

Making Healthy Choices: First Grade

Learning about healthy choices now will help your child:

- Develop an interest in a variety of health topics
- Begin to understand how his decisions can have an impact on health and wellness
- Build routines for a healthy future



Ideas to try with your child:

- Have a nightly routine that includes tooth brushing and regular bedtime to ensure 10-11 hours of sleep
- Visit www.choosemyplate.gov with your child and check out the activities for kids under the consumer's tab. Look for videos on the site: *Fruit/Veggie Swag* and the *Fruit and Veggie Pokey*.
- Read children's books together about various health topics such as exercise, the human body and hygiene. A good book to start with is *Dinosaurs Alive and Well – A Guide to Good Health* by Laurie Krasny Brown and Marc Brown.

If your child is struggling:

- Make a list with your child of the healthy snacks he likes to eat. Include these in his lunchbox or snack time.
- Read *Picky Peggy* by Jennifer Dussing. This is a story about food choices.
- Read *The Edible Pyramid: Good Eating Every Day* by Loreen Leedy. Have your child make a food pyramid poster by cutting pictures of food from grocery store ads and gluing them on the food pyramid.

Going further:

- Have your child help plan your family's menu for the week and choose healthy foods for your family to eat.
- Look through a cookbook with your child and find healthy recipes that you can prepare together.
- Plant a vegetable garden together. Let your child choose some of the veggies that you grow.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children in First Grade** that parents can help improve at home.