

Head to Toe, Letter O; These Are Foods that Make Me Grow

This fun little rhyme will teach children which foods are healthy for them!

How to Do It

1. Teach the children the following rhyme and motions. Do this together as a group until the children can do it on their own. Then, individual children can volunteer to be the leader and take turns leading the group.
Head (Arms high)
To toe (Touch toes)
Letter O (Make the shape of an O with hands)
These are foods that help me grow! (Move head and twist side to side)
(Child calls out the name of a healthy food.)
2. Consider offering pictures of different healthy foods that the children might call out:
 - Protein: fish, beans, yogurt
 - Grain: brown rice, quinoa, barley
 - Vegetables: carrots, brussel sprouts, corn
 - Fruit: mango, apple, strawberry

Expand It!

Chant this during wait times to help keep the children focused and occupied.

Material from *Up, Down, Move Around – Nutrition and Motor Skills* by Deborah Kayton Michals (page 39), ISBN 978-087659-471-1, is reprinted with permission from Gryphon House, Inc., 6848 Leon's Way, Lewisville, NC 27023. (800) 638-0928. www.gryphonhouse.com