



EDUCATIONAL PROGRAM

PRE-SCHOOL CHILDREN PROGRAM



Regional Public Health Authority of the Moravian Silesian Region

OUR GOAL



Play with nutrition and physical activity.

We show to children by easy and funny way how to achieve healthy diet and regular physical activity.

We review every day hygiene routine (hand hygiene) and food poisoning prevention.

SMART TRAFFIC LIGHT

Smart traffic lights and little colors guide through the whole program.

They explain to the children what kind of basic foods are healthy, unhealthy and dangerous to eat. Children play / do the shopping and choose the right food.

DO YOU KNOW WHAT TO EAT?

The gardener shows to children fresh fruit and vegetable. Children learn to identify individual pieces of fruit and vegetable using all the five senses. The game is finished with fruit-vegetable picnic.

DO YOU KNOW HOW TO BURN CALORIES?

Smart traffic lights explain energy intake and output and what kind of exercise to do for a certain time to achieve burning the exact amount of calories.



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