

JANUARY



Learn It

While it is important to consume enough protein, we must also ensure that it is lean, low in saturated fats and cholesterol, and that we choose complete proteins over incomplete. A complete protein has all 9 essential amino acids, which are the units that make a protein. You can find complete proteins in animal products such as chicken, eggs, dairy and seafood along with quinoa, buckwheat and soy. As a provider, we can focus on teaching what proteins do for our bodies: fuel the building blocks of our bodies which are made of protein, improve our immune system, produce hemoglobin, build and repair tissues and help to both fill and fuel our bodies at the same time.

Eat It Speedy Split Pea Soup

1 lb dried split peas, sorted and rinsed
8 cups water or substitute chicken broth
1 onion, diced
1 cup celery, diced
1 ½ cups carrots, sliced
Seasoning



Cook onions, carrots and celery until tender. Add split peas and water and heat to a boil. Lower the heat and cook until peas fall apart. Makes 10 one-cup servings.

Laugh About It

Why are cars faster than bicycles?
Because bicycles are always two tired!



Play It And They're Off!

Using construction paper, tape different colors around the room or yard. You will begin by calling out a color and the children will run to that color. Once they all get to that color, call out another color. You can add in actions by saying, "Skip to the color red." "Bear crawl to the color blue."

Sing It Little Race Cars

1 little, 2 little, 3 little race cars.
4 little, 5 little, 6 little race cars.
7 little, 8 little, 9 little race cars.
10 little race cars ZOOM!



Read It



Meat Pies by Celenia Chévere & Patricia M. Herbert,
Illustrated by Donna Perrone

Sopa de Frijoles/Bean Soup by Jorge Argueta

Race Car Dreams by Sharon Chriscoe & Dave Mottram Aunti



Create It Drawing with Cars

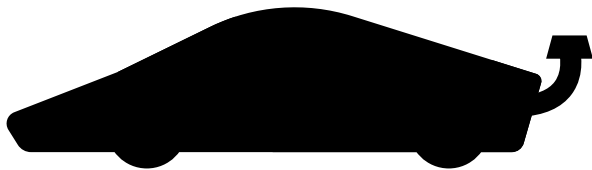
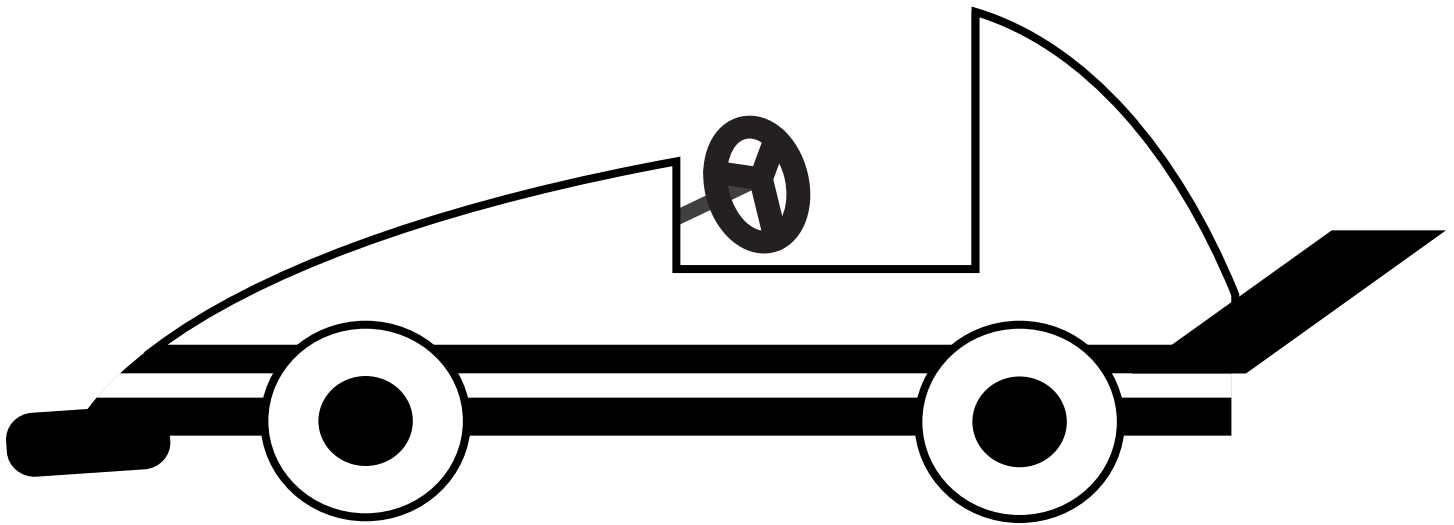
Using toy race cars, tape markers where they will touch the paper as the child moves the car. Set up large sheets of paper for the kids to drive the race car and create a drawing at the same time.



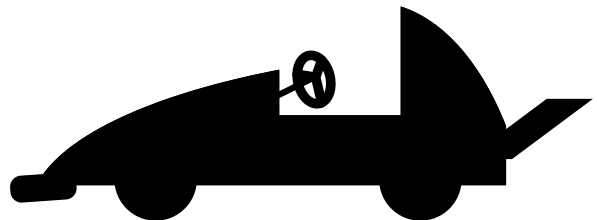
Name _____

Shadow Racers

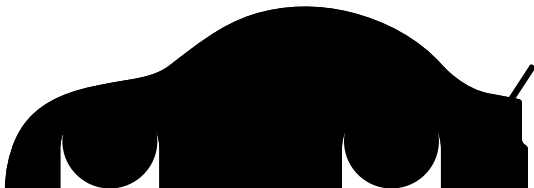
Match the race car to its shadow.



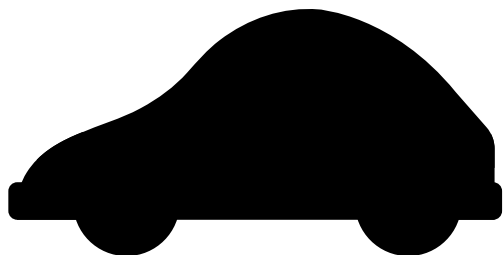
1



2



3



4

FEBRUARY



Learn It

In order to increase flexibility at lunch and supper, the USDA now allows two vegetables to be served rather than a separate serving of fruit and a separate serving of vegetable. The fruit component can be substituted for another vegetable as long as it is the same serving size as the fruit it replaces and the vegetables are from different families. Try different combinations: beans and cauliflower or broccoli and potato. You might even be able to serve a favorite veggie with a new veggie and create a new favorite!

Eat It Edible Wands

Watermelon, cut with star shaped cookie cutter
Child-friendly kabob sticks
Grapes
Strawberries



Give each child a star watermelon slice and ½ cup of grapes and strawberries. They can make their own edible wand by placing the fruit on the kabob stick and then enjoy the yummy snack!



Play It Fairy Freeze

Choose one child to have the “freeze” wand and one child to have the “unfreeze” wand. The other children will run in the designated safe area and try to stay away from the freeze wand. If they are tagged, they have to stay frozen until the unfreeze wand taps them. Take turns having the different wands.

Create It Wonderful Wands

Every wizard and fairy needs a wand. Cut out stars using the template, one per child. The children will decorate with craft supplies, including paint, glitter and streamers. Once they have their magical star complete, assist them in gluing the star onto a dowel rod or long craft stick to complete the wand.



