

# Using Children's Storybooks as a Basis For Nutrition Education



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# Nutrition Education Connection Lessons

## *Overview*

- **Cooking Connection**
  - **Craft Connection**
  - **Learning Connection**
  - **Music, Movement, and Play Connection**
  - **Each module has six lessons and/or resource sheets.**
  - **An introductory sheet includes tips on planning, organizing, and creating nutrition education lesson kits.**
  - **Materials will be available at [www.nfsmi.org](http://www.nfsmi.org)**
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# The value of books in nutrition education

- Promote Literacy (which promotes brain development)
- Great starting point for a lesson or tasting
- Children may be more willing to try new foods that they first experience through storybooks.<sup>1</sup>
- Exposes children to a wider variety of quality children's books
- Promotes Adult/Child bonding



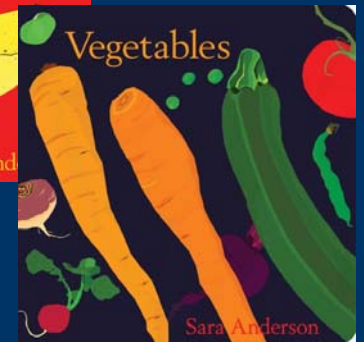
1. Byrne, E, & Nitzke, S (2002). Preschool Children's Acceptance of a Novel Vegetable Following Exposure to Messages in a Storybook. *Journal of nutrition education and behavior*. 34, 211-214.

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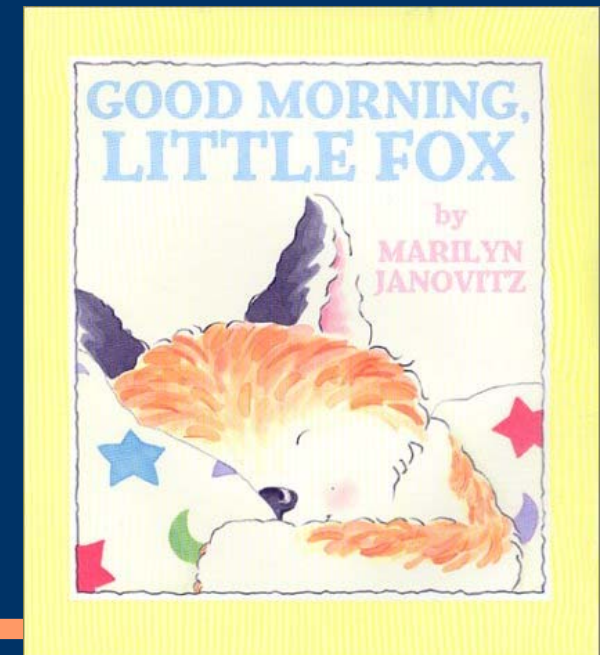
# Choose books that are developmentally appropriate

- Picture books for the youngest children
- Children enjoy rhyming and repetition
- Mix it up with some predictable books and some that are creative
- Incorporate nonfiction, informational books as well as storybooks
- Look for engaging illustrations and colors



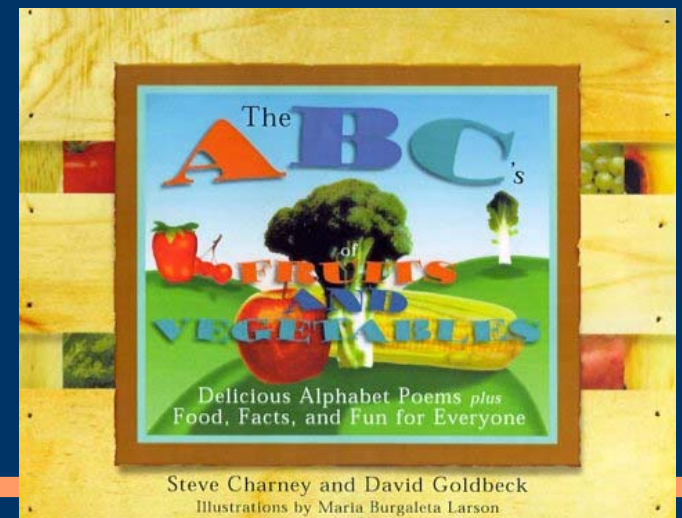
# Tips on selecting books – What to Avoid

- Cultural/ethnic stereotypes
- Negative view of body type/shape/size
- “Preachy” tone of some children's health books
- Complex nutrition concepts
- Positive Example: Good Morning Little Fox



# Reading Time!

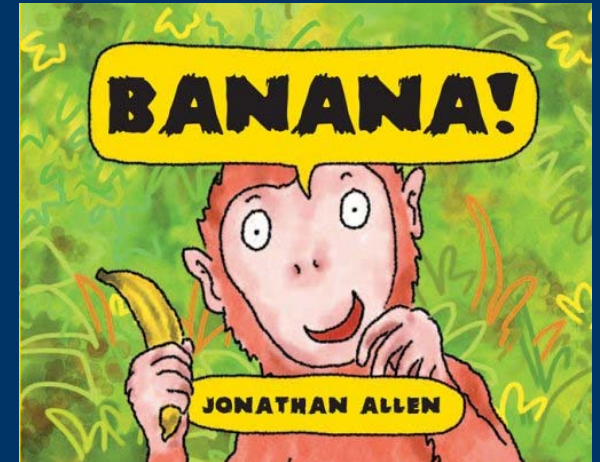
- Look at the cover. Ask the children to predict what the book is about.
- Encourage children to participate. Encourage sharing and discussion.
- Ask children to name the foods and their shapes and colors.
- Talk about how different foods look, taste, and smell.
- It's OK to “shorten” the book or finish at a later time.



