



# View & Do



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Issue 4

Your Monthly Viewing Guide

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## Sesame Street 4085 Elmo and His Friends Play the Healthy Foods Name Game!

The 36<sup>th</sup> season of *Sesame Street* kicks-off in early April! In “The Healthy Foods Name Game!” Elmo has to find four differently colored healthy foods before time runs out! First, he finds *red* peppers, which are healthy and taste great! With Zoe, he finds a *white* healthy food—milk! Gladys the cow joins in and together they find something crunchy and *green*—lettuce. Finally, they see Snuffy who has a giant *purple* eggplant. Elmo and his friends have found all four healthy foods! Their prize? They get to *eat* all the delicious and colorful foods that they’ve found!

The preschool years are an important time in children’s lives to foster healthy eating habits. That’s why in its 36<sup>th</sup> season, *Sesame Street* has a “Healthy Habits for Life” central theme as a way to help children set a foundation for healthy eating early on. In “The Healthy Foods Name Game!” Elmo and some friends use colors to find nutritious foods. You can use colors to help your child eat well too. Using colors as a guide for eating is a fun way to help children get excited about and choose healthy foods that provide the wide range of nutrients that children need.

Go to the market with your child and ask him to pick out some fruit of different colors that she likes. At home, prepare a fruit salad with your child and talk about how the fruits help the body stay healthy and strong!

### You might also want to read:

*Eating the Alphabet* by Lois Ehlert

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Go to: [www.sesamestreet.com](http://www.sesamestreet.com)

