

Pre-School Pages



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

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May 2021

Celebrate

Cinco de Mayo: Fiesta Fun!

Cinco de Mayo, or the fifth of May, is a celebration that honors Mexico's victory over France in the Battle of Puebla. One might think Cinco de Mayo would be a great celebration each year in Mexico, but surprisingly, it is celebrated more in the United States. Notably, it is a celebration of Mexican culture and heritage, but it is also a celebration of freedom and victory over odds.

Cinco de Mayo is famous for its music, art, and Mexican fare. Avocados, cilantro, and chili peppers often make an appearance in food that is served at Cinco de Mayo parties. Each year in Washington DC on the fifth of May, you can watch the "Running of the Chihuahuas, which is a charity race showing the personalities of this Mexican breed of dog as they race to win.

Celebrating Cinco de Mayo in your home can be a fun way to teach preschoolers about new and different cultures. Have your child help plan a family party with Mexican food, mariachi music, and maybe even a craft. Working with your children to plan, cook, and create helps them develop fine motor skills, hand-eye coordination, reading skills, math skills, and science skills.

There is no better reason to celebrate Cinco de Mayo than helping your child grow and learn.

Sources:

<https://share.america.gov/cinco-de-mayo/>
<https://www.usda.gov/media/blog/2013/05/03/international-influences-cinco-de-mayo-favorites>



Let's Play

Cinco de Mayo Maracas

What you need:

- Large plastic Easter egg
- Two plastic spoons
- Brightly colored washi tape
- 1-2 tablespoons of uncooked rice



Instructions:

1. Open the Easter egg and place 1-2 tablespoons of rice inside.



2. Seal the egg by wrapping the seam with washi tape once or twice.



3. Set both the spoons against the egg on the opposite sides so the handles touch and the egg is held securely. Seal the egg by wrapping tape around the egg and the spoons 3-4 times.



4. Shake your maracas to your favorite music and enjoy your new instrument.

Let's Eat

A Simple Mexican Salad

Serves-4

Ingredients:

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

Directions:

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Nutrition facts per serving: 50 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 300mg sodium; 12g carbohydrate; 3g fiber; 9g sugar; 0g added sugar; 1g protein; 6% Daily Value of calcium; 2% Daily Value of iron; 6%

Source: Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program



Photo source: <https://eat-move-save.extension.illinois.edu/eat/recipes/fresh-cucumber-orange-salad>

Sincerely,

Vicki Wynn

Extension Agent for
Family & Consumer Sciences Education