

# 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

#### Moves My Parts

Ankles  
Arms  
Back  
Chest  
Ears  
Elbow  
Eyes  
Fingers  
Foot  
Hand  
Head  
Hips  
Knee  
Leg  
Neck  
Nose  
Shoulder  
Stomach  
Toes  
Waist  
Wrist

#### Motor Skills

Balance Shake  
Bend Sit  
Climb Skip  
Crawl Slide  
Gallop Squat  
Hop Stand  
Jump Step  
Kneel Stretch  
Land Sway  
Leap Swing  
March Tip toe  
Rock Turn  
Roll Twist  
Run Walk

#### Makes Shapes

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

#### Moves Objects

Bounce Pull  
Catch Push  
Close Roll  
Hit Stack  
Kick Throw  
Open Toss

### MODIFIERS

#### How My Body Moves

##### In Time

Beats  
Fast  
Medium  
Patterns  
Slow

##### With Force

Light  
Medium  
Strong

##### With Control

Freeze  
Go  
Safe  
Start  
Stop

#### Where My Body Moves

##### Play Space

Empty  
Not empty/full  
Self-space  
Shared space

##### Directions

Backward  
Down  
Forward  
Left  
Right  
Sideways  
Up

##### Levels

Low  
High  
Medium

##### Pathways

Curved  
Straight  
Zigzag

##### Locations

Apart Off  
Around On  
Behind Out  
Between Over  
Bottom Side by side  
Facing Through  
Far from Together  
In Top  
In front Under  
Near to

### What My Body Moves With

#### Other Movers

Follow  
Group  
Lead  
Partner  
Solo  
Take turns

#### Props

Balls  
Bean bags  
Cones  
Parachute  
Ropes  
Scarves  
Spot markers

## Nutrition

### Healthy Eating and Drinking

#### Food and Drink Choices

Fruits  
Healthy  
Meals  
Not so healthy  
Snacks  
Variety  
Vegetables

#### Food and Drink Sources/Essentials

Animal  
Plants  
Soil  
Sun  
Trees  
Water

#### Food and Drink Characteristics

Color  
Flavor  
Shape  
Size  
Smell  
Temperature  
Textures

#### Food and Drink Skills

Break  
Dip  
Knead  
Mash  
Measure  
Mixing  
Peel  
Pour  
Roll  
Scoop  
Scrub  
Slice  
Snap  
Spread  
Squeeze  
Stir  
Store  
Tear

#### Mealtime Behaviors

Chew  
Drink  
Enjoy (food is fun)  
Manners  
Pace  
Portion  
Set table  
Talk

## Oral Health

### Keeping a Healthy Mouth

#### Healthy Mouth Parts

Cheek  
Gums  
Lips  
Mouth  
Root  
Smile  
Teeth  
Tongue

#### Healthy Mouth Tasks

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

#### Healthy Mouth Helpers

Child  
Choosy  
Dentist  
Doctor  
Family  
Hygienist  
Teacher

#### Healthy Mouth Tools

Bib  
Chair  
Floss  
Fluoride toothpaste  
Glasses  
Light  
Mask  
Mirror  
Scraper  
Sink  
Toothbrush

#### Not So Healthy Mouths

Bad breath  
Candy  
Cavities  
Germs  
Hole  
Pain  
Plaque  
Spot  
Soda  
Sugar