

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 Celebrate: *National Nutrition Month, Lucky Smoothie*

Make this healthful, green smoothie for St. Patrick's Day and National Nutrition Month. Encourage children to try new foods and take two bites of everything!

You Will Need:

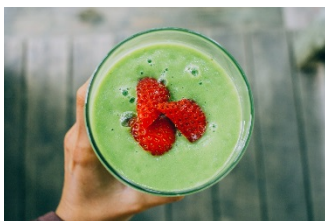
- 2 (peeled) kiwis
- 1 frozen banana
- 1/2 cup vanilla yogurt
- Splash of milk
- Dab of honey
- Green food coloring (optional)

Here's How:

Adults and youth work together to put all of the ingredients into a blender and puree until smooth. Serve in a chilled glass.

Source: *National Geographic*

<http://kids.nationalgeographic.com/Activities/Recipes/Lucky-smoothie>



Let's Eat: Tips for Grocery Shopping with Kids

Navigating the grocery store with children can be a daunting task. Children are surrounded by the temptation of sugary sweets that keep parents off-track and over budget. Use these tips to help kids stay calm at the grocery store.

Start off on a full stomach. Both adults and children are more likely to make impulsive purchases, especially sugar-laden ones, when hungry. Eat a balanced meal or snack before your trip to help resist the urge to splurge.

Stay on track. Come to the grocery store with a specific list of what you need. Explain to your child that you will not be veering off the list. With practice, children will see that if it is not on the list, it is not going in the cart. Let children help check off the list to practice reading skills and keep them occupied.

Have a back-up plan. Even though you ate before you came, pack an emergency snack just in case. Bring one other toy or a coloring book to distract children as well. Wait to use these tools until needed.

Play a game. Play eye-spy, mainly in the produce section. This can keep them entertained and



help avoid them thinking about other candies and treats nearby.

Keep your eye on the prize. Grocery stores are often set up so that you pass lots of items before you get to necessities like bread, eggs and milk. Stay on track and use the outer perimeter of the store, if you can, so you don't find yourself passing through the cookie aisle on your way to the milk.

Source: Jean Najor, MS, NEP Program

Let's Create: Making Kazoos

What You Need:

- Empty toilet paper rolls
- Rubber bands
- Wax paper
- Markers
- Stickers

What You Do:

Show the children how to assemble their own kazoos by folding the wax paper several times so that it covers the end of the paper roll. Rubber band it in place. Encourage the children to decorate their kazoos with the markers and stickers.

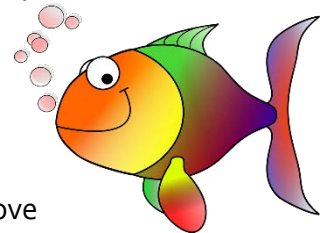


Test the kazoos. Place the end of the roll lightly to your mouth and sing or hum. The vibration of the layers of wax paper should make your kazoos sound great!

Source: "Our Flag." Ohio 4-H Cloverbud Curriculum. Ohio State University Extension

Let's Play: Go Fish

Get moving and pretend you are at the ocean during cold winter days!



What:

Students pretend they are in the ocean and move according to the following verbal commands. You can also add music for fun!

Movements:

GO FISH - Walk, skip, hop, or swim in any direction throughout activity area

ROW YOUR BOAT - Move elbows and arms back and forth in a rowing motion while walking in any direction through activity area

SURF - Stand with one leg in front of the other with arms out and balancing side to side

STING RAY - Arms wide and glide while walking in any direction in activity area

YELL "SHARK" - Everyone run to the nearest sideline (shore) away from the shark in the water and stand on one foot

WAVE IN - March forward toward the designated "shore"

WAVE-OUT - Walk backward toward the sea

LOW TIDE - Duck down and walk toward sea

HIGH TIDE - Walk on tiptoes with arms reached above head toward the shore

Source: University of California Cooperative Extension, "Preschool Nutrition News", Winter 2019 issue

Sincerely,

Brooke Hogancamp

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County Extension Agent
Family & Consumer Sciences Education

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