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Review: Celebrate Healthy Eating, Dannon Institute, Inc. (2003), updated 2006. Web site for early childhood professionals:
<http://www.celebratehealthyeating.org>

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Celebrate Healthy Eating. 2003, updated 2006. From Dannon Institute, Inc., Web site for early childhood professionals: <http://www.celebratehealthyeating.org>. Accessed November 2006.

Celebrate Healthy Eating, sponsored by the Dannon Institute, is a nutrition education program designed specifically for preschool children. Parents and educators can access nutrition education information and tips as well as kid-friendly recipes and fun activities.

To teach preschoolers about nutrition, interactive activities are needed to spark their interest. Childhood is an important stage in life for developing healthful eating habits. Celebrate Healthy Eating is a Web site, written in both Spanish and English, intended to provide parents and early childhood professionals with the necessary resources to help preschool children learn about healthful eating. Goals, objectives, module lessons, and tips are included for each topic to assist educators and parents alike. The goals and objectives have a holistic, integrated approach using principles of The Creative Curriculum for Early Childhood. The main idea is to insert nutrition-type activities into the typical themes in an early childhood environment so that nutrition becomes part of the learning and skill development in day care or preschool. Information on calcium- and protein-rich food, breads and grains, as well

as strategies for increasing child fruit and vegetable consumption and healthful snack preparation are included.

The content of Celebrate Healthy Eating is expansive and includes nutrition information, tips, strategies, and activities for parents and educators of young children. A suggested list of books called Story Time is included to teach children about food and their bodies. Examples of the kid-friendly recipes available include Tossed Tuna Salad, Super Simple White Pizza, Quick Quesadillas, Potato Pancakes, and many snacks. Some of the recipes are in poster form so kids can follow them. Examples of fun activities and games available include a bingo game called Lot-O-Milk Lotto and taste testing activities. The Web site content was developed, tested, and evaluated by experts at Pennsylvania State University to ensure accuracy and credibility. Parts of the site were also developed by Scholastic, Inc. Many child-appropriate hands-on and interactive activities are presented using vibrant colors and child-friendly fonts. As an added benefit, the majority of the information is available in printer-friendly and downloadable PDF versions, a benefit to parents and educators who want to share information. A very useful MyPyramid chart is available to show how MyPyramid can be applied to young children. However, many of the other charts and tables included are too small to read.

Given the wealth of available nutrition information, the Celebrate Healthy Eating Web site is sometimes difficult to navigate. Large amounts of information can be found under some of the links and headings, such as calcium- and protein-rich foods, spring fruits and vegetables, breads and grains, and fall fruits and vegetables. Adding additional headings could lessen the feeling of being overwhelmed when reviewing this information. Additionally, the extensive scrolling would be lessened.

Overall, Celebrate Healthy Eating is a very useful resource for both parents and educators interested in teaching healthful eating to children. Its thorough content and interesting activities will help parents, educators, and children improve their knowledge and influence them to form healthful eating habits. The unique approach allows the addition of simple nutrition education in daily activities to add convenience to the lives of parents and professionals.

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