



Sprouts

Growing Healthy Habits

Kindergarten presents a great opportunity for families to adjust their children’s daily eating, sleeping, and physical activity habits as everyone adapts to new school schedules. Schools also play an important role in educating children about nutrition, their bodies, and food sources.

The FRC’s research team has developed a pre-K and kindergarten-level healthy habits curriculum that has been piloted at local elementary schools and pre-K program. This curriculum includes teacher guides that can be easily adopted and used in any pre-kindergarten and kindergarten classrooms, and each lesson has a specific focus that incorporates hands-on activities and interactive book reading. This project is supported by the Christopher Family Foundation Food and Family Program.

Farm to Table—to get students thinking about where their food comes from and the journey it takes to get from seed to stomach.

Cooking and Family Meals—to get children involved in cooking and eating together as a family.

Food Groups and Grocery Shopping—to help children understand how they can get involved in shopping for healthy food and how to differentiate between food groups.

Picky Eating: Eat a Rainbow—to get children more comfortable with trying new foods.

Snacks and Beverages—to help children understand a proper snack portion size and how to make healthier beverage choices.

Healthy Sleep Habits—to stress the importance of sleep and positive bedtime behaviors.

Energy Balance—to highlight the process of consuming and exerting energy and to promote the benefits of adequate physical activity.



RESEARCH TEAM

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