

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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Play Time

Get Moving Tips

- ▶ **Set aside a play area inside.** Find a safe spot where your child can tumble, roll, jump, and toss things - without breaking something or getting hurt
- ▶ **Have a place outdoors** to run and kick a ball.
- ▶ **Turn active play into family time,** maybe after a meal.
- ▶ **Create sidewalk or driveway art.** Use colored chalk, or "paint" with water and brushes.
- ▶ **Chase shadows** in the summer sun or the light of a full moon.
- ▶ **Play hopscotch.** Draw hopscotch squares on the sidewalk. Young children can jump from square to square. Older kids - and you - can hop, stoop, and bend!
- ▶ **Create a parade!** Dress up kids, adults, and pets. Decorate wagons, tricycles, bikes, and strollers.
- ▶ **Visit a farmer's market.** Walk and talk about the foods. Buy something to prepare and eat at home.



- ▶ **Run through the garden sprinkler!**
- ▶ **Go fruit picking:** Pick berries, peaches, apples, whatever grows where you live.
- ▶ **Splash** in a pool, lake, or slow, clean stream. Always supervise children around water. **Never** leave children alone near water.
- ▶ **Fly a kite. Blow bubbles.** Safely follow, wherever they go.
- ▶ **Enjoy a playground** - if it's equipped for young children.
- ▶ **Play games that move:** "Ring-Around-the-Rosie," "London Bridge," and others.
- ▶ **Work in a garden.**
- ▶ **Enjoy autumn leaves.** Rake leaves in a pile. Enjoy the pleasure of jumping in it!
- ▶ **Take a nature hike.** Look for animal tracks in the snow, wild flowers and buds in early spring, or colorful leaves in the fall.
- ▶ **Take a neighborhood walk.** Even on rainy days, going outside can be fun. Dress your child appropriately for the weather.
- ▶ **Act out a story.** Read a book together; move to give it action. If the book is about food and includes a recipe, make the recipe together.
- ▶ **Create an obstacle course.** Kids love to



tumble over pillows, crawl through open boxes, and jump into hula-hoops.

► **Turn up the music and dance.** Swing your arms like a conductor. Or move to the music like a cat, bird, horse, elephant, or bug. You do it, too!

Source: Health Education through Extension Leadership (HEEL)

Dollars and Sense



Children need to practice waiting to become good at it. Savings charts can help them learn how to wait to spend money.

Charts can show how much money children have saved and how much more money they need. This can encourage them to keep saving. To learn more about how to make a savings chart for your preschooler, go to

http://www.creditunion.coop/download/pre_k_1.pdf

Let's Eat

Trees in a Broccoli forest

Have you ever eaten a tree for a snack?

Here's your

chance! Create

edible trees

with baby

carrots and

broccoli florets.

Add a few

cherry tomatoes for sunshine. You can also make flowers by arranging broccoli florets around cherry tomatoes and using the baby carrots for stems.



Makes 4 servings

Ingredients:

- 2 carrots, peeled or 8 baby carrots
- 3 cups broccoli florets

- 4 cherry tomatoes
- 3 tablespoons parsley leaves

Dipping Sauce:

- 1/4 cup plain nonfat yogurt
- 1/4 cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

Utensils Needed:

Cutting Board Serving Plates
Sharp Knife Mixing Spoon
Small Mixing Bowl
Measuring Cups and Spoons

Method:

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each half, crosswise, then lengthwise to make four pieces.
3. Arrange each plate by putting two carrot pieces (or 2 baby carrots) side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate. Spoon dip around the base of carrots and sprinkle with parsley.

Nutritional Info: (per serving)

84 calories	12g carbohydrate
3g protein	74mg sodium
2g fat (2g sat.)	1mg cholesterol

Source: 5 A Day Friends at Dole Food Company
www.dole.com

Sincerely,

Vicki Wynn

County Extension Agent for
Family and Consumer Sciences



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