

Welcome To On The Rainbow Road Food Activities and Physical Movement for Preschoolers and Their Families

Assisting children to develop healthy habits, including an enjoyment of healthy foods and physical movement takes more than just counseling the parent. Practicing at an early age, new healthy behaviors, helps children grow up with less risk of overweight and other related diseases. On The Rainbow Road is a series of lesson plans targeting preschoolers and their families with enjoyable activities to promote these healthy habits.

Each lesson reflects these messages:

1. Learn to eat and enjoy healthy foods.
2. Move, learn, and have fun.
3. Be a healthy role model for your child.
4. Learn more about Kansas while combining nutrition and physical activity.

The format of the lesson differs from those provided previously by the State WIC Office. Each lesson incorporates a variety of themes and activities used to customize each particular lesson plan. The lessons take place in different Kansas' locations. A "passport" is provided which can be stamped as the family visits different Kansas attractions.

Each lesson uses a children's book and builds nutrition/food activities and physical movement around the story and the chosen theme. Parent information sheets, included with each lesson, provide food and fitness ideas that can be shared and practiced at home.

What do we want to accomplish through these lessons?

1. Teach children healthy nutrition and physical movement habits at a young age.
2. Provide children with a love of reading.
3. Provide children with adults who are positive role models.
4. Develop an appreciation of Kansas.

Are you ready to share some healthy food, fitness, and fun with your WIC participants? Then enjoy the lessons that follow.