Read It

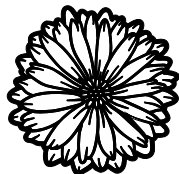


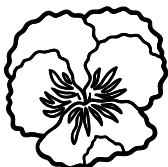
Guacamole: Un poema para cocinar/A Cooking Poem by Jorge Argueta, Illustrated by Margarita Sada
The Night the Monsters Came by Junia Wonders, Illustrated by Lisa Ciccone
City Green by DyAnne DiSalvo-Ryan

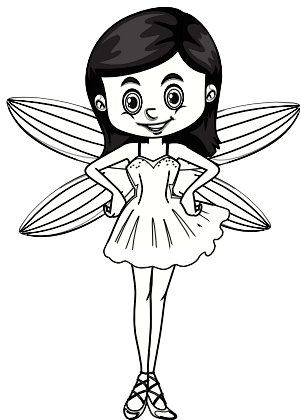
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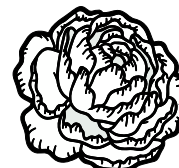
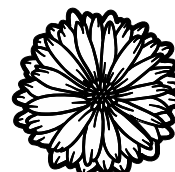
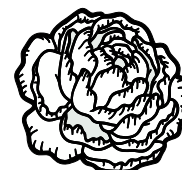
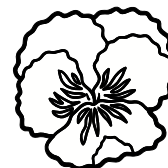
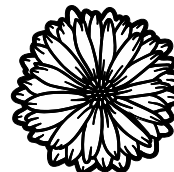
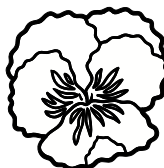
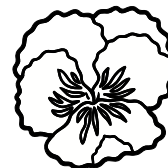
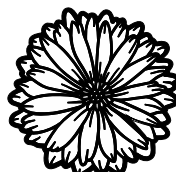
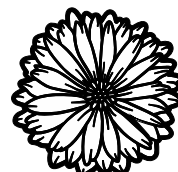
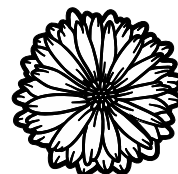
Fairy Flower Frenzy

The fairies are picking their favorite flowers in the forest. How many did each pick?









MARCH



Learn It Why Whole Grains?

Whole grains are an important source of vitamins and minerals. The nutrients found in whole grains include: vitamin E, vitamin B6, magnesium, manganese, zinc, potassium, copper, and pantothenic acid. Whole grains are also the top source for fiber and dietary fiber, which reduces the risk of heart disease and type 2 diabetes. Fiber helps the digestive system which is a benefit to those who struggle with constipation or irregular stools; often common in younger children. Children younger than age 8, who eat about 3-5 ounces of grains each day, need to get 1 ½ to 2 ½ ounces from whole grains.

Eat It The Knight's Snack

Whole grain tortillas
Strawberries
Peanut butter



Spread 1 tbsp peanut butter onto tortilla and layer with 1/2 cup strawberry slices. Complete with another tortilla on top. Brown in a skillet or serve cold.



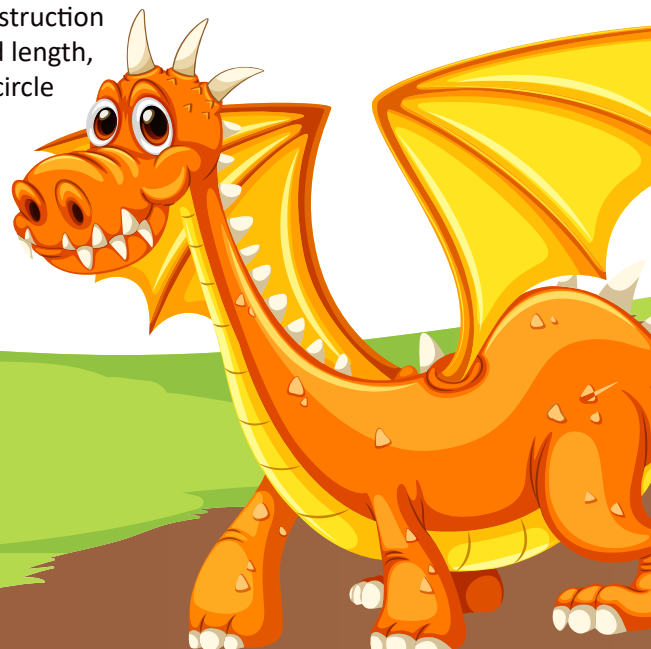
Laugh About It

Why do dragons sleep during the day?
So they can fight the knight!



Create It Paper Dragons

To create their dragon, children will need multiple strips of construction paper cut in 1" widths and one 5" green circle. Teach the children how to make an interlocking paper chain with the construction paper strips. Once their chain gets to the desired length, help them attach the head by folding the green circle in half and attaching it to the first chain length. They can add eyes and a tongue or even create fire with tissue paper.



Play It Medieval Dice

The children will love this movement game! Using two large cube boxes, make two dice; one for speed and one for action. The children will take turns rolling the dice. Once the dice are rolled, they will complete the action according to the speed dice. For example, the children might roll the action castle and the speed fast so as fast as they can, they will pretend to build a castle.

Speed dice: Fast, Slow, Normal, Fast, Slow, Normal

Action Dice: Castle (Pretend to build a castle), Queen (Curtsy or bow), Flag (Wave like the knight's flag), Knight (Use your sword), Horse (Gallop like a horse), Dragon (Stomp and move your tail)

Sing It I'm a Knight in Armor (Tune of I'm a Little Teapot)

I'm a knight in armor, look at me.
See how shiny I can be.
With my visors up my eyes you'll see,
but with it down it protects me.



