut into 1/2” pieces
2 tsp. ground coriander
1 (16 oz.) can pinto beans, drained
1 Tbsp. cider vinegar
1 1/2 tsp. lime juice
1 tsp. vegetable oil
1/8 tsp. ground cumin

1. In blender container, add sweet red and green pepper, onion, and coriander; blend.
2. Add beans and remaining ingredients; blend until well mixed.
3. Serve immediately or chilled.

Serving suggestions:
Serve with homemade tortilla chips or as a spread in wrap-ups.

Condiment

From A Cookbook Collection from around the World
Run Rabbit Run
Recommended for children 4 years and older.

Bean bags or other pretend food.
Stuffed socks or foam balls.
Tape or markers.

The rabbits quietly move out of their den to search for “food”. They gather the food by picking up the bean bags. Foxes are identified by the sock or foam ball they carry. The foxes are asleep in their fox hole. When the fox(es) wakes up he smells the rabbits and says “run, rabbit, run”. The rabbits run back to their den with any food they have gathered. If the fox touches a rabbit with the sock or foam ball, the rabbit becomes a fox. The fox returns to his hole and goes back to sleep. It is safe for the rabbits to search for food again by leaving their dens. Once all of the food is gathered the game starts again with a new fox. Repeat until all children have had at least one turn to be fox. If necessary cue the fox to wake up.
New Wave Morning Cobbler

1 cup canned sliced peaches packed in juice, drained
1 cup canned pear halves packed in juice, drained and sliced
6 pitted prunes, each cut in half
1/4 tsp. vanilla extract
1 orange
1 cup lowfat granola

4 servings

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 tsp. of peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Snack Idea

3/4 cup New Wave Morning Cobbler provides a fruit and grain/bread snack serving

From California Project Lean web site. Recipe courtesy of California 5 a Day
**Flying bean bags**

1 bean bag per child.

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop an efficient overarm throwing pattern. The best way to do this is to encourage children to throw hard or far. Do **not** use a target.

Hold the bean bag in the preferred hand, throw as far as possible. Retrieve the bean bags after the signal and repeat.

Look for and encourage children to:

• take a big step
• step on the opposite foot from throwing arm
• shoulders move parallel to target, then perpendicular, then parallel, then perpendicular opposite
• begin by taking the bean bag in a backward and downward circle

Throwing is important in many activities, provide as much practice as possible.
Pasta Vegetable Soup with Croutons

8 oz. small uncooked pasta shapes
(e.g. orzo or shells)
6 cups low-sodium chicken broth
4 cups water
4 medium carrots peeled and diced, about 2 cups
1 cup celery, diced
1 cup onion, peeled and diced
1/2 cup croutons
1/2 cup fresh parsley, chopped
1/4 tsp. ground black pepper
1/2 cup parmesan cheese

2. Stir pasta into broth mixture. Increase heat to boiling. Cook 5 minutes, stirring often. Stir in parsley and pepper. Continue boiling until pasta is done, about 8 minutes more.
3. Ladle soup into bowls and sprinkle with croutons and parmesan cheese.

16 servings

Pasta Vegetable Soup with Croutons

3/4 cup Pasta Vegetable Soup provides 1/4 cup vegetable and 1 grain/bread snack serving. Serve with 1/4 cup grape juice.

From American School Food Service web site. Recipe courtesy of National Pasta Association
Fun with catching

1 bean bag, 8.5” foam ball
8.5 inch playground ball

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop catching skill. Catching progresses in the following order:

• sitting with legs spread, stop a rolled ball
• while standing, stop a rolled ball (roll the ball slowly, directly to the child)
• while standing with arms extended, palms up, capture a foam ball tossed (in an arch) directly to the hands from a distance of about 10 feet
• repeat above using a bean bag
• standing watching a spot on the floor, catch a bounced ball (toss the ball so it bounces on the spot the child is watching
• catch a foam ball tossed in the general direction of the child (progress to bean bag)

Practice each skill, once that skill is mastered move on to the next skill.
Melon with Blueberries

2 cups cantaloupe, cubed
2 cups honeydew melon, cubed
2 cups watermelon, cubed
1 cup blueberries
2 Tbsp. sugar or 2 Tbsp. honey
2 Tbsp. lemon juice
fresh mint leaves (optional)

1. Combine cubed cantaloupe, honeydew, watermelon and blueberries in a serving bowl.
2. Mix together honey and lemon juice and pour over fruit. Toss to mix.
3. Cover and refrigerate until serving time.
4. Add mint leaves to decorate.

