

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

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Let's Eat: St. Patrick's Day Snack



Ingredients:

- 1 medium peeled banana, sliced and frozen
- 1 cup frozen spinach
- 1 medium apple with skin, chopped and frozen
- 1 (20 ounce) can pineapple chunks

Step #1

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: Makes 4 servings; Serving Size: 1 cup 140 calories; 0g total fat; 0g saturated fat; 0g trans-fat; 0mg cholesterol; 30 mg sodium; 36g carbohydrate; 4g fiber; 28g sugar; 2g protein

Healthy Tip:

Buy pineapple chunks in 100%
juice.

Let's Play: Spring Time Activities

There are many activities you can do with your child for physical activity. In the springtime weather can be unpredictable, it may be beautiful weather one day and then horrible weather the next day. Here are some indoor and outdoor activities.

Outdoor Activities:

- Family walks after dinner
- Play catch
- Take a nature hike
- Games in the yard or park
- Kick a ball



Indoor Activities:

- Act out a story
- Turn up the music and dance
- Walk inside a shopping mall
- Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Source: choosemyplate.gov



Let's Celebrate: *National Nutrition Month*

Healthy Tips for Picky Eaters

Your child's picky eating is temporary. If you don't make it a big deal, it will usually end before school age. The following are tips to help you deal with your child's picky eating behavior in a positive way.

- **Let your kids be "produce pickers."** Let them pick out fruits and veggies at the store.
- **Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make the meal. Let them add ingredients, scrub veggies, or help stir food.
- **Offer choices.** Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?"
- **Enjoy each other while eating family meals together.** Talk about fun and happy things. If meals are times for family arguments, your child may learn unhealthy attitudes toward food.



Source: choosemyplate.gov

Let's Create

Bell Pepper Shamrocks

Supplies Needed:

- Bell Pepper (any color)
- Knife
- Green Paint
- Paper Plate
- Construction Paper
- Paint Brush



Directions:

1. Cut the top off of the pepper, pour some green paint on the paper plate and spread it around
2. Press the large part of the pepper into the paint, making sure all sides are covered
3. Press the pepper firmly against a piece of construction paper
4. Add little lines inside to make it look like a shamrock
5. Add a stem to the 4-leaf clover and let dry

Source: craftymorning.com

Sincerely,

County Extension Agent for
Family & Consumer Sciences Education

