

# SEPTEMBER



## Learn It

Having a healthy relationship with food is important for growing children and even adults.

We can help foster this relationship as providers by working towards a positive food experience. Make mealtimes a pleasant, social time by sitting with the children and engaging in conversation. In addition, help children learn skills to eat and serve themselves. Allow children to help plan menus and make grocery lists so they are a part of the process and excited about eating.

## Eat It Rainbow Boats

Bananas  
Low-sugar yogurt  
Strawberries, quartered  
Mandarin oranges  
Pineapple  
Green grapes, quartered  
Blueberries  
Purple grapes, quartered



Give each child a banana half, 1/4 cup fruit assortment and 1/4 cup of yogurt. Assist as needed for them to spread the yogurt on the banana half and then add the fruit in any pattern that they choose to create this yummy, colorful snack!



## Play It Giant Color Memory

Using white posterboard, write a color word on one side only: red, orange, yellow, green, blue, purple, brown, black, etc. Turn the color words face down in a large open space creating even rows and columns. The children will move to play the traditional game of memory. If you want more action, call out movements for them on each turn.

## Create It Paint with Paper

Cut out different sizes and colors of tissue paper. The children will place the tissue paper onto watercolor paper. Assist as needed to gently spray the tissue paper on top of the water color paper with water using a spray bottle. Allow the color of the tissue paper to bleed through for a couple of minutes. After the water color paper dries, add the saying, "You can be anything!"



## Read It

*When I Build With Blocks* by Niki Alling  
*Use Your Imaginations* by Nicola O'Byrne

*A Kid & His Box* by Linda Bronson  
*Rico Eats a Rainbow* by Jessica M. Miller  
*Rainbow Stew* by Cathryn Falwell  
*Can You Eat a Rainbow?* by Anastasia Suen



Name \_\_\_\_\_

# Rainbow Reptile

Chameleons are known for being able to change their color. Use your imagination and any colors of the rainbow to color your chameleon in.

