

NOVEMBER



Learn It

Breakfast really is an important meal of the day! We know that children can concentrate more when they are not hungry and they will have a higher consumption of vitamins and minerals needed to grow such as: calcium, fiber, and protein. In a creditable breakfast, a provider includes milk; vegetables, fruit or both; and grains. Milk provides Vitamin D for strong bones, teeth and muscles. Vegetables and fruits provide vitamins A and C, fiber and potassium to help our bodies reduce the risk of chronic diseases later in life. Grains are high in fiber and reduce heart disease and diabetes. Breakfast is a meal you don't want to miss!

Eat It Treasured Tomato Side Dish

4 large tomatoes, in 1/4 inch thick slices
1/2 tsp garlic powder
Italian seasoning
Salt and pepper
Grated Parmesan cheese



Place tomato slices on lined baking sheet. Sprinkle salt, pepper and garlic powder. Cover with Parmesan cheese and Italian seasonings. Bake for 10 minutes at 400° F. Serve each child four slices.



Play It Magnificent Maze

Using sidewalk chalk on a large cement area or painter's tape on the floor, create a giant maze. At the end of the maze, place a "treasure" for the kids to see and try to get to. You could use any kind of props like a toy dragon to turn them a different way. Remind them, they can't walk through walls!

Create It Massive Magnifying Glass

Cut out the center of enough paper plates to have one per child. Assist as needed, to help the children tape or glue clear plastic wrap to cover the center of the plate. The children can then decorate the edge with craft supplies. Finish off the magnifying glass by gluing a craft stick for the handle.



Read It

Bibim Bap for Dinner by Laura E. Williams
The Treasure Hunter by William Boniface
Lailah's Lunchbox: A Ramadan Story by Reem Faruqi
Mariama - Different But Just the Same by Jerónimo Cornelles, Illustrated by Nívola Uyá, Translated by Jon Brokenbow
The Treasure Hunt by Richard Scarry



Name _____

Spot the Difference

One image in each row is different from the others. Use your explorer skills to find it.

