

# January



## Learn It Fabulous Five

As CACFP providers, we know the importance of teaching the children in our care about building life-long healthy habits. We can start with a lesson on what healthy foods are with the five food groups: proteins, vegetables, fruits, grains, and dairy. During circle time, explain each of the 5 groups to the children and show examples. Make a large grid on the floor with masking tape. Using printed pictures, magazine photos, or toy foods, ask children to put the food in the correct group. As you have mealtimes and snacks, ask questions about the food groups and what group the food you are serving fits in.

## Eat It Banana "Beary" Pancakes

1 cup whole wheat flour  
1/2 tsp cinnamon  
1 1/2 tsp baking powder  
1 large egg  
1 1/2 tsp vanilla  
1 1/3 cup milk  
Banana, sliced  
Whole blueberries

Mix dry ingredients. Add egg, vanilla and milk until desired consistency and thoroughly mixed. For each pancake, measure out 1/4 cup and pour onto griddle. For each measured pancake, make two additional mini pancakes with small dollops of batter. To create your bear, use one large pancake for the face and two mini pancakes for the ears. Place one slice of banana for the nose and add a blueberry on top. Use two banana slices for the eyes with a blueberry on top of each. Add a blueberry smile and enjoy!



## Play It The Great Bear Hunt

During circle time, read *We're Going on a Bear Hunt* by Michael Rosen. Hide a bear somewhere in your child care center or home and set out on an adventure to find it. Make up actions as you go through different places. For example, rub your tummies and say, "yum, yum, yum" as you go through the kitchen or cafeteria. When you go by the office or quiet area put your fingers to your lips and say, "shhhh." This will be great fun for the kids!

## Create It Teddy Roll

Instruct the children to paint a 6" cardboard tube brown. Then assist in cutting out a bear head, two arms and two legs from brown construction paper. Have the children use markers to make their bear face on the construction paper head and then glue the bear parts to the cardboard to complete the teddy bear roll.



## Read It

*Bear Snores On* by Karma Wilson

*Old Bear* by Kevin Henkes

*The Bear's Winter House* by John Yeoman

## Laugh About It

What do you call a bear with no teeth?  
A gummy bear!



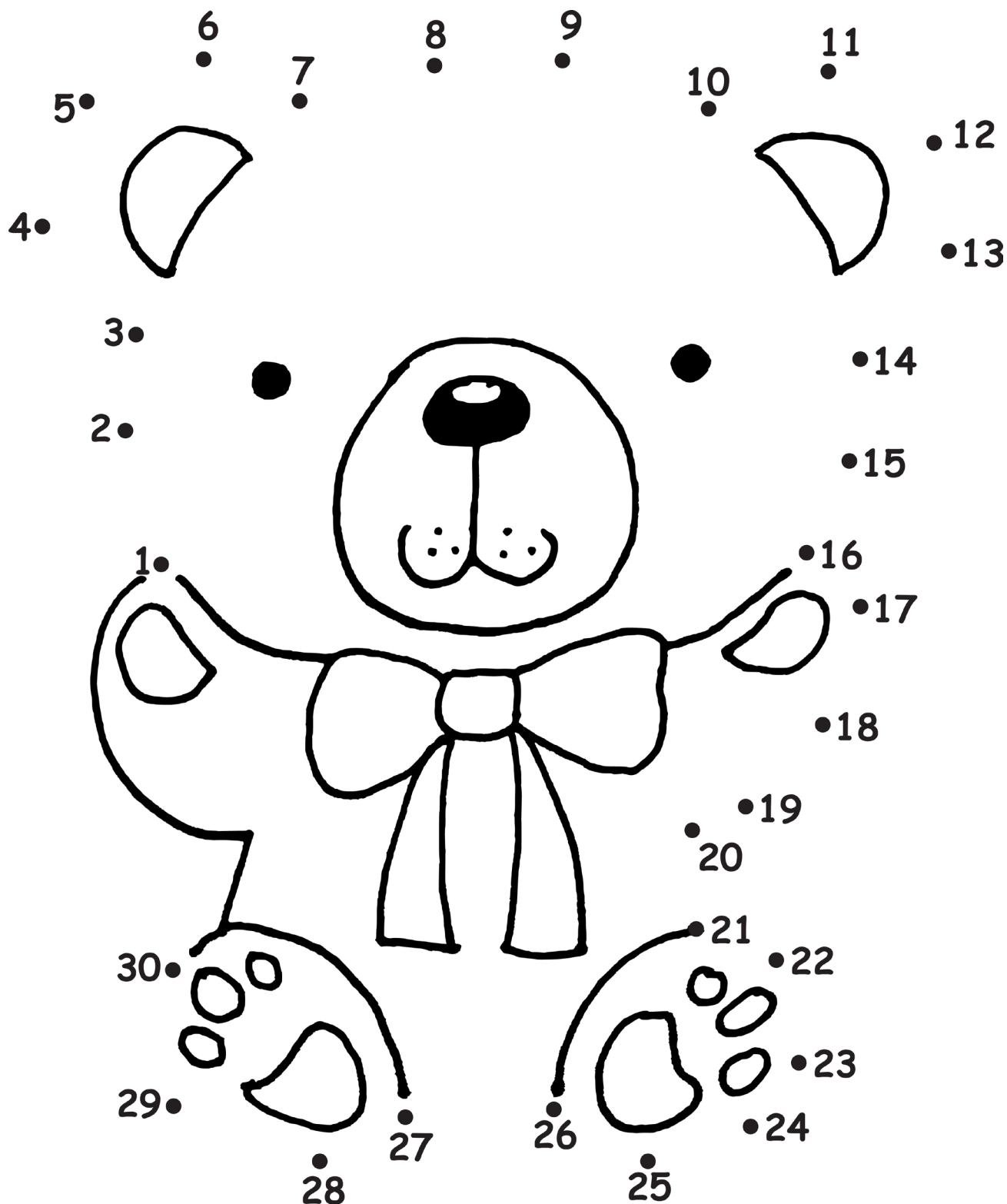
## Fun Fact

Bears can run up to 40 miles per hour.

Name \_\_\_\_\_

# What's That Animal?

Connect the dots to complete the furry friend. What animal is it?



# February



## Learn It **Should I Stop or Go?**

Now that the children have a better understanding of what the five food groups are, let's look at healthy anytime "go" foods vs. "slow" and "whoa" foods. During circle time, discuss how foods fuel our bodies to help us learn and grow. Some foods, however, might be yummy to eat, but they do not help our bodies stay strong and healthy. Define go, slow and whoa for the children then practice with this activity. Staying in the circle, ask the children to stand. Call out a food. If it is a go food, they will run in place. If it is a slow food, they will walk and if it is a whoa food, sit down. Use mealtime and snack time as an opportunity for more discussion on go, slow and whoa.

## Laugh About It

What's a kangaroo's favorite candy?  
Lolli-HOPS!



## Create It **Kangaroo, I love you!**

Using the template at [cacfp.org](http://cacfp.org), have the children color the kangaroo. Assist as needed to cut out and place on construction paper. Teach the children how to make a red felt heart. They will glue the heart on the kangaroo's pouch to complete their Valentine.

## Play It **Pick Up Pouch**



Gather enough aprons with front pouches for each child to have one. Using the kangaroo card template from the above craft, create many kangaroos to scatter around your child care inside or out in a play yard. When the music starts, the children will hop, hop, hop and place the kangaroos in their pouches. When the music stops, practice counting to see how many kangaroos they collected in their pouch. Repeat and play as many times as the children would like.



## Read It

*Do Kangaroos Wear Seatbelts?* by Jane Kurtz

*Katy No-Pocket* by Emmy Payne

*Does a Kangaroo Have a Mother Too?* by Eric Carle

## Eat It **Pocket Picnic**



Whole grain-rich pita pockets

Assortment of sandwich vegetables

Assortment of sandwich meats

Give each child a pita pocket. Assist as needed while the children assemble their sandwich pita.



