Rainbow skewers
Turn skewers into a veggie rainbow for a colorful snack or side dish. On each skewer, your child could alternate cherry tomatoes with slices of orange bell pepper, yellow squash, green zucchini, and purple eggplant. Brush with olive oil and roast at 400° for 10-12 minutes or until tender.

Be a “star”
Here’s a fun exercise for your youngster—and the whole family. Lie on your backs with your arms and legs stretched out into a star shape. Lift your left leg, raise your head and shoulders off the ground, and reach to touch your left foot with your right hand. Change sides and alternate. Idea: How many “star touches” can he do in a minute?

Seeds are filled with nutrients. Add them to your child’s diet by letting her toss unsalted sunflower seeds into salads or add pumpkin seeds to soups and cooked vegetables. Try grinding seeds in a coffee grinder, and sprinkle them on hot or cold cereal or yogurt.

Just for fun
Mom: Zach, why are you standing on your head?
Zach: Because my feet are tired!

A+ breakfasts
Fuel up your child for the school day ahead by making sure he eats a nutritious breakfast. He’ll be more alert for learning and playing when you start the morning with these tips.

Prepare ahead
Getting healthy meals on the table during the busy school-and-work week can be challenging. Make it easier by prepping ingredients the night before. For example, cook a batch of oatmeal, barley, or brown rice. In the morning, your youngster could microwave it and add his favorite toppings to create a grain bowl. Some ideas: diced peaches, dried cranberries, crushed walnuts, cinnamon, nonfat Greek yogurt.

Eat at school
What’s more fun than eating breakfast at home? Eating a healthy breakfast at school with friends! Scan the cafeteria menu with your child. He’ll find fresh fruit and perhaps options like whole-wheat French toast sticks, scrambled egg tacos, and whole-grain banana muffins.

When he gets home, ask him to tell you what he had for breakfast that day.

Make weekends special
With more time on the weekends, plan special morning meals you and your youngster can cook together. Toss frozen blueberries into whole-grain pancake batter. Or make grilled breakfast sandwiches on whole-wheat bread, tucking in nutritious ingredients like tomato slices, mushrooms, and low-fat cheddar cheese. Idea: Let him use cookie cutters to cut the pancakes or sandwiches into different shapes.

Add activity to chores
Help your youngster get fit while building responsibility. Try these suggestions the next time she does chores.

• Listen to music. Make an upbeat “chores playlist” together. Your child can dance while both of you wipe down kitchen counters, dust, or sweep. Tip: Bring in math by asking her to estimate how long chores will take and create a playlist to fit that time.

• Turn it into a game. To tidy up, each family member is responsible for one room—collecting shoes, toys, books, or papers and putting them where they belong. Set a timer and meet back in the living room when it goes off. Did everyone finish straightening up their room?