



# Sprouts

## Growing Healthy Habits



### Farm to Table

- Children will learn where our food comes from, understanding each step from farming to ending up on one's table.
- Activities include an interactive crafting layout and planting their own radish seeds!

### Food Groups and Shopping

- Children will understand what types of food fall under each food group and will learn how to make a balanced meal.
- Activities include a shopping experience in which children get to go shopping in play store to make a balanced meal.

### Family Mealtimes

- Children will talk about the importance of shared mealtimes and learn how they can help out with meal preparation at home.
- Children will get to participate in making a meal and sharing in a family style meal.
- NOTE: this lesson includes food preparation

## Eat a Rainbow

- Children will learn about different types of fruits and vegetables and the importance of trying new things for health.
- Children will get to try a rainbow of food options to experience what a variety tastes like.
- NOTE: this lesson includes food preparation

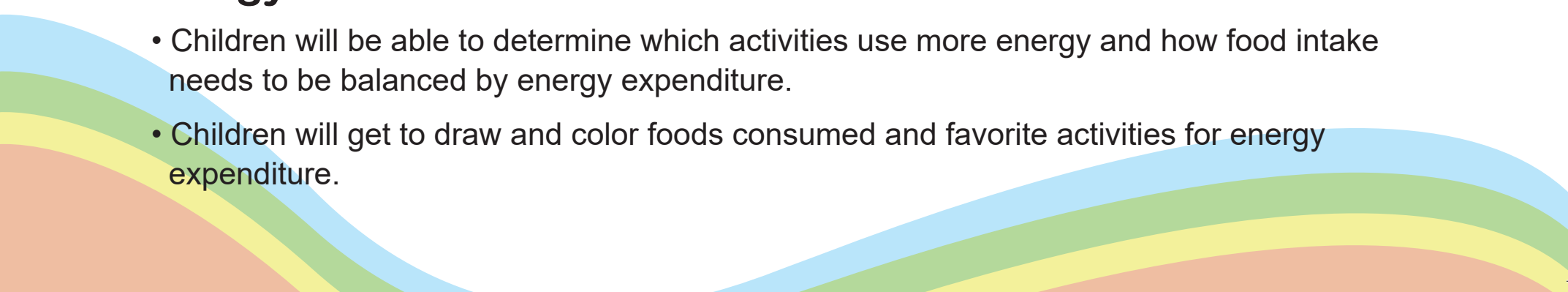
## Snacks

- Children will learn the difference between snacks and meals and talk about healthy snacks.
- Activities include a “Snack Attack” bracket where children can vote for the healthiest snacks.

## Beverages

- Children will learn about sugar in beverages, how healthy beverages give us nutrients to feel good and grow while beverages with too much sugar can make us tired or sick.
- Children will make a sugar cube graph to compare the amount of added sugar in different beverages.

## Energy Balance

- Children will be able to determine which activities use more energy and how food intake needs to be balanced by energy expenditure.
  - Children will get to draw and color foods consumed and favorite activities for energy expenditure.
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## Healthy Screen Time

- Children will be able comprehend how screen time is related to health outcomes.
- Children will get to create an activity dice they can roll to choose activities to do besides screen time.

## Healthy Sleep Habits

- Children will learn about healthy bedtime routines and the importance of these routines.
- Children will get to have fun with crafts and fill out a worksheet based on bedtime habits.



# Lesson Structure

The Sprouts Growing Health Habits lessons all follow a similar structure and are designed to address the multiple ways children learn and help adult facilitators support their children's development.

Children, classroom culture, and program culture all play a role in the pace of the lesson, therefore teachers and facilitators can feel free to adjust the length of activities or aspects of the lesson.

Each lesson includes the following components:

## Introduction:

- Overview of lesson objectives and recap of past lesson main messages
- This group discussion with children and facilitators will start the conversation on the topic by asking questions and giving general information

## Activity:

- Each lesson has 1-2 hands-on activities that are specifically related to the lesson to allow children to understand the main objectives through visual and active examples

## Group Storytime:

- Reading during each lesson will help build literacy connections to the health topic and allow for group participation skills. Children will get to learn new health vocabulary and develop listening and reading skills.

## Recap:

- It is important to review the main objectives at the end of each lesson, as facilitators it can be helpful to get an idea of the understandability and knowledge development for each topic.

## Parent Newsletter:

- All families receive a lesson specific handout that recaps the main messages of the lesson, reinforces health messages, and highlights new ideas to try out at home.