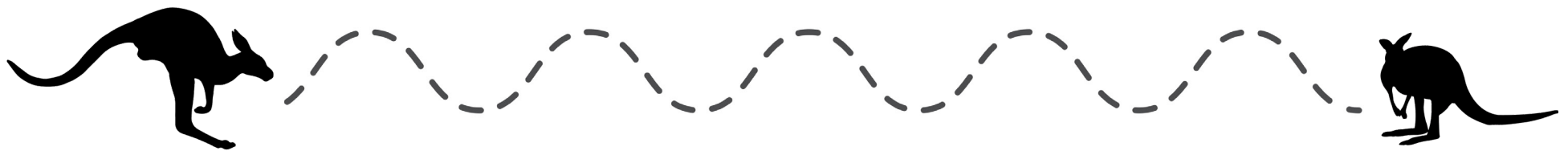
## Fun Fact

A kangaroo can leap more than nine meters in a single jump!

Name \_\_\_\_\_

# Hop To It

Help the kangaroos reach their joeys by tracing the path they will hop along.



# March



## Learn It **Powerful Protein**

Protein is a main component of our muscles, bones, and organs. A diet rich in protein helps to build and maintain the tissues of our body. While it is important to consume enough protein, we must also ensure that it is lean and low in saturated fats and cholesterol. Talk to the children about what are good sources of proteins include: meat, poultry, seafood, beans, peas, lentils, eggs, nuts, seeds and soy products, for example. Collect magazines and have the children journey on their own protein treasure hunt. They can cut out all of the pictures of protein sources that they find. Create a wall poster that the children can attach their picture to. Discuss the proteins you are eating throughout the day.

## Eat It **Herbivore Burrito**

2 cups cooked brown rice  
2 (15 oz) cans of black beans, drained, rinsed, warmed  
4 oz cheese  
½ cup salsa  
6 whole-wheat flour tortillas



Stir together all ingredients except tortillas. Warm tortillas. Add ¼ cup bean and rice mixture to ½ tortilla and roll up. Place seam side down on baking sheet. Warm for 8-10 minutes in a 375° F oven. This would be a burrito a koala might eat. They do not eat meat – only plants!



## Read It

*Koala Lou* by Mem Fox

*The Koala Who Could* by Rachel Bright

*Children's Book About Koalas: A Kids Picture Book About Koalas with Photos and Fun Facts* by Lily Liu



## Play It **Koala Kome Over!!**

Divide the children into two groups. Each group will stand in a designated line, facing each other. One team starts and calls, "Koala, Koala, let \_\_\_\_\_ come over!" That child will then run toward the line and try to break through. If they do break, they will take a child back to their original side. If they do not, they will join the new group.

## Create It **Marsupial Masks**

Did you know a koala actually isn't a bear at all? They are marsupials. Let's make a fun mask. Use the template for the Marsupial Masks on [cacfp.org](http://cacfp.org). Ask the children to color the mask. Assist as needed while the children cut out the mask and then help them make a mask by punching holes in the side and tying a string in each hole. The children can wear masks during Koala Kome



## Laugh About It

What did the mom koala say to the baby koala?  
I love koala - ty time with you!



## Fun Fact

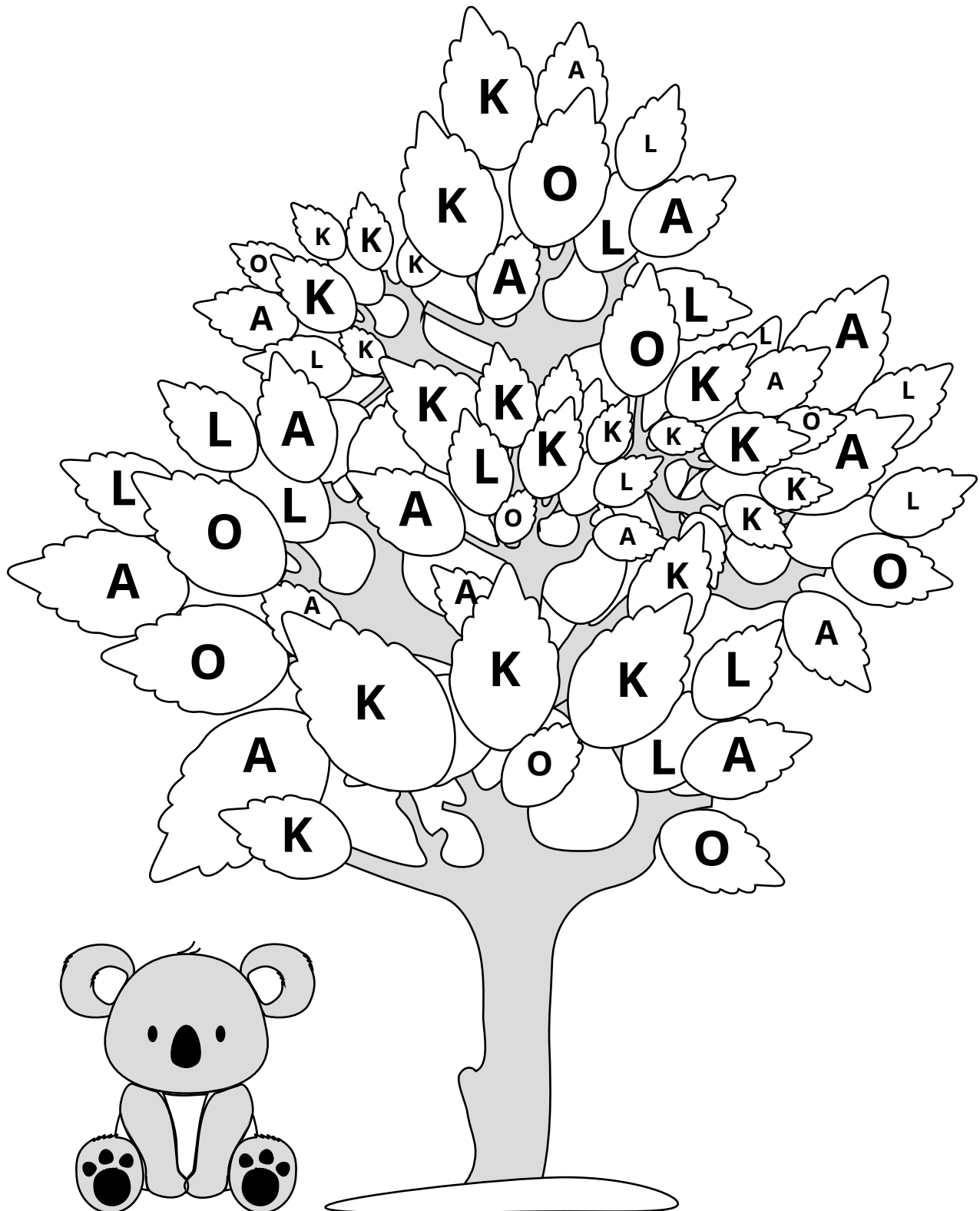
A baby koala is called a joey and stays in the mother's pouch for six months.



Name \_\_\_\_\_

# Koala Klimber

Help the koala reach the top of the tree by coloring all the leaves that have the letter "K."





# April



## Learn It **Awesome Alternates**

As the children have learned, proteins do not just come from meat, poultry and seafood, but can also come from meat alternates such as legumes. Legumes contain protein that also make us big and strong and help our brains develop so we can learn. Legumes grow as a pod with seeds inside them, and those seeds are the part that you eat. Show the children pictures of peanuts, peas and black bean plants. Prepare individual containers with dried beans such as black, garbanzo, kidney, navy, red lentils and green peas. Allow the children to look at these with magnifying glasses. Ask the children about their discoveries: similarities, differences, and what they notice. Conclude the lesson by showing the children pictures of prepared legumes or a taste test with different legume recipes. Add a variety of legume recipes to your menu this month.

## Play It **Pig Play**



Using a deck of Uno cards, have children take turns drawing a card. The action depends on the color. If they draw:

- Yellow = 5 lunges
- Red = 5 ab crunches
- Blue = 5 squats
- Green = 5 seconds jog in place
- Wild Card = They get to choose
- Skip = 5 skips
- Draw Two = 2 jumping jacks
- Reverse = Person before gets to draw another card



## Fun Fact

A baby pig weighs around 3.5 pounds at birth.



