



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



Growing Active **READERS**

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S-0008



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Acknowledgements

The Growing Active Readers (formerly iGrow Readers) curriculum began several years ago when SDSU Extension created a community-based program utilizing children's books to integrate themes on healthy behaviors. The lessons and activities brought together evidence-based environmental and behavioral changes to promote improved long-term health outcomes. The expanded curriculum, now called Growing Active Readers, focuses on children who are Pre-Kindergarten up to 3rd grade and includes some books with Native American-focused stories. A trans-disciplinary team of faculty and staff at South Dakota State University, with expertise in the fields of nutrition, health promotion, physical education, early childhood education, and extension have helped with the creation and research for the curriculum.

2022 Revisions

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Funding

Funding from United States Department of Agriculture Supplemental Nutrition Assistance Program—Education (SNAP-Ed); The Wellmark Foundation; SDSU Extension; South Dakota State University College of Education and Human Sciences; and SDSU/UNL T.O.P Graduate Program supported by the National Research Initiative Grant no. 2011-67002-30202 from the Food and Agriculture Division of Nutrition.

Growing Active Readers Activities and Objectives list

Grades: PreK - 2nd

(The) Animal Boogie

Nutrition Objectives

Identify how exercise helps one to stay healthy.
Recognize healthy and not so healthy foods.

Nutrition Activities

- Hoppety Hop to Good Health
- Still Life Painting

Physical Activity Objectives

Demonstrate twisting, stretching, and balancing.

Physical Activities

- Animal Boogie Dance
- Kid's Yoga Journey

Newsletter Title

Active Living for Families

(The) Carrot Seed

Nutrition Objectives

Describe how planting, growing, and preparing fruits and vegetables is fun and healthy.

Nutrition Activities

- Mix-A-Salad Game
- I'm Planting a Garden

Physical Activity Objective

Practice ways that growing a garden can be good exercise. Stretch and balance your body in yoga poses.

Physical Activities

- I Grew a Carrot!
- Shape of Yoga

Newsletter Title

A Garden of Vegetables

Eat Your Peas, Louise!

Nutrition Objectives

Identify traits of different types of vegetables.
Describe a personally favorite vegetable.

Nutrition Activities:

- Peas, Carrots, Broccoli
- Louise's Vegetable Basket

Physical Activity Objective

Demonstrate ability to make different poses with the body.

Physical Activities:

- Vegetable Shifters
- Roll Like a Pea

Newsletter Title

Vegetables Galore

From Head to Toe

Nutrition Objectives

Identify what parts of fruit contains fiber. Recognize 100% fruit juice over imitation drinks.

Nutrition Activities

- Real vs. Imitation
- Juicy Jigglers

Physical Activity Objective

Promote the importance of being physically active every day. Exhibit positive attitude towards physical activity.

Physical Activity

- Swing Your Partner

Newsletter Title

Which Juice?

Giraffes Can't Dance

Nutrition Objectives

Identify skills needed to prepare food and how they can be learned. Describe how to follow a recipe.

Nutrition Activities

- Let's Cook Together
- Recipe Scramble

Physical Activity Objective

Practice bending and stretching with yoga poses. Participate in activity that raises the heart rate.

Physical Activities

- Animal Yoga
- Macarena

Newsletter Title

Child's Play

Go, Go Grapes

Nutrition Objectives

Identify characteristics of fruit. Plan how to include fruits in foods eaten each day.

Nutrition Activities

- Edible Critters
- Counting Seeds

Physical Activity Objective

Demonstrate movement skills. Work as a team.

Physical Activities

- Memory Game
- Pick the Fruit

Newsletter Title

Focus on Fruit

Grandmother Spider Brings the Sun

Nutrition Objectives

Recognize the variety of healthy foods available all year. Identify the tasks and values in having family meals.

Nutrition Activities

- Family Mealtime
- Seasons of the Sun

Physical Activity Objective

Perform coordination and ball passing skills. Perform cooperation activity.

Physical Activities

- Pass It Around
- Hot Sun

Oceti Sakowin Description

Sun Drying—preserving food by dehydrating, plum drying lab

Newsletter Title

Vitamin D

Greet the Dawn

Nutrition Objectives

Describe a way to go through the day that is calm and peaceful. Practice being physically active outside of school.

Nutrition Activities

- Peaceful Easy Feeling
- All Star Activities

Physical Activity Objective

Perform a balancing activity. Move safely through space.

Physical Activities

- Vocabulary Shuffle
- Hoop to Hoop

Oceti Sakowin Description

We Are All Related—taking care of Mother Earth and all living relatives

Newsletter Title

Family Picnic

I'm Growing

Nutrition Objectives

Identify that drinking milk is important to help students grow and learn. Recognize that everyone grows at different times and rates.

Nutrition Activities

- Milk Matters
- Me!

Physical Activity Objective

Illustrate with activity how body changes as a child grows

Physical Activities

- I'm Growing
- Bean Bag Toss

Newsletter Title

Milk for Growing Bones

(The) Little Red Hen

Nutrition Objectives

Identify whole grains and where they come from.

