

Theme: Healthy Eating
Date: November 17, 2021

Hello StrongStart friends,

Today's email is about health eating and the UBC School of Nursing students have prepared a wonderful and informative document for families with young children (see attached PDF).

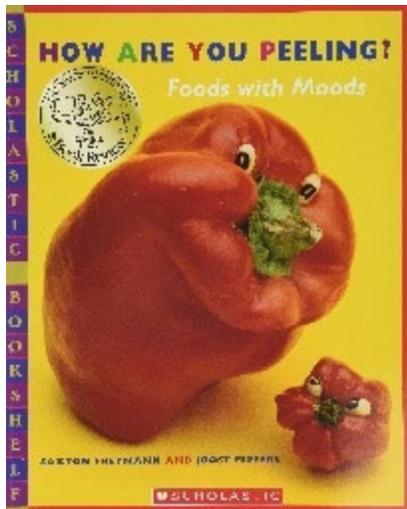
Let's start off with a well-loved story called "The Very Hungry Caterpillar" by Eric Carle. Here, we have Ms. Joni telling the felt story version - <https://youtu.be/xEVD2jNAdyQ>.



Did you know that it's important to eat plenty of colourful fruits and vegetables each day? Eating so will help you grow and stay healthy. Ms. Doris will show you how to eat a rainbow through a yummy show-and-tell story - <https://youtu.be/yh6SJG9tfUo>

- **Red fruits and veggies** will help keep your heart strong.
- **Orange fruits and veggies** will keep your eyes healthy.
- **Yellow fruits and veggies** will keep you from getting sick.
- **Green fruits and veggies** will keep your bones and teeth strong.
- **Blue and purple fruits and veggies** help with your memory.

What kind of fruits and vegetables do you like? Did you know that some fruits and veggies have moods? Check out Teacher Steven reading "How Are You Peeling?: Food with Moods" by Saxton Freymann and Joost Elffers- <https://youtu.be/1rj47V3Tux4>



The Canada Food Guide now encourages families to develop healthy eating habits. For example, taking the time to eat and getting children involved in meal planning and food prepping. One way to do this is with this next activity.



Encourage your child to make a fruits and veggies person/face! This is a good activity to introduce some new foods in a fun way. You can add dips and sauces like yogurt, hummus or salsa. You can add grains like strips of tortilla or cooked spaghetti. Remember, when it comes to healthy eating, there is a division of responsibility between the caregiver and the child.



YOUR JOB

Offer food consistently

Include a variety of food groups

Decide what, when, where food is provided



CHILD'S JOB

Eat food in any order they choose

Decide how much they eat

Eat or don't eat any of the food provided

Now, let's join Ms. Natalya for a colour song with some foods and animals

- <https://youtu.be/c4fWg2muAFM>



Colour Song with Ms. Natalya

Healthy eating isn't just about eating only healthy foods. It's important to find the balance between the foods we need and the foods we love - like ice cream! Here's a simple ice cream recipe that requires only ONE ingredient - bananas!



Instructions:

- Chop bananas into small pieces and lay them flat on a cookie sheet.
- Place them in the freezer for at least two hours (best if overnight).
- Place frozen bananas in a food processor or a strong blender.
- Blend until it is creamy smooth and enjoy!
- Optional - add other fruits (like strawberries) or even peanut butter to the mix.

While you are munching on your ice cream treat, watch Ms. Evina do a fingerplay story called "Five Scoops of Ice Cream" - <https://youtu.be/vxdKYG34I3I>

Five Scoops of Ice Cream

I had 5 scoops of ice cream,
no less, no more
One fell off and that left four!
I had 4 scoops of ice cream,
as yummy as could be
One fell off and that left three!
I had 3 scoops of ice cream,
yes it's true
One fell off and that left two!
I had 2 scoops of ice cream,
in the melting sun
One fell off and that left one!
I had 1 scoop of ice cream,
sitting on the cone
I ate it up and that left none!



Thanks for reading!