

MARCH



Learn It Why Whole Grains?

Whole grains are an important source of vitamins and minerals. The nutrients found in whole grains include: vitamin E, vitamin B6, magnesium, manganese, zinc, potassium, copper, and pantothenic acid. Whole grains are also the top source for fiber and dietary fiber, which reduces the risk of heart disease and type 2 diabetes. Fiber helps the digestive system which is a benefit to those who struggle with constipation or irregular stools; often common in younger children. Children younger than age 8, who eat about 3-5 ounces of grains each day, need to get 1 ½ to 2 ½ ounces from whole grains.

Eat It The Knight's Snack

Whole grain tortillas
Strawberries
Peanut butter



Spread 1 tbsp peanut butter onto tortilla and layer with 1/2 cup strawberry slices. Complete with another tortilla on top. Brown in a skillet or serve cold.

Laugh About It

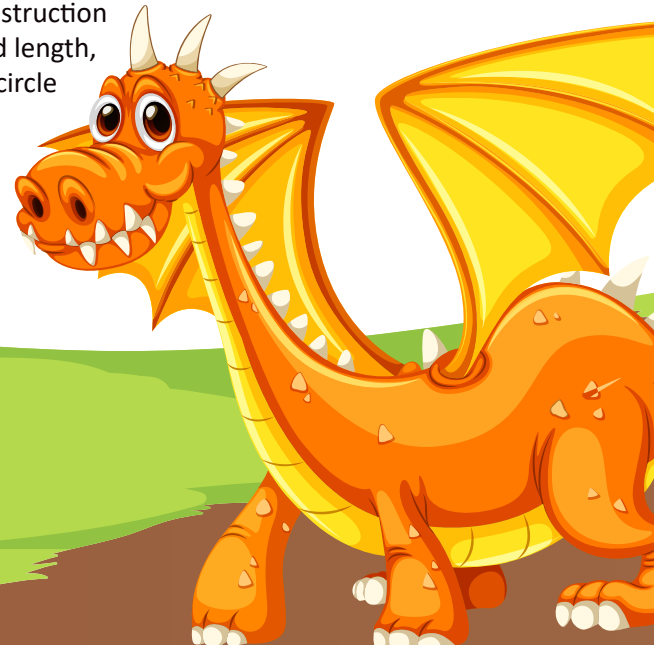
HA HA!

Why do dragons sleep during the day?
So they can fight the knight!



Create It Paper Dragons

To create their dragon, children will need multiple strips of construction paper cut in 1" widths and one 5" green circle. Teach the children how to make an interlocking paper chain with the construction paper strips. Once their chain gets to the desired length, help them attach the head by folding the green circle in half and attaching it to the first chain length. They can add eyes and a tongue or even create fire with tissue paper.



Play It Medieval Dice



The children will love this movement game! Using two large cube boxes, make two dice; one for speed and one for action. The children will take turns rolling the dice. Once the dice are rolled, they will complete the action according to the speed dice. For example, the children might roll the action castle and the speed fast so as fast as they can, they will pretend to build a castle.

Speed dice: Fast, Slow, Normal, Fast, Slow, Normal
Action Dice: Castle (Pretend to build a castle), Queen (Curtsy or bow), Flag (Wave like the knight's flag), Knight (Use your sword), Horse (Gallop like a horse), Dragon (Stomp and move your tail)

Sing It I'm a Knight in Armor

(Tune of I'm a Little Teapot)
I'm a knight in armor, look at me.
See how shiny I can be.
With my visors up my eyes you'll see,
but with it down it protects me.



Read It



The Knight and the Dragon by Tomie dePaola
In the Castle by Anna Milbourne and Benji Davies
If You Were a Kid in a Medieval Castle by Josh Gregory

Try It Dragon Fruit

The dragon fruit is a type of cactus that comes from Southeast Asia and Latin America. You can eat this food raw simply by cutting down the middle and removing the flesh. Just like the kiwi, the seeds are edible. The fruit can also be grilled like a pineapple or blended in a smoothie. Try it!



Name _____

Rescue the Princess

Help the knight reach the castle by finding the path through the maze and avoiding the dragon.

