

Making the Most of Your Music

Song Title: _____

CD: _____

Concepts within the Vocabulary Framework:

What:

How:

Where:

With:

Nutrition:

Embedded Health Messages/ Take-Home Messages:

Topics I can introduce with this song:

Extensions Activities for this song/How can I modify the words or actions

Props I can use from the classroom or home:

Be Choosy Be Nourished

Nutrition Messages



Crave Your F. A. V. (Fruits And Veggies)

Applaud Healthy Appetites – Praise children when they crave fresh fruits and veggies.

Crave Your Colors – Eat many colors of fresh fruits and veggies daily to get a variety of nutrients.

Plant and Prepare – Children are more likely to eat foods they grow or help prepare.

Let Nature Nourish You – Whole, fresh foods are the best source of vitamins, minerals, and fiber, plus they are low in calories.



Shop the Sides

A Little From the Middle – Eat less processed foods containing chemicals and preservatives. They are usually found in boxes and cans in the middle aisles of grocery stores.

Drive to the Side – Eat more foods usually found around the sides of the store like dairy, fresh produce, meat, fish, and bread.

Parent Power – Children will eat what you provide them, so purchase and prepare healthy foods.

Shop and Show – Take children shopping with you and encourage them to help you to identify and select healthy foods.

Learn From Labels – Reading labels will help you be a choosy shopper.



Drink Less Sugar

Be Sugar Free – Sugar causes metabolic imbalance, leading to weight gain and diabetes.

Water Your Kids – For normal growth, children need to drink 8 glasses of water each day.

Water Your Juice – Add water to 100% fruit juice to reduce sugar consumption.

Hydrate for Health – Water hydrates the body and brain, gives us energy, helps with digestion, and helps us think better.

Flavor Your Water – Flavor water with lemon, lime, or orange slices to add variety and vitamins.



Think Tiny Tummies

Think Small – A child's stomach is very small, therefore the child's meal does not need to be super-sized.

Portion Power – Knowing the appropriate portion sizes and serving amounts for your child empowers you to grow healthy children.

Don't Force Feed – Let children determine when they feel full. Do not force them to finish eating all the food on their plate.

Keep Trying – Introduce new or non-preferred foods at least 15 times.

Balance Is Better – Each meal should be balanced with whole grains, low-fat dairy, lean meat or fish, fruits, and vegetables.

"New" Nutrition – Try foods from other countries and cultures to add variety to your nutrition.



Chat 'n' Chew

Slow Down – Chew food thoroughly and slowly for good digestion.

Do See Do – Powerful parenting includes being a healthy role model. Children say what parents say and do what they see parents do.

Family Time – Helping to select and prepare the food, setting the table, and cleaning up afterward can create bonding time for families.

Pleasant Please! – Create a positive mood for mealtime with pleasant conversation. Positive emotions and conversations aid in digestion.

Turn it Off – Bring everyone to the table for the family meal. Turn off phones, TVs, computers, and other distractions.



Choosy Snacks

Planned Snacking – Avoid mindless snacking by selecting and planning snacks ahead of snack time.

Edible Art – Children are more likely to choose healthy foods if they participate in the preparation of edible, creative snacks.

Make it Easy – Have healthy snacks readily available and within easy reach.





MOVEMENT ACTIONS

Action Awareness
(*WHAT my body can do*)

Traveling Actions

Manipulating Actions

Stabilizing Actions

MOVEMENT CONCEPTS

Effort Awareness
(*HOW my body moves*)

Time

Force

Control

Space Awareness
(*WHERE my body moves*)

Categories

Directions

Levels

Pathways

Relational Awareness
(*Relationships my body creates WITH myself, other movers and objects*)

Body Parts Shapes

Roles

Associations

Locations

HEALTHY NUTRITION

Nutritional Awareness
(*ABOUT healthy eating and drinking*)

Food & Drink Choices
Food & Drink Characteristics

Food & Drink Sources
Food & Drink Skills

Mealtime Behaviors

www.choosykids.com



“I am learning to be **CHOOSY** about **WHAT** my body does, **HOW** and **WHERE** my body moves, the relationships my body creates **WITH** myself, other movers and objects, and **ABOUT** healthy eating and drinking.”

Action Awareness (WHAT my body does)

<u>Traveling Actions</u>			<u>Stabilizing Actions</u>					<u>Manipulating Actions</u>		
Walking	Jumping	Galloping	Twisting	Standing	Swinging	Stretching	Landing	Throwing	Rolling	Open
Skipping	Crawling	Running	Turning	Sitting	Swaying	Bending		Catching	Kicking	Close
Hopping	Sliding	Leaping	Balancing	Squatting	Pulling	Shaking		Bouncing	Trapping	Striking
Climbing	Marching		Curling	Kneeling	Pushing	Dodging		Tossing	Object Handling	

Effort Awareness (HOW my body moves)

TIME		FORCE				CONTROL	
<u>Speeds</u>	<u>Rhythm</u>	<u>Degrees of Force</u>	<u>Creating Force</u>	<u>Absorbing Force</u>		<u>Weight Transfer</u>	<u>Dimensions</u>
Slow	Beats	Strong	Starting (Go)	Stopping		Rocking	Single Movements
Medium	Cadence	Medium	Sustained	Receiving		Stepping	Combinations of
Fast	Patterns	Light	Explosive			Rolling	Movements
Speeding Up						Flight	Transitions
Slowing Down							

Space Awareness (WHERE my body moves)

<u>Categories</u>		<u>Directions</u>			<u>Levels</u>			<u>Pathways</u>		
Self space	Shared Space	Up	Right	Forward	High	Medium	Low	Straight	Curved	Zigzag
		Down	Left	Backward						
				Sideways						

Relational Awareness (WITH myself, other movers, and objects)

<u>Body Parts</u>			<u>Shapes</u>		<u>Roles</u>	<u>Associations</u>	<u>Locations</u>	
Head	Arms	Ankles	Big	Triangle	Leading	Letters	Near to--far from	On--off
Hand	Fingers	Toes	Small	Square	Following	Numbers	Around--through	In -- out
Ears	Chest	Elbow	Curved	Circle	Mirroring	Colors	In front -- behind	Top -- bottom
Eyes	Wrist	Shoulder	Straight	Rectangle	Unison	Hand Signs	Together--apart	Over--under
Nose	Hips	Neck	Wide	Narrow	Taking Turns	Pretense	Facing--side by side	
Leg	Waist	Stomach	Twisted	Thin	Solo			
Knee	Bottom	Like			Partner			
Foot	Back	Unlike			Group			

Nutritional Awareness (ABOUT healthy eating and drinking)

<u>Food & Drink Choices</u>	<u>Food & Drink Sources</u>	<u>Food & Drink Characteristics</u>	<u>Food & Drink Skills</u>			<u>Mealtime Behaviors</u>
Healthy	Animals	Colors	Scrubbing	Scooping	Kneading	Table setting
Not So Healthy	Plants	Tastes	Washing	Slicing	Snapping	Chewing
Variety		Textures	Mixing	Stirring	Peeling	Enjoying (Food is Fun)
Meals	Soil	Flavors	Pouring	Breaking	Mashing	Pacing
Snacks	Trees	Smells	Tearing	Storing	Measuring	Portions
Cultural		Shapes	Utensil Use	Rolling	Squeezing	Manners
		Sizes	Spreading	Dipping		
		Temperatures				

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