1/2 cup Melon with Blueberries and 1/2 cup Cereal Snack (recipe card)

From Five A Day Cookbook
Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop kicking skill.

Kicking progresses in the following order:
• push a newspaper-ball forward with foot
• swing leg and contact newspaper ball with foot
• take one step and kick newspaper ball with foot
• take two or more steps and kick newspaper ball with foot
• run, take a large step (which lifts child off the ground), kick newspaper ball

Practice each skill, then once that skill is mastered move on to the next skill.

Once the child has mastered 1-3 with a paper ball, use a foam ball, then a playground ball. Caution: Children may step on a real ball and fall.
Winter Fruit Compote

3 medium cooking apples (3 cups) cored and sliced
2 medium pears (2 1/2 cups), cored and sliced
1 16-oz. can whole cranberry sauce
1/4 cup water
1/2 tsp. grated fresh ginger or 1/8 tsp. ground ginger
1/2 tsp. finely shredded lemon peel
1/2 tsp. ground cinnamon

13 servings

1. In a 3 1/2 to 4 quart electric crockery cooker, combine the apples, pears, cranberry sauce, water, ginger, lemon peel, and cinnamon. Cover and cook on the low-heat setting for 3-4 hours, stirring occasionally.

2. Serve in individual dishes.

1/2 cup Winter Fruit Compote and 1/2 slice Tubby Toast (recipe card)

From Better Homes and Gardens Annual Recipes 1998
Baby handball

Arrange the children in 1 line facing long open area.

The objective of this activity is to practice and develop striking skill, striking begins with the hand. Later children can strike with an extension (a racquet or bat). With the ball resting on the ground, hit the ball with either hand. Move the ball from one side of the area to the opposite side and back. Repeat several times.

Arrange children in a scatter formation with balls scattered on the floor. Ask the children to put the balls in one area by striking the ball(s) with the hand. When all the balls are in that area, ask them to move the balls to the other area. Repeat.
**Peach Pops**

1 cup orange juice  
4 ripe peaches (about 4 cups chopped)  
1 tsp. sugar  

8 servings

1. Peel, pit and chop peaches.  
2. Blend all ingredients in blender until pureed.  
3. Pour 1/2 cup puree into a small paper cup with plastic spoon inserted in center.  
4. Freeze until firm.

Snack Idea

1 Peach Pop and 1 Graham Cracker Smacker (recipe card)

From *Meals to Please*
Rollie Pollie

1 tennis or other small ball per child markers for spots (polyspots, chalk).

Arrange the children in 1 long line, facing an open area.

Present the following challenges to the children:
- sit, rolling the ball forward using one or two hands to push the ball
- while standing, make the ball move on the ground sloooowly (demonstrate)
- walk forward and roll the ball --the ball should be on the ground as it rolls
- roll the ball over a spot
- roll the ball at a spot, try to make it stop on the spot
- toss the ball up and let it bounce
- toss the ball and catch it (start with very small tosses)
- toss the ball from hand to hand
- toss the ball to a partner

As each skill is mastered, move to the next skill.
Fruit Pop

2 cups hulled (stems removed) and halved strawberries
1 cup orange juice
4 7-oz paper cups
4 popsticks or plastic spoons

1. Place fruit and juice in a blender container or food processor bowl. Whirl until smooth.
2. Pour mixture into four 7-oz. paper cups; place cups in freezer until partially frozen.
3. Place pop sticks or plastic spoons in center of cups. Freeze until firm.