## Create It **Sewing Sow**

Using the template at [cacfp.org](http://cacfp.org), copy the pig onto heavy cardstock paper. Assist as needed to help the children cut out the pig. Using a hole puncher, punch holes on the designated spots. Then the children will practice their fine motor skills by sewing with yarn through the holes.

## Eat It **Oinky Cakes**

Rice cakes

Cream cheese (use red food coloring and/or beet juice to make it pink)

Halved strawberries

Banana Slices

Raisins



Spread cream cheese onto rice cake. Place two strawberry halves on top for ears. Make two eyes with raisins and add a banana slice for the nose. Use smaller strawberry pieces to



## Read It

*The Pig Who Grew Too Big* by Carly Mottinger

*The Three Little Pigs* (Little Golden Book) by RH Disney

*The Little Pig, the Bicycle, and the Moon* by Pierrette Dube

## Sing It **Legumes** (Tune of Row, Row, Row Your Boat)

Eat, eat, eat legumes

They'll make you big and strong

There's peanuts, and soybeans, and lentils and peas,

Eat them all day long!



## Laugh About It

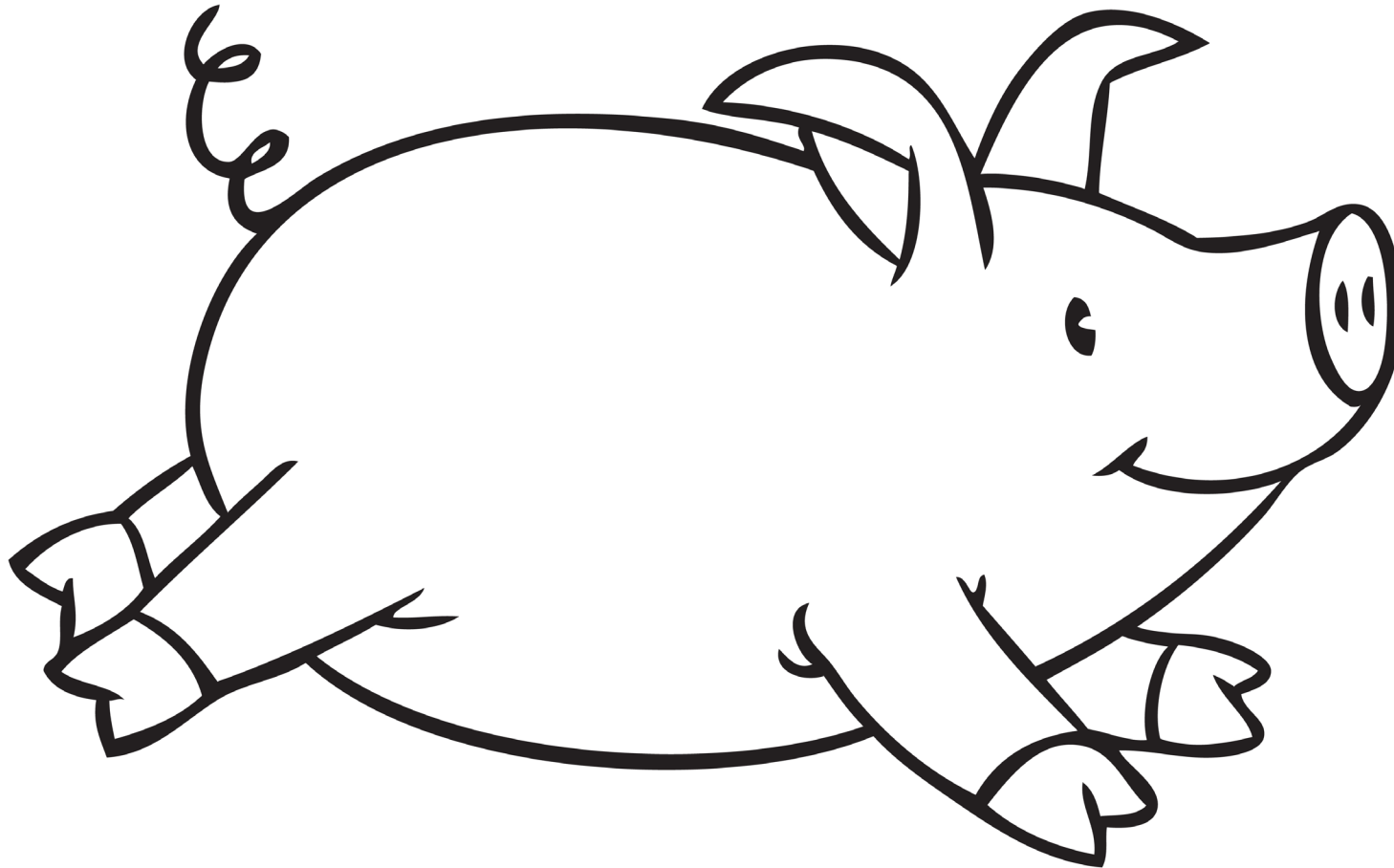
What do pigs do at the Olympics?

The piggyback race!

Name \_\_\_\_\_

## Good, Muddy Fun

Color the pig. Then, use a brown ink dobber to add mud that the pig would love to play in.





# May



## Learn It **Various Veggies**

Vegetables are colorful foods that are filled with vitamins, minerals, and fiber that help us to grow strong, healthy bodies. Start with asking your children all to stand. They can sit down only when they do not have the trait that you call out. "Who has red hair? Who has brown eyes? Who has a brother? Who has a dog?" End with the question, "Who goes to child care at \_\_\_\_ (name your childcare) and who is in this class right now?" All children should be standing at this time. Ask the children to sit and discuss that although we have a similarity, we all have different traits. Vegetables are all in the same food group, but each vegetable can have a different vitamin and mineral that is important for our bodies. That is why we have to make sure to eat a variety. You can discuss or read a book about what vegetables do for our bodies, such as red vegetables containing lycopene, which helps fight heart disease.

## Play It **Wool Toss**



Gather several buckets and label them with numbers. Also, gather three balls of yarn for each group of children. Divide the children evenly into groups. They will take turns tossing the yarn balls into the numbered bucket. For number practice, can they call out what number they land in? Can they add the points together?

HA HA!

## Laugh About It

Where do sheep get a haircut?  
The Baa-baa shop!

## Fun Fact

Female sheep are called ewes. Male sheep are called rams. A group of sheep is called a flock.



## Create It **Spongy Sheep**

Using sponges, show the children how to blot paint onto construction paper. They will first create a sheep body, making a large blotted circle with white paint. Then with brown or black paint, they can blot a head and 4 feet. Add googly eyes to the head.

## Eat It **Baa Baa Salad Bar**



Lettuce

Assortment of vegetables, cut and diced

Assortment of fruit, cut and diced

Healthy salad dressings

Make a home salad bar. Cut fruits and vegetables into small pieces, placing them in individual bowls. Show the children how to use serving utensils and add to their lettuce. Give variety and choices for the children to try new vegetables and even fruit on salad. On top of the lettuce, include 1/2 cup vegetables and 1/2 cup fruit to meet the snack meal pattern requirements.



## Read It

*No Sleep for the Sheep!* by Karen Beaumont

*Russell the Sheep* by Rob Scotton

*Sheep! An Educational Children's Book about Sheep with Fun Facts* by Sue Reed

## Sing It **The Vegetable Song**



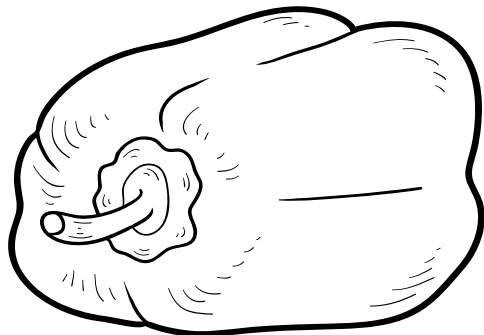
**(Tune of Twinkle, Twinkle Little Star)**

Carrots, peas and broccoli,  
Vegetables are good for me.  
For my snack and in my lunch,  
Veggie sticks are great to munch.  
Carrots, peas, and broccoli,  
Vegetables are good for me.

