

Unit: Healthy Food Healthy Body

Why is healthy food and exercise good for me?

General Activities (from Little Minds at Work):

Science- Try these ideas to reinforce skills from Pre-K:

Talk about a sunrise and a sunset. Watch one or find a video to see one!
Find something at home that has a lever and/or pulley. Talk about them.
Do a simple sink/float experiment. Have your child make predictions, then test.
Think of a good invention. Give your child materials to create something.
Review the 5 senses. Name things you can see, touch, hear, taste, and smell!
Review reduce/reuse/recycle. Find something you can reuse with a different purpose.
Chart the weather for a week.
Give your child a magnet. Have them find things around the house that it will “stick” to.
Review the 4 seasons. Research images on the internet of trees in the seasons.
Review parts of a plant (root, stem, leaves, flower)- what do they do?
Talk about different habitats and what lives in each (farm, forest, pond, ocean, etc)
Look at the sky at night- what do you see?

Math- Try these ideas to reinforce skills from Pre-K:

Search for heavy and light things at home.
Estimate how many objects are in a cup. Count them to check.
Pick a number between 1-10. See if your child can guess it based on clues you give.
Make a number line of cereal. Put a piece on 1, 2 pieces on the 2, continue through 10.
Find items that are shapes in your house. Tally what you find.
Let your child match socks from the laundry.
Say a number, your child gives you the number before and after it.
Count 100 objects in your house.
Survey your family if they like cats or dogs better. Graph the results.
Sort different pasta shapes or colored cereal into groups.
Start with 10 small snacks. Have your child eat one. Make a number sentence
($10-1=9$).
Use a deck of cards. Flip 2 cards over. Your child states which is more/less.
Use objects to make combinations of 10 (10 rocks= 4 & 6 or 5 & 5 or 2 & 8, etc)
Count the windows or doors in your house.
Find things longer or shorter than a shoe.
Find things in the house that are taller and shorter than your child.
Practice writing numerals in shaving cream, in salt, or with crayons.

Reading- Have fun reading with these ideas! You can read:

- outside
- in a fort you build with blankets and chairs
- to a doll or stuffed animal
- on your stairs
- in a silly hat
- under a table
- with a flashlight in the dark
- to your pet
- in an empty bathtub
- in a costume
- to a plant in your house

Social Studies- Try these ideas to reinforce skills from Pre-K:

- Make a map of your house (or a room in your house).
- Take a vote with your family (movie night, dinner idea, snack or treat)
- Make a timeline of your child's life (use pictures).
- Do something kind for someone!
- Practice your address & phone number.
- Play a familiar game. Have your child review the rules.
- Discuss needs and wants. Make a list of each.
- Talk about family traditions. Make a new one!
- Make a simple family tree.
- Talk about spending and saving money. Ask what your child would want to save for.

Art and Imaginative Play (from Scholastic Learn at Home):

<https://letsfindout.scholastic.com/pages/sandbox/learn-at-home-play-starters.html#art>

- Cardboard Car
- Cushion Forts
- Make a Treasure Box
- Play Restaurant
- Salt Writing
- Pasta Jewelry

Week 1: What are good healthy habits?

During this week, the children are supposed to be learning about health and hygiene. They will learn it is important to practice healthy habits such as handwashing, brushing their teeth, dressing appropriately for the weather, and getting enough sleep.

Books: *Harry the Dirty Dog* by Gene Zion
Keeping Clean by Sharon Jordan
Jesse Bear, What Will You Wear? By Nancy White Carlstrom

Visit: <https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

Click on Week 4, then look at Day 2, click on "Take me there!"

*Click on "Watch the Story" and enjoy *Harry the Dirty Dog* by Gene Zion being read aloud!

*On another day, click on "Read the Story" and read aloud or click on the speaker to have *Keeping Clean* by Sharon Jordan read to your child.

*Watch the video *No More Germs!*

*Watch the video on healthy habits here: <https://www.youtube.com/watch?v=UxnEuj1c0sw>

After reading/watching the stories:

Review when you should wash hands and take a bath/shower.