Fruit Pop and 1/2 slice toasted cinnamon bread

From California Project Lean web site. Recipe courtesy of the California 5 a Day Campaign
Thunderbumper  1 8.5” playground ball per child
4-6 year olds
Arrange the children in scatter formation, facing an open area. Each child has a ball.

The objective is to practice bouncing, with the long term goal of dribbling the ball. Present the challenges in order, giving a new challenge as children master each skill:

• bounce and catch your ball with both hands
• toss your ball, let it bounce and catch it--use both hands
• bounce and catch your ball with both hands 3 times in a row
• drop your ball and bounce it with one hand
• bounce your ball with one hand, catch it with two
• drop your ball, hit it (bounce it) with one hand two times in a row
• bounce your ball as many times as you can

Encourage children to try both hands.
5 cups of canned chicken broth or broth made with chicken or vegetable bouillon (5 cups water and 2 1/2 bouillon cubes)
1 pound of carrots, peeled and chopped (about 3 1/2 cups)
1 large clove of garlic
1/8 tsp. salt and pepper (optional)

7 servings

1. To the 5 cups of broth add the carrots, garlic, salt and pepper.
2. Simmer carrots for about 20 minutes, or until quite tender.
3. Put the soup into a blender and puree to desired texture.

7/8 cup Puree of Carrot Soup and 1/4 whole wheat English muffin

From 5 a Day recipe card, recipe courtesy of Carlo Middione.
Ball stations

The objective is independent practice of manipulative skills.

Station 1. Kicking for distance
Station 2. Throwing the bean bag for distance
Station 3. Striking the ball with the hand from a cone
Station 4. Catching--teacher tosses to the children

Describe and demonstrate stations.
Divide children among stations.
Have children practice at a station.
Rotate children among all stations.

Bean bags, 8.5" foam balls
polyspots or other markers
1 cone
Berries with Banana Cream

4 servings

1/3 cup reduced fat sour cream
1/2 small ripe banana cut into chunks
1 Tbsp. frozen orange juice concentrate
2 cups sliced strawberries, blueberries, raspberries or a combination
ground cinnamon

1. Combine sour cream, banana and juice concentrate in a blender and blend until smooth.
2. Place berries in a serving dish and top with sour cream mixture. Sprinkle with cinnamon.

1/2 cup berries topped with banana cream and 1 grain fruit bar

From 5 A Day Cookbook
Streamers

1 36" ribbon, plastic or crepe paper streamer per child

Arrange children in a circle each with a streamer.

Demonstrate and have the children practice the following movements:
• Circles: to the side, in front, overhead, to the other side
• Squiggles: quickly wiggle the streamer, try it high and low
• Figure 8: connect two circles, using a smooth motion
• Snapping to the beat: moving the wrist, snap the streamer in a hammering motion

Combine the various movements, do them while you walk, follow-the-leader, or put them to music.
Berry Good

2. Combine gelatin, sugar and apricot nectar in saucepan. Warm over low heat until gelatin dissolves, about 5 minutes.
3. Pour nectar over berries and refrigerate until firm.

Alternative
Substitute 2 cups of other seasonal fruit for the strawberries.

4 servings

1/2 cup Berry Good and 1/2 mini bagel with low fat cream cheese
Hoops

1 hoop per child (24-30”)

Arrange children in scatter formation with a hoop.

Present the following challenges:
• with your hoop on the floor, walk around your hoop (repeat running, hopping, skipping)
• jump into your hoop, now out. Repeat
• balance with 1 leg in the hoop and one out of the hoop
• balance with 2 feet out and 2 hands in the hoop
• stand under your hoop, beside your hoop, in front, behind
• go through your hoop
• roll your hoop
• throw your hoop

1 Carpet squares can be used for many of these if you don’t have hoops.
Bird’s Nest Salad

1. Place grated carrot in a bowl and add salad dressing, stirring to moisten.
2. Place carrot mix in a mound in the center of a plate, make a hollow in the carrot nest with the back of a spoon.
3. Place grapes in the nest for eggs.

