

Literacy, Eating, and Activity for Preschoolers



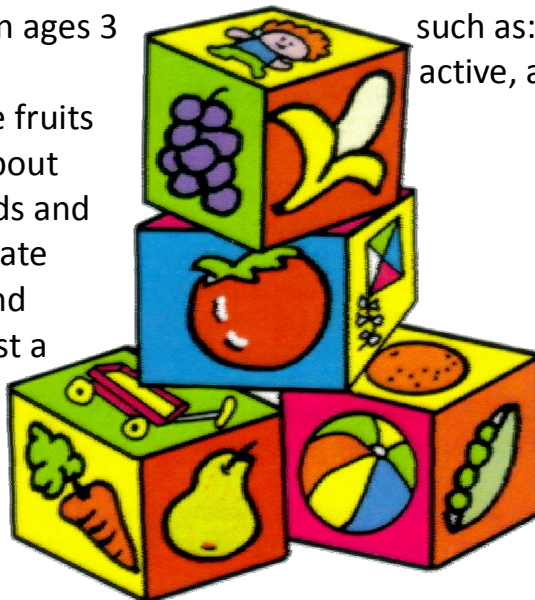
For Health

Curriculum Overview

The **LEAP for Health** is a series of lessons using storybooks to teach children ages 3 to 5 about staying healthy, being physically active, and eating more fruits and vegetables. Reading books about preparing and eating healthy foods and being physically active may motivate children to adopt positive food and physical activity behaviors that last a lifetime.

There is a natural link between nutrition, physical activity, and reading. Children love to hear

stories that describe events in their own lives such as: eating, playing sports, being active, and family mealtime.



This Nutrition Education Program can be offered at:

- child care centers
- Head Start programs
- public school early childhood programs
- public libraries
- places of worship
- family resource centers
- homes