

# Crave My F.A.V.

## Track 2

### About This Song

This song encourages children to choose healthy fruits and vegetables as their favorite foods and reinforces that when they do, their bodies become stronger and healthier.

### Instructional Themes

Nutrition  
Cause-effect  
Body part identification  
Gross motor skills

### Vocabulary

Bones	Jump
Crave	Legs
Fruits	Muscles
Heart	Vegetables

### Music Moves Me

Moving to music stimulates the brain, raises heart rates, and challenges body parts. This activity encourages children to move and learn with Choosy by choosing healthy fruits and vegetables to build strong bodies through physical activity.

#### Materials

- Move and Learn with Choosy Music CD or DVD

#### Activity

- Use the music CD to play the song “Crave My F.A.V.” and participate with the children emphasizing the movements and vocabulary in the song.
- Use the music CD to play the song “Crave My F.A.V.” and vary the lyrics and movements by asking children to suggest other body parts and movements.
- Use the DVD to play or project the “Crave My F.A.V.” music video of Choosy to support vocabulary building, inspire creativity, bolster self-confidence, and reinforce the connection to Choosy as a friend, hero, and influencer.

#### Tunes Teach

Preschool children aren't self-conscious about their ability to sing. They like to sing songs about familiar things like toys, animals, play activities, people, and movements they're asked to make.



# Rhyme Time Story Time

This activity transforms song lyrics into an early literacy resource. The conversation stretchers explore cause and effect, what it means to “crave” a healthy food, and the positive health consequences of eating fruits and vegetables.

## Materials

- Rhyme Time Story Time Card for “Crave My F.A.V.”

## Activity

1. Show children the front of the Rhyme Time Story Time Card for “Crave My F.A.V.” Draw attention to the image of Choosy on the card, the market, other items in the picture, or the title of the song.
2. First reading: Read the lyrics on the back of the card to children as you would any storybook, nursery rhyme, or poem. Try not to engage in discussion during this first reading. Allow the children to immerse themselves into the theme and the story the lyrics are telling.
3. Second and third readings: Read the “story” again on the back of the card. Emphasize key themes and concepts such as the benefits of healthy eating and physical activity, ways to build strong muscles, bones and teeth, making healthy choices at the local food market, and vocabulary such as *healthy*, *crave*, and *produce*. Consider having children dramatize or demonstrate action words.
4. Extend children’s learning, language development, and thinking skills by asking personalized and predictive questions and then really listening to their answers. These back-and-forth conversation exchanges with the children foster a deeper understanding of the lyrics. Examples of “how,” “why,” and “what if…” questions can be found on the back of the card next to the lyrics.

## Learning With Lyrics

The most effective read-alouds are the ones where young children are actively involved asking and answering questions and making predictions, rather than passively listening.



# Super Choosy Adventure Time

This activity helps children recognize healthy dental behaviors and promotes the dentist as a healthy smile helper.

**SUPER CHOOSY AND THE STICKY GOOEY CANDY JAM** • In this adventure of Super Choosy, children will have fun learning about the importance of keeping their teeth healthy and using their imaginations to help Super Choosy and Dr. Dana clean up the sticky gooey candy jam!

## Materials

- Move and Learn with Choosy Music CD
- Super Choosy and the Sticky Gooey Candy Jam (CM5.1)
- “Brush My Smile” lyrics (CM5.2)

### Super Choosy Adventure Time Chant

Transition to Super Choosy Adventure Time by playing the song “Super Choosy” or by using this chant. Or, have fun creating your own chant! Have one of the children wear the cape and lead the group.

“It’s time, it’s time,  
it’s Super Choosy time.”

*(Repeat often and finish with “Kabam!” and Choosy “C” in the air.)*



## Activity

1. With children seated begin reading the story *Super Choosy and the Sticky Gooey Candy Jam* (CM5.1). Pause while reading the story to allow children time to act out the action words, express their thoughts and creativity, and benefit from the physical activity.
2. At the end of the story play the song “Brush My Smile” and participate with the children emphasizing movements and vocabulary from the lyrics (CM5.2).
3. Then lead a discussion about other ways they can keep their teeth clean and healthy such as eating fruits and vegetables (especially crunchy ones), and drinking water and milk instead of sugary drinks.

