

FEBRUARY



Learn It

In order to increase flexibility at lunch and supper, the USDA now allows two vegetables to be served rather than a separate serving of fruit and a separate serving of vegetable. The fruit component can be substituted for another vegetable as long as it is the same serving size as the fruit it replaces and the vegetables are from different families. Try different combinations: beans and cauliflower or broccoli and potato. You might even be able to serve a favorite veggie with a new veggie and create a new favorite!

Eat It Edible Wands

Watermelon, cut with star shaped cookie cutter
Child-friendly kabob sticks
Grapes
Strawberries



Give each child a star watermelon slice and ½ cup of grapes and strawberries. They can make their own edible wand by placing the fruit on the kabob stick and then enjoy the yummy snack!



Play It Fairy Freeze

Choose one child to have the “freeze” wand and one child to have the “unfreeze” wand. The other children will run in the designated safe area and try to stay away from the freeze wand. If they are tagged, they have to stay frozen until the unfreeze wand taps them. Take turns having the different wands.

Create It Wonderful Wands

Every wizard and fairy needs a wand. Cut out stars using the template, one per child. The children will decorate with craft supplies, including paint, glitter and streamers. Once they have their magical star complete, assist them in gluing the star onto a dowel rod or long craft stick to complete the wand.



Read It



Guacamole: Un poema para cocinar/A Cooking Poem by Jorge Argueta, Illustrated by Margarita Sada
The Night the Monsters Came by Junia Wonders, Illustrated by Lisa Ciccone
City Green by DyAnne DiSalvo-Ryan



Name _____

Fairy Flower Frenzy

The fairies are picking their favorite flowers in the forest. How many did each pick?







