

## Outline for Early Childhood Library Activity

### Importance of Drinking Healthy Fluids

#### Standards / Positions Statements

At my work for Reiter Affiliated, the children are provided a healthy and nutritious snack. I am only to provide healthy drinks to the children. I explain to them why I choose these snacks for them as oppose to the snacks that they request. Drinking healthy fluids is a good choice for our bodies and minds.

#### Children Input / Purpose

The children ask me why I don't provide chocolate milk, sodas or Kool-Aid. I explain to the children that part of my work is to focus on healthy eating and drinking. Instead of bring into class unhealthy drinks, I bring the best drinks that are delicious as well as tasty and nutritious.

#### Theme / Main Goals

My main goal is for the children to try out new drinks that they have not tried before. Sometimes children say, "I don't like that," but they have never tasted it. My goal is to introduce new drinks and teach them the importance of drinking healthy fluids.

#### Small Group Opportunities

In a small group we can talk about healthy and unhealthy drinks. We can explain why a drink is considered unhealthy or healthy. What taste good may not always be good for your body. The cards that are provided in this packet are to show some examples of healthy or unhealthy fluids.

#### Individual Opportunities

A child can take this packet and look at the pictures to figure out what the drinks are and if they are healthy for him.

#### One on One - Teacher / Child Opportunities

If a child insists that sodas, chocolate milk are healthy perhaps he needs more time to talk about why these drinks are not healthy. Every food item should be in moderation we are not saying to never drink Kool-Aid or chocolate milk. To think about what is more beneficial to ones body.

#### Materials / Organization

Pictures of healthy or unhealthy drinks

Orange Juice

Powerade

Coffee

Juice

Frappuccino

Soda

Yogurt drinks

Apple juice

Redbull

Kool-Aid

Vitaminwater  
Water  
Kern's Nectar  
Milk

Assessment / Growth and Development of the Children in your Care

For snack we can have the children pick which drink is healthy the low-fat milk or the chocolate milk. We can talk about our lesson and how we learned that chocolate milk contains a lot of sugar as oppose to low-fat milk that is very good and healthy for child's bodies. Let children ask questions and comment on the issue.