## Extend The Learning

**CHOOSY CHOICES** • This activity incorporates physical activity with nutrition and increases heart rates to happy (moderate) or very happy (vigorous) levels.

### Materials

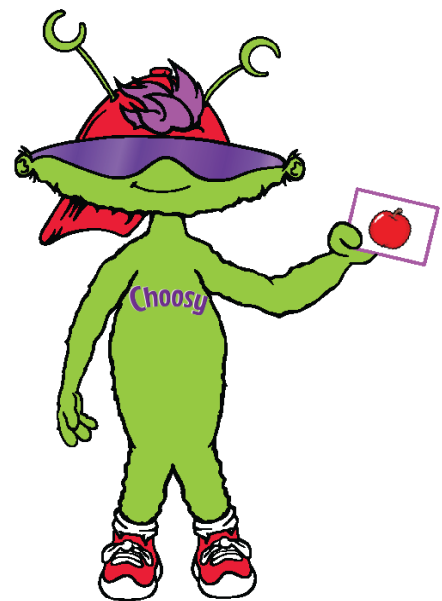
- Choosy puppet or Show and Learn Picture Cards (motor skills)
- Pictures of healthy and not so healthy foods and beverages
- (2) containers

### Activity

1. Discuss with children the difference between healthy foods and beverages (ones they can have anytime) and not so healthy foods and beverages (ones they have once in a while). If you have a Choosy puppet, have Choosy clap his hands when you mention a healthy food or beverage.
2. Place two containers at least 10 feet away from the group. Label one container as “healthy” and place the Choosy puppet or a Show and Learn Picture Card (motor skills) next to it. Label the other container as “not so healthy.”
3. Place images of healthy and not so healthy foods face down on a table. Invite one of the children to select an image and then show it to the group. Ask the children to determine if the food or beverage is healthy or not so healthy.
4. Ask the child with the card to take it to the appropriate container using a motor skill that he or she selects. Use the Show and Learn Picture Cards (motor skills) as a guide. Invite the other children to perform the same skill in place.
5. When the child returns to the group, select another child to choose an image and repeat the game until all of the images have been sorted.
6. Invite the children to help you count how many food and beverage items are in each container.

### Tip

Jumping and hopping are two very different motor skills. Jumping is taking off with two feet and landing on two feet while hopping is taking off on one foot and landing on the same foot.



### SIMPLIFY

Give each child a picture of a food or beverage card and sort into healthy and not so healthy piles.

### CHALLENGE

Use sight words instead of pictures.

# Engaging Families

**KNOW IT AND SHOW IT** • This activity provides children the opportunity to reflect on the healthy habits, concepts, and vocabulary they learned from the activities in the “Mix It All Up” song module.

## Activity

1. To promote shared thinking and conversation, ask personalized questions to help children recall and explore further their thoughts, feelings, and actions such as:
  - a. Let’s try to remember all of the activities we did together. Which game or activity would you like to do at home with family members and why?
  - b. What are some words or movements from this song that you can “show and tell” at home?
  - c. What will you tell your family members about healthy and not so healthy foods and drinks?
  - d. What do you suppose Choosy wanted you to learn from the song “Mix It All Up?”

## Healthy Habits At Home

Partnerships with families are enriched when conversations about cultural practices and beliefs are shared and respected. The result is a relationship based on shared thinking and shared experiences.