Nutrition Activities

- Grains Galore!
- Rolling in Dough

Physical Activity Objective

Participate as a team by working together

Physical Activities

- Teamwork Races
- Chicken House

Newsletter Title

Go for the Grain

Llama Llama Mad at Mama

Nutrition Objectives

Identify choices that are made when shopping for groceries. Identify the recommended serving size for foods in each food group.

Nutrition Activities

- Hungry Full Meter
- Grocery Store Checkout

Physical Activity Objective

Perform dance movements. Participate in an activity that raises the heart rate.

Physical Activities

- Move It, Don't Lose it!
- We're Going to Eat Potatoes

Newsletter Title

Grocery Shopping with Kids

Monsters Don't Eat Broccoli

Nutrition Objectives

Identify foods that contribute to good health.

Nutrition Activities

- Ways to Eat Broccoli
- Playdough Play

Physical Activity Objective

Perform exercise that raises the heart rate. Practice locomotor movements.

Physical Activities

- Scarf Play – Over, Under, Around & Through
- Pizza Tag

Newsletter Title

New Foods

Mouse Mess

Nutrition Objectives

Identify sensory traits of food that affect food selection. Describe anytime and sometimes snacks.

Nutrition Activities

- It's Time to Eat
- Snack Concentration Game

Physical Activity Objective

Perform balance activities. Participate in activity that raises the heart rate.

Physical Activities

- Move Like a Machine
- Quiet as a Mouse

Newsletter Title

Fast Food

Pete the Cat: I Love My White Shoes

Nutrition Objectives

Describe ways to make fruit for a meal or snack. Relate good practices for food safety.

Nutrition Activities

- Adding Up the Fruit
- Fight BAC!

Physical Activity Objective

Demonstrate dance/rhythm skills while participating in an activity. Move safely through space.

Physical Activities

- Dancing in My White Shoes
- Raining on the Orchard

Newsletter Title

Prepare Food Safely

Pete the Cat: Rocking in My School Shoes

Nutrition Objectives

Identify healthy lunch alternatives that follow MyPlate guidance. Recognize beverages that are low and high sugar.

Nutrition Activities

- It's All Good Lunchbox
- Rethink Your Drink

Physical Activity Objective

Practice energy-out activities to match energy-in from food. Respect others in a physical activity.

Physical Activities

- I Love My Running Shoes
- I'm Rocking

Newsletter Title

How Much Should My Child Eat?

Rah, Rah, Radishes!

Nutrition Objectives

Identify traits of vegetables that provide variety in the diet.

Nutrition Activities

- Vegetable Rainbow
- What Am I Thinking of?

Physical Activity Objective

Perform exercise that raises the heart rate. Develop balancing skills.

Physical Activities

- Old MacDonald Spinach Style
- Bean Bag Balance

Newsletter Title

Grow a Family Garden

Splat the Cat

Nutrition Objectives

Identify foods by MyPlate groups. Describe the feelings of hungry and full.

Nutrition Activities

- Feel Good Mask
- Splat's Lunch Tray

Physical Activity Objective

Move safely in personal space. Demonstrate locomotor skills.

Physical Activities

- Hide Like a Mouse
- Mousetrap

Newsletter Title

Lunchtime

Ten Little Rabbits

Nutrition Objectives

Identify foods that contribute to good health.

Nutrition Activities

- Finding 10
- Colorful Blanket

Physical Activity Objective

Perform balance and coordination exercises.

Physical Activities

- Hopscotch
- Blanket Toss

Oceti Sakowin Description

Cherry Stones Game – dice style game involving counting

Newsletter Title

Children & Sleep

Why Should I Eat Well?

Nutrition Objectives

Recognize the milk, grains and protein food groups. Identify low fat and low sugar foods.

Nutrition Activities

- Best or Worst
- Other Half of MyPlate

Physical Activity Objective

Follow verbal instructions to do a variety of locomote activities. Work as a team to complete a timed task.

Physical Activities

- Rachel Says
- Back to Back

Newsletter Title

Go Lean with Protein

Growing Active Readers Activities and Objectives list

Grades: Kindergarten - 3rd

Bread & Jam for Frances

Nutrition Objectives

- Classify different breakfast foods into food groups.
- Discuss the importance of eating breakfast.

Nutrition Activities

- Breakfast, Breakfast, Breakfast!
- Better Bread & Jam

Physical Activity Objectives

- Demonstrate motor skills that are increasingly complex.

Physical Activity

- Energy Rush

Newsletter Title

Why Breakfast?

Dream Wolf

Nutrition Objectives

- Recognize the benefits of choosing healthy snack foods. Identify the traits of fruits.

Nutrition Activities

- Fruit Bingo
- Snacks To Go

Physical Activity Objectives

- Perform exercise that increases heart rate.