Make a list of daily healthy habits to practice (bathing, teeth brushing, exercise, bedtime, etc)

Make a list of other healthy habits to practice (doctor check up, dentist visit, healthy food choices, etc)

Other Activities:

**Visit the following website and read the silly poem! Discuss it and have your child draw a picture of them dirty and clean!

web.archive.org/web/20160731114016/http://gigglepoetry.com/poem.aspx?PoemID=714&CategoryID=33

**Explore the following kid friendly website: <https://www.scrubclub.org/index.php>

** Explore alternative activities, videos, and games on the Scholastic link above.

**Make a healthy habit chart and mark the chart when your child completes each habit.

** Pretend to be at the doctor's office or at a dental appointment. Role play.

**Allow your child to give a doll a bath.

**<https://www.youtube.com/watch?v=pVASn9Qq3V4> Watch the read aloud *Jesse Bear, What Will You Wear?* By Nancy White Carlstrom. Discuss why Jesse Bear wore what he did and how

it would be different in winter or fall. Discuss other healthy habits (bath, sleeping, exercising) in the story.

Math Activities:

This week, we would be exploring addition of numbers to 5 through story problems. Try some or all of these activities at home to reinforce. Check out the full lessons at

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-b-lesson-6>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-b-lesson-7>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-b-lesson-8>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-b-lesson-9>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-b-lesson-10>

******Make up simple addition problems with toys or props. (*Batman was playing with Superman. How many superheroes are playing all together? Barbie is eating a snack. Two friends come to join her. How many are eating a snack all together?*)

******Make up math addition problems with fish snack crackers. (Two fish were splashing in the river. One more fish came to splash. How many are splashing in the river all together? (find other examples in the links above)

******Look at pictures in books and make up story problems from the pictures. See lesson 9 for examples. Then draw your own pictures based on math stories you make up. Use favorite toys or characters of your child.

****** Roll 2 dice. Add up the dots.

******Choose two cards from a deck of cards. Add the cards together.

****** Listen to an adding/counting song:

<https://www.youtube.com/watch?v=Pjw2A3QU8Qg>

<https://www.youtube.com/watch?v=0qV3QhzjBMk>

<https://www.youtube.com/watch?v=efMHLkyb7ho>

Week 2: What kinds of food are healthy?

During this week, the children are supposed to be learning about making healthy food choices. They will look at foods that are healthy and unhealthy and why eating healthier foods is important.

Books: *Growing Vegetable Soup* by Lois Ehlert
To Market, To Market

Visit: <https://www.youtube.com/watch?v=vTCSbPgZZgM> to listen to *Growing Vegetable Soup* by Lois Ehlert

* On a different day, listen to *To Market, To Market*

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

*<https://www.youtube.com/watch?v=5dR22hbIn6w> Listen to “Good Foods” by| Jack Hartmann to learn about how healthy foods keep us strong

After reading/watching the stories: Talk about the vegetables in *Growing Vegetable Soup*. Draw a picture of your favorite vegetable. Name all the vegetables in the story. Sequence the story: first, then, last.

Activities (some from DLM):

**Make a healthy snack such as “ants on a log”.

**Circle healthy foods in grocery ads.

** Have your child help with meal decisions. Be sure to include a variety.

**Set up a grocery store or market in your home. Use real items or make your own from paper!

**Review rhyming words in *To Market, To Market*

** Make a simple graph of favorite healthy foods (favorite fruit/vegetable,etc) or a yes/no chart (ie Do you like milk?). Ask family members to help.

** Make a book about what you eat in a day or the week. Your child can draw pictures or glue pictures from magazines or grocery ads.

** Make a collage of healthy foods from magazine pictures. Make another with unhealthy food pictures

**Play a version of “*I’m Going on a Picnic*” using healthy food choices.

** Journal: I like to eat____. I do not like to eat_____.

Math Activities:

This week, we would be practicing subtraction stories with numbers 1 to 5. Try some or all of these activities at home to reinforce. Check out the full lessons at

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-11>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-12>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-13>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-14>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-c-lesson-15>

******Make up simple subtraction problems with toys or props. (*Two superheroes were saving the day. One went home. How many are left? Three friends are dancing. One sat down. How many friends are left?*)

******Using props, have your child make up simple subtraction stories. Be sure to use “left” and “take away” as part of the problem.

