

Help me learn good habits.

You are my favorite teacher!

Teach me about healthy foods.



Tell me how foods help me grow and make me strong.

- Grains give me energy to grow and learn.
- Whole grains have fiber to keep me healthy inside.
- Vegetables and fruits help my body fight disease and keep me looking good.
- Milk makes my bones and teeth strong.
- Meats and beans give me healthy blood and strong muscles.

I need all these foods! Some are my WIC foods, too.



Teach me to stay active.

Do you think I am active? I like to run, jump, and climb. I need to play like this for at least one hour a day. Teach me to stay active as I grow up. We can:

- Take walks
- Do chores like sweeping or raking
- Turn on the radio and dance
- Go for a swim
- Go for a hike
- Play catch
- Play follow the leader

Let's eat foods from the 5 food groups for meals and snacks:

<p>Grains 6 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 1/2 to 1 slice bread or tortilla • 4 to 5 tablespoons rice, noodles, or cooked cereal • 1/2 to 1 cup dry cereal • 4 to 5 crackers 	<p>TIP</p> <ul style="list-style-type: none"> • Choose whole grains for 3 of my servings: <ul style="list-style-type: none"> - Oatmeal - Corn tortilla - Whole grain breads and cereals
<p>Vegetables 3 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 4 to 5 tablespoons • 1/2 cup vegetable or tomato juice 	<p>TIP</p> <ul style="list-style-type: none"> • Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple.
<p>Fruits 2 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 4 to 5 tablespoons • 1/2 cup 100% fruit juice 	<p>TIPS</p> <ul style="list-style-type: none"> • Teach me to eat many kinds and colors: red, yellow, orange, blue, and green. • 4 ounces of juice a day is plenty.
<p>Milk 4 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 1/2 cup milk or yogurt • 1/2 to 1 slice cheese 	<p>TIPS</p> <ul style="list-style-type: none"> • 16 ounces of milk a day is plenty. • I can try 1% or 2% milk.
<p>Meat & Beans 2 servings</p>		<p>ONE SERVING IS</p> <ul style="list-style-type: none"> • 4 tablespoons meat, chicken, turkey, or fish • 1 egg • 1/2 cup cooked beans or tofu • 2 tablespoons peanut butter 	<p>TIP</p> <ul style="list-style-type: none"> • Try: <ul style="list-style-type: none"> - Meatballs - Meat in stew - Cooked WIC beans - Baked, breaded fish filet - Baked chicken thigh

Meal Idea

Breakfast

Scrambled egg with cheese
Whole wheat toast
WIC juice

Morning Snack

Vanilla yogurt with crushed pineapple

Lunch

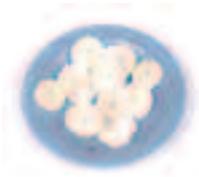
Chicken salad
Bread
Carrot sticks
Milk

Afternoon Snack

WIC cereal
Banana slices
Milk

Dinner

Red beans and rice
Corn bread
Tomatoes
Green salad
Milk
Oatmeal raisin cookie



Look what I can do!



Health and Safety Tips

- I can learn to use a dull knife to spread peanut butter. Can you show me how?
- I can pass foods like bread at the table. I can say *Please* and *Thank you* and sit for 20 to 30 minutes to eat.
- I can hop on one foot. Watch me hop like a bunny! Hop with me.
- I can count. Let me count fruit when we shop. Let me count the cans of WIC juice.
- I like to tell stories. Let's make a special story-book. We can glue pictures on paper and tie the pages together.
- Help me brush and floss my teeth every day. Teach me to drink water when I get thirsty.
- Take me to the doctor for my checkup. I might need a shot at my next visit. Ask my doctor if I need a booster seat in the car.
- Teach me to wash my hands often.
- Put sunscreen on me when I play in the sun.



Let's eat together.

Let's start with breakfast. We can talk about what we will do today and what we are eating. Tell me where eggs come from. Does a chicken talk?

- Teach me to eat because I am hungry, not because I am good or feel sad. Do not use food to reward me or make me obey.

4 to 4½ years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
