

# JANUARY



## Learn It

While it is important to consume enough protein, we must also ensure that it is lean, low in saturated fats and cholesterol, and that we choose complete proteins over incomplete. A complete protein has all 9 essential amino acids, which are the units that make a protein. You can find complete proteins in animal products such as chicken, eggs, dairy and seafood along with quinoa, buckwheat and soy. As a provider, we can focus on teaching what proteins do for our bodies: fuel the building blocks of our bodies which are made of protein, improve our immune system, produce hemoglobin, build and repair tissues and help to both fill and fuel our bodies at the same time.

## Eat It Speedy Split Pea Soup

1 lb dried split peas, sorted and rinsed  
8 cups water or substitute chicken broth  
1 onion, diced  
1 cup celery, diced  
1 ½ cups carrots, sliced  
Seasoning



Cook onions, carrots and celery until tender. Add split peas and water and heat to a boil. Lower the heat and cook until peas fall apart. Makes 10 one-cup servings.

## Laugh About It

Why are cars faster than bicycles?  
Because bicycles are always two tired!



## Play It And They're Off!

Using construction paper, tape different colors around the room or yard. You will begin by calling out a color and the children will run to that color. Once they all get to that color, call out another color. You can add in actions by saying, "Skip to the color red." "Bear crawl to the color blue."

## Sing It Little Race Cars

1 little, 2 little, 3 little race cars.  
4 little, 5 little, 6 little race cars.  
7 little, 8 little, 9 little race cars.  
10 little race cars ZOOM!



## Read It



*Meat Pies* by Celenia Chévere & Patricia M. Herbert,  
Illustrated by Donna Perrone

*Sopa de Frijoles/Bean Soup* by Jorge Argueta

*Race Car Dreams* by Sharon Chriscoe & Dave Mottram Aunti



## Create It Drawing with Cars

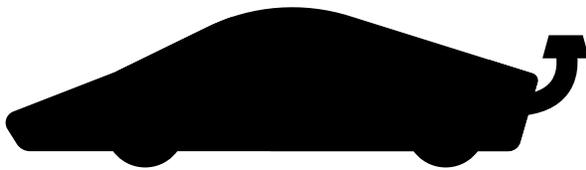
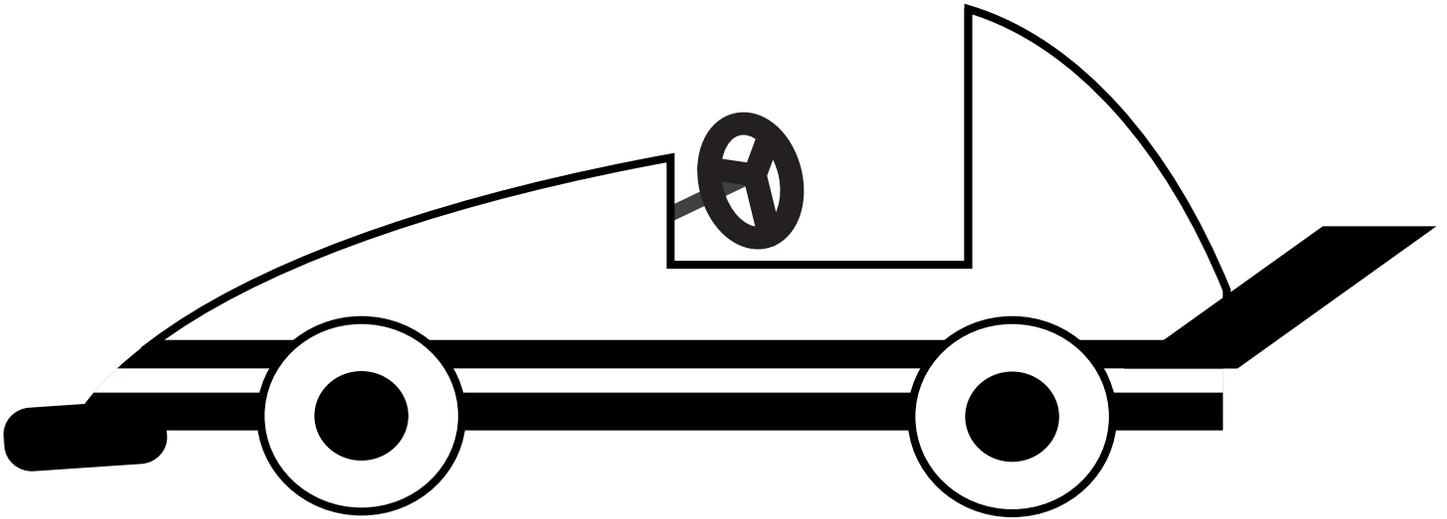
Using toy race cars, tape markers where they will touch the paper as the child moves the car. Set up large sheets of paper for the kids to drive the race car and create a drawing at the same time.



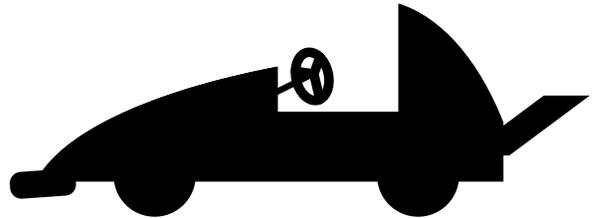
Name \_\_\_\_\_

# Shadow Racers

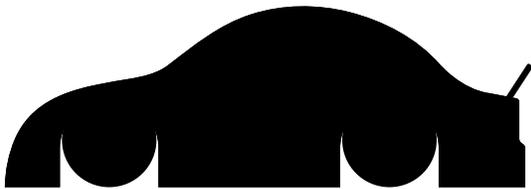
Match the race car to its shadow.



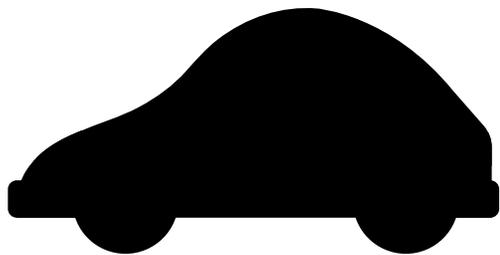
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