

Color Me Healthy



- *Color Me Healthy* is a nutrition and physical activity program developed to reach 4 and 5-year-old children with fun, interactive learning opportunities on physical activity and healthy eating.
- It is designed to stimulate all of the senses of young children: touch, smell, sight, sound and taste.
- Through the use of color, music and exploration of the senses, *Color Me Healthy* teaches children that healthy food and physical activity are fun.
- Maine-ly Nutrition teachers who have reviewed this program, highly recommended it to others.