

Help me stay healthy and active!



**I will
soon be
5 years
old.**

I still have plenty of growing to do. Help me eat healthy foods so my body grows strong. I still need breakfast, lunch, and dinner and 1 or 2 healthy snacks every day.

Please give me water to drink between meals.

**Breakfast
starts
my day.**

All meals are important. But breakfast may be the most important one. Why? I am hungry in the morning. When I am hungry, it is hard to think or listen. Breakfast gives me energy so I can learn.

- **Help me become a breakfast eater.**

Eat breakfast with me. When I eat with you, I learn that breakfast is important. You can tell me that breakfast gives me fuel to learn and play.

Let's plan breakfast the night before. We can plan a quick breakfast, like cereal with milk. We can set the table with a box of cereal, bowls, and spoons. In the morning, we can get out the milk and juice or fruit.

Let's start the day with breakfast.

Breakfast Ideas



A healthy breakfast has each of these foods: bread, cereal, or other grain; fruit or vegetable; milk or meat (or both).

Making a healthy breakfast is as easy as a, b, c. Let me choose from each group!

bread, cereal, or other grain	fruit or vegetable	milk or meat (or both)
cereal	peach slices	milk
toast	applesauce	egg
biscuits	orange juice	chicken
rice	apple juice	peanut butter
waffles	sliced tomato	yogurt
tortilla	sliced banana	cheese

examples:

biscuits, applesauce, and scrambled egg
waffles, peach slices, and milk

I want to be active!



I must stay active to keep my body strong. I sit for many hours in school. When I come home, I need to run and play. Can you play with me? We can be active any time of the year.

Let's dance to the music.

Play catch! Take a walk—outside or inside.

Ask me to pretend. I can be a bird and flap my arms like wings. I can can run like a horse. I can leap like a frog!

Turn the TV off. If I sit and watch TV every day, I may not be active enough to keep my body healthy.

Teach me
to use the
Food
Guide
Pyramid.

As I grow up, I will choose foods to eat on my own. You are still my teacher. Help me learn the number of servings I need to eat every day.

Teach me to eat:

Bread, Cereal, Rice, and Pasta Group – 6 or more servings

Vegetable Group – 3 or more servings

Fruit Group – 2 or more servings

Milk, Yogurt, and Cheese Group – 4 servings

Meat, Poultry, Fish, Dry Beans, and Eggs Group – 2 servings

Fats, Oils, and Sweets Group – Only a little

At the end of the day, we can count the number of servings that we both ate from the food groups.

When we go shopping and choose foods, let me tell you what Pyramid groups they are in.

- **Teach me to enjoy many foods.**

Let's try a new food from one of the Pyramid groups once a week. We can try a new type of bread or a new cereal. We can try brown rice instead of white rice. Can I help you make corn muffins? I can stir the batter.

Ask me what my favorite foods are from the Pyramid groups.

Look what I can do!

- I eat foods with a fork and spoon and use a dull knife to spread peanut butter. I use a napkin to wipe my mouth and hands.
- I love to draw and make things.

Let me draw the Food Guide Pyramid on a big piece of paper. We can cut pictures of foods from magazines and glue them on the Pyramid.

- I like to read. Let's go to the library and borrow some books.
- I can take turns. I like to play games with my friends. Watch us play!
- I feel good when you let me do things for myself. I can choose a food to eat. Ask me if I want milk or juice at snack time. Ask me if I want cereal or an egg for breakfast.
- I can help. I can set the table before meals and wipe the table off after we eat. I can make a sandwich.



Can we talk?

Growing up is not always easy. I need you to talk to me and listen to me. I do not need treats to make me happy. I need for us to laugh and sing together and to hear words like:

“You are doing a good job!”

“You are special!”

“I love you!”

“I am proud of you!”

Thank you for helping me grow up strong and healthy!

Health and Safety Tips

- Buckle me into a booster seat when I ride in a car.
- Take me to the doctor and the dentist once a year for a check up.
- Help me put on sunscreen before I play outside.
- Keep me away from cigarette smoke – at home and away from home.
- Make sure I wash my hands often to kill germs.
- Help me brush and floss my teeth every day.
- Teach me rules for safety and help me follow them.

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

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Help me **be healthy**



4½ to 5 years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