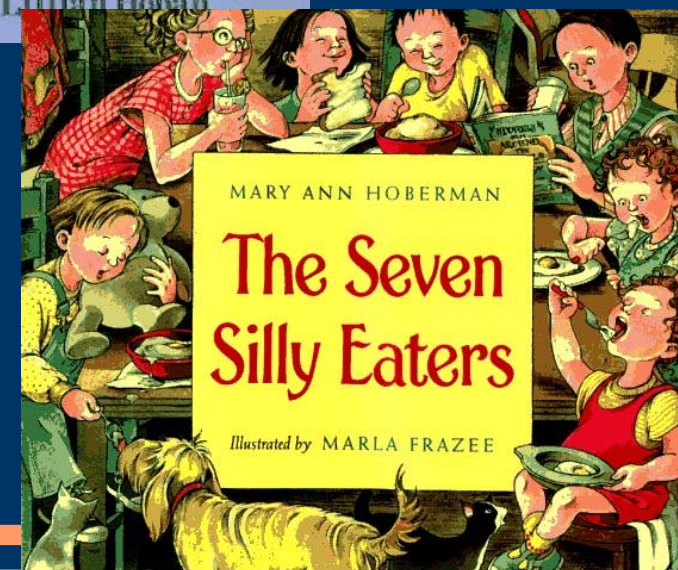
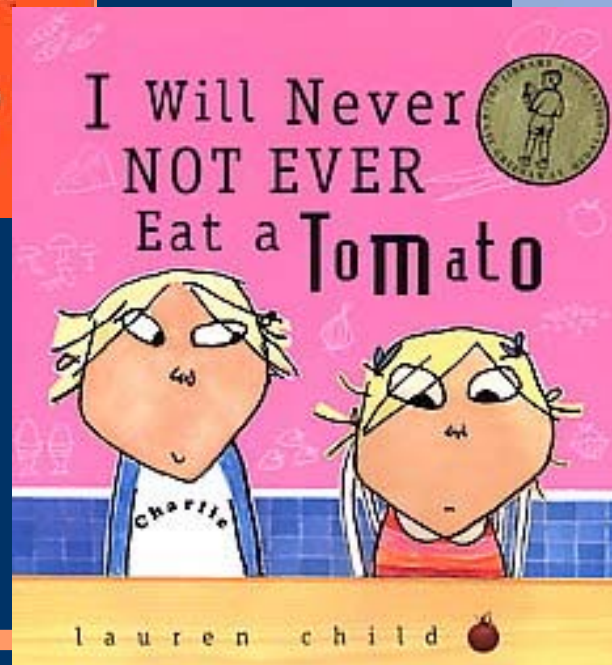
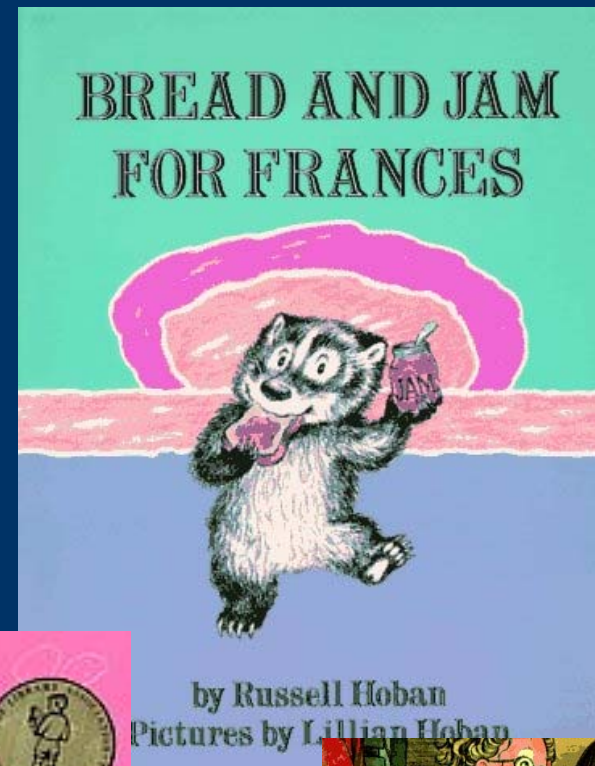
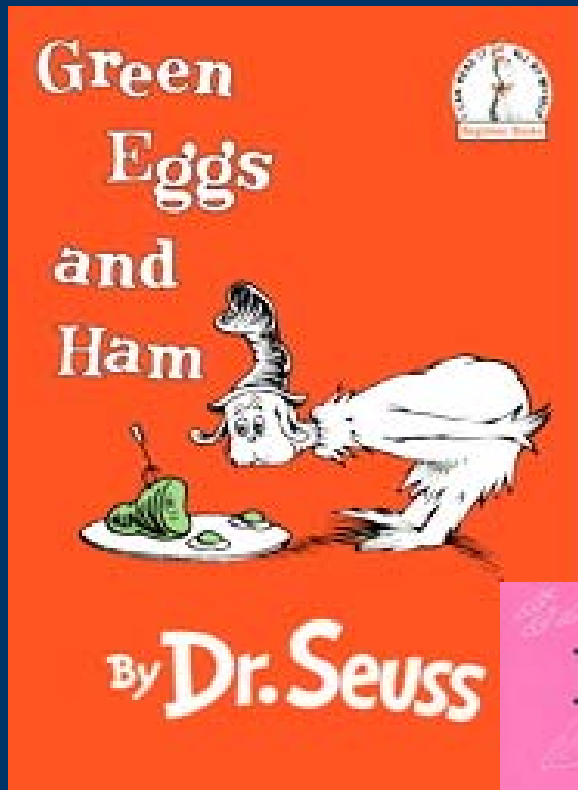


# Expanding a Book into a Lesson

- Tasting foods from the book
- Planting seeds (garden books)
- Cooking activities
- Field trips
- Guided movement  
(activity oriented books)



