



# HEALTHY HOMES

V1.3

## MOVE, PLAY AND LEARN AT HOME

### *Do Three with Me*

#### GET READY:

- Space: Indoor or Outdoor Space; Small or Big Space
- Stuff: Just your imagination!
- Time: While preparing a meal, while getting ready in the morning, transitioning to bed time, waiting for the bus... whenever you are waiting in line.

#### GET SET:

- Tell your child that you are going to say and do three movements/actions. Children will listen, remember, and repeat the same three actions.

#### GO:

- Start with the following three actions – *reach up high, stretch out far, touch the floor* – give all three directions, then repeat them with the actions, all as your child watches and listens carefully.
- Now it is your child's turn to do the actions. You can say them and even do them together if needed.
- Other three action ideas:
  - Run and touch something blue, jump high into the air, spin on your tummy
  - Hop 5 times on your right, hop 5 times on your left, be as still as you can be
  - Wiggle your knees, bend your elbows, shake your tummy
  - Walk backwards, touch something yellow, act like a monkey

#### DID YOU KNOW?

As your child does each movement encourage him/her to say the actions words out loud. This enhances language arts skills such as vocabulary and sequencing. Get your child involved. Ask him/her to add a movement.



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## I AM MOVING, I AM LEARNING NUTRITION NUGGET

### Avoid Portion Distortion

Portion sizes have changed drastically over the past 20 years. Below are some suggestions to help provide healthy meals for your children.

1. A child's tummy is about the size of a fist.
2. The serving size for children up to age 5 is about one tablespoon per year of age for each food item. For example, the serving size for a 4yr old is 4 tablespoons of each food item.
3. When children are encouraged to serve themselves with smaller utensils for their small hands, they tend to serve themselves a more appropriate serving.

### Healthy Recipe: Banana Bobs

#### Ingredients:

2 bananas cut into ½ inch slices  
¼ cup low-fat vanilla yogurt  
2 tablespoons oat and honey granola cereal



#### Directions:

1. Place the sliced banana pieces on plate.
  2. Place 2 tablespoons of yogurt onto the plate.
  3. Place tablespoon of granola cereal onto the plate.
  4. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
- \*\* Try different flavors of yogurt.

Recipe is provided courtesy of the Oregon State University Extension Service. For this recipe and many more visit: <http://healthyrecipes.oregonstate.edu/kid-friendly>.