



Food and Nutrition

YUM! YUM! YUM!

Cooking with your child can be a real tasty treat! Cooking together can help your child develop so many skills. Just to name a few of those skills: teamwork, measurement, basic math, reading, problem solving, science exploration and much more! Then take your tasty treats on the road, driving around to point out the places like restaurants and stores where baking is done.

Take turns finding words that rhyme with:

BAKE	(cake, fake)
SPOON	(moon, soon, noon)
FRUIT	(boot, loot, toot)
BREAD	(head, bed, said)

Conversation Starters: Ask your child one of these questions to begin a conversation about the theme?

1. Why do cupcakes taste the same as cakes?
2. What are meatballs made from?
3. What is your favorite food? Why?

Book Topic & Internet Search

Don't forget that you can help your child create their own books by stapling or taping paper together in the form of a book.

What makes bread rise while it bakes? Green Eggs & Ham *Eating the Alphabet* by Louis Ehlert
Cloudy with a chance of Meatballs by Judi Barrett

SMART SNACK TIME!

Materials Needed: Magazines, supermarket catalogs, real life fruits and vegetables.

- o Provide opportunities to discuss with your child healthy choices when eating.
- o Channel your child to understand the purpose of eating, which is to fuel the body for play, learning, and working.
- o Go further to explain and give examples to the types of food that fuel the body and the types of food that weigh the body down taking away energy.
- o Discuss the differences and have your child explain how he likes to feel after a meal.
- o Show your child pictures of healthy choices such as fruits and vegetables. Have some real-life examples too. Bring together not only their nutritional value and health benefits but how they feel, smell and ultimately taste.
- o The student will have an opportunity to touch and smell each fruit for discussion.
- o Focus the student's thoughts to, how each fruit feels, smells, and looks like.
- o Cut fruit for tasting - taking high levels of caution when handling knife in close proximity to children.

OUR SENSES ARE SCIENTIFIC

Young children enjoy using their senses and learning through hands on activities. The importance of nutritious eating will provide your child with choices, benefiting your child's health. Create a positive and enjoyable experience as this approach can help picky eaters as well.

Stay Healthy!

Nutritional awareness in young children is important for their overall health. After they begin school, they will have independence. Because of this, it is our responsibility as good parents to inform our children and prepare them for the choices they will encounter. Nutritious eating is not only good for the body but for the mind equally.

Effective reading comprehension requires repetition!

Reading comprehension is a learned and trained skill that will enhance comprehension levels for years to come. It will be evident when comprehension is taking place by the answers you will hear from your young learner.

Increasing concentration skills is important to your child's cognitive (thinking) development. This can be accomplished through a variety of concentration games. Young learners can recognize familiar illustrations and memorize what they see. The objective of the game is for your child to practice their concentration and memory skills by remembering what they see and figuring out what is missing.

Memory Game

Materials needed: Flash cards, glue, healthy and unhealthy food choices.

- Cut out pictures in sets of two with your child.
- Paste each picture on a flashcard making sure you have a double set of each food item.
- As you look through catalog/magazines name the food items and briefly discuss their nutritional value. Keep it short and simple!
- Once the flashcard sets are ready. Set them out picture face up.
- Following have your child look at the sets for a few seconds.
- Now challenge your child to turn around while you remove one card.
- Have your child turn back around and figure out the flashcard that is missing.
- Take turns allowing your child to remove a flashcard and challenge you.
- Concentration and memory skills develop with practice and time so have this game at hand and play it often.

Yummy in my Tummy!

Materials needed: Construction paper, poster board, markers, pencils, magazines or catalogs, scissors and glue.

Present your child with magazines and supermarket catalogs and together look for and cutout pictures of healthy food choices.

As you look through the prints engage your child in a discussion that requires the use of their prior knowledge.

Ask your child questions about what healthy foods.

Explain to your child that together you will be creating a poster to show healthy choices the family can make throughout the day.

Together with your child, decide on a good title for your poster.

Get creative! Enjoy your special and fun time creating this poster with your child. The concept they are learning is of great value, but the time spent with you is priceless! Your poster can be a collage or tell a story.

Display your poster proudly in the kitchen.

Golden Moves!

Building and fostering your child's own character is crucial to his overall development. Emotional and social development go hand in hand and are equally important. Provide opportunities for your young learner to demonstrate understanding for the importance of friendships. Whether it is through discussion or during social interaction, it is helpful for this development to consistently remind and discuss positive social behavior.

If there are any peanut allergies this activity should not be done. Your child will observe the changes ingredients go through while making homemade peanut butter. Encourage your child to make some predictions before the process begins. Guide your child when making the homemade peanut butter. Have him make his own right along with you.

Homemade Peanut Butter

Materials Needed: Food processor, 1 cup of peanuts, peanut oil, apple wedges and bananas for dipping.

Suggested Reading: *From Peanuts to Peanut Butter* By Melvin.

Brainstorm with your child the ingredients they think they might need to make their own peanut butter.

Be sure to supervise food processor and guide with your child the mixing of the peanuts and peanut oil until the consistency looks and feels right.

Taste the homemade peanut butter and serve with apple wedges and bananas for dipping.

Activity: Food Alphabet

Materials Needed: Notebook/journal, pencils, and coloring supplies.

Even at this young age, your child is more than capable of learning the alphabet.

This time extend the alphabet from just reciting it or singing it to coming up with "food words" for each letter.

This activity will take days or even weeks. It will be fun, will keep your child interested, and challenged while trying to think of food words.

Keep a letter journal. Write the upper and lower case for each letter and have your child trace over each letter.

List your food words for the corresponding letter on the adjacent page.

Once the activity is complete together with your child draw a picture for each letter according to the word your child came up with.

Review your alphabet and discuss which letters were the easiest and which were a bit more challenging.

Young learners are building their vocabulary every day. Challenging your child to think of food words for each letter in the alphabet is a great way to develop thinking skills, expand their vocabulary, develop beginning sounds, and learn the alphabet.

Growing Our Own Food

When learning about healthy nutrition we should know where our food comes from. Make an indoor garden mural with fruits, vegetables, beans, grains and nuts. All you need is a large roll of paper or poster board, markers, crayons and food pictures

Materials Needed: Soil, pots or gardening space, seeds, journal, pencils and coloring crayons.

Discuss with your child where food comes from.

Choose a type of fruit, vegetable or spice you and your child would like to grow.

- o When selecting your plant, try to choose one appropriate for your region and the space you have for planting.
- o Together with your child plant, the seed and discuss care instructions for optimum growth.

Relate the right nutrients a plant needs to those healthy food's humans need in order to grow healthy and strong.

Once your child has planted their seed, place a small ruler in the soil.

The ruler will allow your child to see the growth difference in the days and weeks to come.

Have your child water the plant daily and make sure it gets enough sun.

Every week have your child record their observations by drawing them.

Use your vegetable, fruit, or spice once it grows.

Talk about the fruits and vegetables farmers provide veggies we see in the market to us.

Your young learner is 100% an individual their own individual person with their own tastes. This activity allows your child to use his newfound knowledge and awareness combined with his own desires to create his own picture menu. You can use the menu for your child's healthy snack choices, lunch box ideas, dinners, breakfasts, etc.

My Picture Menu

Materials Needed: Cardstock or large poster board, glue, pictures of healthy foods.

- Together with your child, collect pictures of individual healthy snacks or meals.
- Come up with a fun title for your child's menu such as "Jack's Favorite Dinner Menu".
- Arrange pictures on the cardstock or poster and glue them down.
- When possible have your child choose from their menu. This simple action will make them feel empowered and they will in turn choose healthier snacks.