

Family Newsletter



THIS MONTH'S THEME

Health & Fitness

If your children are hungry for learning, they will love this delicious experience. Follow food from the farm to the truck that picks it up, then on to the market, bakery and all the way to your table. Learn the basics of measuring, pouring, stirring and chopping. After a well-balanced meal, go outside for a marathon of jumping, kicking, catching and relay races. Everyone is a winner in this learning adventure.

Look for the daily notes about your child's art projects!

Today I created a salad.

Salad is a meal of mixed, usually vegetables. I created one and talked about nutritious food. I want to eat on a salad. It's fun!



Today I made a sandwich.

Bread is in the grain group! I built my own sandwich and chose foods from different food groups. I thought about what I like on my sandwich. Now it is ready to eat.



ASK ME: What ingredients did you add to your sandwich?

preschool

Making food & fitness a priority!

Research shows that a child's eating habits are largely shaped between two and four years old. Support the importance of healthy food choices, healthy lifestyle choices and help build healthy habits.

- **Involve children in the food preparation process.** This gives children ownership over the snack or meal and makes it more likely they will try new foods.
- **Give children limited choices.** Provide two vegetables and ask them if they would rather have corn or peas.
- **Make healthy habits a part of the daily routine.** Encourage children to wash hands and set the table before a meal.
- **Eat family style.** This encourages conversation. Children will also be more likely to try certain foods when they see others eat them.
- **Role-model good manners at the table** and encourage children to do the same.
- **Discuss where food came from,** which food group it is from, other recipes that can be made with the same foods and how much is enough.
- **Make movement and exercise a standard part of the daily routine,** including outdoor free play every day possible.



THIS MONTH'S FEATURED CONCEPTS

Letters Aa, Gg & Qq

Shape Heart

Numbers 11 & 12

Color Purple

Character Trait Fair

Letter Aa apple, airplane & alligator

Letter Gg grapes, gorilla & goat

Letter Qq queen, quilt & quarter



RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

How Did That Get in My Lunchbox?
by Chris Butterworth & Lucia Gaggiotti

Grains Are Good
by Amanda Rondeau

Good Enough to Eat
by Lizzy Rockwell

We Eat Food That's Fresh
by Angela Russ-Ayon and Cathy June

Food From Farms
by Nancy Dickmann

My Food
by Heidi Leigh Johansen



Favorite Food

(To the tune of "The Farmer in the Dell")

Ask your child to fill in their favorite food,
favorite fruit, favorite meat, etc.
to come up with new verses.

My favorite food is pizza.
My favorite food is pizza.
Oh how I love it so,
My favorite food is pizza.



Family Activities

Food Explorers

Visit a local farm, grocery store or specialty building such as a bakery, meat market or local deli. Discuss where the food comes from, where it is going and how it will get there. Buy ingredients for a favorite recipe, then prepare, cook and serve it as a family.

