

# Nutrition-Fruits

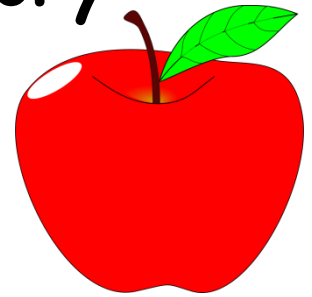
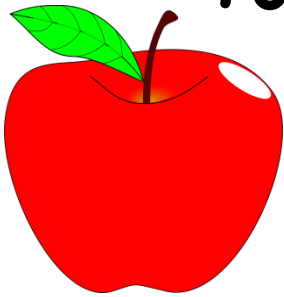
Did you know the food you eat is what keeps you strong and healthy?

## Today's Felt Board Story

"Fruit"

Today's Story

"The Little Mouse..."

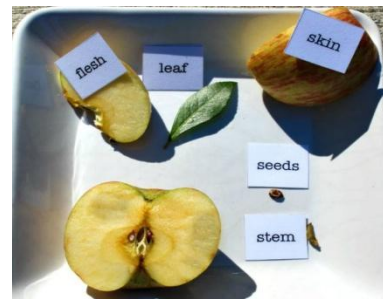


## Create



Make a watermelon slice with your hand print or make an apple using playdough.

## Discover



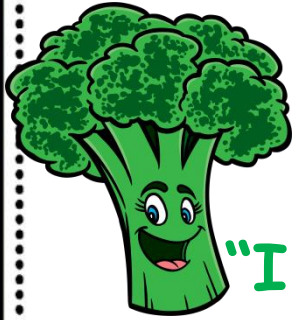
Take an apple apart and label all the parts. Leaf, seeds, skin, flesh.

## Project

Your project today is to make an apple painting using an apple cut in half. You will need a piece of paper, paint and one apple.

# Nutrition-Vegetables

Did you know vegetables come in many different colors ?

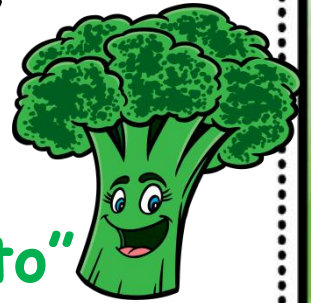


## Today's Felt Board Story

"Vegetables"

Today's Story

"I Will Never Ever Eat a Tomato"



## Create



Make peas in a pod by using green construction paper, glue and scissors and a marker.

## Sort



Take pictures of vegetables or use real vegetables and sort them by color.

## Project

Your project today is to grow fresh vegetables from vegetables. You will need several containers, water, and vegetables like lettuce, a carrot, potato, onion or radishes.



# Nutrition-Grains

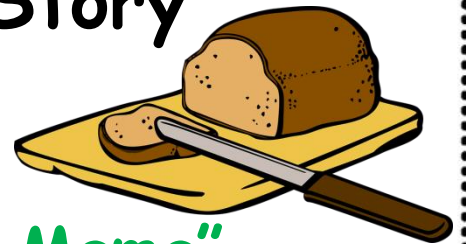
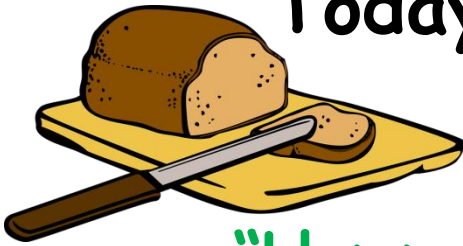
Did you know grains are used to make some of our favorite baked goods, like bread, muffins and cookies ?

## Today's Felt Board Story

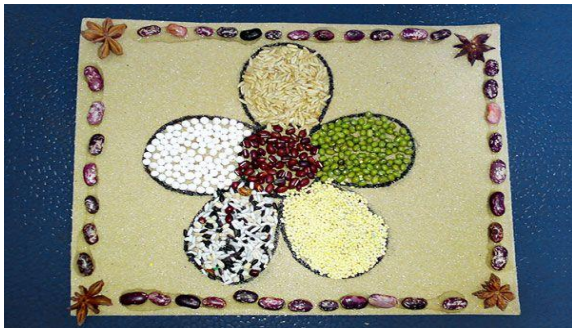
"Grains"

Today's Story

"Llama Llama Mad At Mama"



## Create



Make a flower using all kinds of grains, rice and beans.

## Sensory



Use a plastic bin and pour some rice inside. Hide small toys inside and try to find them.

## Project

Your project today is to use noodles and glue them on the letter "N". You will need a piece of paper, a marker or crayon, noodles and white glue.



# Nutrition-Protein & Dairy

Did you know protein can be plant based and animal based?

Most dairy products come from milk.



## Today's Felt Board Story

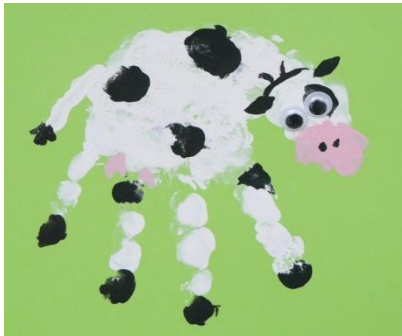
"Protein & Dairy"

Today's Story

"Pete's Big Lunch"



## Create



Make a cow using your handprint, white, black and pink paint.

## Find



Go through your home and see how many items you can find that starts with the letter "H".

## Project

Your project today is to make homemade ice cream. You will need about 4 cups ice, vanilla, heavy cream, kosher salt, a gallon zip lock bag and a quart size ziploc bag!