



Let's Eat Healthy!

Nutritionally Fit For School

Good health comes from good habits and wise choices.

To enjoy good health now and in the future, youngsters must learn how to exercise, control stress, be clean, and reduce the risk of disease.



They must get into the habit of eating nutritious foods, having plenty of sleep, and understanding how physical and emotional health are related.

When children are healthy they will probably do well in school.



Healthy Food Habits:



- ▶▶ Pick nutritious foods and limit sugary snacks and fatty foods, particularly before meals.
- ▶▶ Set a good example by eating healthy foods, too.
- ▶▶ Have your child start the day by eating a healthy breakfast at home or at school.
- ▶▶ Check on the food programs at

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Center of Excellence ♦ Louis de la Parte Florida Mental Health Institute ♦ Florida's Children's Forum
Home Instruction Program for Preschool Youngsters ♦ Hillsborough County Head Start ♦ Hillsborough County Even Start

your school and ask for improvement if you think it is needed (your local Resource and Referral Center can help you).

P pyramid for children of all ages. It is important that children eat healthy foods. Some of the foods are:

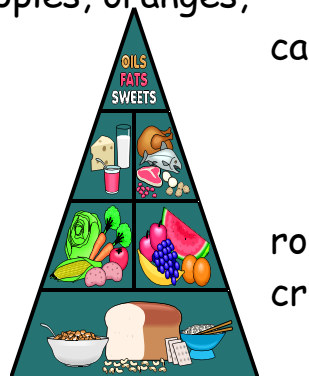
Milk Group - cheese, butter, ice cream, yogurt

Vegetable Group- broccoli, lettuce, spinach, carrots

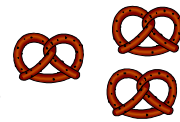
Meat Group - pork, steak, beef, beans

Fruit Group- apples, oranges, tangerines, ntaloupes

Bread Group-lls, cereal, ackers, pasta



Sticks & Stones Snacks for preschool children to make for everyone to eat!



Each day, your child should eat foods from the 5 major food groups: bread, vegetable, fruit, milk, and meat. This snack covers "breads" and fruit.

Mix 4 cups of low sugar cereal (Kix, Cheerios, Chex),

2 cups of pretzels, and 2 cups of raisins in a mixing bowl.

Eat as a between meal snack.

Resources: Information was based on *Helping Your Child Be Healthy and Fit* and from the ERIC Digest.

For more information contact:



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

School Readiness Series, Parent Tip Sheets, #4: Lets eat healthy.

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