



4½-5 YEARS

My name is _____

I weigh _____ and I am _____ inches tall.

A special note for me:



I'M GROWING UP RIGHT.

I WILL SOON BE 5 YEARS OLD.

I still have plenty of growing to do. Help me keep my body healthy.

- Teach me how to choose foods. Soon I will go to school where I must make choices. If my friends ask, I can tell them why I choose the foods I do.
- Help me learn to balance foods. If I eat ice cream, teach me to top it with fresh strawberries, not chocolate syrup.
- Let's keep going. We can try a new food once a week. We might try brown rice. Let's make a stir-fry. I can wash the vegetables.
- Keep my body strong. Let's turn the TV off and play. Let's dance to the music, play catch, or take a walk (even inside). Let's pretend. I can be a bird and flap my wings. Or I can run like a horse.

MAKE SOME MEALS SPECIAL.

- Have a color contest and see how many green, red, yellow, and orange fruits and vegetables you can include in one meal.
- Name a food your child helps create. Make a big deal of serving "Karla's Salad" or "Corey's Sweet Potatoes" for dinner.
- Try a "Make Your Own" night. Let your family put together its own soft tacos, sandwiches, pizza, or salads. Place the ingredients within easy reach and let the fun begin.



START THE DAY OFF RIGHT
WITH A GOOD BREAKFAST!

TALK TO ME!

- What made you feel really happy today?*
- What did you have to eat at lunch today?*
- What's your favorite veggie? Why?*
- Tell me one thing you learned today.*
- What made you laugh today?*

THANK YOU FOR HELPING ME!



HEALTH AND SAFETY TIPS

- Help me brush and floss my teeth every day. Take me to the dentist to get my teeth checked.
- Teach me to wear sunscreen when I play in the sun.
- Be sure I am buckled up before I ride in a car.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.

FOOD GROUP	ONE SERVING IS...	TIPS
GRAINS 6 Servings 	<ul style="list-style-type: none"> • 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 	<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
VEGETABLES 3 Servings 	<ul style="list-style-type: none"> • 4 or more tablespoons, chopped • ½ cup vegetable or tomato juice 	<ul style="list-style-type: none"> • Teach me to eat many kinds and colors: dark green, orange, red, yellow, and purple.
FRUITS 2 Servings 	<ul style="list-style-type: none"> • 4 or more tablespoons • ½ cup 100% fruit juice 	<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.
MILK & MILK PRODUCTS 4 Servings 	<ul style="list-style-type: none"> • ½ cup low-fat milk or yogurt • ½ to 1 slice cheese 	<ul style="list-style-type: none"> • 16 ounces of milk a day is plenty. • 1% milk or non-fat milk • WIC cheese
MEAT & BEANS 2 Servings 	<ul style="list-style-type: none"> • 4 tablespoons meat, chicken, turkey, or fish • 1 egg • ½ cup cooked WIC beans or tofu • 2 tablespoons peanut butter 	<ul style="list-style-type: none"> • Try low-fat and lean meats • Try a meatless main dish like beans and rice

BREAKFAST STARTS MY DAY

Eating breakfast gives me energy to learn. If I don't eat, I get hungry. It is hard to think or listen. Let's plan breakfast together. We can set the table with a box of cereal, bowls, and spoons. In the morning, we can get out the milk and fruit. Breakfast can be easy as A, B, C! We can pick a food from each group to eat.

BREAD, CEREAL, OR OTHER GRAIN	MILK OR MEAT (OR BOTH)	FRUIT OR VEGETABLE
<i>EXAMPLES:</i>		
wheat flakes	low-fat milk	peach slices
oatmeal	yogurt	strawberries
whole grain bread	cheese	orange slices
corn tortilla	WIC beans	watermelon
crackers	peanut butter	banana
biscuits	chicken	spinach
waffles	egg	tomato
rice	pork	cabbage

LOOK WHAT I CAN DO!

- I can eat with a fork and spoon and wipe my mouth and hands with a napkin.
- I love to draw and make things. Let's make a picture with the food groups on it.
- I love to read. Let's walk to the library and get some books.
- I can take turns. Let's play follow the leader!
- I can help. I will set the table for dinner and wipe it off after we eat.



4½-5 ANE

M'AP GRANDI BYEN.

NAN YON TI TAN M PRAL GEN 5 ANE.

M toujou gen anpil grandi pou m fè. Ede m kenbe kòm ansante.

