The books we used for our extended program’s “Healthy Me” unit focused on different components of staying healthy—eating healthy foods, exercising, finding things you enjoy, trying new things, and going to the doctor.

**I Will Never Not Ever Eat a Tomato**

In the first week of our Extended Day “Healthy Me” unit, we read *I Will Never Not Ever Eat a Tomato*, by Lauren Child. In the story, Charlie’s little sister Lola is totally against eating her vegetables, particularly tomatoes. Using his imagination and describing peas as “green drops from Greenland”, mashed potatoes as “cloud fluff from the pointiest peak of Mount Fuji” (and more), Charlie eventually convinces his little sister to try some different veggies. At the end, Lola follows her brother’s example and she asks him for some “Moonsquirters” which turn out to be the dreaded tomatoes Lola claimed she would never eat.

Special activities during this first week included making veggie pizza in the kitchen and investigating which vegetables would sink and which would float in a science experiment. We also made pea shaped faces using popsicle sticks, ribbon, yarn, pipe cleaners and stickers. We examined several types of potatoes and carved shapes into them and printed onto paper. We learned the game “Hot Potato” as well.
The Very Sleepy Sloth

Following our focus on healthy eating and vegetables the first week, we read *The Very Sleepy Sloth*. In this book by Andrew Murray, a sloth sleeps as his jungle animal friends are busy practicing their skills of jumping, swinging, running and lifting weights. When they give him a hard time for sleeping while they are exercising, he challenges each to do what another excels at. It ends up being harder than they anticipate and sloth explains that they all stay busy doing what each does best.

The friends had lots of opportunities during this week to be active. Friends also jumped on the trampoline, swung on a bar, scooted around on scooters, jumped through hoops, and tossed bean bags. We made a large puzzle of a sloth and also a sloth sleeping in a tree out of paper and yarn. We also cooked delicious jungle bread and enjoyed jungle stew for snack.

A Bad Case of the Stripes

In our third week of the unit, we read *A Bad Case of the Stripes* by David Shannon. Camilla is a little girl who loves lima beans, but does not eat them because she is afraid her friends will make fun of her. (Her friends don't like lima beans.) She wakes up one morning and has rainbow stripes all over! She changes colors or patterns just by suggestion, so when everyone at school makes suggestions all at once, Camilla looks quite mixed up. The patterns and colors disappear and Camilla's true self is revealed only when she eats a big plate of lima beans.

During this week, we had a great time making bread dough faces and painted these with food coloring and egg water mixture. Then we baked them as bread to eat for snack. We also made rainbow wind socks.

Since Camilla got colored stripes, we tried drawing straight lines with rulers, and projecting colors onto ourselves with an overhead projector and cellophane.
Froggy Learns to Swim

The focus book for the last week was *Froggy Learns to Swim* by Wilma Rudolf. Froggy's family wants to go swimming on a hot day, but Froggy is afraid. His parents help him by holding him while he practices putting his head in the water ("bubble, bubble") and lifting his head up to get some air ("toot, toot"), then moving his arms and legs in swimming motions ("chicken, airplane, soldier"). Soon Froggy learns to love the water so much that he swims all night!

For this week, we tried many of the same things that Froggy did. He loved to swing, so we practiced swinging on a bar again. He also wanted to wear flippers into the water so we tried on real flippers and then made our own frog feet. Since froggy catapults into the water, we learned about catapults, and then catapulted bean bags and toy frogs across the room. We also played leap frog, cooked apple streusel muffins, and created frog shadow puppets to re-enact the story.