

A Porridge Story

A snuggly story and tasty treat to share.



Something to Try

- Mix oatmeal packet with hot water. Add fruit – try banana, raisins, or blueberries. Or some honey or cinnamon.
- Snuggle up together and read *Curlylocks and the Three Bears*. Help your child draw a picture of the story. Or let your child tell you their version of the story, and write it down for them.
- Act out the story! Try different voices for Curlylocks and the Bear Family. Find some props, such as plastic bowls, spoons, kitchen chairs, blankets for beds, a teddy bear or doll.

My Favorite Part of Curlylocks and the Three Bears

My Name Is: _____

Date: _____

Adult Helper: _____

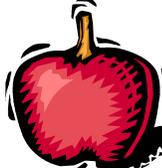
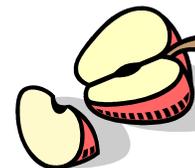
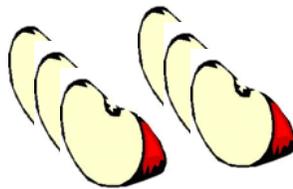
Time Spent: _____

Apples Away

A nutritious snack and fun math activity all in one. Children can learn counting, measuring, estimating, and teamwork helping cook.



Something to Try

	<p>Help your child wash and dry the apple. Ask her how many apples she sees.</p> <p><i>(Expect some giggles and splashing.)</i></p>
	<p>Carefully slice the apple into halves. Ask how many apples she sees now!</p> <p><i>(Answers will vary!)</i></p>
	<p>Finish cutting the apple into many slices. Count the apple slices with your child.</p> <p><i>(Remember! Learning to count takes time and practice!)</i></p>
	<p>Help your child compare apple slices to the number of her fingers. Ask her if she has more apple slices than fingers, or less?</p> <p><i>(She may want to compare your fingers to apple slices, too!)</i></p>
	<p>Make two stacks of the apple slices. Which apple stack is bigger? Smaller? Ask your child to eat a slice or two, and compare again.</p> <p><i>(Apple slices make interesting blocks – go ahead and play!)</i></p>
	<p>Eat a slice or two of the apple. Count the slices again. Repeat!</p> <p><i>(Children love to learn with you! Have learning fun with your child every day!)</i></p>

My Name Is: _____

Date: _____

Adult Helper: _____

Time Spent: _____

Snazzy Snacks

A healthy snack between meals helps kids learn and grow.



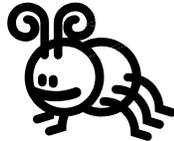
Something to Try

- Try a different snack each day with your child. See the Snazzy Snack Idea Pack!
- Talk to each other about your favorite snack – the color, the taste, the texture.
- Ask your child to draw a picture of her favorite snack.

If you are unsure about peanut allergies in your family, do not use peanut butter or other nuts without doctor approval first.

Snazzy Snack Idea Pack

Ants on a Log



You will need:

- 2-3 celery sticks, washed
- Peanut butter or cream cheese
- Raisins or sunflower seeds

Cut the celery sticks into half.
Spread peanut butter or cream cheese on the inside (like filling the inside of a canoe!)
Put raisins or seeds on top of the peanut butter or cream cheese. Enjoy!

Veggies-on-the-Go

You will need:

- Sturdy fresh veggies, such as:
- Celery sticks
 - Carrot sticks
 - Other fresh veggies you like!



Wash and slice the veggies. Put a few sticks of each veggie in plastic containers or Ziploc baggies. Take with you on errands for those nibbly moments when you and the children are ready for a snack!

Gorp'n Along

You will need:



- Dried whole grain cereal or granola
- Raisins
- Banana chips
- Nuts or seeds

Each family member puts a handful of cereal and dried fruit in their bag. Close the bag and shake it up. Now you have a tasty treat to go with your water on family walks!

(Note: "Gorp" is an Alaskan term for trail mix.)

My Favorite Snack

My Name Is: _____

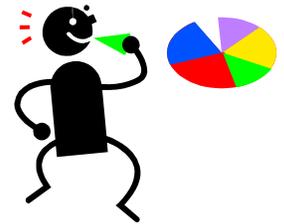
Date: _____

Adult Helper: _____

Time Spent: _____

Daily Doings

Does each family member eat five or more fruits and vegetables each day? Tracking habits and patterns over time can help you see what you eat each day.



Something to Try

Think about all the fruits and vegetables you eat: fresh, frozen, canned. In soups, salads, casseroles, sandwiches, 100% juice, or on their own. What colors did you eat today? Tally the amounts in the chart below!

Colorful Fruits and Vegetables We Eat Every Day

	Red	Orange	Yellow	Green	Blue	Purple
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

My Name Is: _____

Date: _____

Adult Helper: _____

Time Spent: _____