- Aprann mwen kijan pou m chwazi manje. Nan yon ti tan, m pral lekol kote mwen dwe fè chwa. Si zanmi mwen yo mande, mwen ka di yo poukisa m chwazi manje m chwazi yo.
- Ede m balanse manje yo. Si mwen bwe krem, aprann mwen ajoute sou li frèz ki fre, pa siwo chokola.
- An nou kontinye. Nou ka eseye yon nouvo manje yon fwa nan semèn lan. Nou ka eseye diri bren. Ann eseye prepare yon griye bwase. Mwen ka lave legim yo.
- Kenbe kòm m djanm. An nou etenn televizyon an epi nou jwe. An nou danse sou mizik lan, jwe lanse, oubyen al fè yon mache (menm anndan an). An nou pretann. Mwen ka yon zwazo epi bat zèl mwen. Oubyen mwen ka kouri tankou yon cheval.

RANN KÈK REPA ESPESYAL.

- Reyalize yon konpetisyon koulè epi wè konbyen fwi ak legim ki vèt, wouj, jòn, ak oranj ou ka enkli nan yon repa.
- Site yon manje pitit ou an ede kreye. Rann li enpòtan pou sèvi "Salad Karla" oubyen "Patat Corey" pou dine.
- Eseye yon nwit "Fè pwòp pa w". Kite fanmi w prepare pwòp tako mou yo, swandwich, pizza, oubyen salad. Plase engredyan yo fasilman aksesib epi kite amizman an kòmpanse.



PALE AK MWEN!

Kisa ki te fè w reyèlman kontan jodi a?

Kisa ou te manje nan dejene jodi a?

Ki legim ou prefere? Poukisa?

Di m yon bagay ou te aprann jodi a.

Kisa ki te fè w ri jodi a?

MÈSI PASKE W EDE M!



KONSÈY SANTE AK SEKIRITE

- Ede m bwose bouch mwen ak pase fil dantè chak jou. Mennen m kay dantis lan pou l ekzamine dan mwen yo.
- Aprann mwen mete krèm solèy sou mwen lè m ap jwe nan solèy la.
- Asire w mwen pase senti sekirite a anvan w kondwi machin ak mwen.
- Pa kite m bò sigarèt ak lòt lafimen tabak, alimèt, ak brikè.

GWROUP MANJE	YON PÒSYON SE...	KONSÈY
GRENN 6 Pòsyon		<ul style="list-style-type: none"> • 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
LEGIM 3 Pòsyon		<ul style="list-style-type: none"> • 4 kiyè a soup, ki koupe • ½ gode legim oubyen ji tomat
FWI 2 Pòsyon		<ul style="list-style-type: none"> • 4 kiyè a soup oubyen plis • ½ gode 100% ji fwi
LÈT AK PWODWI LETYE 4 pòsyon		<ul style="list-style-type: none"> • ½ gode lèt ki gen grès ki ba oubyen yogout • ½ a 1 tranche fwomaj
VYANN & PWA 2 Pòsyon		<ul style="list-style-type: none"> • 4 kiyè a soup vyann, poul, kodenn, oubyen pwason • 1 ze • ½ gode pwa WIC ki kwit oubyen tofi • 2 kiyè a soup manba

TIDEJENE KÒMANSE JOURNEN MWEN AN

Lè m manje tidejene, sa ban m enèji pou m aprann. Si m pa manje, m vini grangou. Li difisil pou m panse oubyen tande. An nou planifye tidejene ansanm. Nou ka ranje tab lan ak yon bwat sereyal, bòl ak kiyè. Nan maten, nou ka mete deyò lèt ak fwi a. Tidejene ka fasil tankou A, B, C! Nou ka chwazi yon manje nan chak gwoup pou n manje.

PEN SEREYAL, OUBYEN LÒT GRENN	+	LÈT OUBYEN VYANN (OUBYEN TOULÈDE)	+	FWI OUBYEN LEGIM
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EKZANP:

flokon ble	lèt ki gen grès ki ba	tranch pèch
avwàn	yogout	frèz
pen ak grenn antye	fwomaj	tranch zoranj
tòtiya mayi	pwa WIC	melon
bonbon	manba	bannann
biswit	poul	epina
gof	ze	tomat
diri	kochon	chou

GADE KISA M KA FÈ!

- Mwen ka manje ak yon fouchèt epi yon kiyè epi siye bouch mwen ak men mwen ak yon napkin.
- Mwen renmen fè desen epi kreye bagay. Ann fè yon imaj ak gwoup manje yo sou li.
- Mwen renmen fè lekti. An nou mache ale nan bibliyotèk lan pou n pran kèk liv.
- Mwen ka tann tou pa m. An nou jwe swiv lidè a.
- Mwen ka ede w. M pral prepare tab la pou dine epi siye l apre nou manje.