EAT GROW LIVE HEALTHY

4-4½ YEARS

My name is_____

I weigh_____ and I am_____ inches tall.

A special note for me:

_____

_____

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
WIC Program

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

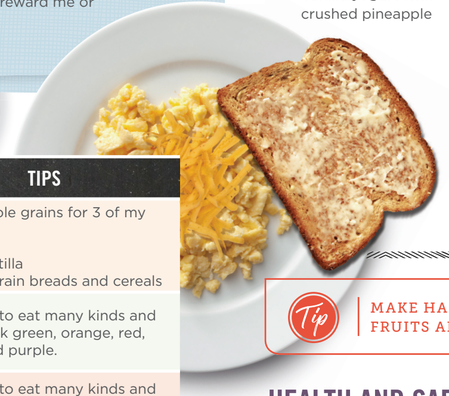
FAST FAMILY MEALS

- 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
- Lowfat 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

Tip | 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.