



4-4½ YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:

HELP ME LEARN GOOD HABITS.

KIDS IN THE KITCHEN!

4- to 5-year-olds can:

- Peel some fruits and vegetables like bananas.
- Peel hard boiled eggs.
- Cut soft fruits with a plastic knife. Only adults should use sharp knives.
- Wipe off counters.
- Mash soft fruits, vegetables, and beans.
- Measure dry ingredients.
- Measure liquids with help.

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
- Play catch
- Play follow the leader

FAST FAMILY MEALS

- Cook it fast on busy nights. Try stir-fried meat and vegetables, quick soups, or sandwiches.
- Do some tasks the day before. Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.
- Find quick and tasty recipes that don't cost a lot to make at de.gov/wic.



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.

YOU ARE MY FAVORITE TEACHER!

FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings	 • ½ to 1 slice bread or tortilla • 4 to 5 tablespoons rice or cooked cereal • ½ to 1 cup dry cereal • 4 to 5 crackers	• Choose whole grains for 3 of my servings: - Oatmeal - Corn tortilla - Whole grain breads and cereals
VEGETABLES 3 Servings	 • 4 to 5 tablespoons, chopped • ½ cup vegetable or tomato juice	• Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple.
FRUITS 2 Servings	 • 4 to 5 tablespoons • ½ cup 100% fruit juice	• Teach me to eat many kinds and colors: red, yellow, orange, blue, and green. • 4 ounces of juice a day is plenty.
MILK & MILK PRODUCTS 4 Servings	 • ½ cup low-fat milk or yogurt • ½ to 1 slice cheese	• 16 ounces of milk a day is plenty. • 1% milk or nonfat milk are good choices.
MEAT & BEANS 2 Servings	 • 4 tablespoons meat, chicken, turkey, or fish • 1 egg • ½ cup cooked WIC beans or tofu • 2 tablespoons peanut butter	• Try: - Meatballs - Meat in stew - Cooked WIC beans - Baked, breaded fish fillet - 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
- Whole grain bread
- Carrot sticks
- Low-fat milk

AFTERNOON SNACK

- WIC cereal
- Banana slices
- Low-fat milk

DINNER

- Red beans and rice
- Corn bread
- Tomatoes
- Green salad
- Low-fat milk
- Oatmeal raisin cookie



MAKE HALF MY PLATE FRUITS AND VEGETABLES.

HEALTH AND SAFETY TIPS

- 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.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.



4-4½ ANE

Non mwen se _____

Mwen peze _____ epi mwen mezire _____ pous wotè.

Yon nòt espesyal pou mwen:

EDE M APRANN BON ABITID.

TIMOUN NAN KIZIN LAN!

Timoun ki gen 4 a 5 ane ka:

- Dekale kèk fwi ak legim tankou bannann.
- Dekale ze ki bouyi.
- Koupe fwi mou ak yon kouto plastik. Sèlman granmoun ta dwe itilize koute file.
- Siye kontwa.
- Kraze fwi ki mou, legim, ak pwa.
- Mezire engredyan ki sèk.
- Mezire likid ak èd.

APRANN MWEN POU M RETE AKTIF

Eske w panse mwen aktif? Mwen renmen kouri, vòltije, ak grenpe. Mwen bezwen jwe konsa pandan owmen yon èdtan pa jou. Aprann mwen pou m rete aktif pandan m ap grandi. Nou kapab:

- Ale mache
- Fè travay tankou bale oubyen ratle
- Limen radyo a epi danse
- Jwe lanse
- Jwe swiv lidè a

REPA FANMI KI RAPID

- Prepare l rapidman nan sware ki mouvman yo. Eseye vyann ak legim ki bwase pandan l ap fri, soup rapid, oubyen sandwich.
- Fè kèk tach nan jou anvan an. Lave ak koupe legim oubyen prepare salad fwi. Kwit bèf moulen fen oubyen kodenn pou bourito oubyen chili. Konsève tout bagay nan frijidè a jiskaske ou pre pou itilize yo.
- Dekouvri resèt ki rapid ak delisye ki pa koute anpil kòb pou w prepare yo nan de.gov/wic.



AN NOU MANJE ANSANM

Ann nou kòmanse ak tidejene Nou kapab pale sou kisa nou pral fè jodi a ak kisa nou pral manje. Di m ki kote ze soti. Eske yon poul ka pale?

- Aprann mwen manje paske m grangou, non paske m santi m byen oubyen m santi m tris. Pa ofri m manje kòm yon rekompans oubyen pou fè m obeyi w.

OU SE PWOSESÈ PREFERE M!

GWoup MANJE	YON PÒSYON SE...	KONSÈY
GRENN 6 Pòsyon	 • ½ a 1 pen tranche oubyen tòtiya • 4 a 5 kiyè a soup diri oubyen sereyal ki kwit • ½ a 1 gode sereyal sèk • 4 a 5 bonbon	• Chwazi grenn an antye pou 3 nan pòsyon mwen yo: - Avwàn - Tòtiya mayi - Pen ak grenn antye ak sereyal
LEGIM 3 Pòsyon	 • 4 a 5 kiyè a soup, koupe • ½ gode legim oubyen ji tomat	• Aprann mwen pou m manje plizyè estil ak koulè: vèt fonce, oranj, wouj, jòn, ak vyolèt.
FWI 2 Pòsyon	 • 4 a 5 kiyè a soup, koupe • ½ gode 100% ji fwi	• Aprann mwen pou m manje plizyè estil ak koulè: wouj, jòn, oranj, ble, ak vèt. • 4 ons pa jou sifi.
LÈT AK PWODWI LETYE 4 Pòsyon	 • ½ gode lèt ki gen grès ki ba oubyen yogout • ½ a 1 tranch fwomaj	• 16 ons pa jou se anpil. • Lèt 1% oubyen lèt ki san grès se bon chwa.
VYANN & PWA 2 Pòsyon	 • 4 kiyè a soup vyann, poul, kodenn, oubyen pwason • 1 ze • ½ gode pwa WIC ki kwit oubyen tofi • 2 kiyè a soup manba	• Eseye: - Boulèt - Vyann nan sòs - Pwa WIC ki kwit - Filè pwason pane ki kwit nan fou - Kwis poul ki kwit nan fou

IDE REPA

TIDEJENE

- Ze bwouye ak fwomaj
- Woti ble antye
- Ji WIC

KOLASYON NAN MATEN

- Yogout vaniy ak anana kraze

DEJENE

- Salad poulè
- Pen ak grenn antye
- Ti baton kawòt
- Lèt ki gen grès ki ba

KOLASYON APREMIDI

- Sereyal WIC
- Tranch bannann
- Lèt ki gen grès ki ba

DINE

- Pwa wouj ak diri
- Pen mayi
- Tomat
- Salad vèt
- Lèt ki gen grès ki ba
- Bonbon avwàn ak rezen



FÈ MWATYE PLA MWEN ANFWI AK LEGIM.

KONSÈY SANTE AK SEKIRITE

- Ede m bwose bouch mwen ak pase fil dantè chak jou. Aprann mwen bwè dlo lè m swaf.
- Mennen m kay doktè pou ekzamen fizik mwen an. M ka bezwen yon vaksen nan pwochen vizit mwen. Mande doktè mwen an si mwen bezwen yon chèz apwen nan machin lan.
- Aprann mwen pou m lave men m souvan.
- Mete krèm solèy sou mwen lè m ap jwe nan solèy la.
- Pa kite m bò sigarèt ak lòt lafimen tabak, alimèt, ak brikè.