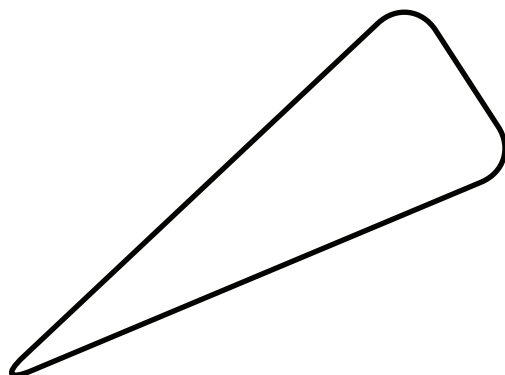
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## Garden Shapes

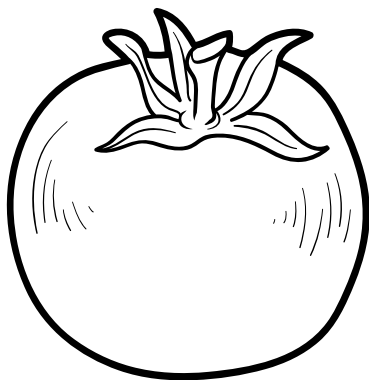
Vegetables come in many different shapes. Draw a line to match each vegetable to its shape.



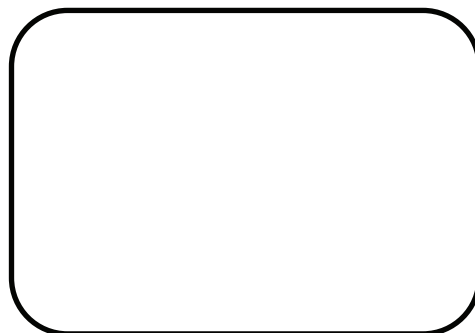
**Bell Pepper**



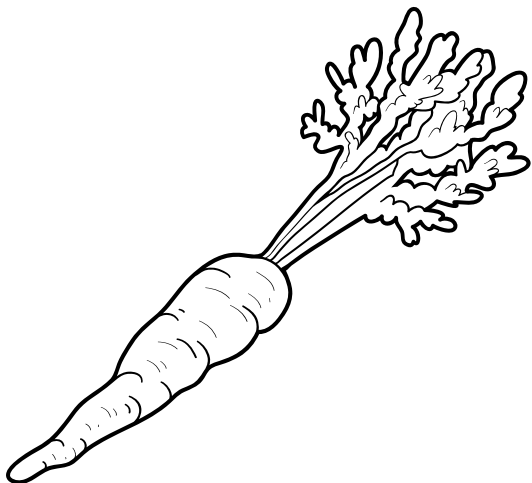
**Triangle**



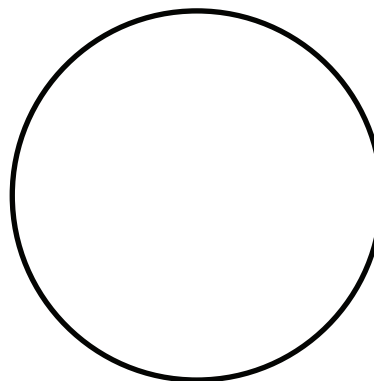
**Tomato**



**Rectangle**



**Carrot**



**Circle**

# June



## Learn It Fruity Fun

Fruits, much like vegetables, are beneficial to the body in providing key nutrients. They are very colorful, sweet, juicy, tasty and fun to eat! They are always a "go" food. During circle time, talk about how fruit grows and have fun by exploring. Prepare by bringing a variety of fruits to share. Ask the children for help using their senses. What does the fruit look like, smell like, feel like and lastly, taste like? Conduct a taste test with the children. Again, discuss what the fruit's vitamins and minerals do for our bodies. You can extend math skills by making a graph of who likes the fruit and who does not care for it or what their favorite fruit is. If you are able, visit a local orchard where a variety of fruit is grown.

## Eat It Flavorful Fruit

4 cups sliced pears  
1 tbsp coconut oil  
1/2 tsp cinnamon



Place pears into a baking dish with melted oil. Add the cinnamon and toss to combine. Bake for about 25 minutes at 375° F until tender. Serve warm or store in airtight container for up to five days. Serve 1/2 cup of pears with oatmeal or yogurt for a tasty snack.



## Read It

*Hello, Red Fox* by Eric Carle  
*Fox in Socks* by Dr. Seuss

*Moxie Fox Has Adventure for Breakfast!* by Darren Francis Morrison

## Laugh About It

Where did the fox buy a new tail?  
The re-tail store.



## Create It F is for Fox

Using the large letter F template from [cacfp.org](http://cacfp.org), print onto orange construction paper. Assist the children as needed to cut out the letter. Glue the letter onto construction paper to create a background. Help the children cut out two triangles to create ears on top of the letter F. Add googly eyes and a black triangle nose to the bottom of the top bar of the letter F. Add a tail made from construction paper to the vertical bar of the letter F.

## Sing It Where's My Fruit

(Tune of Thumbkins)

Where's my fruit? Where's my fruit?  
Here it is! Here it is!  
I make healthy choices! I make healthy choices!  
Every day! Every day!



## Play It Quick Feet

Foxes are super fast and can maneuver through obstacles. Set up taped lines or chalk lines on cement or low pile flooring in different patterns such as straight, curved, zig zagged, broken apart dashes that they have to jump across.

## Fun Fact

?

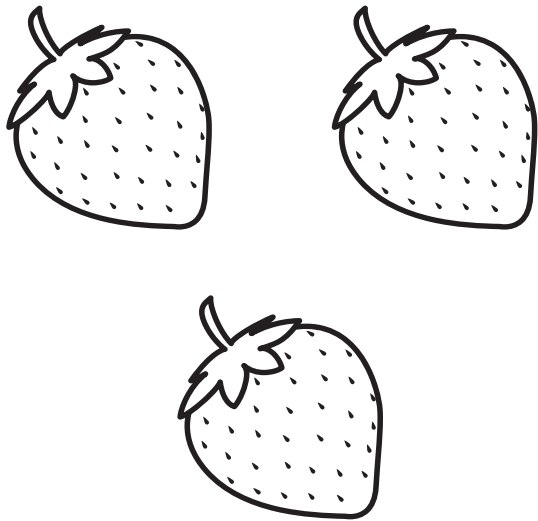
Some fox species can run up to 42 miles per hour.



Name \_\_\_\_\_

## How Many Fruits?

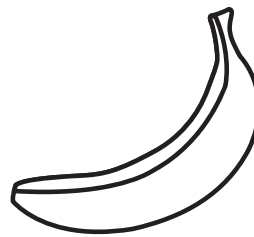
How many of each fruit do you see in each box? Circle the correct answer.



3

1

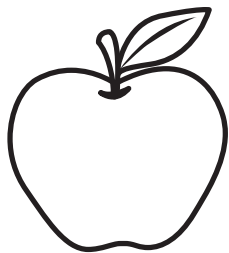
4



2

3

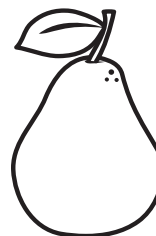
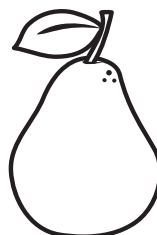
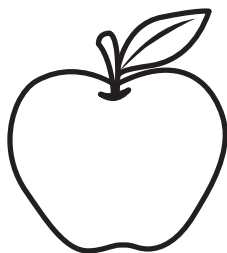
1



4

2

3



1

4

2

# July



## Learn It **Great Grains**

The grains group includes foods made from wheat, rice, barley, cornmeal and oats. Grains come from seeds and it is considered a whole grain when the entire kernel is used in the product. Whole grains provide the body with essential vitamins and minerals, along with fiber. Bring several types of grain products for the children to see, such as quinoa, pasta, oats, rice, corn, spaghetti, popcorn, bread, etc. Read *The Little Red Hen*, a Little Golden Book Classic, and ask the children to assist as able to make bread for lunch or snack. To extend the lesson, add grains to your sensory bins and let the children explore through sight and touch.

