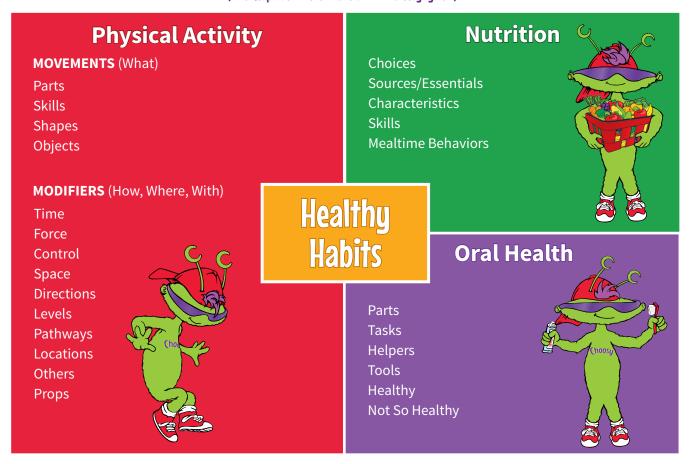
# **Healthy Habits Vocabulary**

(An excerpt from Move and Learn with Choosy system)



Children learn new words by interacting with others and repeated exposure to words in various contexts. This framework can be used to support motor skill practice, vocabulary development, and to reinforce healthy behaviors. The words representing physical activity, nutrition, and oral health can be integrated into a text rich classroom environment and into activities to support early learning content standards.

## Physical Activity

The Movements category is the foundation for active learning and increasing physical activity, and represents what the body can do, including skills for moving and manipulating.

The Modifiers category includes vocabulary words that add variety to movement skill practice and quality to instruction. This provides countless variations for challenging young children to explore their movement skills and increase physical activity.

### Nutrition

The Nutrition category introduces vocabulary words that explore food characteristics and reinforce healthy nutrition choices, skills, and behaviors.

### Oral Health

The Oral Health category includes words that help introduce young children to oral health concepts and behaviors.

Mix and match all of the words into active learning experiences during transitions and daily routines, and integrate into all other domains of learning.

# **Physical Activity**

#### **MOVEMENTS**

#### **What My Body Does**

Shake

Sit

Skip

Slide

Squat

Stand

Stretch

Sway

Swing

Tip toe

Turn

Twist

Walk

Push

Roll

Stack

Throw

Toss

Step

#### **Moves My Parts Motor Skills** Ankles Balance Arms Bend Climb Back Chest Crawl Fars Gallop Elbow Нор Eyes Jump Fingers Kneel Foot Land Hand Leap Head March Rock Hips Knee Roll Run Leg Neck **Moves Objects** Nose Shoulder Bounce

## **Makes Shapes**

Big Circle Curved Letters Narrow Numbers Rectangle Small Square Straight Thin Triangle Twisted Wide

Fruits Healthy Meals Not so healthy Snacks Variety Vegetables Animal

Plants

Soil

Sun

Trees

Water

**Nutrition** 

**Healthy Eating and Drinking** 

**Food and Drink Choices Food and Drink Skills** Break Dip Knead Mash Measure Mixing Peel **Food and Drink Sources/Essentials** 

Pour Roll Scoop Scrub Slice Snap

#### **Food and Drink Characteristics**

Color Flavor Shape Size Smell Temperature Textures

### **Mealtime Behaviors**

Chew Drink

Spread

Stir

Store

Tear

Squeeze

Enjoy (food is fun) Manners Pace

Portion Set table Talk

#### **MODIFIERS**

Catch

Close

Hit

Kick

Open

In Time	
Beats	
Fast	
Medium	
Patterns	
Slow	

**With Force** 

With Control

Light

Medium

Strong

Freeze

Go

Safe

Start

Stop

**How My Body Moves** 

Stomach

Toes

Waist

Wrist

# **Play Space**

**Pathways** Curved Straight Zigzag

**Where My Body Moves** 

Off Apart Around On Behind Out Between Over Bottom Side by side Facing Through Far from Together ln Тор

## **Oral Health**

#### **Keeping a Healthy Mouth**

#### Empty Not empty/full Self-space Shared space Locations **Directions** Backward Down Forward Left Right Sideways Up In front Under Levels Near to Low High Medium

#### **Healthy Mouth Parts Healthy Mouth Tools** Cheek

Chair Floss Fluoride toothpaste Mouth

Glasses Light Mask Mirror Tongue Scraper Sink

## **Healthy Mouth Tasks**

Gums

Lips

Root

Smile

Teeth

Child

Choosy

Dentist

Doctor

Family

Hygienist

Teacher

Brush 2 minutes Brush 2 times a day Check up Don't rush Rinse Smile

**Healthy Mouth Helpers** 

#### **Not So Healthy Mouths**

Bad breath Candy Cavities Germs Hole Pain Plaque Spot Soda

Sugar

Toothbrush

## **What My Body Moves With**

#### **Other Movers Props** Follow Balls Group Bean bags Lead Cones Parachute Partner Solo Ropes Take turns Scarves Spot markers

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