

## Small Hands Crafting

Make a sailing hat and periscope!

For your hat, use ½ sheet of newspaper. First fold the paper in half. Then fold down each side to make the triangles. Fold one of the bottom flaps up.

Flip the hat over and fold the other bottom flap up.

Add a bit of scotch tape to secure if you'd like.

Use an empty paper towel holder to make the periscope. Secure plastic wrap on one end for the "glass". Now cover the tube with

construction paper and decorate any way you'd like.



# Columbus Day

## Did you know that curiosity can mean healthy choices?

As a CACFP participant, your child care provider works to create an atmosphere that fosters a positive, curious attitude about food from the earliest years. As children we were always told to eat our veggies, particularly the green ones. Now as adults we find ourselves passing along those same great words of wisdom. But why? It's one thing to tell kids what they should eat, but it's almost always more effective to tell them why they should. Throughout the day, your child is learning why it is important to have a healthy diet and what those nutrient rich foods do for their growing bodies. During your next meal, take the time to talk about the food they're eating. Explain that bell peppers are rich in vitamin A, a must-have for healthy eyes and skin. Zucchini gives you potassium, which makes your heart healthy and strong. Eating spinach and other leafy greens will prevent you from getting sick and missing out on all the fun.

**Because your childcare participates with CACFP, your children are learning how to be explorers and find out all of the wonderful things food can do for your body!**

## Adventure Hiking Movement for Columbus Day

Columbus is one of the most famous explorers we study. Let your little adventurers pretend they are famous explorers on a nature walk. Move by rowing your boats, sneaking on tip toes to be quiet and walking quickly away from something when you're not sure what the noise is. As you walk, let the children collect artifacts in paper bags such as: rocks, bark, grass, leaves, flowers, nuts etc. You can even let them take plastic magnifying glasses to investigate bugs and leaves further. When you get back to your classroom, the children can sort out their findings and if applicable can glue them on to a construction paper poster.

## Italian Meatballs

- 1 pound lean ground beef
- 1 egg
- 1/4 cup quick oats
- 1 tablespoon garlic powder
- 2 teaspoons dried Italian seasoning
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/8 teaspoon cumin (if you like)
- 1/4 cup peanut butter

In a large mixing bowl, combine all of the ingredients. If using cumin, add that too. Mix well. Form meat mixture into 1 ½-inch balls. Coat baking sheet with nonstick cooking spray. Place meatballs on baking sheet lined with foil. Bake for 20 to 30 minutes, or until browned, in a preheated oven at 325 degrees.

*Recipe from USDA Mixing Bowl*