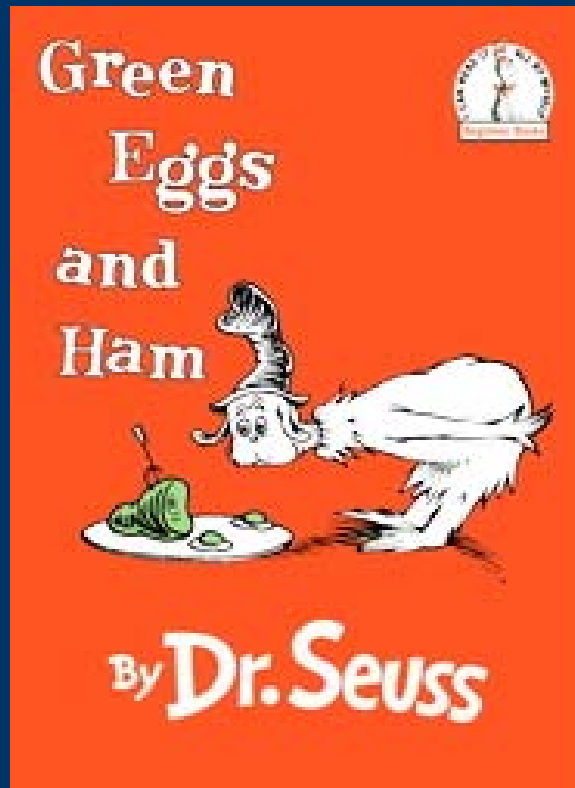
# “Try New Foods” Books



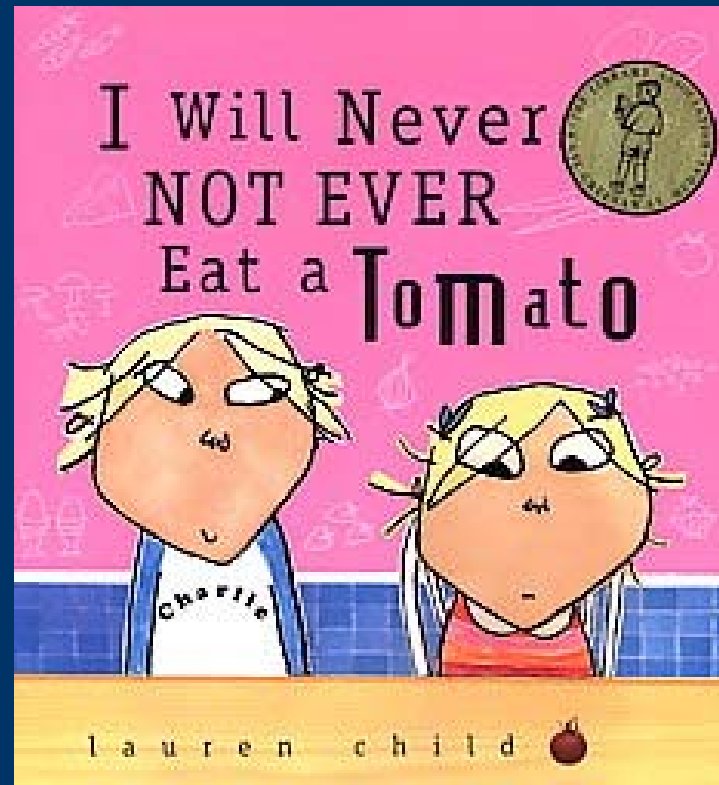


# Hmmm?

*One of Connie's first books*



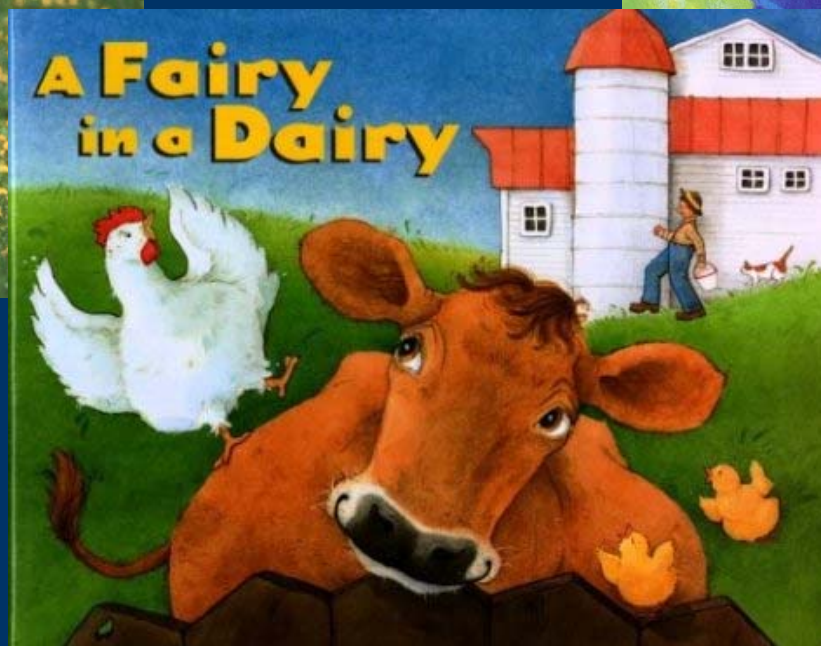
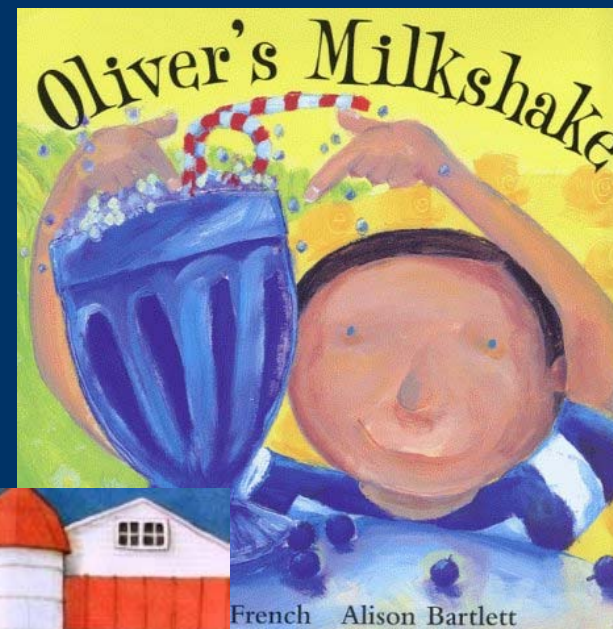
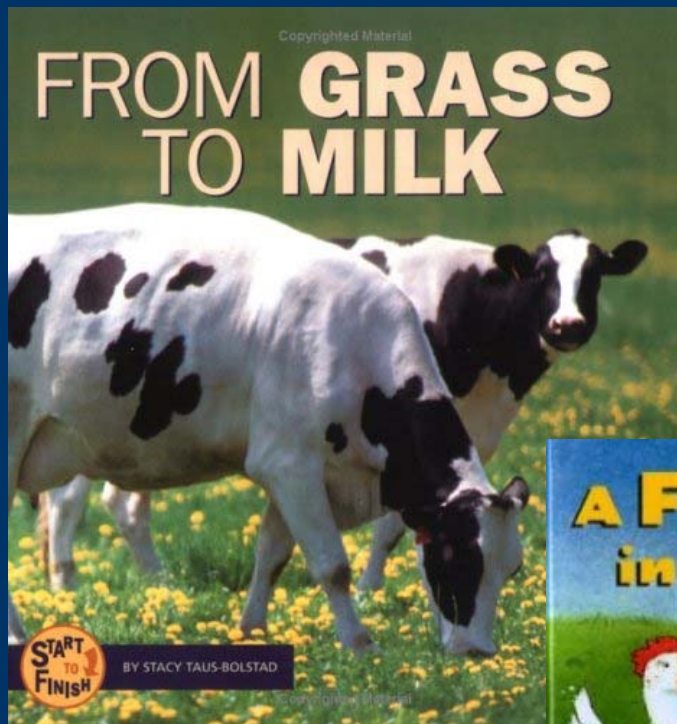
# Research Support for “Moonsquirters” and “Orange Twiglets from Jupiter”