Read It

The Knight and the Dragon by Tomie dePaola

In the Castle by Anna Milbourne and Benji Davies

If You Were a Kid in a Medieval Castle by Josh Gregory

Try It Dragon Fruit

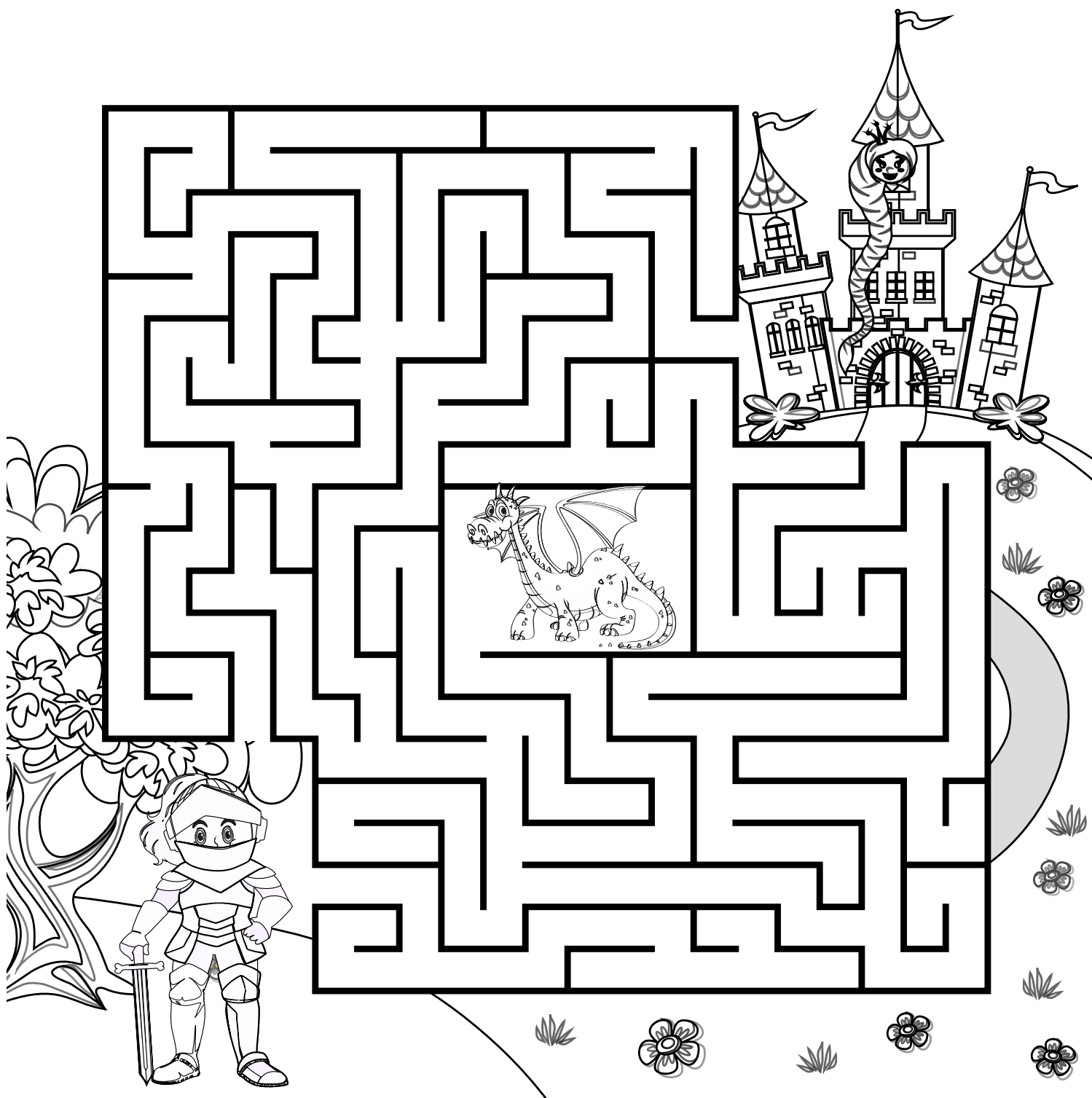
The dragon fruit is a type of cactus that comes from Southeast Asia and Latin America. You can eat this food raw simply by cutting down the middle and removing the flesh. Just like the kiwi, the seeds are edible. The fruit can also be grilled like a pineapple or blended in a smoothie. Try it!



Name _____

Rescue the Princess

Help the knight reach the castle by finding the path through the maze and avoiding the dragon.



APRIL



Learn It

Children love the game Red Light, Green Light, and we can think of our food the same way. When we are learning about foods such as vegetables, fruits, whole grains, lean meat, and low fat/low sugar dairy products, we have a green light to eat anytime. However, when we think about foods such as: muffins, fried food, foods in heavy syrup or sugar, those are an immediate red light, which means eat only once in a while. Processed foods, baked fries and nuggets, and 100% juice make up our yellow light category and can be consumed sometimes. Play the traditional Red Light, Green Light and call out foods instead of the color. The children will learn whether to go, stop, or pause.

Create It Creative Comet

Ask the children to decorate a plate with assorted craft materials. On the back of the plate, assist where needed to attach colorful tissue paper streamers to the back. Then glue a craft stick to the back. Let the children take the comet to the imagination area where they can pretend the comet is flying through space.



Play It Solar System Stomp

Create a path with paper labels with words from the solar system: planet names, Milky Way, sun, moon, stars, constellation, rocket, galaxy, astronaut, etc. Every 3rd word, place an action label: hop, hop on one foot, march in place, windmill turns, jumping jacks, crunches, lunges, etc. Ask the kids to stand on a spot – action or solar system word. Start the music. The kids will walk from spot to spot. When the music stops, they will do what the action word says or if they land on a solar system word, they can do an action of their own choice.

Eat It Appetizing Constellations

Pineapple, cut into small chunks
Whole grain pretzel sticks



Show the children different pictures of constellations. Give them 16 pretzel sticks and $\frac{1}{2}$ cup pineapple chunks. Have them make the pretzels into the constellations they see in the pictures or make up their own. Connect the pretzels by using the pineapple chunks.

Read It



Roaring Rockets by Tony Mitton

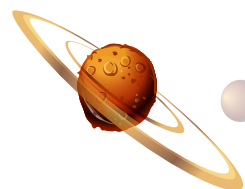
Hello, World! Solar System by Jill McDonald

Smart Kids Space: For Kids Who Really Love Space by Roger Priddy

The Magic School Bus Lost in the Solar System by Joanna Cole

On the Launch Pad: A Counting Book About Rockets by Michael Dahl,
Illustrated by Derrick Alderman and Denise Shea