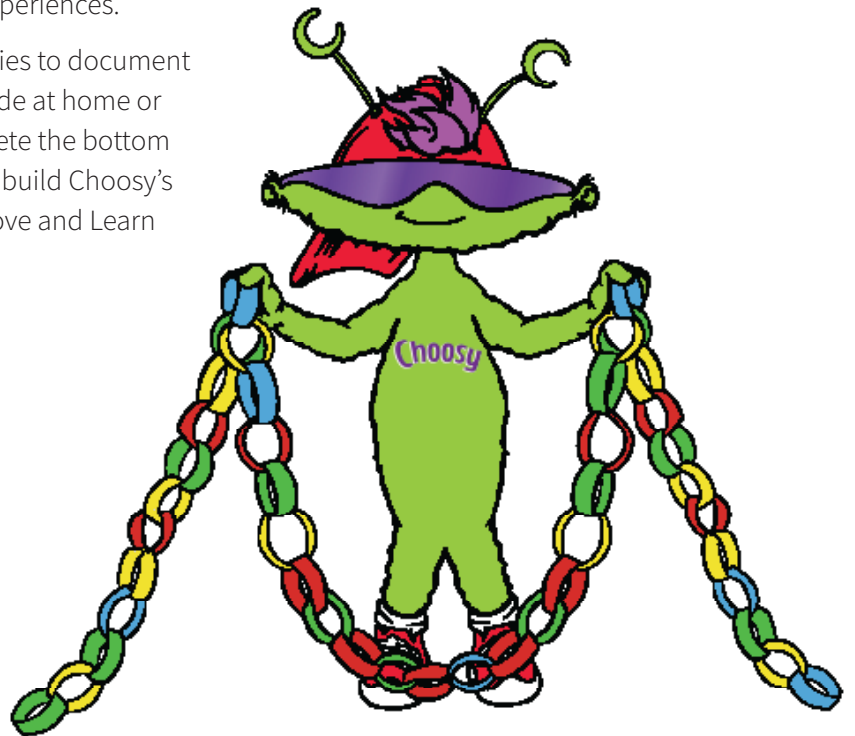
**CHOOSY’S CHAIN OF HEALTHY HABITS™** • This activity encourages family participation and their contribution in Choosy’s Chain of Healthy Habits™ by celebrating healthy choices at home.

## Materials

- My Choosy Family handout (CM8.3)

## Activity

1. Send a copy of the My Choosy Family handout home with each child. Encourage families to try the activities at home with their child in order to reinforce classroom learning experiences.
2. At the bottom of the handout is a place for families to document a healthy choice that someone in the family made at home or outside of the home. Encourage them to complete the bottom section and send it back with their child to help build Choosy’s Chain of Healthy Habits™ as described in the Move and Learn with Choosy Quick Guide.



## Extend The Learning

**WHAT'S NEXT?** • Sequencing is an understanding of how a series of objects, events, or movements occur in a specific and logical order or pattern. This activity emphasizes the ordering or sequencing of selected gross motor movements.

### Materials

- Choosy puppet or Show and Learn Picture Cards (motor skills)
- Spot markers or masking tape
- Healthy Habits Vocabulary
- Choosy cape, towel, or pillowcase

### Activity

1. Space out the spot markers within the designated play area or use masking tape and make a large “X” to mark a spot.
2. Invite each child to stand on a spot marker or “X” and then use the Choosy puppet or Show and Learn Picture Cards (motor skills) to help explain to the children that they are to make a sequence of three movements: first-jump; second-hop; third-march.
3. Have the children follow the sequence repeating it until they can do it on their own with you only using the cue, “What’s next?”
4. After they have mastered those movements, select another sequence of three movements for them to practice. Refer to the Healthy Habits Vocabulary for movement modifiers.
5. Repeat the activity often and invite one child to wear the cape and choose the three movements.

### Tip

If young children don’t have some level of competence in basic motor skills, they may have limited interest in engaging in childhood games or recreational physical activity later in school or life.



### SIMPLIFY

Select two movements for the sequence instead of three.

### CHALLENGE

Introduce children to a sequence of four or five movements instead of three. Or invite them to try the sequence of movements in reverse order using the cue, “what’s next?”

## Staff Wellness

For many of us, it's really difficult to find the time to nurture our bodies. When you lead children through the active learning experiences in the "What Can You Do?" song module, you have many opportunities for personal health benefits. By simply participating in the activities, you can support your personal health and well-being while remaining the play partner children admire and want to model.