## Play It **Bear Crawl Soccer**



Set up two goals, placed an appropriate distance apart. They do not have to be far. The children will bear crawl and try to "paw" the soccer ball into the goal.



## Create It **Happy Heart Panda**

Teach the children how to cut a heart by folding paper in half. With white paper, have them cut one large heart. Then they can cut four smaller hearts and one little heart with black paper. Attach two of the small hearts to the white heart to make ears. Place the other two hearts with points together to create the eyes and use the smallest heart to create the nose. Finish with googly eyes and use a black marker to create the mouth.

## Eat It **Pandorable Snack**

Apples, sliced into circular disks  
Grapes, sliced in half



Give each child an apple disc and 1/2 cup grape slices. Show the children how to use the grapes for the eyes, nose and ears of the panda. You can add a few tiny slivers of apple to make the panda's mouth. Pair with milk for a creditable snack.



## Read It

*Panda Loves Noodles* by Diane Blincoe

*Pi-Shu the Little Panda* by John Butler

*Panda in the Park* by Anna Milbourne & Rachel Wells

## Fun Fact

Baby pandas are born pink and about as long as a pencil (15 cm). They are blind at birth and open their eyes at about 6-8 weeks.



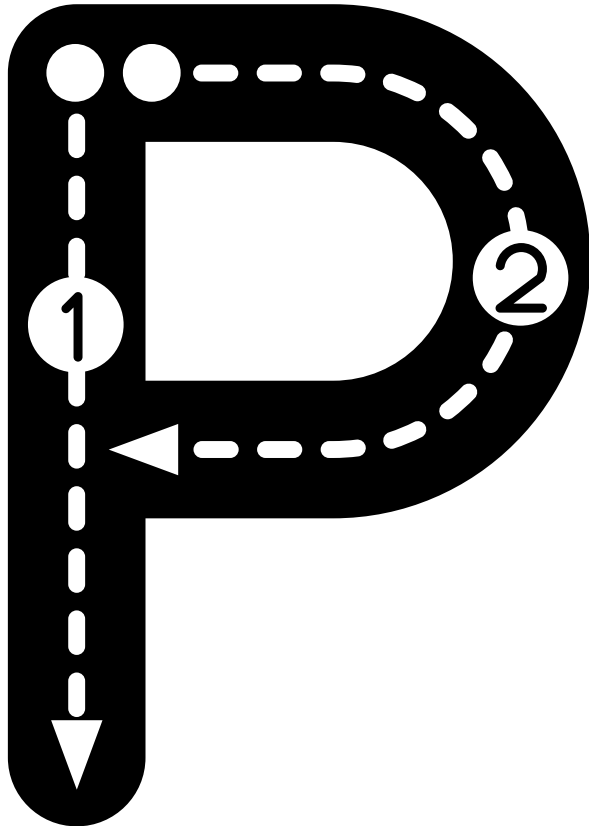
## Laugh About It

What's black and white, black and white, black and white?  
A panda rolling down a hill.

Name \_\_\_\_\_

# P is for Panda

Practice writing the letter "P." What other words do you know that start with "P?"



# August



## Learn It **Building Bones**

Show the children a floppy stuffed animal or doll. Discuss why humans are not floppy and can hold their bodies up, leading the children to the importance of bones and the skeletal system. Calcium is the building block of strong bones and we find calcium in dairy products. Together, brainstorm a list of dairy products: milk, cheese, yogurt, butter, sour cream. Bones become stronger with calcium, vitamin D and weight bearing exercises. Try these with the kids: wheelbarrow walking, yoga poses, planking, jumping, animal walks, and push ups. Finish circle time by reading *The Milk Makers* by Gail Gibbons to learn how the milk comes to us from the dairy farm.

## Eat It **Simple Cow-Conut Curry**

- 1 tbsp coconut oil or olive oil
- 1 can coconut milk (full fat)
- 2 cups cubed butternut squash
- 2 cups cauliflower florets
- 4 cups fresh spinach

Recommended seasonings: salt, pepper, Garam Masala, turmeric, garlic powder, onion powder

Heat oil in medium pot and stir in butternut squash. Cook for 5 minutes. Add cauliflower, coconut milk, spices and simmer until vegetables are tender. Add spinach. Serve with ½ oz eq. grains, such as rice or quinoa.



## Read It

*Are You a Cow?* by Sandra Boynton

*Cows on the Farm* by Rose Carraway

*Cows Can Moo! Can You? All About Farms* by Bonnie Worth



## Create It **Creative Calf**

Using the template on [cacfp.org](http://cacfp.org), ask the children to color their cows. Assist as needed to cut out the cow parts. Give each child paper brads and punch a hole on the designated spot using a hole puncher. Help the children put together their cow by fastening the parts with the paper brads.



## Play It **"Farm-Barrow" Races**

The wheelbarrow is used all over the farm. What's even better is when we are the wheelbarrow! This is a great core strengthening exercise. Set up two markers an appropriate distance apart. The children will take turns walking on their hands or holding the "handlebars," which are the other child's ankles. Once they get the hang of it, set up relay races to see how fast they can go.

## Fun Fact

There are over 800 different cattle breeds worldwide.



## Laugh About It

What do the cows hear at a concert?

Moo-sic!