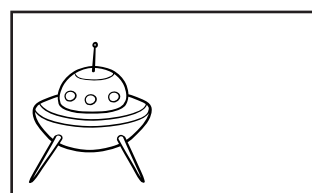
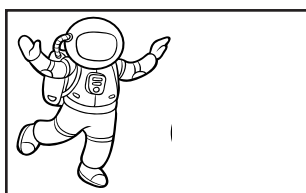
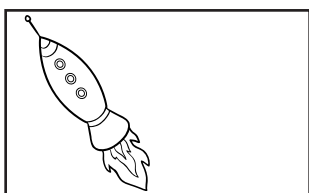
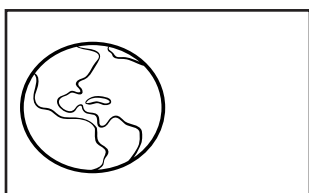
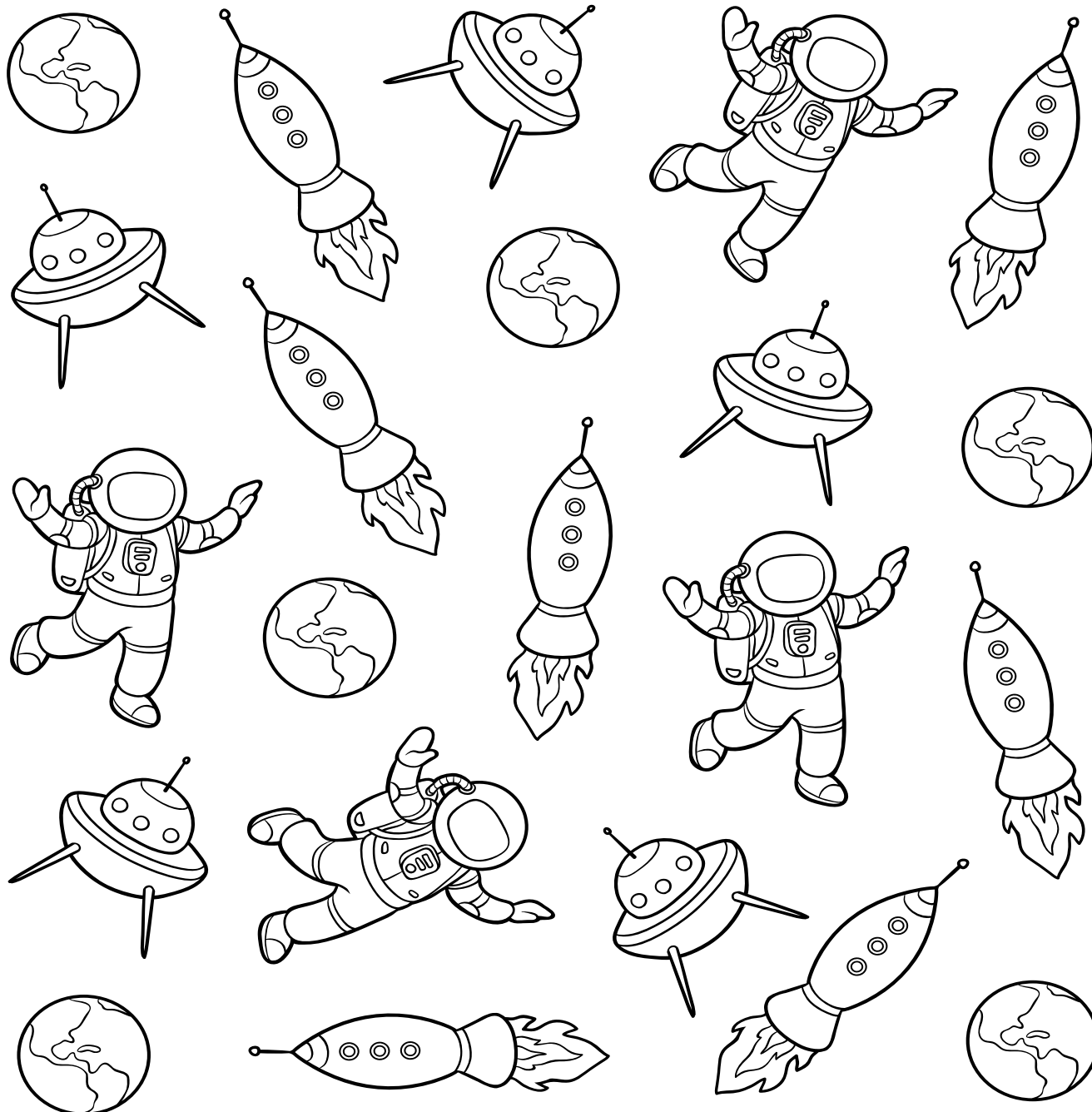
A Day without Sugar / Un Día Sin Azúcar (AZÚCAR) by Diane de Anda



Name _____

Cosmic Counting

How many of each image can you find? Fill in the answers using the boxes below.



MAY



Learn It

We all naturally have likes and dislikes for food, but some of the children in our care do not enjoy trying new things. What can we do as providers to help nurture that process? Along with taste tests, we can teach what the food is doing for our bodies. Want to run faster? Let's eat this protein to help build our leg muscles! Want to keep your bones growing and strong? We need to eat foods with calcium! It is important to build lessons around food that are fun and keep the children interested. Be a role model and put on your patient hat when working with children to try new foods. It can take many attempts.

Eat It Dino Bones and Dip

Pineapple, watermelon, honeydew melon, cut into sticks
1 cup yogurt
1/2 tsp vanilla flavoring
1/4 tsp cinnamon



Mix together the yogurt and flavoring and refrigerate until ready to eat. Give each child 1/2 cup of fruit sticks. Kids will love dipping the "bones" in the yogurt for a tasty treat!



Play It Dinosaur Yoga

Try out these movements with your children. You could add directions like Simon Says for variation.

Flying Dinosaurs:

Forward and backward arm circles, flapping arms

Stomping Dinosaurs:

BIG forward and backward jumps, stomping in place

Dino Dancing:

Free movement, get the wiggles out

Brachiosaurus:

Stretch wayyy up high!

Stegosaurus Tail:

Walk and swing your tail

Triceratops Walk:

Tiptoe

Create It Salt Dough Fossils

Mix together: 2 cups of plain flour, 1 cup of salt, up to 1 cup of water. Add water until desired consistency. Children can use the dough to make their own dinosaur bones or plastic dinosaur skeletons can be used to make prints in the dough. Let the dough harden and they have created their own fossil!



Read It

Dinosaurumpus! by Tony Mitton

Fussy Freya by Katharine Quarmby

The Ugly Vegetables by Grace Lin

Picky Eater by Michael Gordon

How to Catch a Dinosaur by Adam Wallace and Andy Elkerton



Laugh About It

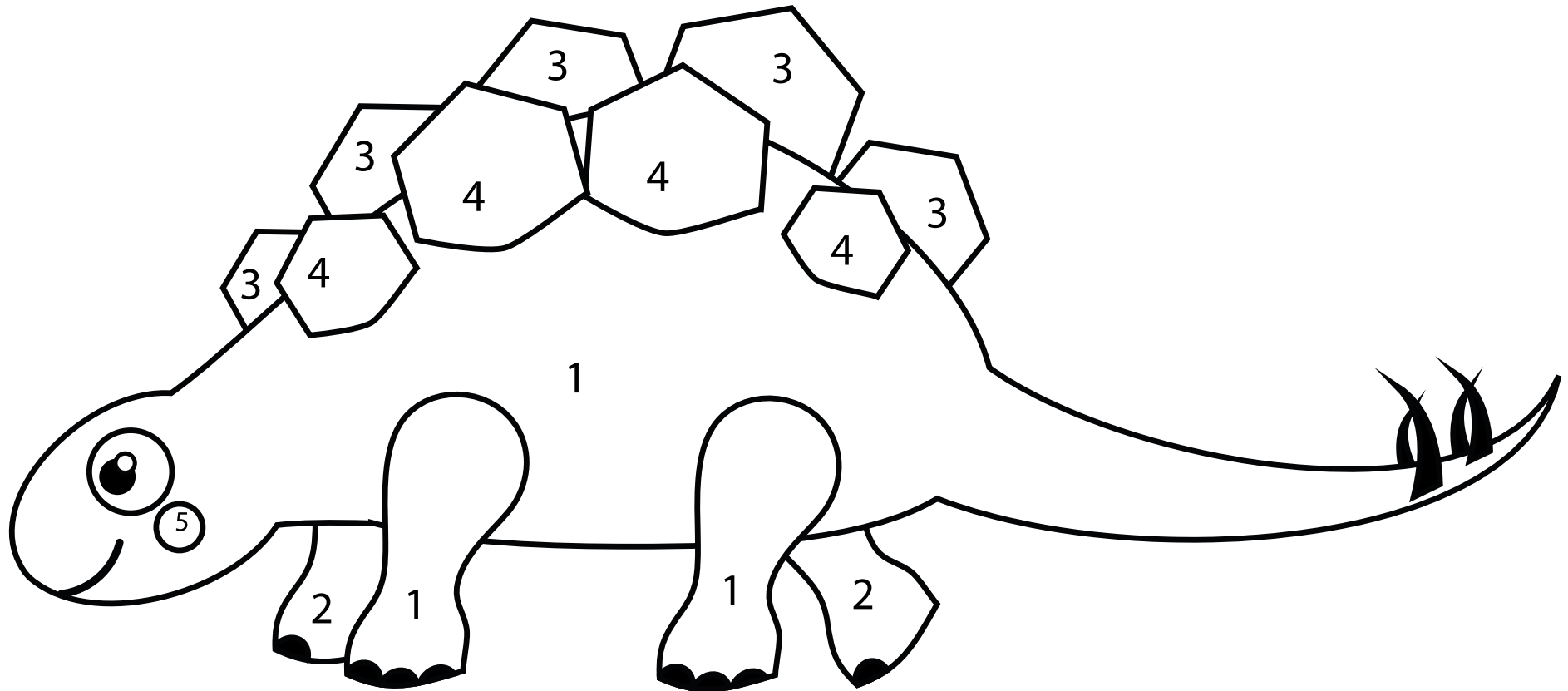
What do you get when dinosaurs crash?
Tyrannosaurus Wrecks!



