



My Teacher's

Favorites!

Color:

Vegetable:

Fresh Fruit:

Healthy Drink:

Active Activity:

Sport/Hobby:

Book/Author:

Animal:

Place to Visit:

Community/Volunteer:

Name:

Birthday:

Fun Facts About

My Teacher!

My

Favorites!

Color:

Vegetable:

Fresh Fruit:

Healthy Drink:

Active Activity:

Sport/Hobby:

Book/Author:

Animal:

Place to Visit:

Task to help /Chore:

Name:

Birthday:

Fun Facts

About Me!

My Teacher's Favorites!

Color:

Rainbow

Vegetable:

Spinach

Fresh Fruit:

mangos

Healthy Drink:

water with twist of lemon

Active Activity:

Exercise class with granddaughter

Sport/Hobby:

Arts and crafts

Book/Author:

Kids say the Darndest Things / Art Linkletter

Animal:

Dolphin

Place to Visit:

Beach

Community/Volunteer:

Clown at Easter Seals Fair



Name:

Ms Marianne

Birthday:

December

Fun Facts About My Teacher!

I have 6 grandchildren. I

travel, exercise and play with them

often. I am a mime therapy clown

(that's a friendly good clown who

likes to play) I like bubbles.

My

Favorites!

Color:

purple

Vegetable:

asparagus

Fresh Fruit:

mangos

Healthy Drink:

coconut water

Active Activity:

walking to school

Sport/Hobby:

Irish Dancing

Book/Author:

Mo Williems

Animal:

owl

Place to Visit:

Ocean City

Task to help /Chore:

matching socks



Name:

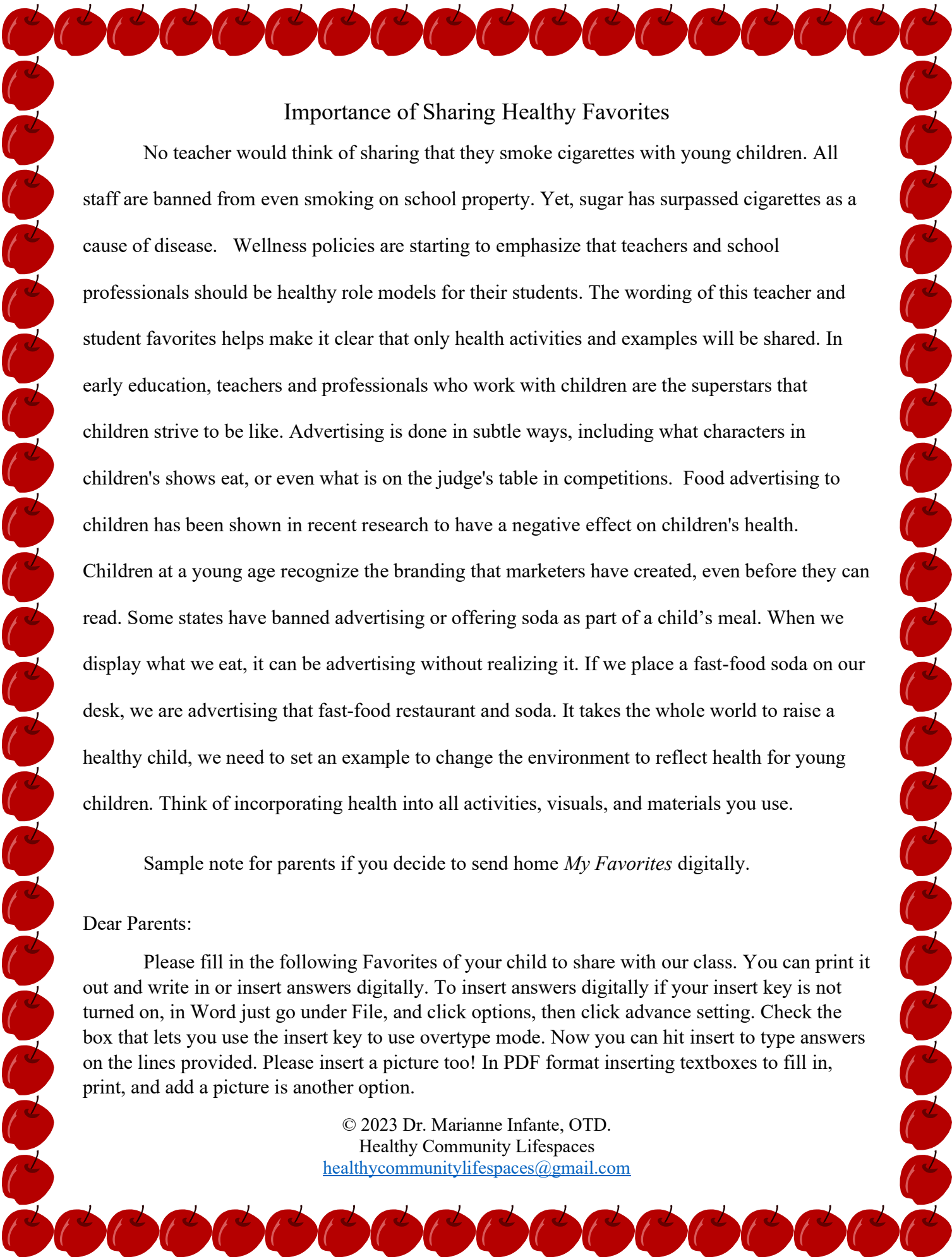
Leslie

Birthday:

December

Fun Facts

About Me!



Importance of Sharing Healthy Favorites

No teacher would think of sharing that they smoke cigarettes with young children. All staff are banned from even smoking on school property. Yet, sugar has surpassed cigarettes as a cause of disease. Wellness policies are starting to emphasize that teachers and school professionals should be healthy role models for their students. The wording of this teacher and student favorites helps make it clear that only health activities and examples will be shared. In early education, teachers and professionals who work with children are the superstars that children strive to be like. Advertising is done in subtle ways, including what characters in children's shows eat, or even what is on the judge's table in competitions. Food advertising to children has been shown in recent research to have a negative effect on children's health. Children at a young age recognize the branding that marketers have created, even before they can read. Some states have banned advertising or offering soda as part of a child's meal. When we display what we eat, it can be advertising without realizing it. If we place a fast-food soda on our desk, we are advertising that fast-food restaurant and soda. It takes the whole world to raise a healthy child, we need to set an example to change the environment to reflect health for young children. Think of incorporating health into all activities, visuals, and materials you use.

Sample note for parents if you decide to send home *My Favorites* digitally.

Dear Parents:

Please fill in the following Favorites of your child to share with our class. You can print it out and write in or insert answers digitally. To insert answers digitally if your insert key is not turned on, in Word just go under File, and click options, then click advance setting. Check the box that lets you use the insert key to use overtyping mode. Now you can hit insert to type answers on the lines provided. Please insert a picture too! In PDF format inserting textboxes to fill in, print, and add a picture is another option.

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Healthy Community Lifespaces
healthycommunitylifespaces@gmail.com