Literacy, Food & Fitness

Teaching Families with Low Literacy Skills About Nutrition and Exercise Using Children’s Literature

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Assisting People in Reaching their Literacy Goals
WHAT?

• Literacy, Food & Fitness (LFF) is a nutrition and literacy program for young children and their parents and caregivers.
• LFF uses a traditional story time format to introduce nutrition and exercise concepts.
• Hands-on nutrition and physical activities reinforce healthy choices.
Goals:
Families will:
• Learn about healthy eating and physical activity habits that will last a lifetime through story time activities.
• Increase their interest in books and reading and improve their reading and language skills.

Objectives:
Families will:
• Know they should eat more of some foods and less of others.
• Know how to choose the healthiest foods from each food group.
• Know they need physical activity each day.
WHO?
Each Lesson Includes:

- Lesson Preview
- Background Information for the Instructor
- Reading Activity
- Music, Poetry & Finger Play Activities
- Physical Activity
- Exploratory Activity
- Craft Activity
- Coloring Activity
- Snack Activity
- Knowledge Quiz
- Parent Handout
Background Information for the Instructor

ChooseMyPlate.gov
Story Time Tips

- Programs begin with reading the featured story which will introduce the lesson theme.
- **Prepare in advance:** Read the book to yourself.
- **Set the stage:** Have children sit in front of you on a carpet or blanket. Arrange chairs behind the carpet in a semi-circle for the adults.
- **How you read aloud is important.**
- **Ask children to predict what they think will happen next.** Accept **ALL** answers with, “Let’s read and find out.”
- **Relate something in the book to what is happening** in the child’s in his daily life.
- **Leave words out of a sentence and let children fill them in.**
- **Ask open-ended questions.**
- **Use the book and discussion to transition into the session’s activity.**
Music, Poetry and Finger Play Activity

**Watermelon (song)**

Sing to: "Frere Jacques"

Watermelon, watermelon
How it drips, how it drips
Up and down your elbows Up and down your elbows
Spit the pits! Spit the pits!
Physical Activity
Exploratory Activity

Experiential Learning

• Each lesson involves participants in experiences that require them to interact, question, reflect, and transfer what they have learned to the real world.
Craft Activity
Snack Activity
Sample Quiz

Circle the correct answer:

1. How often should you eat foods from all five food groups?

Every month  Every week  Every day