

## Movement concepts

In Healthy Start trainings we often talk about movement concepts. What does this mean exactly? It's a way to describe different ways of moving. Moving concepts are like adverbs as they are used to describe how to do a certain movement, for example "gently roll the ball" or "run quickly."

Movement concepts can help children to develop a better understanding of their bodies and how they are positioned in space. Children can discover their own physical capabilities and the relationships that they can create with other people or objects (i.e. leading/following another person, across/around a room).

Movement concepts are classified like this:

- Space awareness (i.e. up/down, right/left, straight/curved)

- Effort (i.e. fast/slow, light/strong)
- Relationships with others or objects (i.e. mirroring/copying, over/under)

Incorporating movement concepts into physical activities can make them really fun! An idea you can use is to build an obstacle course inside your centre. *LEAP HOP*, page 60-61 suggests using cushions, rope, chairs, cardboard boxes, and towels as building materials. During the activity, you can cue the children to move through the course in different ways (crawl quickly under a chair, jump over cushions,



slowly log roll along a towel, walk backwards along the rope, etc.).

By suggesting new and challenging ways of moving it is easy to keep children interested in physical activity. Teaching young children how to use their physical capabilities is a great way for them to learn

the skills needed to be physically active for a lifetime.

If you are interested in more information on movement concepts, please contact your Healthy Start Coordinator by email or by calling.

#### Reference:

Stephen W. Sanders, *Active for Life: Developmentally Appropriate Movement Programs for Young Children*, National Association for the Education of Young Children, 2002, 109 p.

## Tofu-tastic

"Tofu is tasteless!" Because of this common belief, this often misunderstood food is not a popular ingredient in cooking. However, you might be surprised to learn how versatile and nutritional it is. It is time to set aside your pre-conceptions and become a fan of tofu.

#### Where does it come from?

Tofu is made from the liquid extracted from soybeans. The soy milk is then set in blocks, with nutrients such as calcium and magnesium are sometimes added to it. The final product can have different textures, depending on the process used.



Source: Nos petits mangeurs.org, <http://www.nospetitsmangeurs.org/du-tofu-a-toutes-les-sauces/>

#### What are the different kinds of tofu?

- Regular tofu is firmer and easy to cut into cubes or slices or to crumble. It can be stir-fried, oven-roasted, or grilled.
- Silky tofu is creamier and blends easily. It can generally be substituted for cream, yogurt or eggs.

#### What does it taste like?

While it is true that tofu has a somewhat neutral flavour, this makes it a versatile ingredient. It takes on the flavour of foods with which it is combined. You can marinate it, add spices to it, or add it to your favourite dish to take on its flavour.

#### How is it used?

Tofu is a good source of protein, which makes it an excellent replacement for meat and milk products. Use your imagination and try it:

- in a stir-fry (see our recipe of the month "Healthy Stir-Fry" on the next page);
- in a soup or salad;
- on a tortilla or in a wrap (see the recipe "Crispy Tofu Lettuce Wrap" in *FOOD FLAIR* p. 171);
- on the barbecue (marinate extra-firm tofu and grill it for about 5 minutes on each side);
- in smoothies, desserts, and salad dressings; etc.

For more information on tofu, go to the Dietitians of Canada website (<http://www.dietitians.ca/>).

#### Reference:

"Eat Right Ontario, « All about tofu », 2014, <http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/Everything-You-Need-to-Know-About-Tofu!.aspx?aliaspath=%2fen%2fArticles%2fCooking-Food-Preparation%2fEverything-You-Need-to-Know-About-Tofu!#.VFzX8sIWlyc>

# Let's make: Stir Fry\*

\*Reference: LEAP Food Flair, Legacies Now, p. 172.



## What you need:

- 1 cup firm tofu, diced into half-inch (1 cm) cubes
- ½ cup teriyaki sauce
- 1 tsp. brown sugar
- 1 carrot, sliced
- 1 medium green or red pepper, sliced
- 1 cup broccoli florets
- 1 tbsp. vegetable oil
- 1 can (8 oz/250 ml) pineapple chunks, drained
- 3 cups cooked rice (white or brown basmati)

## How to:

1. In a medium bowl, gently toss tofu cubes with teriyaki sauce and brown sugar until well coated. Cover and refrigerate for at least 10 minutes.
2. Cut up carrot, pepper and broccoli.
3. Heat oil for one minute in a large skillet over medium-high heat.
4. Carefully put the carrot and pepper into the skillet and cook for one minute, stirring with a wooden spoon.
5. Add the tofu and sauce, broccoli and pine-



apple chunks. Stir and cook one minute more or until broccoli is tender.

6. Serve over rice.

Serves 12 children.

## Healthy Start@Home

### Active Video Games

Active video games are often thought to be an easy way to move around while having fun with your family or friends. Some people think that they are a good solution for children who do not get enough physical activity.



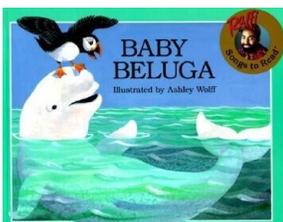
Source : Active for Life, <http://activeforlife.com/video-games-cant-replace-real-activity/>

The opposite is true! According to a study by *Active Healthy Kids Canada*, active video games may not be as beneficial as we think! In fact, they are not recommended because:

- They do not increase children's daily physical activity level.
- They do not contribute to attaining the recommended amount of daily physical activity (**180 minutes for children aged 1 to 4 and 60 minutes of moderate to vigorous activity for children aged 5 and over**).
- They do not increase the heart rate enough.

## Active Books in your Library

This November, if it is too cold for the children to go outside to play, use the time to try the activity "Wiggly Ribbons".



First, read Raffi's *Baby Beluga*, then ask the children what can be done with ribbons (i.e. wrap a gift, make a belt, tie your shoes, etc.). Then you can make your own ribbons (see *LEAP HOP*, p. 142) and practise moving them in different ways (e.g. a figure 8, a wave, a spiral, a circle, windshield wipers, a tornado, etc.). You can also put on some music and let

the children express themselves creatively by moving to the rhythm. For other activity ideas, see *LEAP HOP*, pp. 102-103.



- They do not offer the connection with nature, vitamin D, fresh air, and social interaction that come with outdoor activities and active play.

Although they may be a good way of reducing the time spent sitting in front of the television, tablet, or computer, active video games are not as beneficial as real activities, games, and/or sports.

### Should they be banned?

Not necessarily, according to experts, but they should not be viewed as a replacement for physical activity and, above all, the maximum recommended daily screen time of **less than an hour a day for children aged 2 to 4 and no more than 2 hours a day for children 5 or older** should not be exceeded.

### References:

Active Healthy Kids Canada, « Active Healthy Kids Canada's Position on Active Video Games », November 2012, <http://www.activehealthykids.ca/active-video-games-position.aspx>

Kim Brunhuber, « Active video games discouraged by child fitness experts », *CBC News*, November 26, 2012, <http://www.cbc.ca/news/health/active-video-games-discouraged-by-child-fitness-experts-1.1278445>

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