1/3 cup grated carrots
5 or 6 grapes
1 tsp. low-fat salad dressing

1 serving

It Looked Like Spilt Milk
By Charles Shaw

Snack Idea
1 Bird’s Nest and 1/2 slice whole wheat toast sprinkled with Parmesan cheese
Locomotor challenges

Arrange children in scatter formation.
Present the following challenges:
• walk under control, do not bump or touch anyone else
• walk forward, stop, backward, stop, backward, stop, forward, stop, backward
• walk and balance on one foot (repeat)
• hop on one foot, now the other foot
• walk (allow them to walk several steps), hop (again several steps), walk backward
• run slowly, now hop, walk backward, hop
• walk and jump
• run and jump
• walk and hop
• jump backward, then forward (repeat)
• step (walk), then hop, step-hop, step-hop

As children master a challenge, move to the next challenge. Challenges should be repeated. Use surprise to keep interest.
Sunshine Carrot Cocktail

2 cups pineapple juice
1/2 cup carrots
1 banana
1/2 cup crushed ice or ice cubes

6 servings

1. Peel and cut carrots into small chunks.
2. Place carrots in blender and chop for a few seconds. Add some pineapple juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice and blend until smooth.

1/2 cup Sunshine Carrot Cocktail and 1/2 slice raisin toast

Adapted from Meals to Please
Partner challenges

Arrange children with a partner.

Present the following challenges:
• holding hands walk forward with your partner
• facing your partner, raise both arms up, move them to the side, make circles
• facing your partner, put hands on each others shoulders, toes touching--can you walk?
• facing your partner, make a bridge with your arms (hold hands and lift arms up)
• facing your partner, hold hands and walk in a circle
• facing your partner, clap hands together, clap your legs, then hands and so forth
• one partner stand behind the other, with hands on the partner’s shoulders, walk forward follow-the-leader style
• facing your partner, hands on shoulders, slide toward me--now away.
Oven Fried Parmesan Potatoes

4 potatoes cut into 1/2 inch cubes
   (about 4 cups)
1 Tbsp. vegetable oil
1 Tbsp. grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. paprika
1/8 tsp. pepper
1/8 tsp. salt

8 servings

1. Scrub potatoes under running water and cut them into 1/2 inch cubes.
2. Place potato cubes in a plastic bag with the oil and shake well to coat potatoes evenly.
3. In a second plastic bag, mix Parmesan cheese, garlic powder, paprika, pepper and salt. Add oiled potatoes and shake to coat.
4. Arrange potatoes, in a single layer, on a foil-covered baking sheet that has been sprayed with non-stick cooking spray.
5. Bake in a preheated oven at 450 degrees for 30-35 minutes or until golden brown.

Snack Idea

1/2 cup Parmesan potatoes and 1/2 cup milk

From What’s Cookin’ II
Playland pillow, 6 foot long rope, card table, blanket, cardboard box

Create an “obstacle course” of items easily found. Try using: empty cardboard box (to crawl through), rope (on floor as a balance beam), card table with a blanket (to go under), pillow (to go over). Demonstrate the path and action at each item, run between items. Children will go one at a time. Repeat several times.
Mango and Melon Salad with Strawberry Sauce

1 fresh mango, peeled and cubed  
   (about 1 cup)  
3 cups cantaloupe, peeled and cubed  
3 cups honeydew, peeled and cubed  

Strawberry Sauce:  
1 1/2 cups fresh strawberries or partially  
   thawed frozen strawberries  
1 Tbsp. lemon juice  
1/4 cup confectioners sugar  

14 servings

1. Place mango and melon pieces in a  
   large serving bowl.  
2. In a blender, blend strawberries  
   with lemon juice and sugar until  
   smooth. Drizzle sauce over fruit  
   salad and serve.

How to peel and slice a mango  
Slice each side of the mango vertically along the seed to  
give two halves, and pull them apart. Hold one mango half  
peel side down and score the fruit down to the peel  
(but not through it) in a tic-tac-toe fashion. Hold the  
scored portion with both hands and bend the peel backward  
so that the diamond cut cubes are exposed. Cut cubes off  
peel, then remove any remaining fruit clinging to the seed.