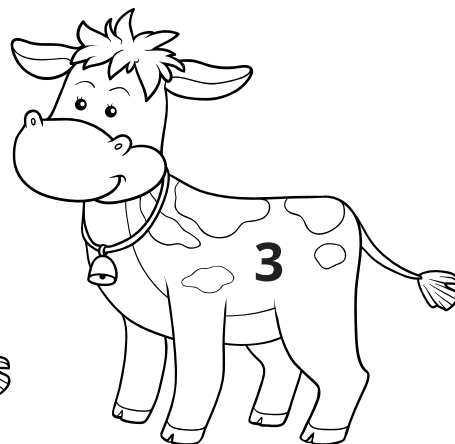
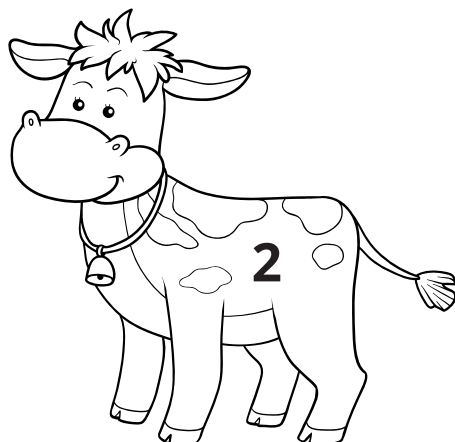
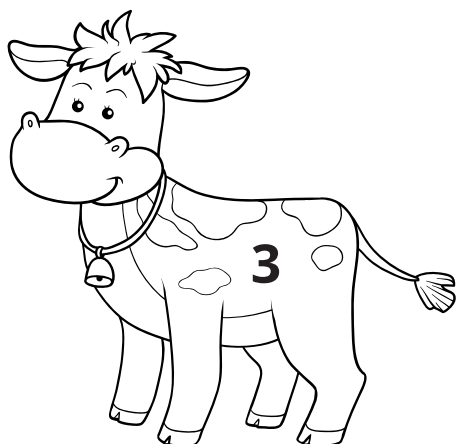
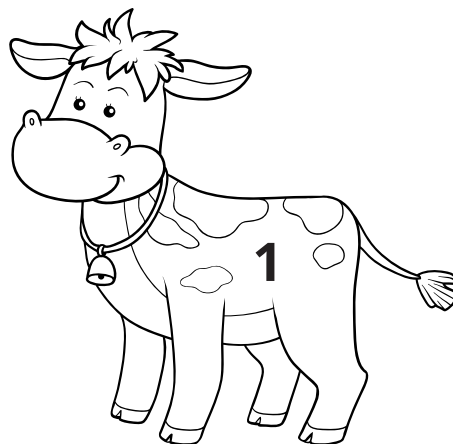
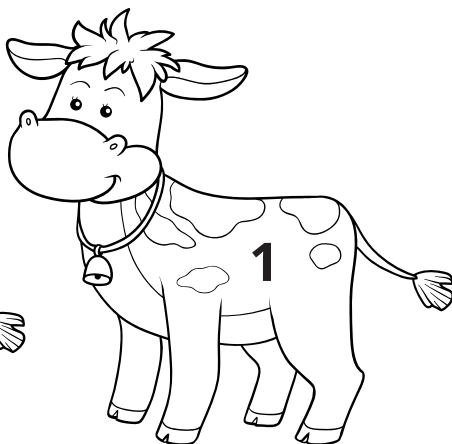
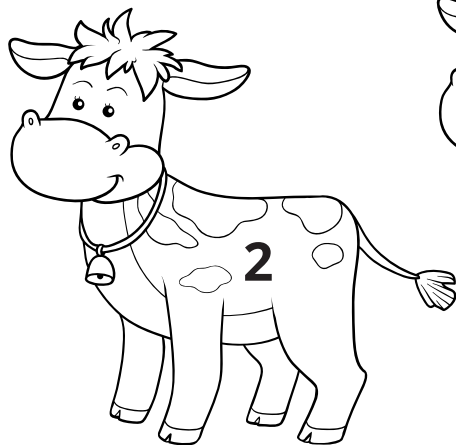
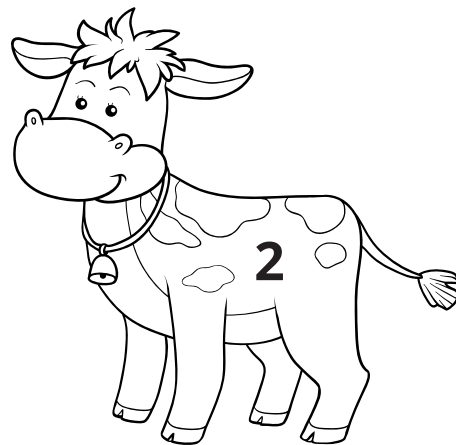
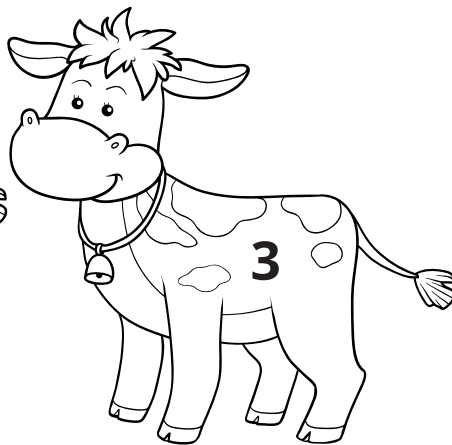
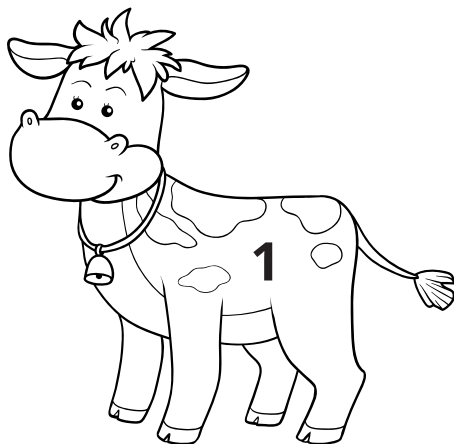




Name \_\_\_\_\_

# Cow Coloring

Use red to color all the cows with the number 1. Use yellow to color all the cows with the number 2. Use blue to color all the cows with the number 3.



# September

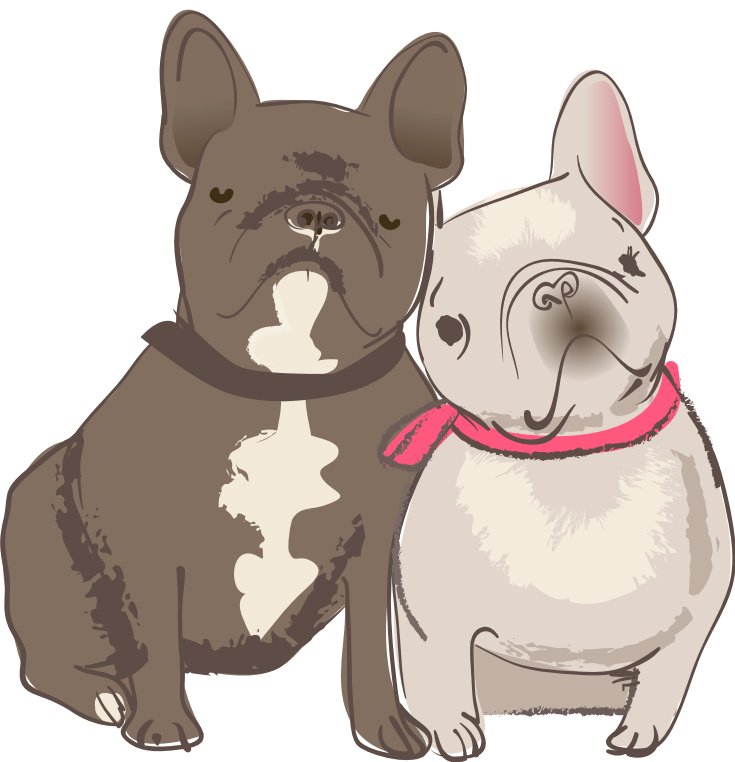


## Learn It Colorful Collections

You have worked with your children on the importance of fruits and vegetables, and consuming a variety because of all the different vitamins and minerals they provide. The children can compare this to "eating a rainbow." On the floor, create a space with colored butcher paper for red, orange, yellow, green, blue and purple. Combine plastic toy fruits and vegetables in a basket or collect a stack of colorful fruit and vegetables pictures. Together, name each fruit and vegetable and what color it is. Then ask the children to take turns placing the food into the correct color. Talk about the food examples of each color – what have the children tasted, what do they like, what would they like more of on the menu?

## Laugh About It

Why can't puppies give high fives?  
It's imPAWsible.



## Create It Precious Paws

On white, heavy card stock, assist the children in making a footprint out of paint. Once the paint dries, they can add two ears at the heel of their foot. Add a tail close to the toes. On the heel, add googly eyes and a nose with black permanent marker. This is a puppy treasure to keep!

## Eat It Puppy Pasta

3 cups cherry tomatoes, halved  
Basil, garlic, salt to taste  
1/3 cup olive oil  
10 oz pasta, cooked  
1 (14.5 oz) can white beans  
2 cups shredded chicken  
6 oz cheese - Parmesan, feta or mozzarella



Mix the tomatoes with basil, garlic, salt and olive oil. Set aside for 30 minutes. Stir in pasta, beans, chicken and cheese. Serve at room temperature or chilled.



## Read It

*Excellent Ed* by Stacy McAnulty

*Go, Dog. Go!* by P.D. Eastman

*The Best Days Are Dog Days* by Aaron Meshon

## Play It K-9 Kick

Let's practice our letters while working on gross motor skills. With a kickball, start with one child. They will yell out the letter A and then kick it to another child. That child will yell out the letter B and kick to the next. How far can they go in the alphabet? Can they go all the way through to Z?



