

TALK, READ, PLAY: EXERCISE & NUTRITION



Try these ideas with your infant or toddler!

Talk



Use these words throughout the day:

- move, play, eat

Ask simple questions like:

- What fruit do you like?
- What do you like to play outside?

Read



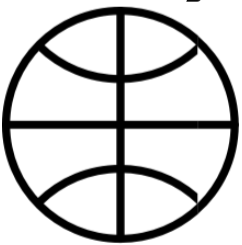
Read books or tell stories
about exercise and
nutrition.

- Sing and dance to:

- Five Little Apples
- Head, Shoulders, Knees and Toes



Play



- Go for a walk or do yoga inside your home. Just keep your baby moving! Infants can stretch and roll as they practice motor skills.
- Enjoy healthy snacks together and have conversations while you eat.



SONGS, RHYMES, AND FINGERPLAYS: EXERCISE & NUTRITION



Five Little Apples

*You can recite this or sing it to the tune of
"Twinkle Twinkle Little Star"

Way up high in the apple tree
(point up)

Five little apples smiled at me
(hold up five fingers)

I shook that tree as hard as I could
(shake that tree)

Down came an apple
(motion downward)

And mmm it was good
(rub your belly)

*Continue with four, three, two, and finally
one apple.

Head Shoulders, Knees, and Toes

<https://youtu.be/WX8HmogNyCY>

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

Head, shoulders, knees, and toes, knees and toes.

And eyes and ears and mouth and nose.

Head, shoulders, knees, and toes, knees and toe

TALK, READ, PLAY: EXERCISE & NUTRITION

3-5

year olds



Try these activities with your preschooler!

Use new words and encourage your child to use them too:

Talk



- Healthy: something that is good for your body
- Exercise: moving your body

Ask open-ended questions like:

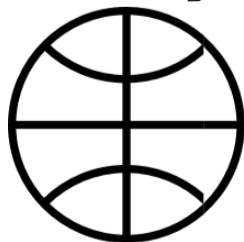
- Why is it important to exercise?
- What are some healthy foods we can eat?
- How do healthy foods help our body grow?

Read



Read books or tell stories about exercise and nutrition.

Play



- Go for a walk, ride bikes/scooters, or do yoga inside your home. Just keep your child moving!
- Make a healthy snack together. Talk about the importance of fruits, vegetables, meats, and grains at meal time.
- Visit the USDA website to learn about the different food groups. Ask your children about things they notice or things they wonder about. Be sure to keep the conversation going as you talk about healthy meals:
 - <https://www.choosemyplate.gov/eathealthy/start-simple-myplate>



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