

Barbara Larson

Trying it out: addressing the gaps.....

Core Area: Personal care and healthy behavior

Level 2 Child names basic body parts.

If the children are not able to name basic body parts I would model by singing and talking continuously about the basic body parts. Make games and make it fun by finding their basic body parts on their own body. Read several books with basic body parts noted.

Level 5 Child makes a healthy choice and explain why it is good for him or her.

During mealtimes/snack time (breakfast and lunch) identify nutritious foods and why they are healthy for our bodies. Model trying/eating all the food that are offered. Talk about the vitamins and how they help our bodies. Provide exercise and make it fun for them. Offer games and equipment for a variety of opportunities.