## Source:

Cornell Food & Brand Lab (2009, March 4). Eat Your Vegetables: Preschoolers Love Vegetables With Catchy Names Like 'X-Ray Vision Carrots' And 'Tomato Bursts'. ScienceDaily. Retrieved March 26, 2009, from <http://www.sciencedaily.com/releases/2009/03/090302120019.htm>

# Exploring the Milk Group

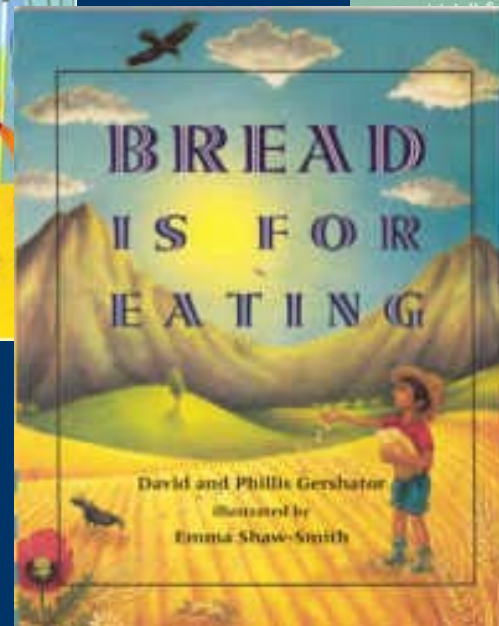
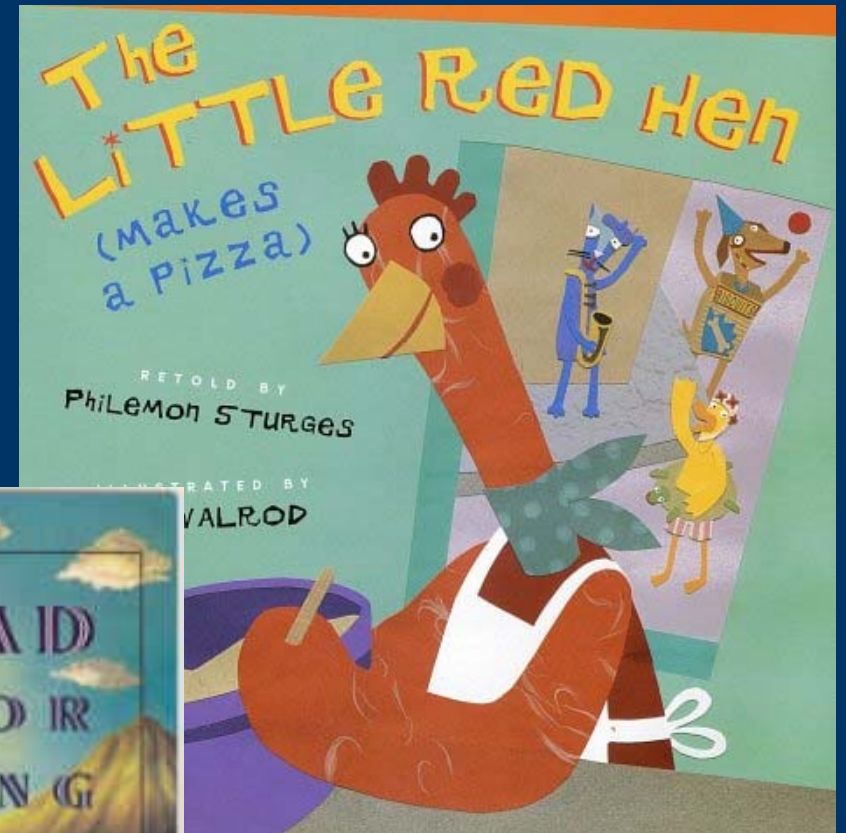
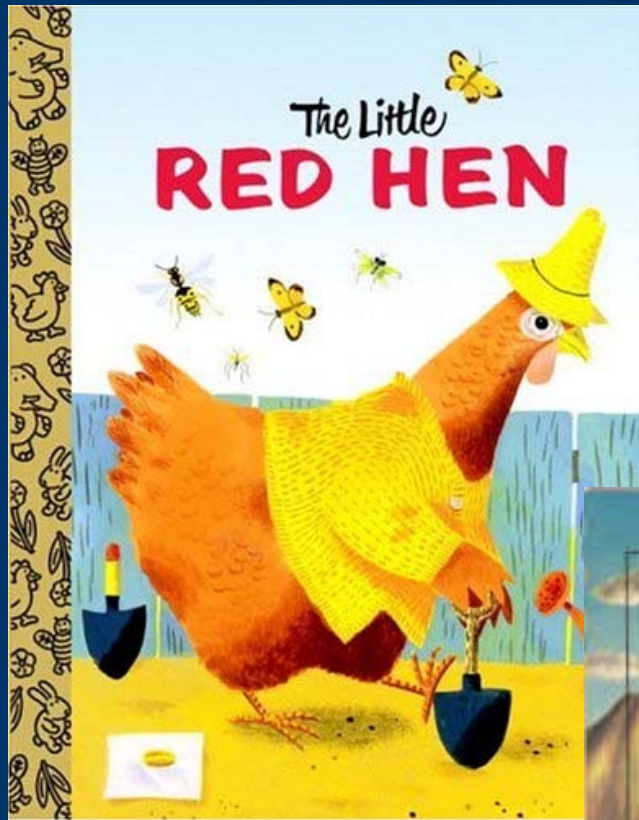


Cooking Connection Lesson: Moo Juice Smoothie

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# Exploring the Grains Group



