

The Hungry Reader

Keeping Your Child Healthy
at Home and in the Classroom

About the Program

We are a group of volunteers from UC Davis, and we want to help your child succeed by staying healthy. Over the next six weeks we will be visiting your child's classroom every Tuesday, 9:30- 10:30 am, to teach fun and exciting lessons about nutrition.

These lessons will cover the importance of eating fruits, vegetables, and dairy products, and the benefits of breakfast and physical activity. We want your child to get excited about eating healthy. We hope you will join us in our effort to teach your child about health and nutrition. You can start by reading our weekly handouts and encouraging your child to share what they have learned from the Hungry Reader lessons.



At Home For the Parents

Today your child learned about the importance of washing his/her hands. You can continue this lesson at home by making sure your child washes their hands for 20 seconds using hot water and soap after going to the bathroom, and before eating.

Date	Lesson
January 24 th	Introduction and Hand Washing
January 31 st	Fruit and Vegetable Taste Testing
February 7 th	Dairy and Strong Bones
February 14 th	Exercise and Hydration
February 21 st	Healthy Snacking
February 28 th	Breakfast