Dear Family,

This week your child learned how healthy snacks build strong bodies and give them energy to play.

Family Tips

Offer a new food many times. Keep trying. Many young children need to be offered a new food several times before they will try it and learn to like it. So, offer a small amount. If you keep offering a new food, eventually your kids will give it a try.

Play follow-the-leader. Have your child jump, run, gallop, leap, march, skip, and hop with you.

Fun Activities

Children like to try foods they help make.

- Make healthy eating fun. Fun ideas get kids excited to try new fruits and vegetables. Give vegetables and fruits fun names like broccoli trees, banana wheels, and orange smiles.

- Let everyone help. Kids learn by doing. Let your preschooler arrange vegetables and fruits into fun shapes or designs. Make an open face sandwich by laying a slice of low-fat cheese on whole wheat bread. Add sliced tomatoes for eyes and a strip of bell pepper for a smile.

Bubble Chase

Let your child blow bubbles. Have fun chasing, popping, or stomping them.