******Build a clock or lego tower of up to 5 tall. Take off 1-4 pieces and ask subtraction questions.

****** Listen to songs that count backwards: https://www.youtube.com/watch?v=ziGG_L9C12o
<https://www.youtube.com/watch?v=pZw9veQ76fo>
<https://www.youtube.com/watch?v=sfFwo7iQsDw>

Week 3: Why is exercise important?

During this week, the children are supposed to be learning about why exercise is important to keeping healthy.

Books: *Get Up and Go* by Nancy Carlson

Visit:

- Listen to *Get Up and Go* by Nancy Carlson at <https://www.youtube.com/watch?v=XEKY-MIDP2o>

After reading/watching the stories: Discuss : How can you exercise? How can you exercise at home? At school? At the playground? Why is it important to exercise? Review body parts used for different exercise activities.

DLM Activities:

**Have a dance party.

**Watch parts of previous Olympic Games on the Internet. Talk about differences in summer and winter games and which are your favorites. Draw a picture of your favorite event.

**Trace your child's outline in sidewalk chalk. Label different body parts and fill the outline with healthy habit and exercise ideas. Label it "I take care of my body."

**Move around the house in different ways (hop like a frog, waddle like a penguin, gallop like a horse, etc)

Other Activities:

**Try the "Freeze Dance" at <https://www.youtube.com/watch?v=2UcZWXvgMZE>

** Try a yoga routine from Cosmic Kids. Visit <https://www.youtube.com/user/CosmicKidsYoga>

** Take a walk or hike somewhere.

**Design your own obstacle course.

**Track your exercise for a week.

Math Activities:

This week, we will understand addition by using objects, stories, drawings, and by using fingers.

Try some or all of these activities at home to reinforce. Check out the full lessons at:

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-16>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-17>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-18>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-d-lesson-19>

**Tell an addition story and have your child use his/her fingers (with two hands) to solve it. Try it with one hand. Try it with counters.

**Have them draw a picture to match the addition story.

Week 4: How can I stay healthy?

During this week, the children will review what they have learned about being healthy. They will talk about healthy food choices, habits, and exercise. They will also learn how doctors and dentists help keep us healthy.

Books: *You Are Healthy* by Todd Snow
Open Wide: Tooth School Inside by Laurie Keller
Take Care of Your Teeth by Don L. Curry

Visit:

- Listen to *You Are Healthy* by Todd Snow at <https://www.youtube.com/watch?v=qXCo8dMGCgM>
- Visit <https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k-week-3.html> and scroll down to Day 12 :Healthy Habits- Clean Teeth. Select “Take me there” to watch and listen to the stories.

After reading/watching the stories: Discuss : Review how you stay healthy. Who do you see for check ups to keep you healthy? Review how and why you should care for your teeth.

DLM Activities:

**Write a story about what your child likes to do outside.

**Build a mini playground out of empty boxes and other art materials.

Other Activities (from Little Minds at Work):

**Make tunnels using materials at home. Crawl through or send a toy through.

**Bounce a ball. Count your bounces. Practice throwing and catching.

**Pretend you are a dinosaur. Stomp around the house.

**Play “Red Light, Green Light”

Other Activities:

**Pretend to be at a doctor’s visit. Have a toy check up.

Math Activities:

This week, we will understand addition by using objects, stories, drawings, and by using fingers. Try these activities at home. Check out the full lessons at:

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-20>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-21>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-22>

<https://www.engageny.org/resource/prekindergarten-mathematics-module-5-topic-e-lesson-23>

**Tell a subtraction story and have your child use his/her fingers (with two hands) to solve it. Try it with one hand. Try it with counters.

**Look at magazine pictures and make up a subtraction story. Have your child cross off to solve. (On page with multiple cat pictures: How many cats do you count? If one goes home, how many cats are left?)

**Have them draw a picture to match the subtraction story.