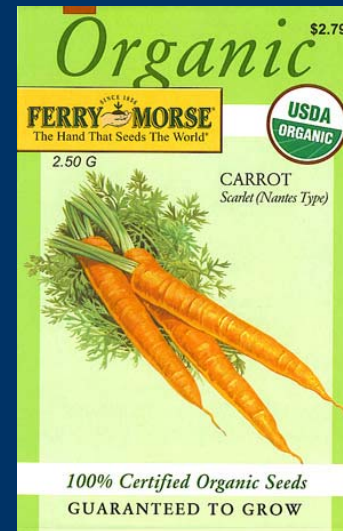
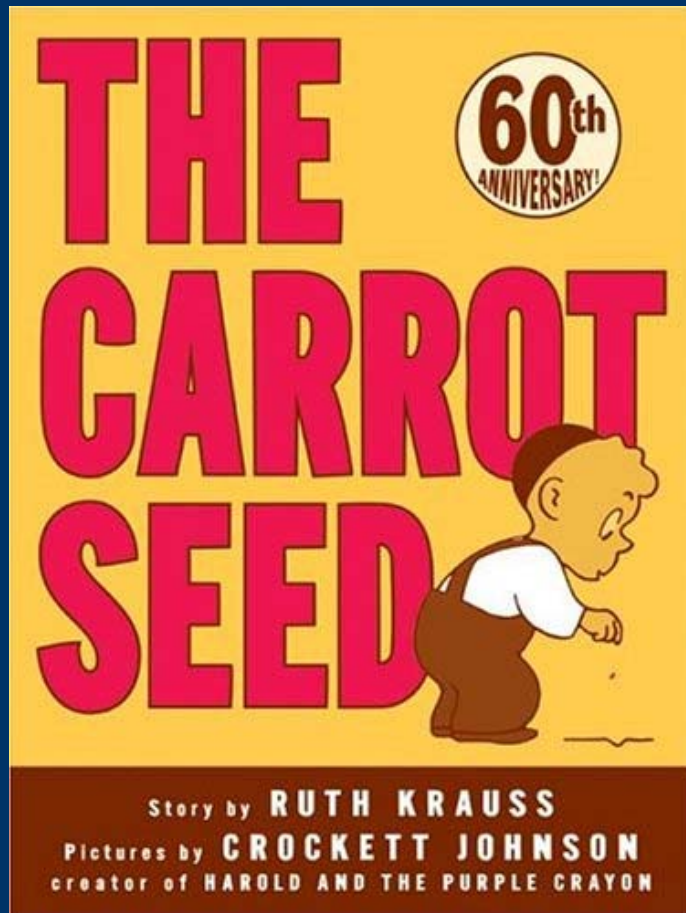
Cooking Connection Lesson: Little Red Hen Bread

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# Planting/Gardening



Craft Connection Lesson: Seeds to Veggies



# Planting/Gardening

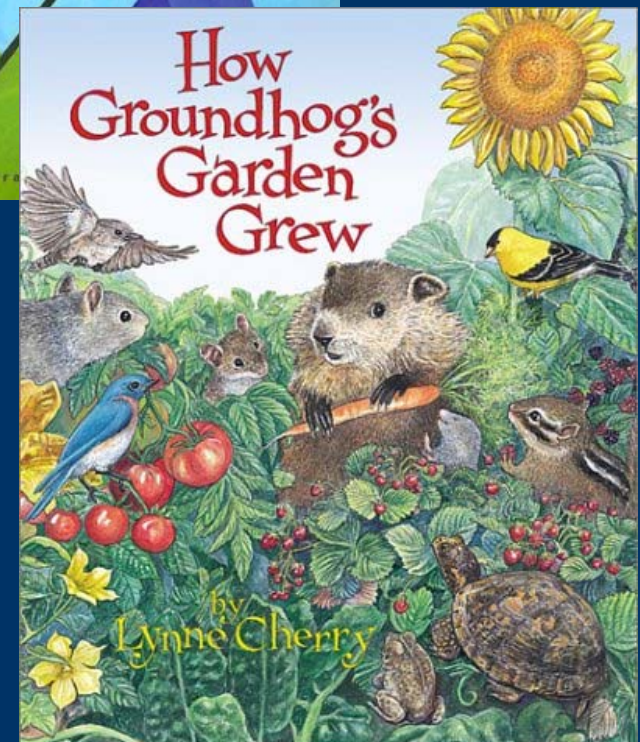
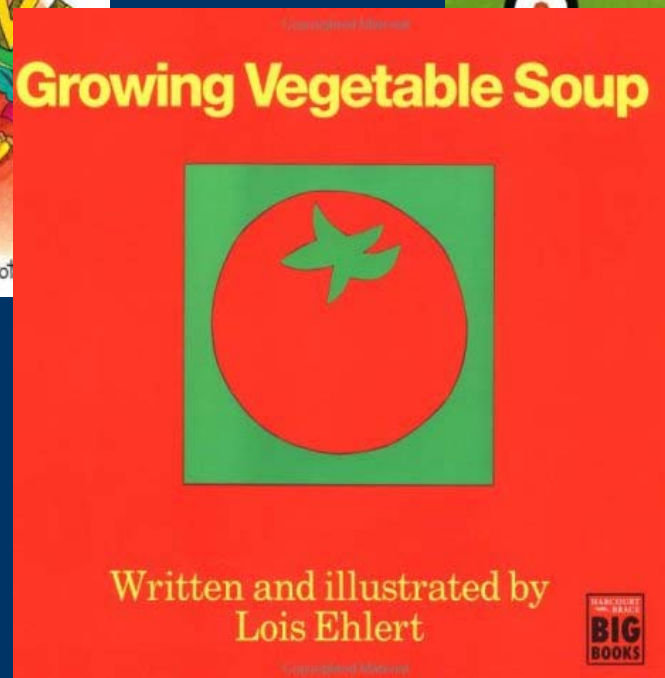
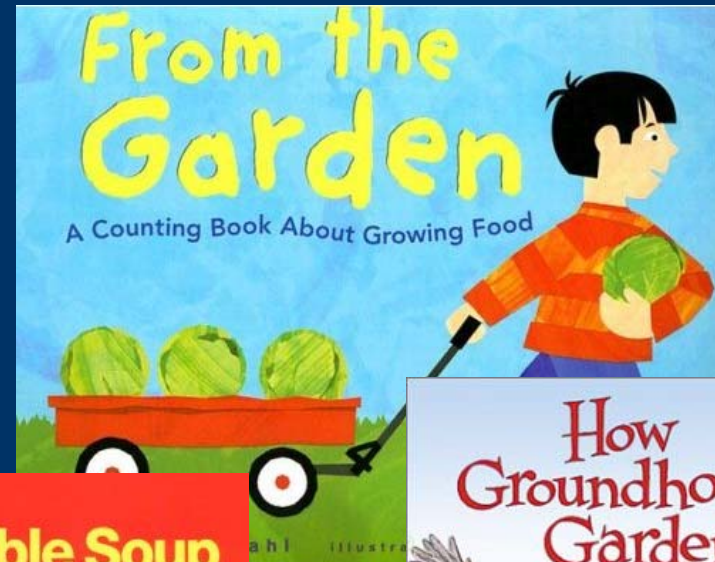
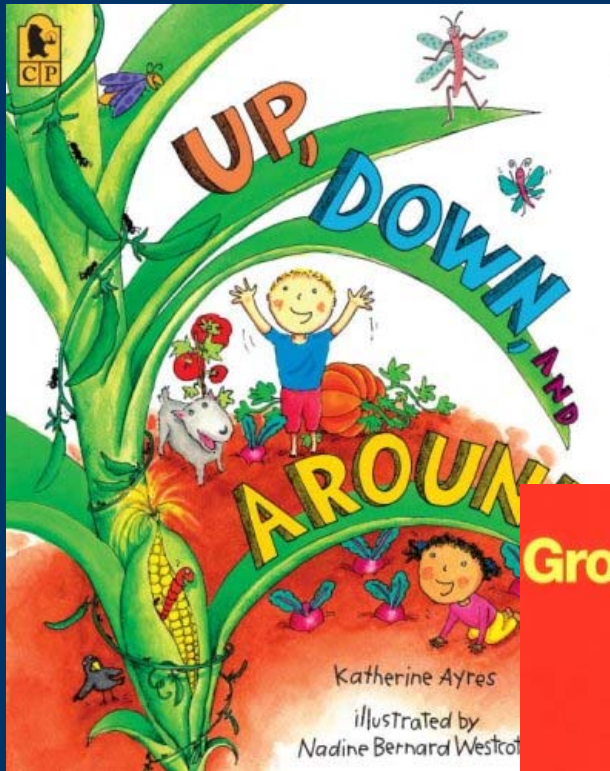