Name _____

Dino Color by Numbers

Use the key to color in the stegosaurus.



1 - light green
2 - dark green

3 - dark brown
4 - light brown
5 - pink

JUNE



Learn It

It is a CACFP Best Practice to incorporate seasonal and locally produced foods into your menu. Did you know that when you are using out of season ingredients, they are usually picked earlier as to not spoil during shipping? When this happens, you can actually lose out on some of the nutritional benefits because the produce is not fully mature and there is longer time between harvest and serving. When appropriate, try to buy locally and choose produce that is in season. Small adjustments can be made, such as replacing salad cucumbers in the fall with green apples, pears, or even beets.

Eat It Powerful Potato Rounds

1 lb sweet potatoes, in 1/2 inch slices
Topping ideas: Cheese, corn, red peppers, cherry tomatoes (sliced), green onions



Place sweet potato slices on lined baking sheet, sprinkle with seasoning if desired, and bake for 10-12 at 400° F. Immediately top with cheese and other toppings.



Create It Superhero Capes

Using old t-shirts, cut the front and sleeves off the shirt leaving only the neck and back. Allow the children to decorate with fabric paint. Once they are dry, they are ready to fly wearing their individual capes!



Play It Superhero Toss

Create two lines parallel to each other, an appropriate distance apart. Place buckets labeled with exercises on one of the lines. The children will stand on the other line. They will take turns throwing bean bags into the buckets. If they land a bean bag, everyone freezes and does that exercise! Labels might include: 10 superhero leaps, 5 spins, 3 Superman punch in the air jumps, Stomp like the Hulk for 10 seconds, throw webs in the air like Spider-Man, etc.

Sing It I'm a Superhero (Tune of London Bridge)

I'm a superhero
Hero
Hero
I'm a superhero
Watch what I can do!
NAME!



After each round, call out a child's name so they can tell you and act out what their superpower is!



Read It

Sweet Potato Pie by Kathleen D. Lindsey
Our Community Garden by Barbara Pollack
Even Superheroes Have Bad Days by Shelly Becker
Even Superheroes Make Mistakes by Shelly Becker
How to Be a Superhero by Sue Fliess and Nikki Dyson
Help! I Need My Superheroes! by Webber Books



Name _____

Super Dots

Our superhero is missing his cape! Connect the dots to complete his costume and color the picture in.



JULY



Learn It

We do not all have large spaces for beautiful outdoor gardens, but we can all try a small indoor garden. This can be done and the children in your care will be enthusiastic assistants. You can do a small hydroponic system or even just use a couple of small pots. Choose an area that will get about 8 hours of light and use a quality organic potting soil for your seeds. Then choose your plants. Lettuce, carrots, spinach, beets, scallions, tomatoes, and hot peppers all tend to do well inside. Teach the children as you prepare the garden and allow them to be involved as much as possible.

Eat It Cowboy Corn Salsa

3 cups corn
1 red pepper, diced
2 large tomatoes, diced
2 garlic cloves, minced

Mix corn, pepper, tomatoes and garlic together. You can add cilantro or even jalapeno peppers. Sprinkle with lime juice to keep fresh for longer. Give each child $\frac{1}{2}$ cup of salsa and serve with 14 grams whole grain tortilla chips



Read It

Plants Feed Me by Lizzy Rockwell

Grandma Lena's Big Ol' Turnip by Denia Lewis Hester

Green Green: A Community Gardening Story by Marie Lamba

At the Farmer's Market/En el mercado by Anna W. Bardaus

B is for Buckaroo: A Cowboy Alphabet by Louise Doak Whitney and Gleaves Whitney

Cowboy Camp by Tammi Sauer

Celebrate My Hopi Corn by Anita Poleahla

The Brave Cowboy by Joan Walsh Anglund



Play It Horse's Tail

The teacher will start the game by placing a streamer on the back of their clothing. In a designated safe area, the children will run and try to steal the teacher's tail. The child that steals it will place the tail on the back of their own clothing and become the horse.

Create It Lasso the Letter L

Using the Letter L template or construction paper with the Letter L, have children use twine to glue and trace the letter. When they are done tracing, they can tie twine knots to make lassos and glue to their letter L. Squeezing glue, tracing and tying twine are all great ways to practice fine motor skills.



Laugh About It

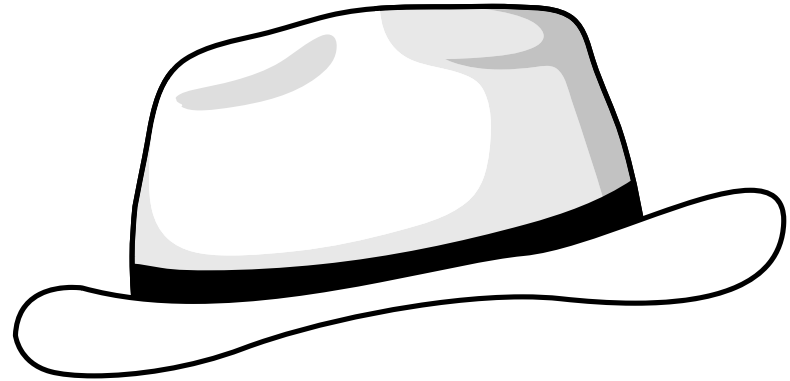
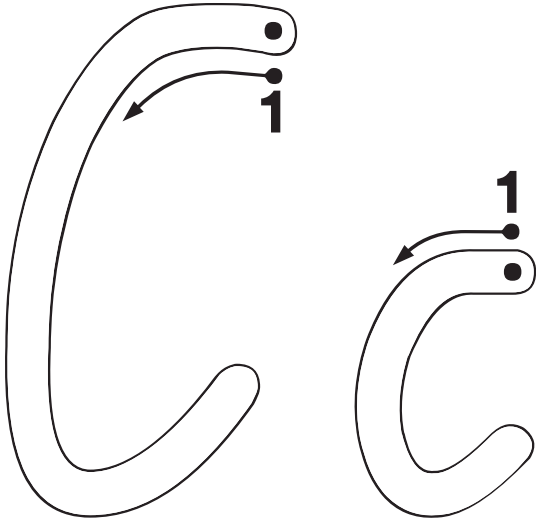
Where do cowboys eat lunch?
The CALF-eteria!