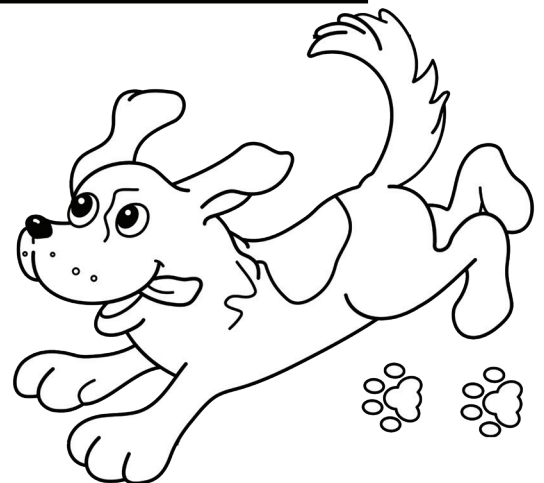
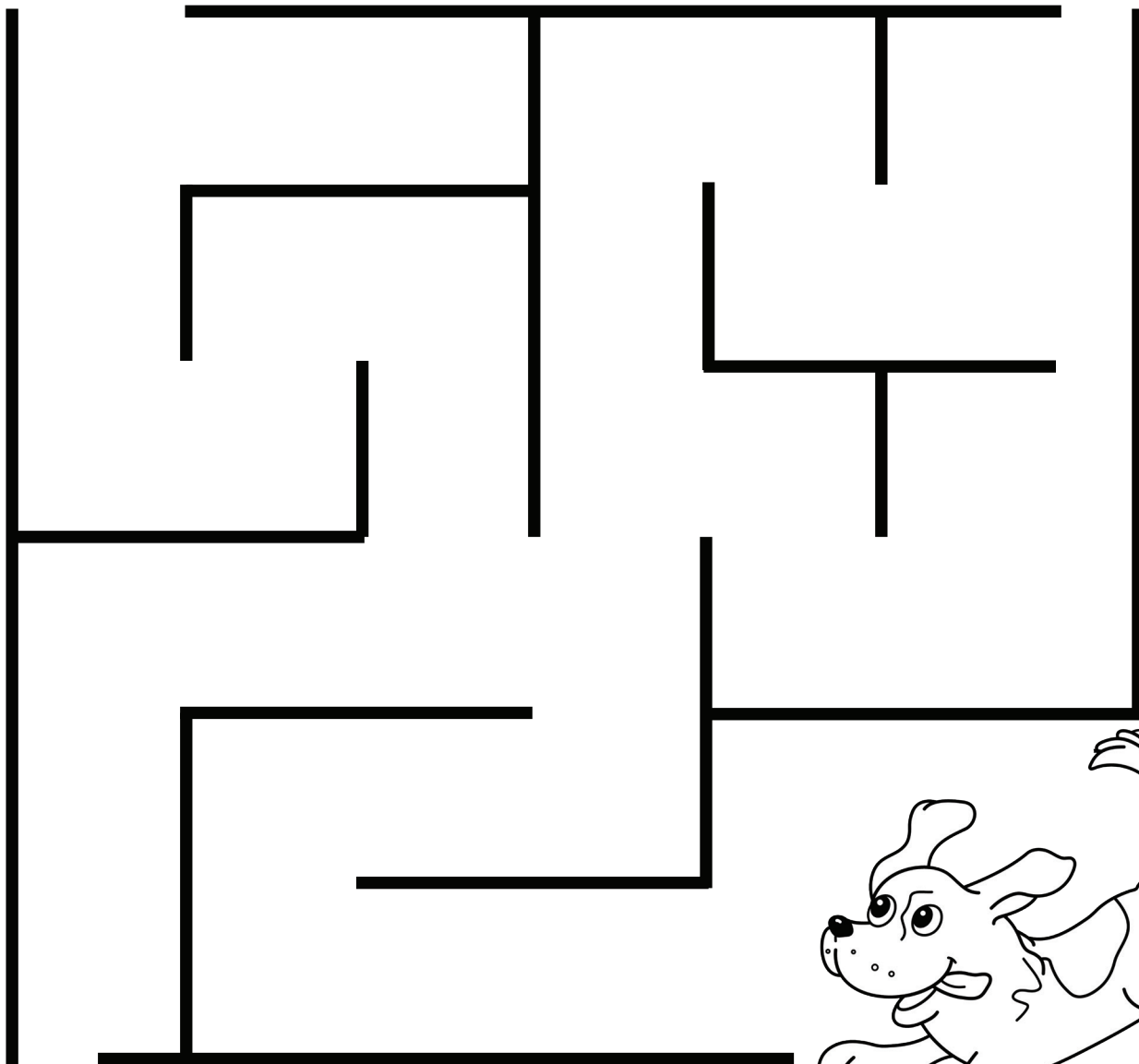
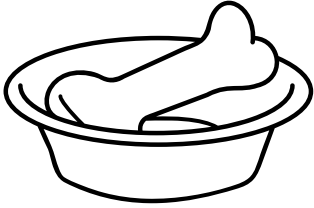
## Fun Fact

A dog's sense of smell is up to 100,000 times better than a human's.

Name \_\_\_\_\_

# Sniff It Out

Get through the maze to help the puppy reach its bone.



# October



## Learn It **Marvelous Meals**

Through learning time and everyday discussions, children should have a good understanding of what the five food groups are and the go, slow and whoa foods. Now it's time for them to create their own meal! Using magazine pictures or pictures that are preselected and printed, use the plate template from [cacfp.org](http://cacfp.org) and ask the children to cut and glue their own healthy meal. Once finished, the children can participate in show and tell and explain their choices, and maybe even talk about how the healthy foods they chose will help their body.

## Eat It **Sensational Soup**

2 lb beef shank with bone  
12 cups water  
1 tbsp salt  
1 lb baby carrots  
4 potatoes, sliced  
1/2 head cabbage, sliced



Cover beef with water. Add salt, bring to boil, reduce heat, cook for 1 1/2 hours, skimming froth as needed. Add vegetables and cook until potatoes are tender. Remove beef and cut from bone into bite sized pieces before placing the pieces back into the soup.



## Read It

*I Give You the World* by Stacy McCleary

*If You Give a Deer a Carrot* by Paul Pineapple

*A Little Fawn: A Baby Deer Board Book* by Rosalee Wren



## Create It **Darling Deer**

Help the children trace and cut their two hand prints from brown construction paper. Keep one hand with fingers up and turn the other hand with fingers down, gluing together with the pinky side of each hand to create the body. The fingers up create the antlers, the fingers down create the legs. Add googly eyes and a black triangle nose to create the deer's face.



## Play It **Reindeer Games**

Use painter's tape to create a simple hopscotch pattern. This is a great way for preschoolers to practice balance and large movement while learning about shapes and numbers. Using a bean bag, toss the bag onto the hopscotch pattern. Follow the pattern and jump to the bag. You must skip that square where the bean bag lands. Use one foot or two feet, depending on the pattern.

## Fun Fact

Deer can jump up to 10 feet high and are very good swimmers.



## Laugh About It

Who came to Bambi's birthday party?

His deer-est friends.



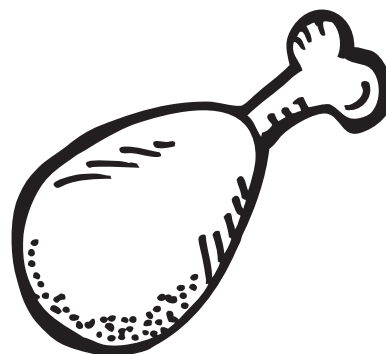
Name \_\_\_\_\_

## Make a Meal

Trace the words to show the food group that each food fits into. What other foods are in each group?



FRUIT



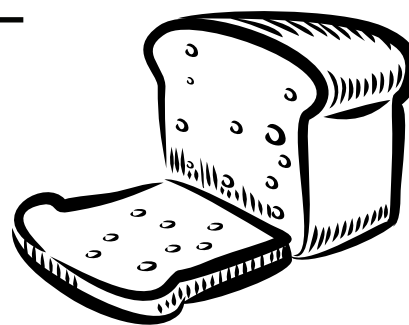
MEAT



MILK



VEGETABLE



GRAIN

# November



## Learn It Complete Carts

Thoughtful grocery shopping is key to creating a healthy lifestyle at home. Start circle time with the book *Put it on the List* by Kristine Darbyshire. The children can use pictures from magazines, preprinted pictures or labels from food products you have asked parents to send from home for this project. Have them cut and glue their own grocery lists on large construction paper. You can extend the lesson by creating a dramatic play area resembling a grocery store. Save empty boxes and food labels to create your store.

## Create It Cottontail Cubes

Cut empty cardboard tubes into 2" wide segments. Have the children paint them various colors. Add two pink pom poms for the cheeks and place one smaller pom pom in the middle for the nose. Add googly eyes above the cheeks and nose and a cotton ball on the back for the tail.