1/2 cup Mango and Melon Salad and  
4 vanilla wafers

Adapted from 5 A Day  
Cookbook

Oliver’s Fruit Salad  
By Vivian French

Snack Idea  
Serving for 1-5 yr. old
Going on a trip

Create a route with markers (cones, carpet squares, plastic milk bottles filled with sand or water). For each part of our “trip” we will use a different movement. One child goes at a time, so you and the other children can “cue” or coach which skill should be done on each segment of the trip. At the end, you and the children can go together forming a “train” by doing the movements in a line. You can substitute other movements.
**Wholesome Herbed Pasta**

8 oz. egg noodles
3 Tbsp. skim milk
1 Tbsp. margarine
1/4 cup chopped parsley
1 clove garlic, minced or 1/4 tsp. garlic powder
1 tsp. Italian seasoning blend
1/2 tsp. onion powder

1. Cook noodles according to package directions.
2. Combine remaining ingredients in a large saucepan. Cook over medium heat 2 to 3 minutes, stirring occasionally.
3. Toss with pasta and serve immediately.

*Snack Idea*

1/4 cup Wholesome Herbed Pasta and 1/2 cup strawberries

Adapted from Golden Grain Mission pasta web site
Mulberry bush

Arrange the children in a circle with 2 feet or more between children.

For the chorus sing “Here we go around the mulberry bush, mulberry bush, mulberry bush, (repeat), so early in the morning” while walking around a in a large circle.

During each verse, stand in circle formation, and do the action. “This is the way we ______, (repeat twice), this is the way we ______, so early in the morning.” Alternate verses and the chorus.

- touch our toes
- jump in the air
- bend our knees
- hop on one foot
- run in place
- twist our hips
Cereal Snack

7 cups O shaped whole grain cereal
1 cup raisins
1/4 cup margarine
1/4 cup light corn syrup
1/2 cup brown sugar, packed
1/2 tsp. baking soda

1. Combine margarine, syrup and sugar in a small saucepan. Bring to boil and cook 2 minutes. Remove from heat and add soda.
2. Pour over cereal and raisins and mix well.
3. Pour mixture onto greased baking sheet and bake in a preheated oven at 350 degrees for 15 minutes.
4. Remove from oven and cool. Store in air tight container.

Snack Idea

1/2 cup Cereal Snack and 1/2 cup cantaloupe

From What's Cookin'II
Laundry basket derby

1 large rectangular basket per 2-3 children, 2-4 cones

Arrange the children in groups of 2-3 with a laundry basket, one group near each cone. This activity is easier on a smooth surface, for example a tile floor.

Describe and walk through the route marked by cones. One child will sit in the basket, two other children will push the basket with the child inside around the cones. This is not a race. On your signal the children will do “laundry basket upset”, which means the child in the basket will get out. One of the pushers will move into the basket and the pushing will begin again. Repeat several times so all children have several turns pushing and riding.
German Apple Bread

1 pound loaf frozen whole wheat bread dough
3 medium apples sliced (about 4 cups)
2 Tbsp. sugar
2 Tbsp. cinnamon
chopped nuts and raisins (optional)

32 servings

1. Let dough thaw and rise according to package instructions.
2. Spread in a greased 9" x 13" baking pan.
3. Cover dough with apples.
4. Sprinkle with remaining ingredients.
5. Bake according to bread dough directions.

2" x 1 1/2" piece German Apple Bread and 1/2 cup pear slices

From Meals to Please
Trucks

Arrange the children in a line shoulder to shoulder on one side of and facing an open area.