Craft Connection Lesson: Seeds to Veggies

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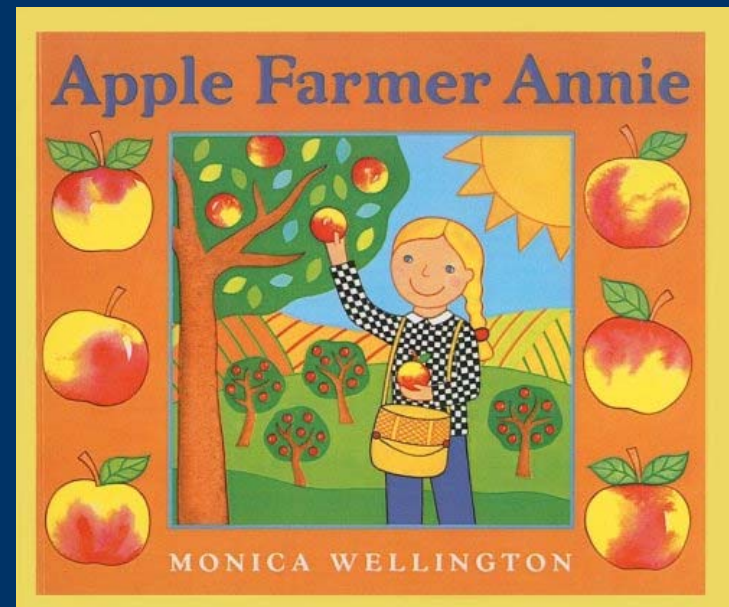
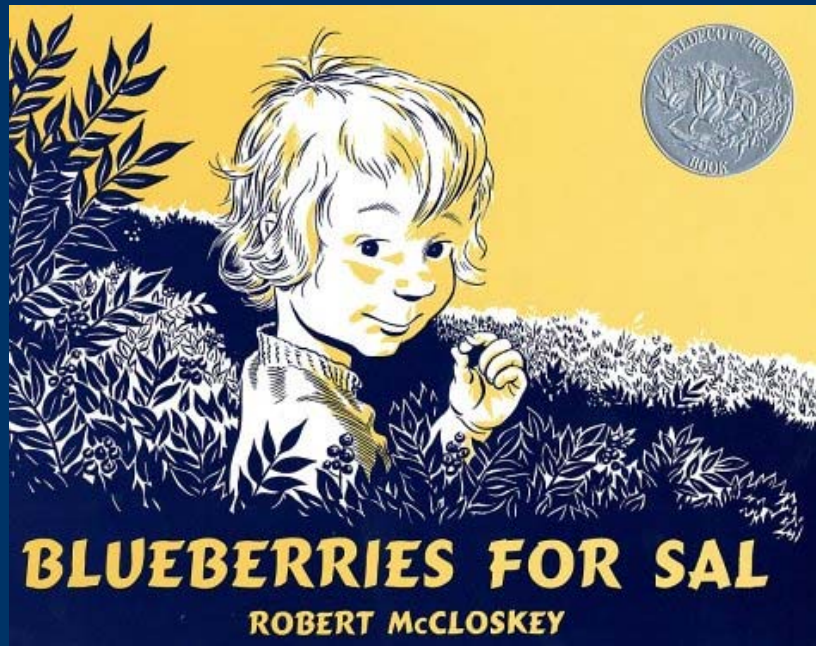
# Planting/Gardening



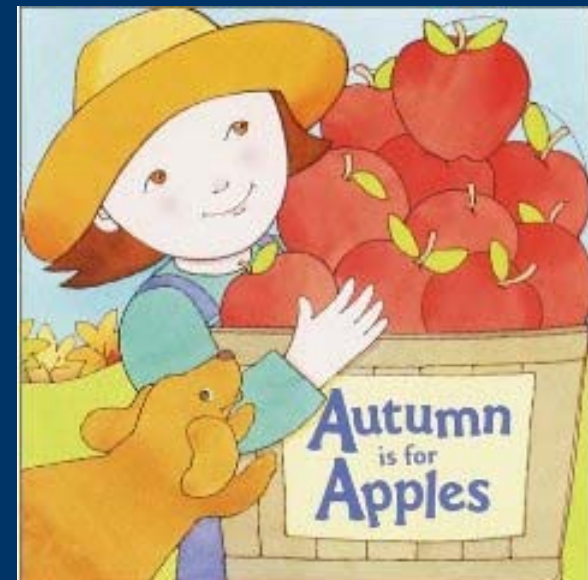
Craft Connection Lesson: Seeds to Veggies