Physical Activities

- Trail Walk
- Triangle Tag

Oceti Sakowin Description

All My Relatives (Mituyake Oyasin)—connections between humans and the natural world

Newsletter Title

Family Meals

(The) First Strawberries: A Cherokee Story

Nutrition Objectives

- Explain how fruits are helpful. Describe traditional ways Native Americans used fruit.

Nutrition Activities

- Eat Your Colors
- Wojapi Fun!

Physical Activity Objectives

- Exhibit locomotor skills while participating in the activity.

Physical Activities

- Going on a Berry Hunt
- Chasing a Rainbow

Oceti Sakowin Description

Seed Knowledge—3 Sisters Garden and card game using traditional plants

Newsletter Title

Rainbow of Fruits

I Will Never Not Ever Eat A Tomato

Nutrition Objectives

- Explain how calories in should balance calories out. Recognize that foods come in different forms.

Nutrition Activities

- The Name Game
- Which Tomato?

Physical Activity Objectives

- Demonstrate a variety of locomotor skills.

Physical Activities

- Couch Potatoes
- Never Eat a Tomato?

Newsletter Title

The Choosy Eater and New Foods

Jingle Dancer

Nutrition Objectives

Illustrate relationship between family, friends, healthy food, and physical activity. Match foods into MyPlate categories.

Nutrition Activities

- Medicine Wheel
- Indian Tacos & MyPlate

Physical Activity Objectives

Perform dance moves as a physical activity.

Physical Activities

- Make Noise & Dance
- Rain, Rain, Go Away!

Oceti Sakowin Description

Fancy Dancers—physical activities at a powwow (wacipi)

Newsletter Title

Healthy Eating for Your Family

Oh, The Things You Can Do That Are Good For You!

Nutrition Objectives

State difference between foods that are healthy and foods that are not healthy. Recognize basic lifestyle habits to follow to stay healthy.

Nutrition Activities

- FIT Bingo
- Food Hero

Physical Activity Objectives

Identify ways to exercise to promote growth, endurance, flexibility, and strength.

Physical Activities

- Relay Races!
- A Trip to the Feeling Great Clinic

Newsletter Title

ABC's of Hand Washing

(The) Star People

Nutrition Objectives

Recognize the importance of water and its availability. Plan foods for a balanced MyPlate.

Nutrition Activities

- Water, Water, Everywhere!
- Star Snacks

Physical Activity Objectives

Perform exercise that increases heart rate. Perform eye-hand coordination exercise.

Physical Activities

- Star Hopping
- Shooting Star

Oceti Sakowin Description

Lakota/Dakotah Songs—create and sing a song in the Lakota/Dakotah style

Newsletter Title

Water: an Essential for Good Health

YOKO

Nutrition Objectives

List healthy lunch choices. Recognize that different countries and cultures have different food choices.

Nutrition Activities

- Culture Shock
- Brown Bag

Physical Activity Objectives

Demonstrate teamwork.

Physical Activity

- Cat & Mouse

Newsletter Title

Safe Bag Lunches

Growing Active Readers Activities and Objectives list

Grades: 1st - 3rd

(The) Berenstain Bears and Too Much Junk Food

Nutrition Objectives

- Recognize the negative effects of junk food.
- Determine what are considered healthy foods and what are considered not very healthy foods.

Nutrition Activities

- Snack Master or Snack Monster?
- Sugar, Sugar, Sugar
- The Ins and Outs of Shopping

Physical Activity Objectives

- Perform endurance and strengthening activity, such as jogging and sit-ups

Physical Activity

- Too Much Junk Food

Newsletter Title

Healthy Snacking

Coyote Christmas

Nutrition Objectives

- Recognize advertising claims that are used on food labels. Simulate recommended food portions.

Nutrition Activities

- Oh, My Tummy
- Coyote Advertising

Physical Activity Objectives

- Practice the concept of different levels in general space.

Physical Activity

- Spider, Coyote, and Raven
- A Christmas Eve Tale

Oceti Sakowin Description

The Tricksters—teaching values through trickster stories (Iktomi), applied to food advertising.

Newsletter Title

How Much Do You Eat?

(The) Return of the Buffaloes

Nutrition Objectives

- Describe ways to safely store protein food. Explain why some people have a lack of food.

Nutrition Activities

- Protein Power
- Jazzy Jerky

Physical Activity Objectives

- Demonstrate locomotor skills while participating in the activity.

Physical Activities

- Follow the Buffalo Leader
- Hoop to Hoop

Oceti Sakowin Description

Lakota Parfleche Design—uses for parfleche (rawhide containers) and racing to make traditional decorative designs

Newsletter Title

Protein Power

(The) Vegetable Alphabet Book

Nutrition Objectives

- Explain how a vegetable grows. Describe preparing a vegetable soup. Recognize a variety of names for vegetables.

Nutrition Activities

- Sprouts!
- Vegetable Soup

Physical Activity Objectives

- Perform large muscle movements fluidly.

Physical Activities

- Simon Says, “Eat Your Veggies”
- Ribbon Alphabet

Newsletter Title

Safe Handling of Fruits & Vegetables