Each child is a truck. The object is to practice “slow” and “fast” movements. Talk about and demonstrate the difference between slow and fast. The trucks are waiting for the signal to move (when you say “start your engines”). The trucks must stay together walking around the area, until you say “faster”, then some trucks can move quicker as long as all movement is under control. When you say “slow down, curve ahead” the trucks must walk around the outside of the area. Alternate slow and fast by using the cues “faster” and “slow down”. Start over occasionally so everyone is grouped again.
1 cup quick cooking oats
1 1/4 cups flour
1/2 cup brown sugar, packed
1 tsp. baking powder
1/2 tsp. salt
3/4 tsp. cinnamon
1 1/2 cups apples, chopped
3/4 cup plain yogurt
1/2 cup margarine, melted
2 eggs
1/4 cup oats
1 tsp. brown sugar
1 tsp. melted margarine
1/8 tsp. cinnamon

1. Mix rolled oats, flour, brown sugar, baking powder, baking soda, salt and cinnamon in a bowl.
2. Combine remaining ingredients and mix well. Add to dry mixture.
3. Fill greased 12 muffin cups almost full.
4. Combine 1/4 cup oats, 1 tsp. brown sugar, margarine and 1/8 tsp. cinnamon in small bowl. Mix well.
5. Sprinkle over each muffin. Bake at 400 degrees for 15 to 20 minutes.

12 muffins

Applesauce Oatmeal Muffins

By Zoe Hall

Go for the good stuff

TEAM NUTRITION IOWA

1 Applesauce Oatmeal Muffin and 1/2 cup Melon with Blueberries (recipe card)

From Coming Home to Iowa: Favorite Recipes of 4-H Families and Friends

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Hand signals

Arrange the children in scatter formation.

You will use words and hand signals to tell them which direction to move. You can create your own signals, for example forward is thumb pointing behind you, backward is finger pointing toward the children, and so forth. Show them the signals, demonstrate and use words.

Have the children move in each direction on your visual and verbal cue. Once the children can do this, use only the verbal cues. Once they can do the verbal cues, have them move only with the visual cues. Try to “trick” them, when you do make it fun and exciting by laughing and telling them you are going to try to “trick them” again.

For younger children use walking and go slowly. For older children you can use various locomotor skills (e.g., hop, jump, gallop) in addition to walking.
Bran Muffins with Fruit

1. Preheat oven to 425 degrees. Lightly coat 12 muffin cups with non-stick cooking spray.
2. Combine muffin mix, juice, chopped fruit and dried fruit in a medium bowl. Mixture should be moist.
3. Spoon 1/3 cup batter into each muffin cup.
4. Bake 14 minutes or until a toothpick inserted in center of muffin comes out clean.
5. Remove muffins from pan and cool on wire rack.

1/2 Bran Muffin with Fruit and 1/2 cup sliced frozen grapes (recipe card)

From California Project Lean web site. Recipe courtesy of California 5 a Day.
Shapes

Cards with shapes

Arrange the children in scatter formation.

Explain the three words. Sharp movements are hard, with angles and force. Smooth movements are soft, flowing and gentle. Pause is a stop, holding the position, especially something fun. The activity is to make a movement (sharp or smooth) or pause, until you change the card. When you change the card the children do that activity until you change again.

Stop and point out things you like.
Find something good from each child.
Pepper, Pineapple and Ham Pita Pizza

4 whole wheat pita breads (76 gram pita)
1/4 cup spaghetti or pizza sauce
1/4 tsp. dried oregano
1 cup chopped red or green bell pepper
1 1/2 cups canned pineapple chunks or
tidbits, drained
1/3 cup chopped ham
3/4 cup shredded reduced fat cheddar
cheese

20 servings

1. Heat oven to 400 degrees.
2. Place pita breads on baking sheet.
   Spread each pita with 1 Tbsp.
   spaghetti sauce. Sprinkle with
   oregano.
3. Top each pita with pepper,
   pineapple, ham and cheese.
4. Bake until hot and cheese bubbles,
   about 5 minutes.
5. Remove pizzas from baking sheet.
   Cut into five, place on a dinner plate
   and serve.

1/5 Pita Pizza served with 1/2 cup
watermelon cubes

California Project Lean web site.
Recipe courtesy of California 5 a Day

By Virginia Walter
Parachute play

Parachute or table cloth

Arrange the children around the edge of the parachute.

