

Especially for
Parents, Caregivers,
and Children

healthy habits for life™

Get Healthy Together With:

- Quick and Easy Activities
- Read-Along Poems
- Cut-Out Recipe Cards



Produced in partnership with

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As your child's first and most important teacher, you can lay the foundation for a lifetime of healthy habits. The more you have fun moving and eating well with your child in these early years, the more these habits will become part of your family's routines and your child's life. By working together, you'll be building a happy healthy team!

Together, you can fill your days with movement, play, and great foods. As a matter of fact, everyday moments are perfect for getting healthy as a family!

Sesame Street is proud to be a part of your healthy team. We've created this exciting resource to offer tips for making every day a healthy and exciting day. The furry and joyful Sesame Street characters will add to the fun you'll have!

So get ready, get set, and GO TEAM!

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Get Moving!

Your child loves to move. When you see her hopping and jumping, join in! Encourage your entire family to move together during everyday moments. Help everyone explore all the ways they can use their bodies to stay healthy and feel good.



By adding more movement into your day, you will be developing an important habit for a healthy life:

- **Take the stairs** instead of the elevator.
- As you walk to the park, bus stop, or store, **try skipping or jumping** every few steps.
- **Strrrrrrrretch!** After sitting for a long time, reach up high to the ceiling. Now reach down to the floor.
- When you wake up in the morning, give each part of your body a little wiggle and **get an energetic start to the day.**
- At bedtime, **talk about all the ways you've moved during the day,** and name some fun, active things you'd like to do tomorrow.



Try This! After you've been indoors for awhile, get moving! Read this poem together and act it out:

**Look at me! Look at you!
Look at what our bodies can do!
Dance, dance, dance!
Run, run, run!
Moving our bodies is so much fun.**

**We can jump, jump, jump!
We can hop, hop, hop!
We can wiggle, wiggle, wiggle!
Then we can stop, stop, stop.**

Food and Drink to Grow On

Every meal is an opportunity for a healthy family experience.

If your child learns to reach for healthy foods now, then he'll keep on making good food choices his whole life.



A great way to help your child learn about different types of food is by explaining the idea of “anytime” and “sometime” foods.

- **An “anytime” food is something we can eat every day**, such as fruits and veggies in all colors of the rainbow, whole grains, lean meats, lowfat yogurt, and water or lowfat milk to drink.
- **“Sometime” foods are high in sugar, fat, or salt** – that’s why we should only eat them once in awhile. They’re foods such as cookies, candy, chips, and sodas.



Try This! Sometimes it takes several tries before your child learns to like a new food. Challenge your child to take a taste of something different, focusing on fruits, vegetables, whole grains, or lowfat dairy products.

Try This! Plan a meal with your child that includes at least three different colors, like red peppers, black beans, and brown rice. Have your child count up all the colors on the plate.

Great Grocery Shopping Tips

Going to the grocery store or supermarket can be a great learning opportunity. Your child can help make healthy choices as you shop together.

- **Start off with the aisles on the outermost part of the store**, where you can choose food such as fresh produce and dairy.
- **Give your child a small list** of items to look for and check off as they're found.



Try This! Your child can help as you put away groceries. Ask her to find all the anytime foods in the bag. Then make a meal with those foods and encourage your child to help by stirring, peeling, or pouring.





Rainbow Parfaits

This colorful snack makes a great dessert!

What you need:

- Plain or vanilla-flavored lowfat yogurt
- Colorful cut-up fruit (strawberries, peaches, kiwi, blueberries, bananas, etc.)
- Crushed graham crackers
- Clear plastic cups

In each cup, make layers of yogurt, fruit, and crushed graham crackers.



Throw Your Child a Curve

You can encourage your child to make healthy snack choices by trying these clever new combinations:

- Lowfat cream cheese and peaches
- Chocolate graham crackers with strawberries or bananas
- Steamed broccoli and cauliflower florets with ketchup
- Melons or grapes with slices of lowfat cheddar or American cheese
- Vegetables with lowfat ranch dressing
- Tomato, mozzarella cheese, and basil



Healthy Party Snacks

Even celebrations can be filled with healthy choices. Try these instead of sweets or chips:

1,2,3 Sesame Salsa Mix equal parts black beans (rinsed), corn, and mild salsa. Serve with baked tortilla chips.

Self-Serve Fruit Salad Set out a variety of cut-up colorful fruits in different bowls. Give your child a small bowl and invite him to create his own snack!

Super Shapes Try making snacks into fun shapes.

- Cut a sandwich into four squares.
- Slice a whole-wheat pita into triangles.

Breakfast on the Go

Even if you're rushed, you can start the day in a healthy way. Try these instead of doughnuts or pastries:

Fruit and Cream Cheese Sandwich

Layer lowfat cream cheese and sliced fruit on whole-grain bread, 1/2 bagel, or English muffin.

Breakfast Taco

Sprinkle shredded lowfat cheese on a whole-wheat tortilla. Microwave for 20 seconds and serve with a spoonful of salsa, if desired.



Mystery Moves

→ At different points during the day when you and your child need to move, you can play “Mystery Moves” together. Take turns choosing Ernie, Elmo, Grover, or Big Bird. Pick a movement activity from the corresponding list and move together.



Fly!
Dance!
March!



Wiggle!
Walk!
Zoom!
Twist!



Stretch!
Hula!
Skate!



Stomp!
Hop!
Jump!
Run!

Recipe for a Healthy Weekend

- Eat meals as a family
- Limit TV time
- Eat fruits and vegetables
- Take a walk outside together
- Read a book inside together
- Get a good night's sleep



**We celebrate
healthy habits
every day—
together!**

FAMILY NAME _____

Animal Action

- Encourage your child to get active by inviting her to move like different animals. When you say “kangaroo!”, for instance, your child hops for 15 seconds. Then she chooses an animal for you to imitate. Take turns. When it's time to quiet down, challenge her to try moving like a turtle!
- Start with these animals.