### GET HEALTHY WHILE YOU TEACH™

- **Music Moves Me**—Participate with your children in the movement video "What Can You Do?" and get a physical activity break at the same time! As you lead your children in this activity, intensify the movements by incorporating squats or standing on your tiptoes while balancing. When you combine more vigorous physical activity with a healthy diet it can help you lose weight, increase your stamina, strengthen your heart, and boost your mood.
- **Super Choosy Adventure Time**—Blast off with your children in this fun adventure and explore what you can do! Did you know that you will have more likelihood of success with a new exercise if you start low and start slow (a few repetitions of the movement at a lower rate of intensity)? So be kind to yourself and choose what works best for you so you can increase your chances of making it a habit.
- **Move To The Beat**—Lead your children in this upbeat activity and make it a more vigorous workout for yourself by keeping your egg shakers or the prop of your choice high in the air above your head while marching. Exercising your arms, legs, and core at the same time can help you build more muscle, improve muscular endurance, and burn more calories.

### See It In Me

Let children see what you can do too. Children value play partners, and remember for a lifetime, those who took time to engage in their world of active learning, experimenting, and moving joyfully.



#### BE A CHAMPION

Play the song "I'll Be Your Champion" during your personal morning routines (while getting dressed, eating breakfast, driving to work) to remind yourself of the importance of your role in nurturing healthy children. Use the goal planner to set and achieve realistic health goals to nurture yourself.

#### ADD A LINK

Remember, you can add a link to Choosy's Chain of Healthy Habits™ every time you make a healthy choice. So help keep that chain growing!

# Crave My F.A.V.

## Lyrics

Something I crave means something I like.  
It means I think about it every day and night.  
Right now all I'm thinking about is my F.A.V.  
My F.A.V., that's right.  
And I'll tell you what it means.

Woo hoo, the F is for the fruits and  
woo hoo, the V is for the vegetables.  
When I crave my F.A.V.  
my heart feels better.  
When I crave my F.A.V.  
my bones get stronger.  
When I crave my F.A.V.  
my muscles get bigger.  
When I crave my F.A.V.  
my legs jump higher.

## Conversation Stretchers

- What does the “F” stand for in F.A.V.? What does the “V” stand for?
- In this picture, it looks like Choosy is not at his house anymore. Where is he? What fruits and vegetables do you see?
- Do you go grocery shopping sometimes? Choosy’s favorite place in the grocery store is where they keep the fruits and vegetables. Imagine your grocery store or market—where are the fruits and vegetables kept? Can you describe what you see in “your picture?”
- The word “crave” means to really want to eat something that you think is delicious! What foods do you see in this picture that you crave?
- What kinds of foods do you eat at home so you can feel better, get stronger, and have healthy teeth?
- Produce is another word for fresh fruits and vegetables. Besides the produce that we named in the picture, what are some other healthy foods Choosy could buy at a market?
- Can you make your legs jump like Choosy says? How about making them jump higher? How does it feel different? What do you tell your muscles when you jump high? Can you show me your muscles in your arms? How about showing what they look like if they’re stronger?
- What do you think it means to be healthy?
- What are your favorite foods? Do you think your favorites are healthy favorites? How do you think you can learn to crave more healthy foods?
- Let’s make a grocery list of healthy fruits and vegetables you could get at the market. *(Write what the children say, or encourage older children to write it themselves. Cut out photos from a supermarket flyer and glue next to the words to help children “read” the list.)*



# Super Choosy and the Sticky Gooney Candy Jam

Super Choosy's dentist, Dr. Dana, is on her way to school to teach the children how to keep their teeth clean and healthy. As her car rounds the bend something strange happens. There is a sticky gooney film all over the road that sticks to her tires and brings her car to a halt. Soon there is a big traffic jam. And the cars are all stuck together!

Up ahead, Dr. Dana sees a giant candy truck that has overturned spilling piles and piles of candy in the street. "Oh my goodness, that candy is going to ruin our cars. And now I'll never make it to school on time to help the children," Dr. Dana sighs. Luckily, she has a special bright green button on her phone. She taps the button and it quickly alerts Super Choosy about her problem.

Within seconds, Super Choosy arrives at the sticky gooney traffic jam. He quickly sees that he could use some help to clean up the mess. Can you help Super Choosy? Great! Stand up, fasten your cape, and make a Choosy "C!" Here we go!

Wow! That sticky gooney mess is everywhere! Pretend you're walking through it and it's stuck to the bottom of your shoes. Slowly lift your leg up high and then imagine the sticky goo is pulling your foot back to the ground.

