

## Health and Wellness PK - 5

### Activity Set 1

#### PK – 1 Hand Washing Fun



Help your child make up his or her own words to a popular song that lasts about twenty seconds. You could try the tune of “ABC,” “Yankee Doodle,” “Happy Birthday” (sung twice), or “Twinkle, Twinkle, Little Star.” Teach your child how to properly wash his or her hands and explain that washing is finished when they have finished singing the song.

#### Grades 2-5 Potato Germs

Slice a potato and blanch (have a parent help you) it to kill any germs that may be on the potato already. After lunch or recess, before students have washed their hands, have them each handle a small slice of potato. Then, have students wash their hands using proper technique and handle another potato slice. Put each slice in a separate, labeled plastic bag. After about five days, have students draw both slices in their science notebooks. What is different between the potato slices? Why do they think the slices are different?

## Healthy Eating Activities

Using games and activities is a great way to help children learn about healthy eating while having fun at the same time! The activities below can be used to engage children in healthy eating practices, teach them to recognize different foods and inspire them to experiment with new foods, tastes, flavors and textures.

#### PK – 1 The veggie guessing bag



Try this activity to increase children’s recognition and awareness of different vegetables. Place some vegetables (real or plastic) in a bag (e.g. pillow slip). Ask children to feel inside the bag and guess which vegetables are there. As a variation, blindfold children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it.

#### Grades 2- 5 Choose a letter of the week

Each week taste and discuss healthy foods which start with the chosen letter of the week. For example, for the letter ‘M’ try mushroom, milk and mango.