

MAY



Learn It

We all naturally have likes and dislikes for food, but some of the children in our care do not enjoy trying new things. What can we do as providers to help nurture that process? Along with taste tests, we can teach what the food is doing for our bodies. Want to run faster? Let's eat this protein to help build our leg muscles! Want to keep your bones growing and strong? We need to eat foods with calcium! It is important to build lessons around food that are fun and keep the children interested. Be a role model and put on your patient hat when working with children to try new foods. It can take many attempts.

Eat It Dino Bones and Dip

Pineapple, watermelon, honeydew melon, cut into sticks
1 cup yogurt
1/2 tsp vanilla flavoring
1/4 tsp cinnamon



Mix together the yogurt and flavoring and refrigerate until ready to eat. Give each child 1/2 cup of fruit sticks. Kids will love dipping the "bones" in the yogurt for a tasty treat!



Play It Dinosaur Yoga

Try out these movements with your children. You could add directions like Simon Says for variation.

Flying Dinosaurs:

Forward and backward arm circles, flapping arms

Stomping Dinosaurs:

BIG forward and backward jumps, stomping in place

Dino Dancing:

Free movement, get the wiggles out

Brachiosaurus:

Stretch wayyy up high!

Stegosaurus Tail:

Walk and swing your tail

Triceratops Walk:

Tiptoe

Create It Salt Dough Fossils

Mix together: 2 cups of plain flour, 1 cup of salt, up to 1 cup of water. Add water until desired consistency. Children can use the dough to make their own dinosaur bones or plastic dinosaur skeletons can be used to make prints in the dough. Let the dough harden and they have created their own fossil!



Read It

Dinosaurumpus! by Tony Mitton

Fussy Freya by Katharine Quarmby

The Ugly Vegetables by Grace Lin

Picky Eater by Michael Gordon

How to Catch a Dinosaur by Adam Wallace and Andy Elkerton



Laugh About It

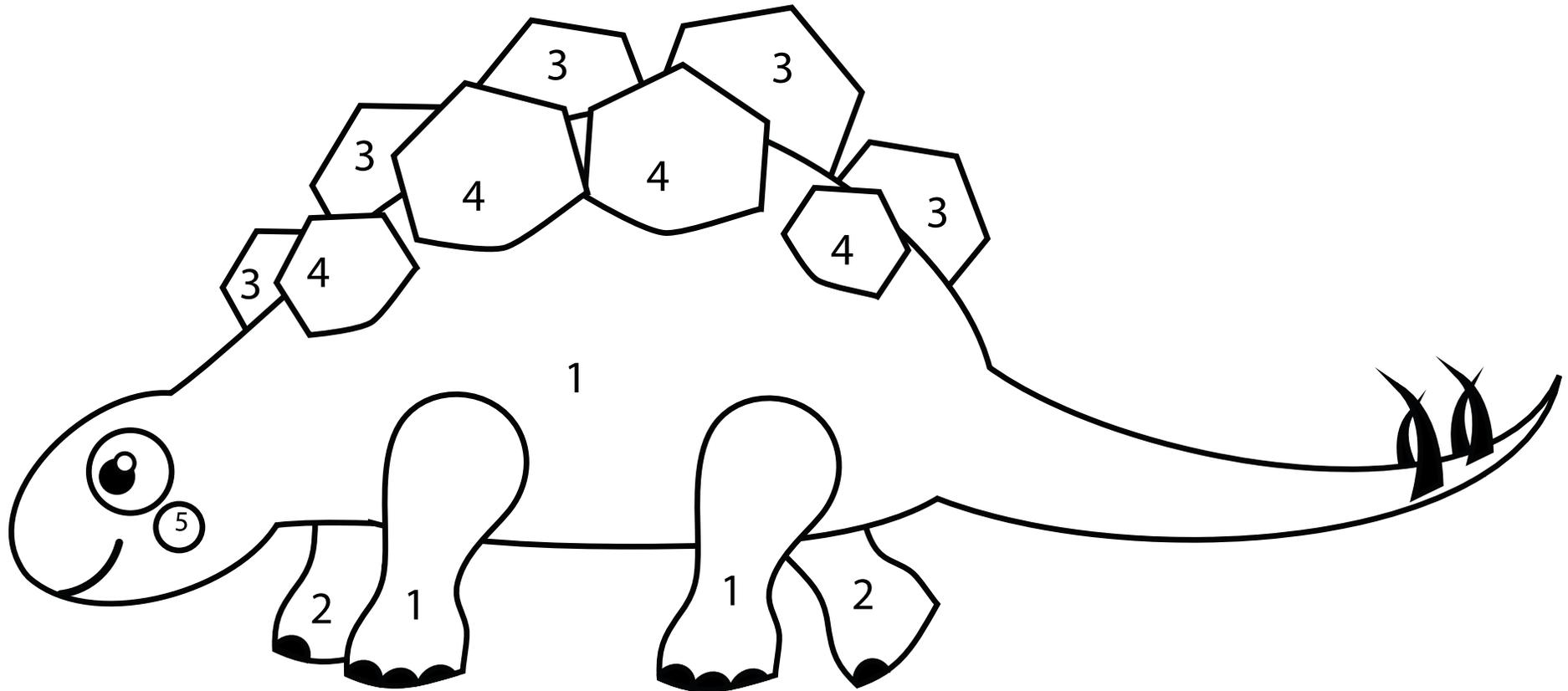
What do you get when dinosaurs crash?
Tyrannosaurus Wrecks!



Name _____

Dino Color by Numbers

Use the key to color in the stegosaurus.



1 - light green
2 - dark green

3 - dark brown
4 - light brown
5 - pink