



Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson **1**

Keep germs away

Sneezing or coughing can spread germs, especially if we touch such surfaces as door handles and tabletops. Turn your head and sneeze or cough into the inside of your elbow to avoid spreading germs to other people.

What can you do to help your child remember to avoid spreading germs?

- Remind your child to sneeze or cough into the inside of the elbow if a tissue isn't available.
- Your child learns from watching you. When you cough or sneeze, use a tissue or use the inside of your elbow.



Children can learn about healthy eating and being more active from reading books.

Want to find books on those topics to read with your child?

Go to our Goodreads account

<http://umurl.us/aGM>

(Case-sensitive URL)

Washing hands

Using soap and water is the best way to remove dirt and germs. Wash all over the hands, up to the wrist and including the palms, the fingers and between the fingers. Dry hands with a paper towel. How long should you spend washing your hands? You should wash your hands long enough to sing the "ABCs" or "Happy Birthday," or about 20 seconds.



What can you do to help your child remember to wash hands?

- When you wash your hands at home, sing the "ABCs" or "Happy Birthday" song.
- Make washing hands fun—see "Soapy Surprise" on back.



Recipes

Start the day off with breakfast. It fuels our bodies after a long night of sleep. Here is a great breakfast idea to get your child going.

Sunny Bunny

(Makes 2 servings)

Ingredients:

- ½ cup low-fat plain or fruit yogurt
- ½ cup low-fat or fat-free milk
- 2 tablespoons frozen orange juice concentrate

Directions:

1. Wash hands and surfaces.
2. Pour all ingredients into a small jar with lid.
3. Shake for about a minute.
4. Pour into glasses and serve.
5. Refrigerate leftovers immediately.

Kids in the Kitchen

Children are more likely to eat what they help prepare. Your child can help with this recipe by shaking the jar of yogurt and juice.

Soapy Surprise

You will need:

- Laundry soap powder
- Water
- Vegetable oil
- Small plastic toy

Directions:

1. Mix laundry soap powder, water and a touch of vegetable oil. Add small amounts of water slowly until you get a play dough consistency.
2. Form soap mixture around the toy until it is completely hidden in the middle of the soap.
3. Dry for several days.

Give your child his or her very own bar of soap! Kids will be excited to uncover the hidden treasure and will want to wash their hands more often.

To see how to do this activity, go to

<https://www.youtube.com/watch?v=NVICsRmsGfM>



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance