

UConn Husky Reads - Preschool Lesson 1: What I Like About Healthy Me!

Theme: Healthy Me *Introducing Healthy Habits*

The focus of this lesson is a healthy body (strong muscles and bones, energy to grow and play, being free from colds and illness) and how to maintain a healthy body (eat healthy, be active every day, drink water, get enough sleep). Various types of physical activity such as running, hopping, skipping, and playing are discussed, as is eating a variety of healthy foods such as fruits and vegetables, dairy, whole grains, and lean proteins.

Learning Objectives:

1. Children will be able to name 1 example of what it means to be healthy.
2. Children will be able to name 2 things they can do to be healthy (eat fruits or vegetables, walk, run, drink water, etc.).

Introduction: 5 minutes

- Introduce yourselves to the children and tell them you will be with them each week reading, trying healthy snacks, and moving your bodies to stay healthy.
- Ask the children if they know what “healthy” means. Explain that it’s the good things we do to keep our bodies strong.
- Ask each child if they can name a healthy food or fun exercise they like. Write their responses on the large Post-it flip pad.
- Introduce MyPlate by holding up the poster and have them repeat “MyPlate”.
- Explain that MyPlate reminds us that in order to stay healthy we need to eat foods from all the food groups. Using a call and response method, name each food group and have students repeat.



MyPlate Poster available in English and Spanish

Read Aloud: 8 minutes *Choose one book from the Book List provided*

- Introduce the book title and author.
- Show children the cover of the book and ask them to make a prediction about the story.
- Utilize Book Guide provided and ask children questions before, during, and after the story when appropriate.
- After finishing the book, ask the children if they enjoyed the story. Conclude by making a connection between the story and lesson objectives.

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Activity: 8 minutes *Healthy Me Game*

Start by telling the children that we will be playing a game and moving our healthy bodies. Have students stand in a circle on the carpet area. Use healthy habits cards to discuss how these things are good for us. Ask the children if they like to do/eat what is shown on the cards. After reading each card, have children engage in an exercise. Have students count out loud while completing the exercise. For example, "If you like (food or exercise shown) then do: 10 toe touches, 10 arm circles, 5 frog jumps, 5 foot circles, 4 squat sits, 3 turns in a circle, 3 deep breaths, 10 seconds of fire feet."

Tasting: 5 minutes *Bananas*

Please be sure to have the children wash or sanitize their hands before coming to the table. Place 1/3 of a banana on a napkin. Explain to the children that a banana has a yellow peel on the outside and help them to remove it if necessary. The banana peel is there to help protect the inside of the fruit from being squished. Use the tasting activity strategies to engage children in conversation around their tasting. Sit and sample the tasting with the children. This is a great opportunity to lead by example and have further discussions about healthy habits.

Review: 4 minutes

While children are sitting at the table, review the learning objectives of the lesson. Ask if they can name a healthy food or exercise that they learned about. Thank the students for spending time with you and let them know you will be back next week with a new activity and food to try! Distribute stickers to the children or the teacher before leaving the classroom.

Materials needed:

- MyPlate Poster
- Healthy Habits/ Foods cards
- Post-it flip pad and markers
- Reinforcement/reward stickers
- Paper plates, napkins, disposable knife for cutting bananas
- Snack: bananas
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)



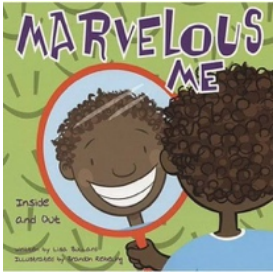
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Lesson 1 Book List and Book Guide

Marvelous Me! Inside and Out by Lisa Bullard



Age Range: 4 - 6 years

Grade Level: Preschool - 1st

Length: 24 pages

Throughout the story, Alex takes us through all of the unique and special things about him, his favorite things, and the things he is very good at. At the end of the book Alex reveals that there is a special person who looks just like him. His twin! Although they look alike, we learn there are things about each of them that make them unique and special.

Questions to ask during this book:

Page 4: “Do you know what this ball is called? Yes! A football! Playing football is a great way to exercise! Alex told us he eats lots of broccoli to stay healthy so he can play! Has anyone here ever eaten broccoli?”

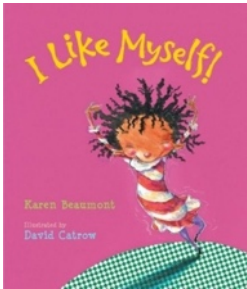
Page 10: Do any of you like ice cream? Me too! But ice cream is a special snack that we can only have sometimes, not all the time. If we want to be healthy kids, we have to try fruits and vegetables!”

Page 20: Alex says we can be superheroes just like him! Can you all show me your superhero stance! (Have children stand up and put their hands on their hips.) Repeating after you, children should say “Dun duh duh duhhhhh!”

Following the book:

“So remember, if we want to be superhero healthy kids we have to eat fruits and vegetables and do our exercises just like Alex!”

I Like Myself by Karen Beaumont



Age Range: 2- 5 years

Grade Level: Preschool - 2nd

Length: 32 pages

The book celebrates the joy of who you are using rhyming and fun illustrations. The main character expresses all of the aspects about herself that she loves and even finds the joy in things that may seem a little silly!

Questions to ask during this book:

Page 1: “Does anyone know what sport she is playing? Soccer, that’s right! Soccer is a great exercise because we get to run a lot! Who here can run REALLY fast?”

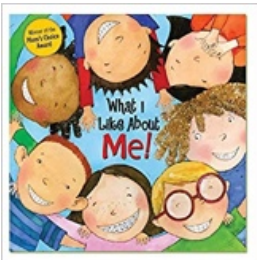
Page 13: “She is so happy she is dancing! Did you know that dancing can help us stay healthy? Let’s all do our best dance moves!”

Page 19: “The character has crazy hair from getting a good night sleep! Did you know getting a good night sleep can help us be healthy? Let’s all pretend we are sleeping!” (Close eyes and make snoring sound.)

Page 22: “She is riding a bicycle! Raise your hand if you know how to ride a bike! Bike riding is a great way to stay healthy and exercise our legs!”

Page: 32: “Everyone give yourself a big hug!”

What I Like About Me! By Allia Zobel-Nolan



Age Range: 3 - 8 years

Grade Level: Preschool - 2nd

Length: 14 pages

Children in this book embrace their differences and celebrate the many things that make them unique. There is also a fun mirror in the book for readers to use to share what aspects about themselves they love too!

Questions to ask during this book:

Page 7: “The students are having a healthy lunch! Can you spot a healthy fruit at their table? It’s red... APPLES, correct! Eating fruit like apples can keep us healthy!”

Page 10: “This girl is a ballerina and she loves to dance! Did you know that dancing is an exercise that can help us stay healthy? Let’s all do our best dance moves!”