



***Programs and activities that support the core academic focus areas of Science, Technology, Engineering, Arts and Math**

Parenting Resources

Choosing Healthy Foods

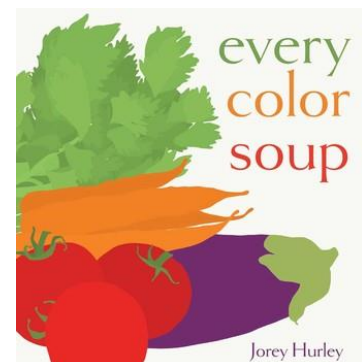
- Start the new year with a focus on healthy eating habits! The tips in this article stress [kids' active involvement in food choices](#). It also includes links to recipes and a downloadable booklet with food strategies for babies and toddlers.
- No one enjoys mealtime food battles with children. This National Institute of Health flyer has [ideas for getting picky eaters to try new foods and tastes](#).
- Encouraging kids to play with their food can actually help them develop nutritional choices. This site from ChooseMyPlate.gov is [loaded with ideas for getting preschoolers to eat nutritious foods](#). The downloadable tip sheets come in English and Spanish.



The Librarian Recommends...

[**Every Color Soup**](#) (written and illustrated by Jorey Hurley)

Large colorful illustrations and single-word labels introduce all the ingredients, tools and actions necessary to make a big pot of vegetable soup. The final pages contain a deliciously illustrated recipe for young cooks and a supervising adult. Yum! --*Susi Parks Grissom is a retired elementary school librarian and counselor.*



STEAM Activities & Games

Healthy Snacks vs. Junk Food

[This sorting activity from Arthur and friends](#) helps children understand the difference between healthy eating and junk food. The activity also prompts adult/child conversations about topics like food allergies and the importance of food variety.

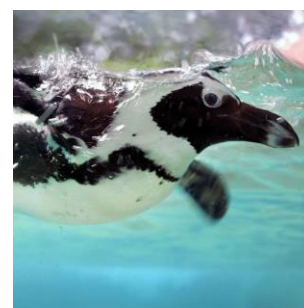


Arthur airs on KERA Channel 13 at 4 p.m. & 4:30 p.m. and on KERA Kids Channel 13.2 at 4 a.m., 4:30 a.m., 6:30 a.m., 8 p.m. & 8:30 p.m.

Get Up & Go! Art & Seek Activities for Families

Winter Weekend Fun

Drive away the winter doldrums with a family adventure this weekend. Possibilities include a Mochitsuki Celebration, specially-priced “Penguin Days” at the Dallas Zoo, outdoor painting lessons, a family comedy and magic show, and a silent film classic. Get the details at [Art & Seek Jr.](#)



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Spotlight on Diversity

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