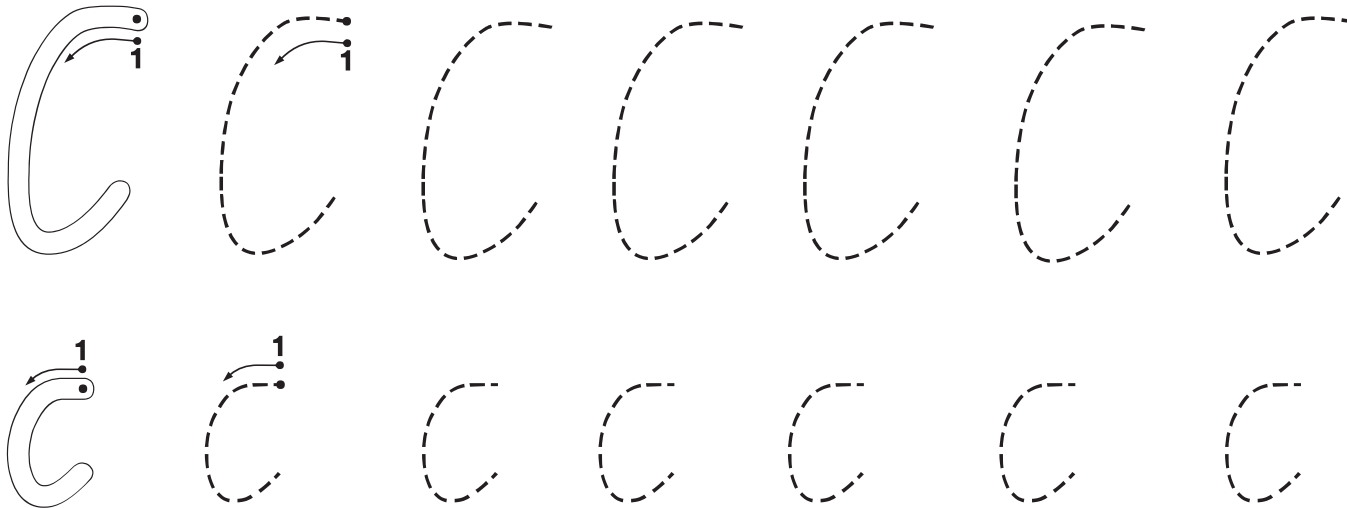
Name _____

C is for Cowboy

Practice writing the letter C. Start on the dot and follow the shape or dotted lines to form the letter. Do this for capital and lowercase C.



cowboy hat



AUGUST



Learn It

Kids love to assist in the kitchen. What jobs can they have? This depends on everyone's individual ability, but start with these tasks: ask them to help measure and add ingredients, press the start and stop buttons on timers, mix ingredients, hand ingredients to the chef, rinse the veggies, name and count the food as the chef prepares all of the ingredients, cut soft food, crack eggs, and set or clean the table. You can show the children how much fun it can be in the kitchen with special cooking music and even pretending like it is your own cooking show all for them.

Eat It Baked Fish Nuggets

1 lb tilapia, cut into nuggets
1 egg
1/2 cup bread crumbs
Seasoning



In small bowl, mix egg and seasoning together. Place bread crumbs in separate container. Dip the fish nuggets into egg and then bread crumbs. Lay on lined or buttered baking sheet and spray pieces lightly with olive oil cooking spray. Bake for 15-20 minutes at 350° F. Split nuggets evenly between six kids.



Play It Turtle Eggs

Gather enough plastic eggs to have one per child. Try to have a different color per child or groups of colors split evenly. In each egg, place an action word: running in place, marching in place, jumping jacks, bear crawls, crab walk, etc. The children will stand in a circle and pass their egg while the music plays. When the music stops, they will freeze. Call out a color. The child with that color will tell everyone what the action is and everyone has to do that action. If you have multiple children with the same color, choose one or do all. After the action, come back to the circle and pass the eggs again.

Create It Ocean Slime

Place corn starch into a mixing bowl. The amount will vary depending on how much you would like to make. Food coloring can be added. Slowly add water and mix with hands until the mixture is smooth and you have reached your desired consistency. This is a great science project teaching both properties of liquids and solids!



Read It

Kitchen Dance by Maurie J. Manning
Lenny Has Lunch by Ken Wilson-Max

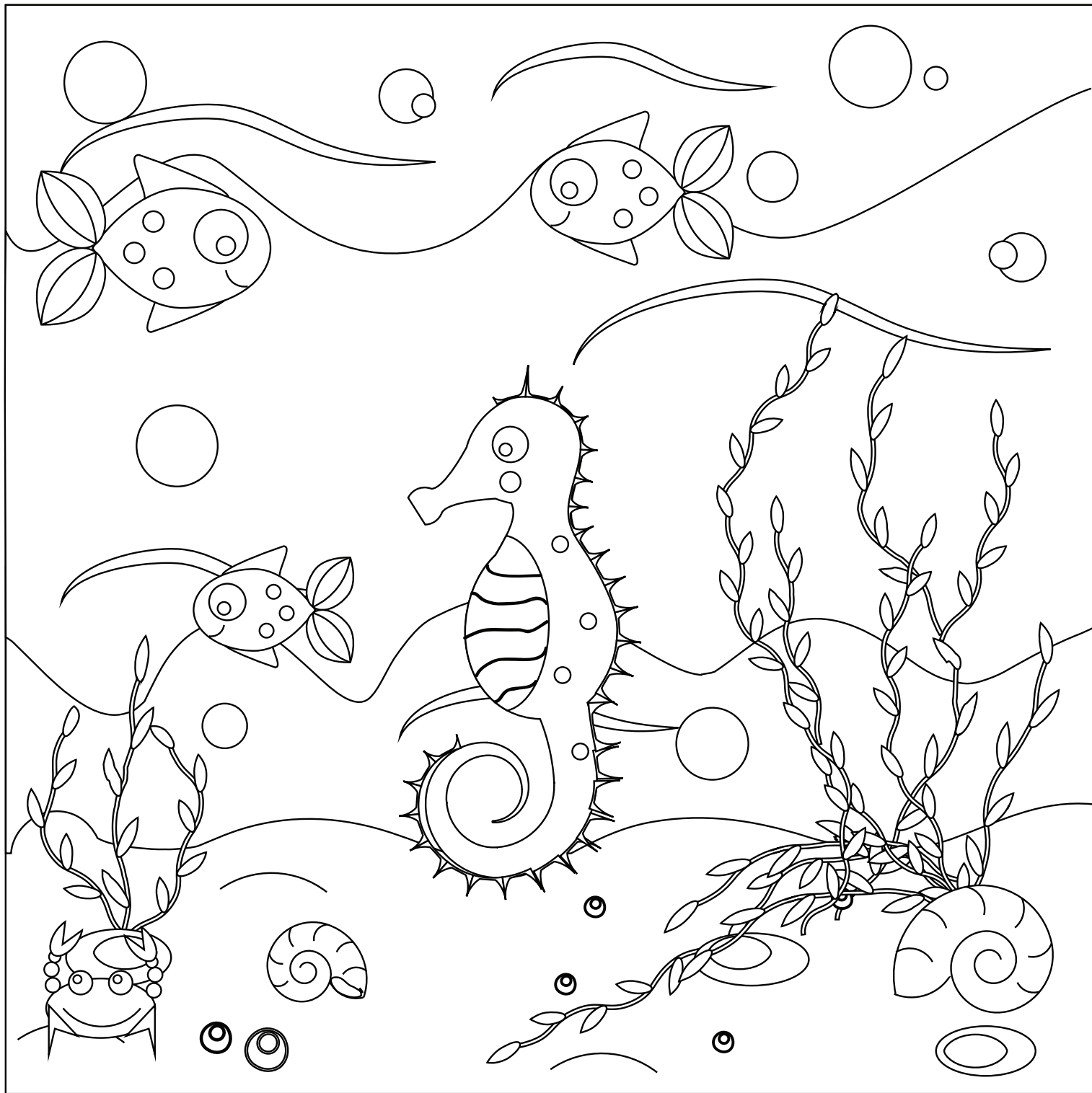
My Little Busy Day: Cooking With You/Cocino contigo by Ellen Whisenant
Commotion in the Ocean by Giles Andreae, Illustrated by David Wotjowycz
Over in the Ocean: In a Coral Reef by Marianne Berkes, Illustrated by Jeanette Canyon
Pete the Cat: Scuba Cat by James Dean and Kimberly Dean
The Rainbow Fish by Marcus Pfister and J. Alison James



Name _____

Under the Sea

Color in the underwater scene. What can you find in the picture?