Begin by shaking the parachute. Place light objects (e.g., balls, jump ropes) on the parachute, have the children try to shake them off the parachute.

Walk around while holding the parachute with the inside hand. Reverse directions and hold the chute with the other hand.

Stand, holding the parachute with both hands, raise and lower the parachute. Allow it to fill with air. Repeat but everyone will move inside, and sit on the ground continuing to hold the parachute close to the ground. It should remain filled with air like a tent.
Hearty Pasta and Bean Salad

2 cups raw medium sized shaped whole wheat pasta
2 cups cooked dried beans or canned
beans, e.g. kidney, black or red beans
1 cup diced zucchini
1 cup chopped green pepper
1 cup chopped tomato
1/3 cup chopped green olives
1/4 cup grated Parmesan cheese
1 cup plain low-fat yogurt
1/2 tsp. chili powder
1/2 tsp. ground coriander (optional)
1/2 tsp. paprika
1/4 tsp. dried sage
salt and pepper to taste

1. Cook pasta according to package directions and drain.
2. Add remaining ingredients and mix gently.
3. Serve chilled or at room temperature.

10 servings

Recipe adapted from 5 A Day Cookbook.

By Ruth Brown

3/4 cup Hearty Pasta and Bean Salad

Go for the good stuff
Hustle Favorite music with moderate tempo

Arrange the children in scatter formation.

Do the following movements to music. Repeat each 8-16 times, then do a different movement.
Step and toe touch: Step backward, stand on one foot. Touch the toe of the opposite foot on the floor. As you step back swing your arms forward and upward, the downward as the toe touches.

Walk forward: On each step pull arms forcefully down to waist from a position in front of head with elbows bent.

Side swings: Swing arms in a circle in front of body while taking one step sideways (step and close).

Jog in place.
Sunshine Fruit Dip

Condiment

1 cup lowfat vanilla yogurt
2 Tbsp. frozen orange juice concentrate, defrosted
1/4 tsp. cinnamon

Yield: 1 cup

1. Mix all ingredients until well-blended.
2. Chill and serve as a dip with cut up fruit or served over fruit.

From Connecticut Cooks for Kids
Fitness course

Four markers for each stop on the course

Stop 1. Bend and stretch—touch toes then stand tall and stretch with arms over head (repeat as time allows)
Stop 2. Crunches—laying on back, arms crossed on chest, roll upward until the shoulders are off the floor, slowly roll back to start (repeat)
Stop 3. Twister—standing with feet shoulder distance apart, turn upper body as far as possible in each direction, hands on waist (repeat)
Stop 4. Seal walk—support body weight with arms while legs are extended with tops of feet on floor (repeat)

Begin with all children traveling with you around fitness course. Describe and demonstrate each stop, have them practice. Jog from one stop to the next. Divide the children into 4 groups, one group begins at each stop. Groups rotate around stops on your signal.
Frozen Grapes

What could be easier than fresh frozen grapes? Just rinse and drain grapes. They should be fairly dry before freezing. Grapes should be cut in half for children under age 2 to avoid choking risk. Place a whole cluster in a bowl or loose grapes on a cookie sheet. Then freeze.

Eat them alone or tossed in yogurt or a salad.

Note: Grapes should be cut in half for children under age 4.

1/2 cup frozen grapes and 7 animal crackers

From California Project Lean website. Recipe courtesy of the California 5 A Day Campaign.
Beanbag fun 1 bean bag per child

Arrange the children in scatter formation or a circle.

Present the following bean bag challenges to the children. Repeat.

Put the bean bag on your:

• arm* elbow leg*
• shoulder back hip
• knee head* calf
• foot* hand* waist
• stomach* thigh

The child responds by placing or touching the appropriate body part with the bean bag. Demonstrate as necessary. *Easy enough for the younger children

Do the following with your bean bag:

• balance it on your head and walk
• put it on the floor and walk around it, jump over it
• toss it and catch it (older kids may toss it from hand to hand)