

Nutrition and Physical Activity Resources for Child Care Centers and Families with Young Children

United States Department of Agriculture Nutrition Resources

1. USDA book: Grow It, Try It, Like It!
<http://teammnutrition.usda.gov/Resources/growit.html>
2. Team Nutrition Fruits and Vegetables Lessons for Preschool Children
North Dakota Department of Public Instruction; 2006.
These lessons were designed as a supplement to the North Carolina kit [Color Me Healthy](#). It is a hands-on, stand-alone curriculum to encourage preschool children to develop healthy eating and physical activity habits.
3. Power Panther Preschool Implementation Guide
Kansas Department of Education; 2006.
This curriculum provides a variety of activities and recipes to get preschoolers interested in eating fruits and vegetables.
4. Fruits and Veggies Family Coloring Book (PDF|1.14 MB)
Defense Supply Center Philadelphia Produce Business Unit.
Coloring book for young children featuring Buford Broccoli, Girard Garlic, and many other fruit and vegetable characters.
5. Farmer's Market Coloring Book (PDF|1.6 MB)
USDA. Agricultural Marketing Service.
Coloring book for children featuring various agricultural products and farmers markets.
6. Nutritious Story Time Training Manual (PDF|1.85 MB)
Florida Department of Health.
Five separate lesson plans to promote nutrition education, counting, physical activity, and literacy with young children. Includes parent handouts in English and Spanish. Created for WIC but can be adapted to be used in child care.
7. 5 a Day the Preschool Way
North Carolina Division of Public Health.
Curriculum contains circle time and classroom activities, coloring sheets, parent handouts, kid-friendly recipes and other resources encouraging young children to eat more fruits and vegetables. Although the *5 a Day* slogan is no longer used, the information in this resource is still valid.

USDA Physical Activity Resources:

1. Nibbles for Health: Nutrition Newsletters for Parents of Young Children
USDA. FNS. Team Nutrition.
Nibbles for Health was developed for child care center staff and parents of young children. The following resources pertain to physical activity:
 - [Sharing Session 3 - Active Living: How to Get Families Moving](#)
 - [Parent Newsletter: Enjoy Moving as a Family](#)

2. [**Physical Activity for Preschoolers**](#)
USDA. Center for Nutrition Policy and Promotion.
This section of MyPyramid for Preschoolers addresses key issues related to physical activity for young children.
3. [**Physical Activity Bulletin Board Resources**](#)
Encourage increased physical activity with fitness and exercise bulletin board resources.
4. [**Mealtime Memo: Healthy Children are Active \(PDF|1.3 MB\)**](#)
National Food Service Management Institute.
Healthy children are naturally active and bursting with energy. Use these tips to facilitate physical activities in child care. Also available in [**Spanish**](#).
5. [**Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Edition**](#)
National Association for Sport and Physical Education.
Page provides an excerpt of the full guidelines.
6. [**MODEL Health! Promoting Nutrition and Physical Activity in Children \(PDF|1.70 MB\)**](#)
Maryland State Department of Education; 2009.
This kit is a collection of supplementary lessons on nutrition and physical activity with an emphasis on role modeling. Intended as a teacher resource in the early childhood classroom, the kit is most appropriate for use with children ages three to five.
7. [**Eat Well Play Hard in Child Care Settings**](#)
New York State Department of Health; 2008.
This ten-module curriculum is intended for use by individuals with a background in nutrition education. Each module was designed for three- and four-year olds and their parents.
8. [**Physical Activities and Healthy Snacks for Young Children \(PDF|1.0 MB\)**](#)
Iowa Department of Education; 2002
A collection of cards featuring recipes for healthy snacks on one side and daily physical activities for young children on the other side.
9. [**Growing Up Fit, Preschool Fitness Activities \(PDF|115 KB\)**](#)
Iowa State University Extension.
A publication that explores ways to introduce and teach organized movement to preschoolers.
10. [**Fun with Physical Activities**](#)
Oregon Department of Education.
This lesson plan from [**Super Star Nutrition for Kids**](#) provides physical activity ideas for family day care providers to conduct with young children.
11. [**Choose to Move More Everyday**](#)
NC State University Cooperative Extension.
Part of the [**Color Me Healthy**](#) curriculum for preschoolers. These resources can be provided to parents for suggestions to make their family more active.
12. [**5 a Day and Physical Activity**](#)
NC Division of Public Health Nutrition Services Branch.
Part of the [**5 a Day the Preschool Way**](#) curriculum, this section provides

movement activities to do with preschoolers, including Coconut Bowling, Citrus Tic-Tac-Toe, Carrot Hop, and Fruit-Flexibility.

13. [Preschoolers Activity Pyramid](#)

Penn State College of Agricultural Sciences Cooperative Extension.

The first page of this publication features activity suggestions for preschoolers.

The second page is designed to let families fill in the pyramid and keep track of their own activities.

14. [Fun and Physical Activity for Families and Caregivers with Children 0 - 4 \(PDF|174 KB\)](#)

Toronto Public Health.

Tips on how to make exercise fun and a regular part of life for families and caregivers.