SEPTEMBER



Learn It

Having a healthy relationship with food is important for growing children and even adults.

We can help foster this relationship as providers by working towards a positive food experience. Make mealtimes a pleasant, social time by sitting with the children and engaging in conversation. In addition, help children learn skills to eat and serve themselves. Allow children to help plan menus and make grocery lists so they are a part of the process and excited about eating.

Eat It Rainbow Boats

Bananas
Low-sugar yogurt
Strawberries, quartered
Mandarin oranges
Pineapple
Green grapes, quartered
Blueberries
Purple grapes, quartered



Give each child a banana half, 1/4 cup fruit assortment and 1/4 cup of yogurt. Assist as needed for them to spread the yogurt on the banana half and then add the fruit in any pattern that they choose to create this yummy, colorful snack!



Play It Giant Color Memory

Using white posterboard, write a color word on one side only: red, orange, yellow, green, blue, purple, brown, black, etc. Turn the color words face down in a large open space creating even rows and columns. The children will move to play the traditional game of memory. If you want more action, call out movements for them on each turn.

Create It Paint with Paper

Cut out different sizes and colors of tissue paper. The children will place the tissue paper onto watercolor paper. Assist as needed to gently spray the tissue paper on top of the water color paper with water using a spray bottle. Allow the color of the tissue paper to bleed through for a couple of minutes. After the water color paper dries, add the saying, "You can be anything!"



Read It

When I Build With Blocks by Niki Alling
Use Your Imaginations by Nicola O'Byrne

A Kid & His Box by Linda Bronson
Rico Eats a Rainbow by Jessica M. Miller
Rainbow Stew by Cathryn Falwell
Can You Eat a Rainbow? by Anastasia Suen



Name _____

Rainbow Reptile

Chameleons are known for being able to change their color. Use your imagination and any colors of the rainbow to color your chameleon in.



OCTOBER



Learn It

Teaching kids about the importance of vitamins and minerals can be hard. Vitamins come from plants and animals and help our bodies grow all the way from infant to adult. Minerals come from water and soil and since we don't eat dirt, we get them from foods that have absorbed the minerals. Tell your kids that vitamins and minerals each have their own special job to help our bodies grow and be healthy. Some help you see, grow strong bones, avoid getting sick, or give you energy. Help the children in your care see and appreciate the super powers on their plates by teaching the importance of vitamins and minerals. You'll be helping them form life-long healthy habits.

Eat It Shiver Me Swords!

- 2 cups sliced cucumbers
- 2 cups carrots sticks
- 2 cups yogurt, plain
- 1 tbsp lemon juice
- 1 tbsp dill



Create a small hole in the middle of each cucumber slice. Mix yogurt, lemon juice and dill. Measure out $\frac{1}{4}$ cup cucumber slices per kid; then poke a carrot stick through the hole of each cucumber slice to make a sword. Pair with a $\frac{1}{4}$ cup yogurt dip per kid. Kids will love waving their sword around and dipping it into their yogurt dipping sauce.



Read It

Mealtime (Toddler Tools) by Elizabeth Verdick
Let's Eat!/¡A Comer! by Pat Mora

Shiver Me Letters: A Pirate ABC by June Sobel and Henry Cole

Pete the Cat and the Treasure Map by James Dean & Kimberly Dean

Fruits: A Caribbean Counting Poem by Valerie Bloom

Pirate Boy by Eve Bunting and Julie Fortenberry



Play It Walk the Plank

Using varying widths of board, set up a pathway for the children to walk from start to end. Teach them how to use their arms for balance and to go at different speeds. They don't want to fall in with the scary ocean monsters!

Create It Pirate Prints

Help the children paint their hands to stamp it on construction paper using three stripes of color across the hand. Paint the thumb and across the palm red, paint the middle stripe skin toned, and the 3rd stripe with 4 fingers black. Stamp construction paper with their painted hand. Once the paint dries, turn the paper where the black is on bottom. This creates their pirate beard, the red is the scarf on top of their heads. They can decorate the scarf with markers or craft supplies and add a patch and googly eye in the skin tone middle section. ARGHH MATEY!



Laugh About It

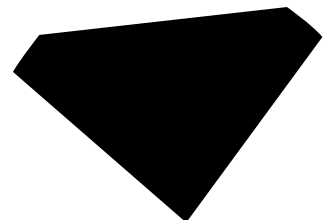
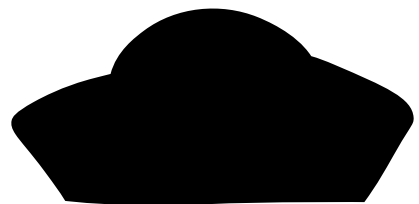
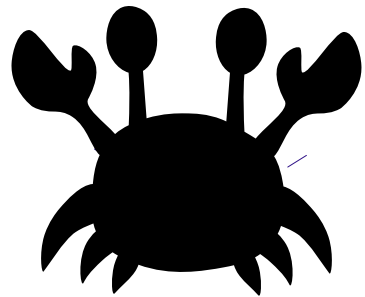
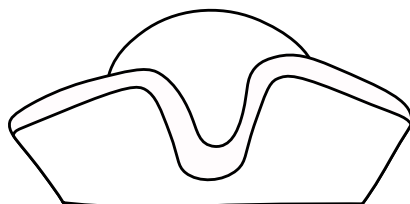
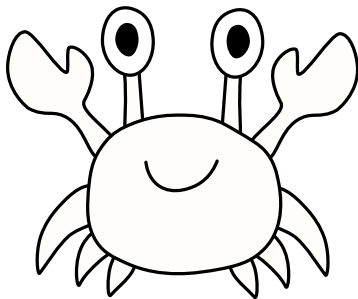
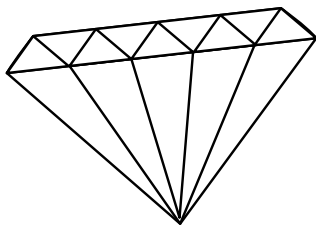
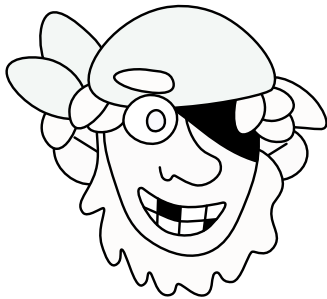
What is the pirate's favorite school subject?
ARRRRRRRT!