Super Choosy called his favorite fire fighters who brought great big hoses to spray water to wash away the goo. Let's help the fire fighters spray the cars and the road. Pretend to hold the big fire hose and spray the water from side to side. Now spray up and down. Keep spraying—there's a lot of goo!

Super Choosy finds Dr. Dana and shows her the special gigantic scrub brushes he brought to help clean up the mess. Pretend to hold the big brush and scrub the sticky goo off of the cars. First brush the sides of the cars. Next brush the top of the cars. Now brush underneath the cars.

One last spray with the water hose should do it. Lift up the pretend hose again and rinse off the cars and the road one more time. Everybody claps and shouts, "thank you," to all of the helpers. Now the cars are shiny, clean, and able to move down the road again.

Super Choosy says, "Thanks for the help, friends! Now we need to get to the school!" Brush off your capes and make your Choosy "C!" Here we go!

Whew! We arrive just in time to hear Dr. Dana and Super Choosy talk about healthy teeth. Super Choosy wants you to take care of your teeth too so let's sit down and join in.

Do you brush your teeth twice a day? Why do you suppose you do that? Super Choosy says brushing your teeth is like brushing the sticky goo from the cars.

Super Choosy wants to know if you have ever lost a tooth. He says that losing your "baby teeth" is part of growing up. "Baby teeth" are very important and need to be kept clean. That's why we brush our teeth two times a day!

Super Choosy wants to know if you have ever been to the dentist. What was that like? He says that the dentist, like Dr. Dana, and the hygienist are his friends, and that they are your friends too! They are doctors for your smile and they help you keep your teeth healthy.

Super Choosy wants you to have a healthy, happy smile. He has a special song just for you called "Brush My Smile" to help you remember to brush often.

And remember, Super Choosy says taking care of your teeth is just as important as moving your body. So, have fun brushing, fist pumping, and jumping to the music!

Let's do it! (*play the song "Brush My Smile" found on the Move and Learn with Choosy music CD.*)



# My Choosy Family

## Mix It All Up



### A message from your child:

I have learned a lot from the song “Mix It All Up.” I pretended to be a blender and used my body to mix a healthy smoothie with fruit, milk, and ice. Here are some activities we can do at home to learn about healthy choices, practice motor skills, and have fun together!

### Family Fun: Rhyme Time Story Time

Read these words from Choosy’s song to your child like you would a storybook. Have a conversation about Choosy’s healthy messages, the movements, and the vocabulary words. Ask your child to be the leader and help create movements to go with the words you are reading.

#### “Mix It All Up” Lyrics

We’re going to pick, peel, and pour  
healthy foods to make a Choosy smoothie.

Now everybody be the blender  
and twist your whole body.

And Freeze!

All my Choosy kids pick your blueberries.  
All my Choosy kids pick your strawberries.

Twist your arms and mix it all up.  
Pour your smoothie into the Choosy cup.

Now all my Choosy kids peel your bananas.  
All my Choosy kids peel your orange.

Now twist your waist and mix it all up.  
Pour your smoothie into the Choosy cup.

Now all my Choosy kids pour your milk.  
All my Choosy kids pour your ice.

Now twist your whole body and mix it all up.  
Pour your smoothie into the Choosy cup.

### Discuss and Do: Choosy Smoothie

Make a Choosy smoothie together. Create a recipe and discuss the steps together, like selecting what to include, washing the fruits or vegetables, cutting them, placing them into the blender, mixing it all up. If you don’t have a blender, consider chopping your fruits and mixing them with your favorite yogurt and milk. Now enjoy a healthy drink that Choosy likes too!



### Choosy’s Family Reminder: Cook With Kids

Children are more likely to eat foods they help make. This is a good time to talk about healthy and not so healthy foods and beverages.



Please cut here and return to the teacher



**Add a Link to Choosy’s Chain of Healthy Habits™**



Here’s what we did to have fun, be healthy, and build Choosy’s Chain of Healthy Habits™.

- Rhyme Time Story Time Activity
- Discuss and Do
- Choosy’s Reminder
- We sent you a picture!
- Something else we did (activity, nutrition, or oral health): \_\_\_\_\_