

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

National Nutrition Month

Supporting Development During Mealtimes

Mealtimes are a great place where children can learn and practice many skills. Here are some ideas to support learning activities during mealtimes:

PRACTICE FINE AND GROSS MOTOR SKILLS

- ❶ Turn on the water faucet, pump soap, and dry hands with a paper towel.
- ❷ Set the table with plates, silverware, and cups.
- ❸ Fold napkins.
- ❹ Pour liquids with minimal spillage.
- ❺ Wipe up spills with a paper towel or sponge.
- ❻ Use thumb and pincer fingers to pick up finger foods.
- ❼ Spread hummus, butter, or cream cheese.
- ❽ Pass a bowl or pitcher of milk from one person to another.

TAKE PART IN CONVERSATIONS

- ❶ Establish eye contact.
- ❷ Engage in small talk.
- ❸ Listen while others are talking.
- ❹ Name and discuss foods and food groups. *These snow peas are in the vegetable group.*
- ❺ Use their classmates' names. *Patrick, what's your new puppy's name?*
- ❻ Ask for someone's attention in a polite manner.
- ❼ Discuss likes and dislikes.
- ❽ Ask questions such as *Why are caterpillars fuzzy?*

GAIN INDEPENDENCE

- ❶ Serve themselves and pour drinks.
- ❷ Make good choices about healthy foods and drinks.
- ❸ Try foods they may not

have tried before.

- ❶ Enjoy the meal time routine.
- ❷ Distinguish left from right.
- ❸ Experience foods from different cultures and discuss where they come from.
- ❹ Do things for themselves with guidance, if needed. *Hold your cup with one hand and pour with the other one.*

BUILD MATH SKILLS

- ❶ Count how many children are in the room. *How many adults? How many apple slices are left on the plate?*
- ❷ Apply one-to-one correspondence as they set the table with one plate, cup, and napkin for each child.
- ❸ Make and name geometric figures. *Fold the square napkin in half. What shape does it look like now?*
- ❹ Understand and use positional prepositions, such as *next to, under, over, near, behind, between, on, off, in, out, below, beside, and in front of.*
- ❺ Create and understand fractions while cutting a whole sandwich in half or in quarters.
- ❻ Measure liquids. *The pitcher has enough milk to fill six cups.*

Source: <http://www.naeyc.org/tyc/article/turn-mealtime-into-learning-time>



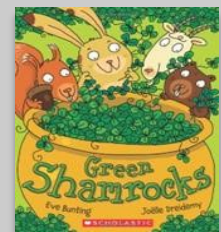
March 2017

Don't forget
Daylight
Savings Time
on March 12th!



St. Patrick's Day Activity
March 17, 2017

Read and grow your own
Shamrock!



COMING SOON!

Week of the Young Child
April 24-28, 2017



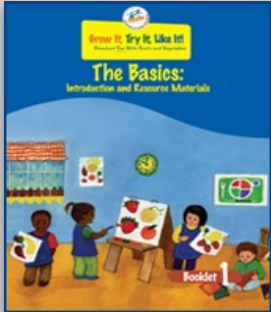
- Music Monday
- Tasty Tuesday
- Work Together Wednesday
- Artsy Thursday
- Family Friday

It isn't too early to join NAEYC in planning for the Week of The Young Child. Here are some resources to start your planning:

<http://www.naeyc.org/woyc/activity-resources>

FARM TO PRESCHOOL RESOURCES

Grow it! Try it! Like it!



<https://www.fns.usda.gov/tn/grow-it-try-it-it>

Teaching Taste, Texture and Color

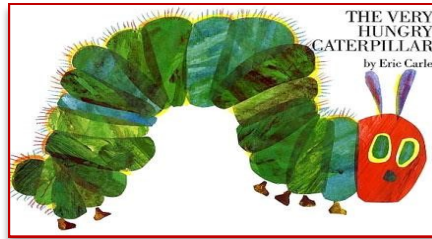


<http://centerfornutrition.org/teach-kids-nutrition/>

“Clip and Save”
Makes it easy to clip out
and save this healthy
recipe before recycling
your newsletter.



THE VERY HUNGRY CATERPILLAR, ERIC CARLE



The Very Hungry Caterpillar, by Eric Carle, is a great way to introduce children to different types of produce, especially as the season changes. For picky eaters, it can also encourage them to try new foods, just like the very hungry caterpillar did in the story! It's also a great way to talk to older children

about balancing healthy foods like fruit, meat, and cheese with sweet treats.

After Reading This Book:

- Try one of the fruits either that the very hungry caterpillar ate.
- Ask children to recognize healthy meals and snack options, and encourage them to come up with their own nutritious meals!
- Together create a meal or snack using a food eaten by the very hungry caterpillar.

Source: http://www.superkidsnutrition.com/nutrition_resources/bookcorner/

Colors are health protectors -- the more colorful healthy foods you eat, the more they protect you!

Are you getting all your colors of healthy foods each week?

purple Eggplant Plums Purple-potato	green Avocado Kiwi Broccoli Basil	red Tomato Strawberry Beets Red quinoa	orange Mango Carrots Sweet-potato	yellow Lemon Corn Yellow-pepper	brown Cinnamon Walnut 100% Whole grains	black Black beans Black lentils Black olives	white/beige Banana White bean Cauliflower Garlic Onion Oats



Remember:
 Aim for at least four (4) colors everyday.

Download Super Crew Color Tracker:

www.superkidsnutrition.com/PDF/activities/Super-Crew-Color-TrackerFNL.pdf

Healthy Eats

The Charger Wrap

Ingredients

- 1 1/2 cups Chicken Breast, cooked and chopped
- 1 tsp Lemon Pepper
- 6 8" Whole Grain Flour Tortillas
- 1 1/2 cups Romaine Lettuce, chopped
- 6 Tbsp Green Peppers, diced
- 3/4 pound Tomatoes, diced
- 3/4 pound Lowfat Mozzarella Cheese, shredded

Directions:

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, .25 cup romaine lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes. Garnish with .5 Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.



Source: *What's Cooking, USDA*