

GROWING HEALTHY FAMILIES: FOOD, BOOKS, AND MOVEMENT

Music and Movement

Music activates our brain, engages our motor system, and enhances feelings of happiness and social connection. Moving with music improves coordination, motor planning skills, and spatial awareness. What movement songs and music do you remember from your childhood?

Practice moving with your child to these songs:

- The Wheels on the Bus
- If You're Happy and You Know It
- I'm a Little Teapot
- Row, Row, Row Your Boat
- Head, Shoulders, Knees and Toes
- Shake Your Sillies Out
- The Chicken Dance



Taste Tests at Home

Taste tests are a fun way to introduce new foods and explore flavors. Start simple and discover with the senses. Notice differences in taste and texture.

Which apple do you prefer?



For more on taste tests at home:
<https://foodcorps.org/blog-how-to-prepare-taste-test-home-kids/>



Children's Books

Sharing books about food, farming, and nutrition helps children understand where food comes from and how foods fit into family cultures. Check your local library for books about local foods!



[15 Children's Books About Farms and Food 2025 | American Farm Bureau Foundation for Agriculture](#)



Physical Literacy

Raising children who are confident movers and enjoy movement is challenging in our busy lives. Do you remember how to play hopscotch or jump rope? Teach your child your favorite active games. Check out these family resources including tips, active play ideas, and information on movement skills.



[Parent Resources - Active for Life](#)



Yoga

Join Bari Koral for a video clip, the *Alphabet Yoga*:
<https://www.youtube.com/watch?v=O0Bb5T2-b1A>



or *Stomp, Move, Roar and RELAX*:
<https://www.youtube.com/watch?v=OqJhfOiHINc>

