

Parent Provider Connections – May 2022

PICKY PALATES

Taste tests are fun and can be done regularly as a part of your curriculum to allow children to increase their preference of fresh vegetables and fruits. Lead children in interaction with the food through smell, taste, touch, and sight before tasting. You can also integrate literacy by introducing an alphabet letter and a book to read about the tasted food.

TYRANNOSAURUS TRACING

Using plastic dinosaur figures and construction paper, have children set up an art studio by placing the dinosaurs on a sidewalk or hard surface. Then place a piece of paper by the dinosaur to make a shadow. They can trace around the shadow with pencils, crayons, or even sidewalk chalk if you want to skip the paper. Experiment with how to make the shadows bigger and smaller.

DINO DANCE

The teacher will call out dinosaur movements to complete while the music is playing. As soon as the music stops, have children freeze in their dinosaur pose. Try these actions out: stomp forward, stomp backward, jumping dinosaur, flying dinosaur, large steps, tiny steps, side steps, crawling, fast or slow stomping in place.

CHOMPER CHILI

1.5 lb ground beef
2 15 oz cans black beans
1 28 oz can diced tomatoes

Combine beef, beans and tomatoes. Bring to a boil and allow to simmer for 30 minutes. Top with your favorites!

#CACFPcreditable

