

Team up with the Virginia Family Nutrition Program

LEAP: Literacy, Eating, and Activity for Preschoolers

For 3-5 year olds

Bring LEAP to Your Students

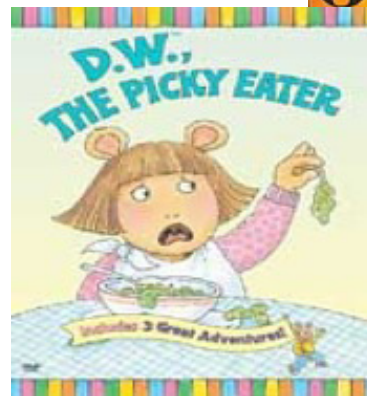
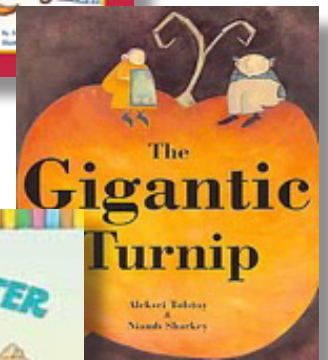
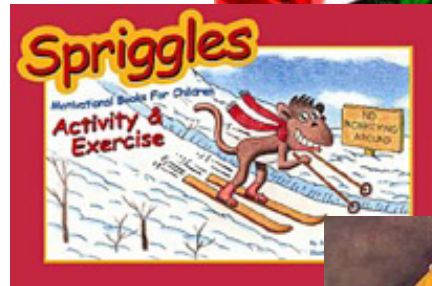
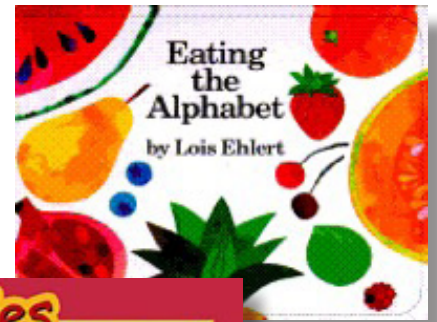
The Family Nutrition Program provides everything you need to bring this evidence-based program to your organization in-person or virtually. Research shows that nutrition affects student's thinking, behavior, and health, all factors that impact academic performance. Our trained staff can train teachers to implement this program in their classroom in-person, remotely, or virtually.

With the **LEAP** curriculum and the Family Nutrition Program you can:

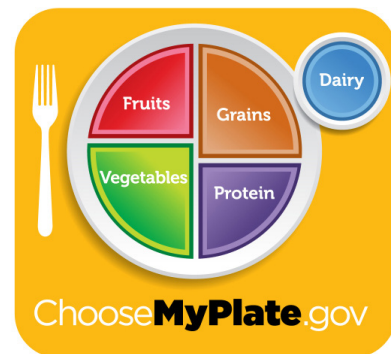
- Deliver engaging, healthy living programs with proven results
- Support learning and healthy behaviors
- Support your school's wellness initiatives

Flexible Training and Support

Our trained staff can give you the training and resources for you to teach to your students at no cost to your organization. They provide flexible scheduling options that fit with your availability.



For More Information Contact



Virginia Cooperative Extension
Virginia Tech • Virginia State University



Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.ext.vt.edu

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. SNAP provides nutrition assistance to people with low income. Contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays).

Last Updated August 27, 2020

LEAP Literacy, Eating, and Activity for Preschoolers

LEAP is a series of 10 mini-lessons using storybooks to teach children ages 3 to 5 about staying healthy, being physically active and eating more fruits and vegetables. Each lesson takes 20 to 30 minutes to teach and are also available in a virtual format for use by families at home.



After reading the fun stories, children do activities that reinforce learning and eat snacks with foods mentioned in the stories.

The Family Nutrition Program LEAP series can be conducted in-person, remotely, or shared virtually by teachers in schools, teachers and/or parents in Head Start and early-care centers, and by staff or volunteers in after school programs, churches, libraries, and other community centers.

Books include:

Growing Vegetable Soup

By Lois Ehlert

D.W., The Picky Eater

By Mark Brown

Spriggles: Health and Nutrition

By Jeff and Martha Gottlieb

Spriggles: Activity and Exercise

By Jeff and Martha Gottlieb

Count on Pablo

By Barbara Derubertis

The Hungry Caterpillar

By Eric Carle

The Gigantic Turnip

By Aleksei Tolstoy

Eating the Alphabet

By Lois Ehlert

One Bean

By Ann Rockwell

Those Mean Nasty Dirty Downright Disgusting But...Invisible Germs

By Judith Rice

"I enjoyed teaching LEAP this year. The children loved the books."

Preschool Teacher