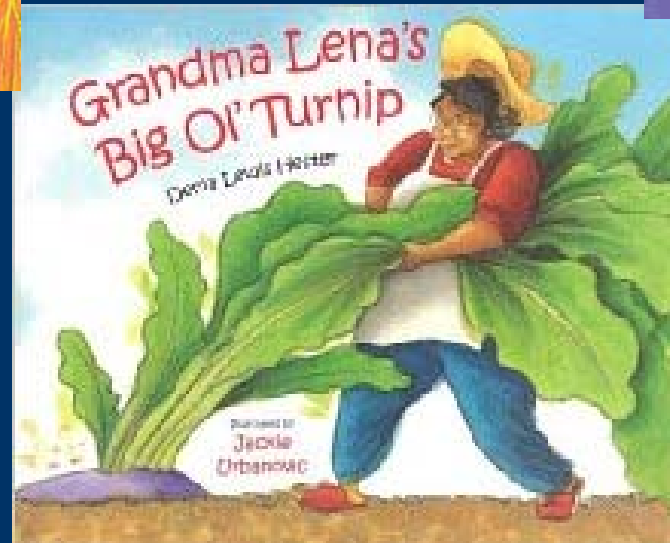
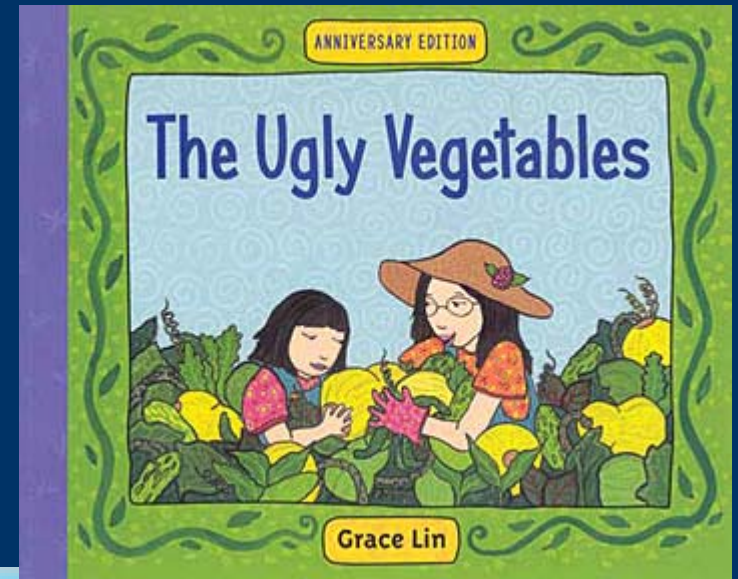
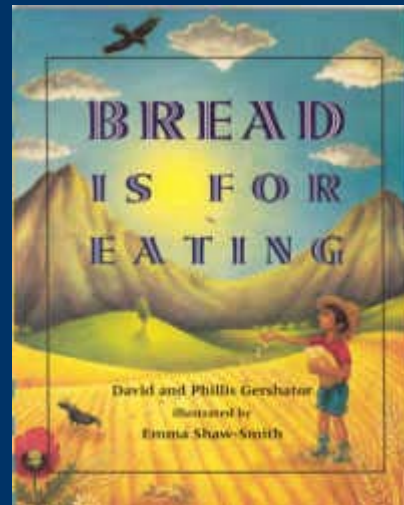
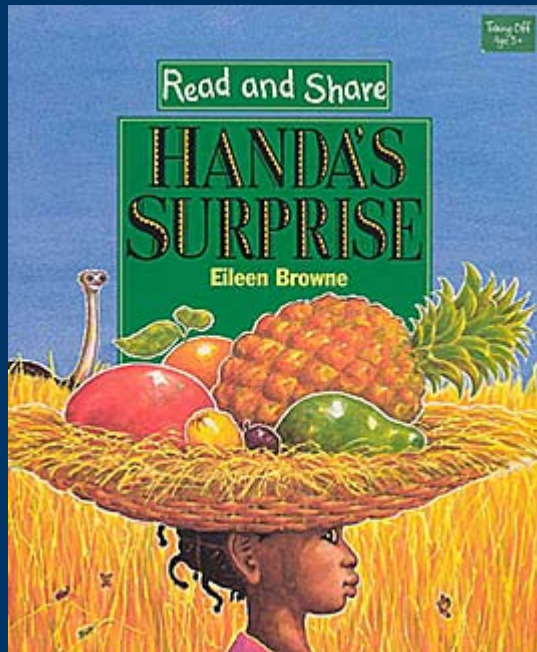
# Take a Field Trip



- Visit farms, orchards, farmer's markets, ethnic markets, or grocery stores.
- Use the food picked or selected in a recipe.
- Encourage children to draw pictures about the experience.



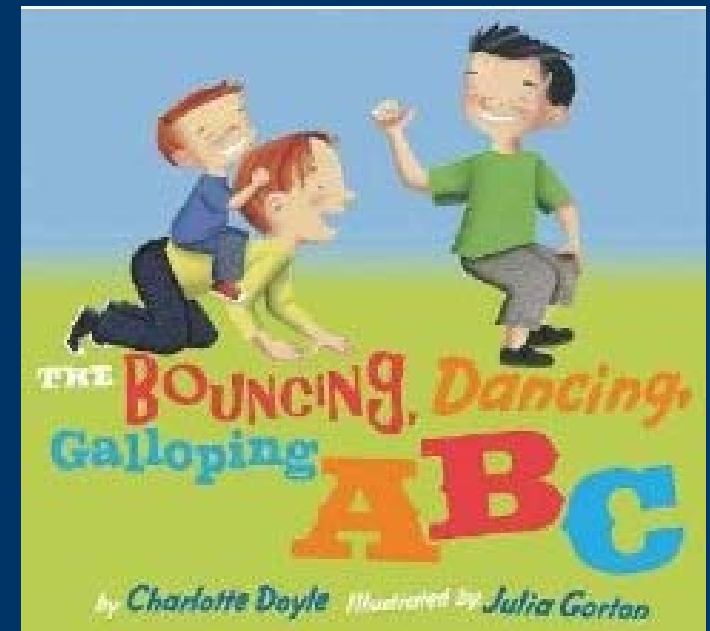
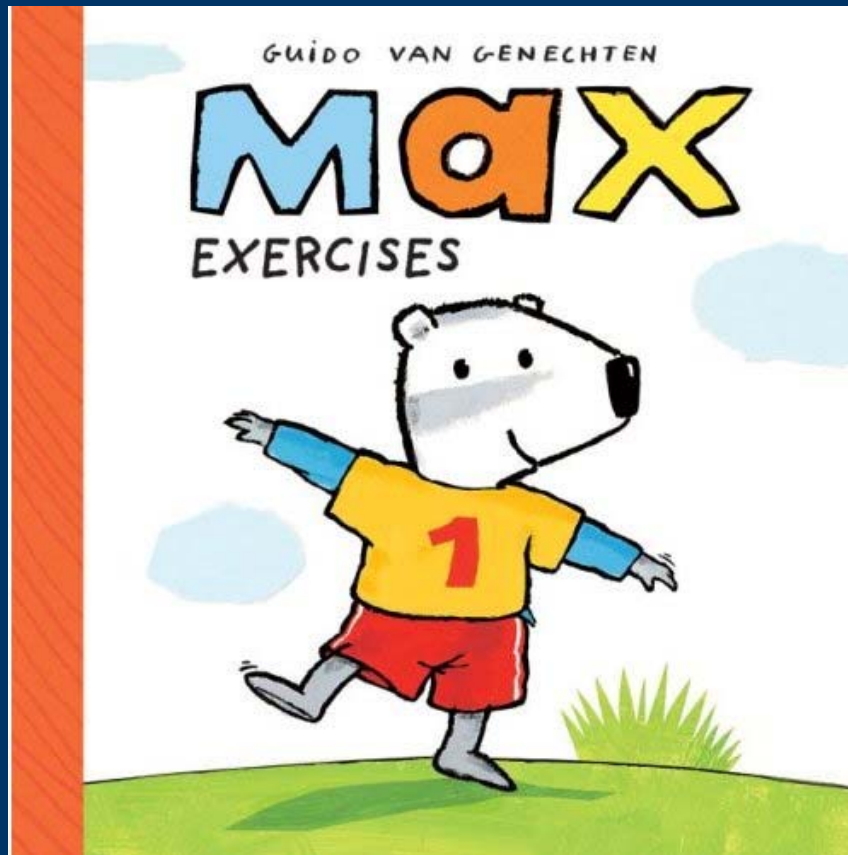
# Multicultural Education:



Learning Connection Lesson: Foods from Many Places

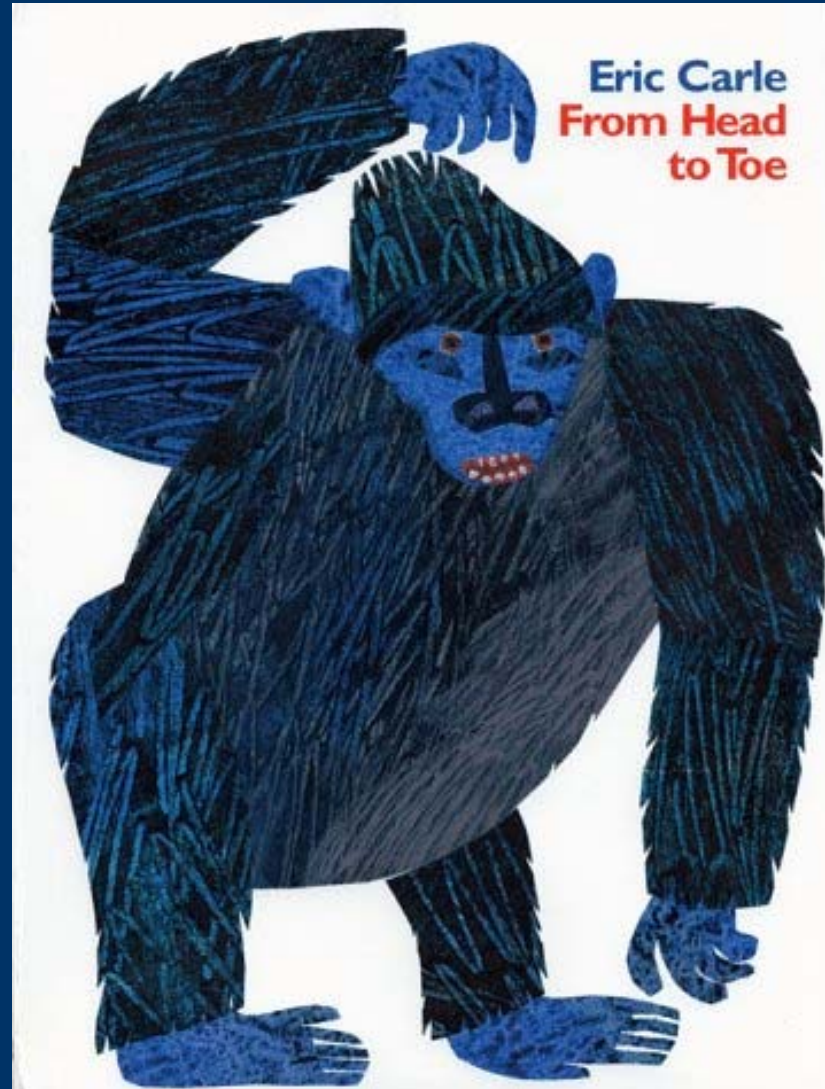


# Get Active!



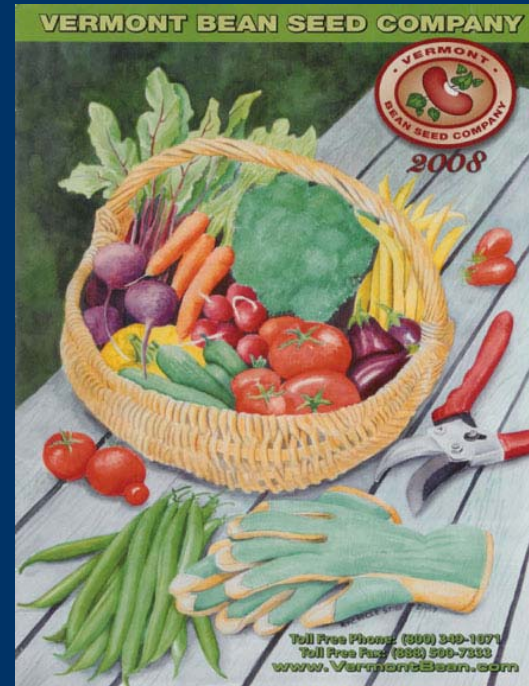


# Get Active!



# Make Your Own Books

- Children's artwork
- Photos of children
- Food Magazines
- Gardening Catalogs
- Grocery Flyers



# Consider a Book Bag Program

- Families can “check out” the book bags
- 1-2 books on a common theme
- Recipes
- Nutrition Tips
- Journal for family to record their personal experience with the bag

Source:

Drozd, M, Romaniello, C, Wearner, R, Carter, V, & Auld, G (2006). Benefits of a Nutrition Book Bag Program. *J Nutr Educ Behav.* 38, 259-261.

# Where to Find Quality Children's Books

- Local Library
  - Search online bookstores
  - Catalogs (e.g. [www.neatsolutions.com](http://www.neatsolutions.com))
  - Michigan Team Nutrition Preschool Booklist:  
[www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu) (click on "resources" and scroll down until you see the preschool booklist)
  - Healthy Meals Resource System (USDA):  
<http://healthymeals.nal.usda.gov>
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# Upcoming Web-Based Seminar:

**Creating an Active, Healthy Environment**  
**April 14, 3 PM CST**

All materials will be available at <http://www.nfsmi.org>

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**Questions?**

