

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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Celebrate

Valentine's Day is February 14th

Suggestions for making Valentine's Day healthy and fun:

- Give out Valentine themed pencils or erasers.
- Provide small boxes of raisins.
- Sliced strawberries look like little hearts!
- Cut fruit, cheese or sandwiches into heart shapes using a metal cookie cutter.
- Don't be afraid to go "back to basics" and allow children to exchange simple paper cards with a kind note, no candy needed.



<https://ucanr.edu/blogs/blogcore/>

Play Time

Enjoying Hands-on Science Activities

"Dancing heart" is an activity that is sure to amaze children. In this experiment learn how a chemical reaction can create carbon dioxide. Using a glass jar add 1/2 a teaspoon of baking soda to 1 cup of water. Add a few valentine candy hearts. Slowly add 1/4 cup of vinegar. Enjoy watching the hearts rise and fall.

Materials:

- container or jar
- baking soda
- vinegar
- water
- candy hearts



Play with the amounts of baking soda and vinegar to get more or less bubbles. Some of the candy hearts might stick to the bottom of the container. Push them around and they should rise up again. If the hearts float on the top, push them down or drop in a few different hearts.

https://www.canr.msu.edu/news/celebrate_valentines_day_with_a_little_science_fun



Let's Eat

Shower your sweetheart with love and good eats by preparing special recipes rich with flavor and good nutrition.

See **RED** on Valentine's Day

Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health

Paradise Freeze

Ingredients:

- 2 bananas peeled
- 1 mango, cubed
- 12 ice cubes
- 2 cups strawberries
- 2 cups cranberry juice



<http://www.quickhealthyrecipes.msstate.edu>

Dollars and Sense

Melted Crayon Hearts

If you have children living under your roof, chances are high that you may have tons of old broken crayons lying around. These broken crayons can be melted into heart shaped crayons for Valentine's Day.

To make hearts out of melted crayons, all it takes is broken crayons, an oven-safe heart-shaped mold, a cookie sheet and an oven.

Preheat the oven to 250 degrees, fill each mold with the crayon pieces and bake for about ten minutes," she said. "Once the hearts have cooled, you can place them in festive baggies with ribbon to make a cute Valentine's Day-themed party favor."



<http://extension.msstate.edu/news/feature-story/2012/keep-kids-healthy-valentine-snacks-crafts>



Sincerely,

County Extension Agent for
Family & Consumer Sciences Education

Brooke Hogancamp