Name _____

Shiver Me Shadows

Draw a line to match each object to its shadow.



NOVEMBER



Learn It

Breakfast really is an important meal of the day! We know that children can concentrate more when they are not hungry and they will have a higher consumption of vitamins and minerals needed to grow such as: calcium, fiber, and protein. In a creditable breakfast, a provider includes milk; vegetables, fruit or both; and grains. Milk provides Vitamin D for strong bones, teeth and muscles. Vegetables and fruits provide vitamins A and C, fiber and potassium to help our bodies reduce the risk of chronic diseases later in life. Grains are high in fiber and reduce heart disease and diabetes. Breakfast is a meal you don't want to miss!

Eat It Treasured Tomato Side Dish

4 large tomatoes, in 1/4 inch thick slices
1/2 tsp garlic powder
Italian seasoning
Salt and pepper
Grated Parmesan cheese



Place tomato slices on lined baking sheet. Sprinkle salt, pepper and garlic powder. Cover with Parmesan cheese and Italian seasonings. Bake for 10 minutes at 400° F. Serve each child four slices.



Play It Magnificent Maze

Using sidewalk chalk on a large cement area or painter's tape on the floor, create a giant maze. At the end of the maze, place a "treasure" for the kids to see and try to get to. You could use any kind of props like a toy dragon to turn them a different way. Remind them, they can't walk through walls!

Create It Massive Magnifying Glass

Cut out the center of enough paper plates to have one per child. Assist as needed, to help the children tape or glue clear plastic wrap to cover the center of the plate. The children can then decorate the edge with craft supplies. Finish off the magnifying glass by gluing a craft stick for the handle.



Read It

Bibim Bap for Dinner by Laura E. Williams

The Treasure Hunter by William Boniface

Lailah's Lunchbox: A Ramadan Story by Reem Faruqi

Mariama - Different But Just the Same by Jerónimo Cornelles,

Illustrated by Nívola Uyá , Translated by Jon Brokenbow

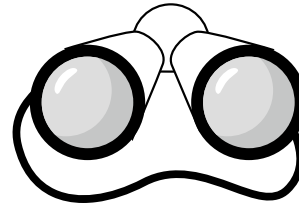
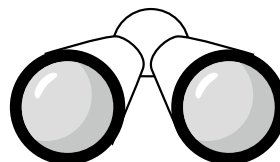
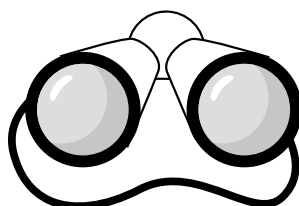
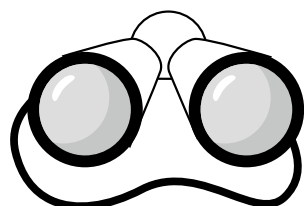
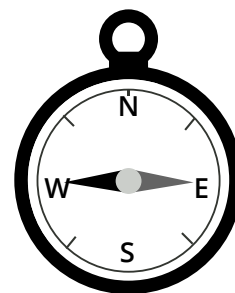
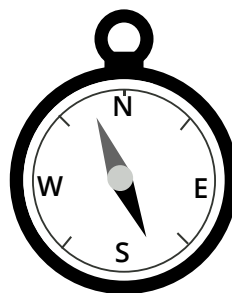
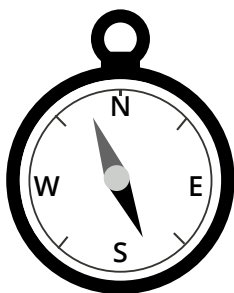
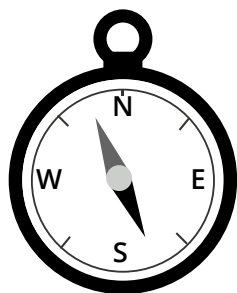
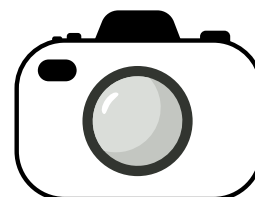
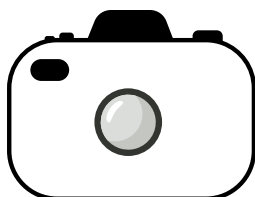
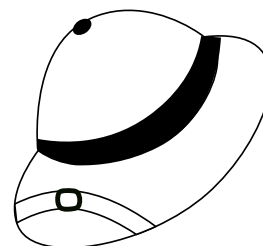
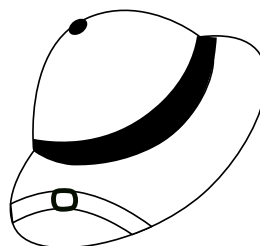
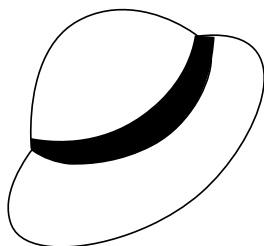
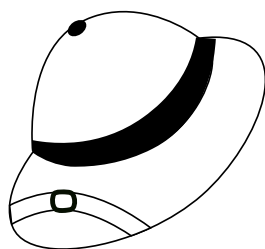
The Treasure Hunt by Richard Scarry



Name _____

Spot the Difference

One image in each row is different from the others. Use your explorer skills to find it.



DECEMBER

Laugh About It



Learn It

Whole grains provide the body with essential vitamins and minerals, along with digestive fiber.

As providers, we need to offer a whole grain component at least once per day. Now how do we serve whole grain components? We can replace other items with WGR items very easily. Make that muffin, pancake, cereal, waffle, or oatmeal WGR. At lunch and supper, use WGR pasta, brown rice, quinoa or WGR tortilla. Snack items can be substituted with WGR crackers, pita triangles, or pretzels. Little substitutions can go a long way in a life of health!

Eat It Monkey Toast

Avocado, mashed or guacamole
Whole wheat toast
Plantains, diced



Sauté plantain with garlic and onion for flavor. Let cool.
Cover toast with 1/4 cup avocado and 1/4 cup plantains.



Play It Sticky Safari Web

We're going through the jungle and have to crawl through a huge spider web! Create a web with tape, yarn or sturdy string down a hallway in your child care. The children will have fun trying to get through the web. Teach them to help each other and work together to get through the web.

Create It Mosaic Elephants

Using the Elephant Template, give one to each child. Cut various colors of tissue paper into different size squares and shapes. The children will paint glue onto the elephant template and glue the tissue paper. Once the tissue paper is dried, the elephant outline can be cut out and glued to a piece of colorful construction paper.



Read It

We All Went on Safari by Laurie Krebs
Way Far Away on a Wild Safari by Jan Peck

Safari Rachel by Rachel Oladapo

In My Family/En mi familia by Carmen Lomas Garza

Hungry Johnny by Cheryl Kay Minnema

Block Party by Gwendolyn Hicks

Try It Plantains

Plantains are closely related to the common banana and are thought to be originated from Southeast Asia. Plantains are ripe when fully black in color. They do not have as sweet a flavor as their cousin and we prepare, eat, and credit them in the CACFP as a vegetable. Plantains can be baked, boiled, fried, grilled, steamed or sautéed. The fruit provides carbohydrates, potassium, magnesium, fiber and Vitamin C.



Name _____

Lion Lines

Work on your writing by tracing along the dotted lines. Follow the eyes of the lion to draw either left to right or right to left.

