

1003 TNP Tool and Knowledge Library - Eating Healthy - 1-3

Eating healthy is an important life skill to learn at an early age and this collection of books and activities for children in Grades First through Third will do just that. If you are interested in exploring some of these activities with a representative from the Warren Farmers Markets, please contact the Trumbull Neighborhood Partnership's GROW Program at 330-647-6301 ext. 300 for a free demonstrations.

Books

I Eat Well

Rustad, Martha E.H.

AR Quiz No. 187568 EN Nonfiction

Accelerated Reader Quiz Information IL: LG - BL: 1.0 - AR

Pts: 0.5

Accelerated Reader Quiz Type Information AR Quiz Types:

RP, RV

Book Rating: 3.5

This book examines the healthy habit of eating well.

Good Enough to Eat: A Kid's Guide to Nutrition

Rockwell, Lizzy

Good Enough to Eat is one of a kind: the only guide to kids' nutrition written especially for kids. A practical, hands-on tool for families who want to eat a healthy diet, this book explains nutrition from carrots to cookies.

Oh, The Things You Can Do That Are Good for You: All About Staying Healthy

Rabe, Tish

In this newly revised edition—with 16 pages of bonus materials—the Cat in the Hat takes young readers to a Seussian Spa where they learn the basics of healthy living. Updated with the assistance of the Partnership for a Healthier America, the Cat explains the importance of eating right (based on the latest USDA MyPlate recommendations); staying active; getting enough sleep; handwashing; brushing and flossing; wearing protective gear when playing sports—even the best way to sneeze when you don't have a tissue handy!

Activities

Lettuce Be Healthy: K-5 <https://kidsgardening.org/lesson-plans-lettuce-be-healthy/>

Materials Included: small grow light for classrooms without windows, flower pots for activity

Healthy Snack Recipe Cards: use these cards in your classroom setting to prepare a healthy snack and make copies to share the recipes with the students family to take home

My Plate Game Nutrition Games: this board game explores what a healthy plate looks like and provides a variety of different fruit and vegetable game pieces to create that healthy plate.

My Plate Cling Set Classroom Teaching Aid: similar to the smaller nutrition games, this larger my plate can be used in a classroom setting to teach younger children about the different food groups and what a healthy plate should look like.

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BOX INVENTORY

Item	Quantity
I Eat Well (Healthy Me)	1
Good Enough to Eat: A Kid's Guide to Food and Nutrition	1
Oh, The Things You Can Do That Are Good for You: All About Staying Healthy (Cat in the Hat's Learning Library)	1
Relassy Plant Grow Light for Indoor Plants, Relassy 75W Auto On/Off Cob Plant Light, Full Spectrum Plant Lamp	1
48 pcs Plastic Nursery Pot for Plants	48
Kid's Kitchen: 40 Fun and Healthy Recipes to Make and Share	1
Learning Resources Healthy Helpings A Myplate Game	4
Healthy Helpings MyPlate Pocket Chart with 90 Food Cards, 7 Pockets, 28 x 28	1