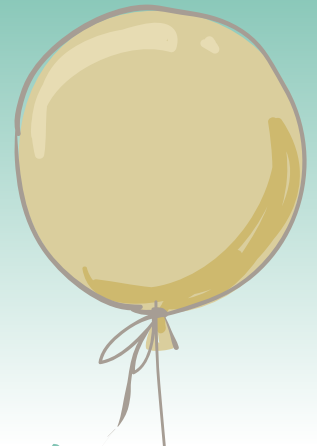
## Fun Fact

A baby rabbit is called a kit, a female is called a doe and a male is called a buck.

## Laugh About It

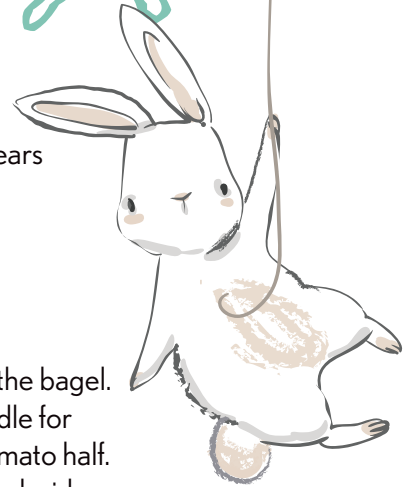
HA HA!

What did the bunny say to the duck?  
You quack me up!



## Eat It Bagel Bunny

Whole grain bagel  
Cream cheese  
Carrots, sliced into circles  
Cherry tomatoes, halved  
Celery, cut into very thin spears  
Black olives, slices  
Radish, sliced and halved  
Cucumbers, halved



Spread cream cheese over the bagel. Place carrot slice in the middle for the nose. Top with cherry tomato half. Use two celery spears on each side of the carrot to create whiskers. Add two radish halves on top of the nose and place one black olive circle on each radish half creating eyes. Then top the bagel with two cucumber halves, creating your ears. Such a cute snack that credits for grains and vegetables!



## Play It Hare-Raising Sports Charades

Create sports cards from the template at [cacfp.org](http://cacfp.org). The children will take turns drawing a card. After they look at the card, they will act out their sport. The other children will guess. Once the sport is guessed, have all the children act out the sport and then another child will start a new round.

## Read It

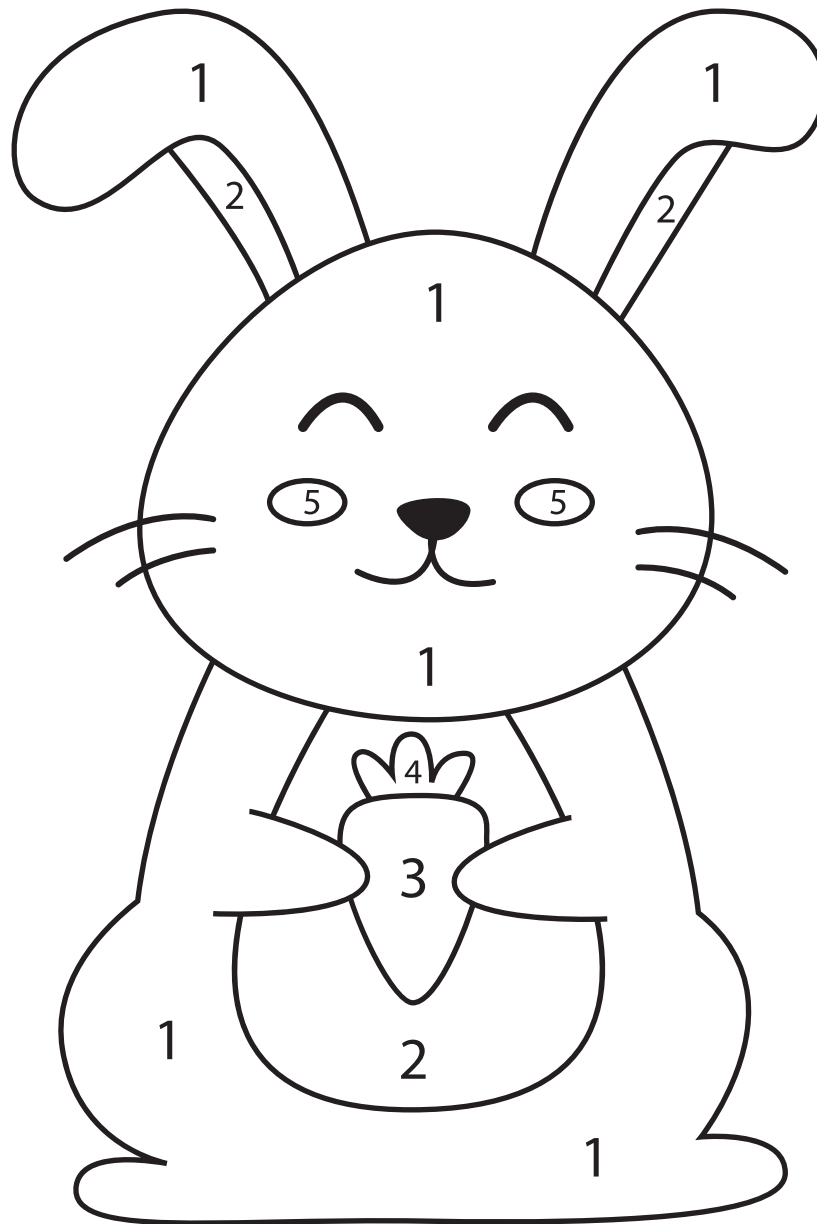
*Home for a Bunny* by Margaret Wise Brown  
*It's Not Easy Being a Bunny* by Marilyn Sadler  
*Knuffle Bunny: A Cautionary Tale* by Mo Willems



Name \_\_\_\_\_

## Color by Number

Color the bunny using the five colors below. Which color did you use the most? Which did you use the least?



**1 - brown**  
**2 - light brown**

**3 - orange**  
**4 - green**  
**5 - pink**



# December



## Learn It Fabulous Food Party

It's time to take all of the knowledge that the children have been learning from their nutrition lessons and put it together for a fabulous food party. Ask parents and children to work together to provide a healthy snack to contribute to the party. The children can help you prepare a grocery list for the items you will provide. Before the party begins, ask the children, as able, to help you set up food and eating utensils. Make this a special event with a table cloth and special decor.

## Eat It Stuffed Sweet Potatoes

- 4 large sweet potatoes
- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 (15 oz.) can black beans, drained & rinsed
- 1/4 cup water
- 1 (3.5 oz) can chipotle chili in adobo sauce, chopped & seeded
- 2 tsp adobe sauce
- 1/4 cup plain Greek yogurt



Bake whole sweet potatoes at 425° F for about 1 hour until tender. While potatoes are baking, sauté onion in olive oil and add beans, water, chipotle chili and adobo sauce. Cook for about 5 minutes until water is evaporated. Once the sweet potatoes are cool enough to handle, cut them in half lengthwise. Gently push the ends towards each other, creating a space for the filling. Add the black bean filling and top with Greek yogurt.



## Read It

Goose by Molly Bang

*The Serious Goose* by Jimmy Kimmel

*Duck & Goose, A Gift for Goose* by Tad Hills



## Create It Glorious Goose

Make the letter G by cutting a round paper plate into the shape of the letter. Help the children attach an orange triangle for the beak, then add googly eyes and colorful feathers to make your goose glorious!



## Play It Egg Race

Separate the group into two teams. Choose a starting line and a finish line. You will need a spoon and plastic egg filled with some weight for each group. When you say go, the first person in line will carry the egg in the spoon to the finish line and back to the starting line. The next person in line will then carry the egg. How fast can the groups go?

## Fun Fact

?

A group of geese is called a gaggle when they are on the ground and a skein when in flight. They can be called a flock at any time.



## Laugh About It

Why did the goose get in trouble?

The police suspected fowl play!



Name \_\_\_\_\_

# Counting Geese

Work on writing numbers by tracing the number next to each group of geese.