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<p><b>4060</b> When Natalie fills in for Alan at Mr. Hooper's Store, Big Bird and Baby Bear learn that changes can be good. <b>Tip:</b> Talk about a change in your child's life. What was good about it? <b>Letter and Number: D, 17</b></p>	<p><b>4083 Global Grover: Biking in the Netherlands</b> Grover has just come from the Netherlands, where many people ride their bikes for transportation. <b>Tip:</b> Talk to your child about different ways you can get to places you go by biking, walking, or taking a scooter. <b>Letter and Number: D, 4</b></p>
<p><b>4083</b> Joe Torre of the New York Yankees reminds Telly that he needs to practice when he's trying something new like catching a ball. <b>Tip:</b> Play catch with your child. Show her how to hold her hands out, to keep her eye on the ball and to remember how important it is to keep practicing! <b>Letter and Number: D, 4</b></p>	<p><b>4031</b> Rosita makes a mistake during a karaoke song, but keeps going with the encouragement of her friends. <b>Tip:</b> Ask your child what she would do if she made a mistake. <b>Letter and Number: N, 7</b></p>
<p><b>4084 Elmo's World: School</b> Elmo learns that school is a place where you go to learn, make friends and much more! <b>Tip:</b> Pretend you are at school with you child and take turns playing the student or the teacher! <b>Letter and Number: A, 1</b></p>	<p><b>4084</b> The number of the day is 1! <b>Tip:</b> Have your child draw and color 1 picture of each of his favorite fruits. Discuss why the fruits are healthy to eat. <b>Letter and Number: A, 1</b></p>
<p><b>4085 Global Grover: French Market</b> Grover returns from a visit to a French market where people buy healthy foods like fruit, vegetables, bread and cheese and carry them in baskets. <b>Tip:</b> Ask your child to draw a picture of a basket filled with healthy foods of different colors. <b>Letter and Number: G, 6</b></p>	<p><b>4033</b> Everyone accuses Cookie Monster when the cookies start disappearing on <i>Sesame Street</i>. <b>Tip:</b> Ask your child to draw a picture showing how Cookie Monster felt when his friends thought he had stolen cookies. <b>Letter and Number: S, 19</b></p>
<p><b>4086</b> When Super Chicken lands on <i>Sesame Street</i>, Super Grover starts to wonder if one street is big enough for two super heroes. <b>Tip:</b> Read <i>Alexander and the Terrible, Horrible, No Good, Very Bad Day</i> by Judith Viorst. <b>Letter and Number: N, 13</b></p>	<p><b>4085</b> Jane Tuesday wants you to eat your colors! Today, that color is green, as in green beans. <b>Tip:</b> With your child, pick out and taste some fruits and vegetables that are green. <b>Letter and Number: G, 6</b></p>
<p><b>4087</b> Baby Bear explains that, in the story of <i>Goldilocks and the Three Bears</i>, the bears were actually running and jumping in the woods while the porridge cooled at their house. <b>Tip:</b> Find a place where you both can run and jump safely. <b>Letter and Number: E, 5</b></p>	<p><b>4034</b> Bert feels lonely when Ernie gives Bert exactly what he wants for his birthday—peace and quiet! <b>Tip:</b> Ask "Why did Ernie give Bert his wish?" <b>Letter and Number: M, 4</b></p>
<p><b>4088</b> Elmo, Zoe and Baby Bear all think that one special ball belongs to them. <b>Tip:</b> Ask your child what he learned from the way Elmo, Zoe and Baby Bear learned to share the ball. <b>Letter and Number: X, 17</b></p>	<p><b>4086</b> The Letter of the Day is <i>N</i>! <b>Tip:</b> Take a walk with your child and notice things you see that start with the letter <i>N</i> like nature, new, nail, nest, nut and others! Have your child draw a picture of all the <i>N</i> items when you return. <b>Letter and Number: N, 13</b></p>
<p><b>4089</b> The number of the day is 10! <b>Tip:</b> Have your child count his fingers. <b>Letter and Number: R, 10</b></p>	<p><b>4035</b> Telly takes on the big job of being a baby duck's mother. <b>Tip:</b> Read <i>Are You My Mother?</i> by P.D. Eastman. <b>Letter and Number: J, 5</b></p>
<p><b>4090</b> Telly, Elmo, Alan, and Bob entertain Zoe's pet rock, Rocco, by telling stories and singing songs that include Rocco. <b>Tip:</b> Ask your child to begin telling one of her favorite stories. Ask her to add herself, a friend, or family member into the story. <b>Letter and Number: H, 18</b></p>	<p><b>4087 Global Grover: Cricket in England</b> Grover learns about a game played in England called cricket. <b>Tip:</b> Ask your child about what games she knows that are played in this country. <b>Letter and Number: E, 5</b></p>
<p><b>4091</b> Zoe and some friends introduce the sign language word for "dancing." <b>Tip:</b> With your child, sign the word "dancing" while dancing to some music. <b>Letter and Number: I, 0</b></p>	<p><b>4037</b> Super Grover has to find a cape that will work when his old one gets worn out. <b>Tip:</b> Ask, "What things around our house might make a good cape for Super Grover?" <b>Letter and Number: F, 8</b></p>
<p><b>4092 Elmo's World: Cats</b> Elmo learns all about cats including pet cats, like Siamese and tabbies, and wild cats, like lions and tigers. <b>Tip:</b> Read <i>The Best Book of Big Cats</i> by Christiane Gunzi. <b>Letter and Number: Z, 14</b></p>	

