

Books Featured in the LEAP for Health Curriculum

- ◆ *Blueberries for Sal*
by Robert McCloskey
- ◆ *Bread and Jam for Frances*
by Russell Hoban
- ◆ *Clarabella's Teeth*
by An Vrombaut
- ◆ *Count on Pablo*
by Barbara Derubertis
- ◆ *D.W., The Picky Eater*
by Mark Brown
- ◆ *Eating the Alphabet*
by Lois Ehlett
- ◆ *Germs! Germs! Germs!*
by Bobbi Katz
- ◆ *Growing Vegetable Soup*
by Lois Ehlert
- ◆ *I.Q. Gets Fit*
by Mary Ann Fraser
- ◆ *More Spaghetti, I Say*
by Rita Golden Gelman
- ◆ *One Bean*
by Anne Rockwell
- ◆ *Rodeo Ron and His Milkshake Cows*
by Roland Clifford
- ◆ *Sesame Street Volume 2:
Happy, Healthy Monsters*
by Sesame Street Workshop
- ◆ *Spriggles: Activity and Exercise*
by Jeff and Martha Gottlieb
- ◆ *Spriggles: Health and Nutrition*
by Jeff and Martha Gottlieb
- ◆ *Surprise Garden*
by Zoe Hall
- ◆ *The ABC's Fruits and Vegetables
and Beyond*
by Steve Charney and
David Goldbeck
- ◆ *The Gigantic Turnip*
by Aleksei Tolstoy
- ◆ *The Very Hungry Caterpillar*
by Eric Carle
- ◆ *Those Icky Sticky Smelly Cavity
Causing but... Invisible Germs*
by Judith Anne Rice
- ◆ *Those Mean Nasty Dirty Downright
Disgusting but...Invisible Germs*
by Judith Anne Rice
- ◆ *Tops and Bottoms*
by Janet Stevens

Why Offer a Primary Youth Curriculum Using Children's Books?

There is a natural link between nutrition, physical activity, and reading. Children are particularly interested in stories that describe and are connected to the events in their own lives such as: eating, playing sports, being active, and family mealtime. Reading books that focus on preparing and eating healthy foods and being physically active may motivate children to adopt positive food and physical activity behaviors that last a lifetime.



The LEAP for Health curriculum was developed through a collaborative partnership with the Kentucky Cardiovascular Coalition and a sub committee of its members. Storybooks for the program were made possible through a partnership with School and Community Nutrition, Kentucky Department of Education.

Nutrition and Physical Activity Concerns

- ◆ The risk factors of poor nutrition and physical inactivity begin early in life. The Bogalusa Heart Study indicated that children as young as 2 years old were already consuming a high-fat, high-sodium, and low-fiber diet.
- ◆ According to a survey conducted by the Centers for Disease Control, Kentucky is the least active state in the nation.
- ◆ On any given day, less than 15 percent of school children eat the recommended servings of fruit; less than 20 percent eat the recommended servings of vegetables.
- ◆ The percentage of children and adolescents who are overweight has more than doubled in the past 30 years.

Who is the target audience?

The curriculum is designed to be used with children 3 to 8 years of age and their parents. A curriculum matrix is provided aligning activities with Kentucky Department of Education Academic Expectations.

Where can the program be delivered?

- ◆ public libraries
- ◆ places of worship
- ◆ family resource centers
- ◆ homes
- ◆ child care centers
- ◆ Head Start programs
- ◆ public school early childhood programs



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Literacy, Eating, and Activity for Primary



Youth Health