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## Family Tips

<p><b>225 Cowboy Max</b> Emmy and the dragons help Max get over his fear of falling off a carousel pony. They are all rewarded with a ride when the carousel ponies come to life! <b>Tip:</b> Ask your child what else she could have done to help Max get over his fear of falling off the pony.</p>	<p><b>311 So Long Solo</b> When Zak and Wheezie decide to perform in the Twilight Talent Show, they have to take turns practicing their acts. <b>Tip:</b> Have your child and some friends or family members put on a variety show. Have them take turns doing their acts.</p>
<p><b>301 Fly with a New Friend</b> After a tour of favorite places in Dragon Land, Enrique thinks he'll be able to make friends at school, thanks to Max and Emmy. <b>Tip:</b> Read <i>Who Will Be My Friends?</i> by Syd Hoff.</p>	<p><b>312 A Balancing Act</b> With some help from his friends, Ord works on his balance. Soon, he is riding Emmy's skateboard! <b>Tip:</b> Encourage your child to try a new physical skill, like hopping on one foot, riding a bike, or jumping rope.</p>
<p><b>302 Super Snowy Day</b> After Emmy, Max and their dragon friends teach Enrique how to sled, Enrique teaches them a Spanish song about hot chocolate. <b>Tip:</b> Try something new with your child like a playing a new game, singing a new song, or tasting a new food.</p>	<p><b>313 Dragon Tune "When You Make a New Friend"</b> In this tribute to friendship, the gang sings about all kinds of friends—old, new, girl, boy, pink and blue. <b>Tip:</b> Have your child draw a picture of her friends—children, adults, animals and toys.</p>
<p><b>303 Musical Scales</b> With some encouragement from Enrique, Zak and Wheezie perform a new song for Princess Kidoodle. <b>Tip:</b> Have your child sing a song or recite a poem for your family. Ask her if she felt like Zak and Wheezie.</p>	<p><b>314 Teasing is Not Pleasing</b> When Emmy is teased, her feelings are hurt until she realizes what the teasers are saying is not true. <b>Tip:</b> Talk to your child about strategies for coping with teasing.</p>
<p><b>304 Making It Fun</b> When the gang offers to help paint a path for the racing unicorns, they need to find a way to make the big job fun. <b>Tip:</b> What big tasks does your child have to do? Have him come up with different ways of making it fun.</p>	<p><b>315 All That Glitters</b> When Max loses a precious golden dragon scale, the gang helps him look for it. <b>Tip:</b> Hide an object in your home. Give your child clues about where it is until she finds it.</p>
<p><b>305 Itching for a Cure</b> Dr. Booboogone prescribes an anti-itch cream for Mungus the Giant. The children and dragons want to help but they face big challenges as they gather the ingredients for the cream. <b>Tip:</b> Pretend to be Dr. Booboogone and act out ways to make Mungus feel better.</p>	<p><b>316 Dragon Tunes "Hola"</b> Get up on your feet with Max, Emmy, Enrique and the dragons. Say and sing "Hola!" <b>Tip:</b> Read <i>Hola Jalapeno</i> by Amy Wilson Sanger.</p>
<p><b>306 Just for Laughs</b> Finding eggs in the Custard Egg Hunt in Dragon Land is hard, but looking after Kiki and Finn, Cassie's twin sister and brother, turns out to be even harder! <b>Tip:</b> Have your child and friends or family members work to put a puzzle together.</p>	<p><b>317 Head Over Heels</b> With some help from her friends and her desire to keep trying, Emmy learns how to do a cartwheel! <b>Tip:</b> Help your child do a cartwheel using the "ready, hand-hand, foot-foot" method.</p>
<p><b>307 Dragon Tune "Ord Shuffle"</b> Get ready to dance, shuffle and sing along with big, lovable and not-so-brave Ord. <b>Tip:</b> Ask your child to draw a picture of Ord doing something he enjoys, like eating, flying or playing with Max and Emmy.</p>	<p><b>318 All Together Now</b> With some encouragement from his friends, Max learns that playing by himself can be fun! <b>Tip:</b> Have your child tell you activities that he can do by himself.</p>
<p><b>308 A New Friend</b> Along with their new friend Lorca, the gang makes their way through the Forest of Darkness and around other obstacles to find a treasure. <b>Tip:</b> Read <i>A Rainbow of Friends</i> by P. K. Hallinan.</p>	<p><b>319 The Sorrow and the Party</b> When Max has hurt feelings about not being invited to a birthday party, the gang cheers him up with a fun day in Dragon Land. <b>Tip:</b> Have your child draw a picture of things she can do to cheer herself up when she is feeling sad.</p>
<p><b>309 Let's Dance</b> Wheezie struggles to be patient when Greta the Gremlin leaves her with three magical boxes. <b>Tip:</b> Ask your child "What did you learn from Wheezie?"</p>	<p><b>320 Cassie Catches Up</b> After some frustrating games at the Dragon Land Carnival, Cassie remembers all the things she does well. <b>Tip:</b> With your child, make a list of the things he is good at. Post the list on the refrigerator.</p>
<p><b>310 Dragon Tunes "Speak Up"</b> This catchy Dragon Tune encourages Cassie to say what's on her mind. <b>Tip:</b> Read <i>Halibut Jackson</i> by David Lucas.</p>	