Winter Lessons
Individual Placemats

**Things You’ll Need**
- ✔️ 11” x 17” paper or construction paper in several colors
- ✔️ paint, markers, or crayons
- ✔️ food pictures cut from magazines, stickers, sequins, or other items to decorate the placemats (optional)
- ✔️ glue or tape
- ✔️ clear contact paper or lamination to cover the finished placemat (optional)

**Things You’ll Do**
- ✔️ Discuss with the children that mealtimes are a special time to talk and share with family and friends.
- ✔️ Ask the children who likes to share a breakfast or dinner meal with their family. What makes the meal special? One thing that can make a meal special is to have special placemats for family members or guests. Each child will be able to make two placemats. One placemat will be for the child and a second placemat will be for a special family member or family friend.

Festive Flower Arrangement

**Things You’ll Need**
- ✔️ small jars (baby food jars work well) or vases
- ✔️ silk, paper, or fresh flowers in a variety of colors with stems cut to fit into the small jars or vases

**In Praise of Family Meals**

**WINTER LESSON 1**

**Opportunities for Learning:** Children will make table decorations to make meals with family and friends special.
**Things You’ll Do**

✔ Discuss that flowers can make a meal special. Sometimes flower arrangements are small and sometimes they are big. Today we will be making small arrangements. Has anyone seen flowers on a table at home, a store, or a restaurant? Ask the children to describe what they saw.

✔ Arrange the flowers in the center of the table with the jars or vases.

✔ Let the children create their own arrangements using the flowers provided.

✔ Praise each child for their originality and the beauty of their arrangement.

✔ Have the children place their arrangement in front of their place at the table.

✔ The arrangements can be sent home with the children or recycled for an activity on another day.

This week we talked about how special it is to eat with family and friends.

Eating together is a time to share conversation, learn family values, and create memories.

We know that children benefit from eating with their family. They learn healthy eating habits and can become more adventurous about the foods they want to try.

Books to Read

*The Foods We Eat* by Many Hands Media

Here are some tips to make family meals a part of your child’s life.

✔ Keep it simple.

• Family meals do not have to be fancy.

• Even small children love to help with the meal: setting the table or getting the napkins.

✔ Sit down together and try not to let the meal last too long. Young children often cannot enjoy a meal that lasts more than 20-30 minutes.

✔ Set a regular time for meals.

• Children like to have a routine and know what is expected.

• Regular mealtimes make children confident they will not have to wait too long to eat.

✔ Eat at a table.

• Eating at a table makes it easier for children to eat from a plate and learn to use utensils.

• It is easier to talk and listen to each other when everyone is gathered around a table.

✔ Enjoy mealtime conversation.

• Talk about things that are important to your child, such as what they did that day, or plans for tomorrow.

• Turn off the TV.

• Enjoy the meal together and focus on behavior concerns at another time.
Warm Winter Cookies
WINTER LESSON 2

 Opportunities for Learning: Children will make Gingerbread cookies.

Make Gingerbread Cookies

**Things You'll Need**

- 2 large bowls-one for dry ingredients, the other for liquid ingredients
- beater
- cookie cutters
- rolling pins
- dry measuring cups
- liquid measuring cups
- large spoon
- measuring spoons
- wax paper
- cookie sheets

**INGREDIENTS**

- 1 cup Margarine
- 1/2 cup Sugar
- 4 cups Whole wheat flour
- 1 tsp Ginger
- 1/4 tsp Ground cloves
- 1/2 tsp Mace
- 1/2 tsp Salt
- 3/4 cup Dark molasses
- Raisins
- Cinnamon candy hearts

**Things You'll Do**

- Cream margarine and sugar in large bowl.
- In second bowl, mix whole wheat flour, ginger, ground cloves, salt, and mace.
- Add dry ingredients and molasses alternately, beginning and ending with dry ingredients, to large bowl with creamed margarine and sugar.
- Give each child a handful of dough to roll between two pieces of floured wax paper.
- Cut into cookie shapes or mold cookies by hand.
- Use cinnamon hearts or raisins for decoration.
- Bake at 300 °F for 30 minutes.
- Serve cookies with milk.
Books to Read
If You Give a Mouse a Cookie
by Laura Joffe Numeroff

What Families Can Do
Families can help children cook at home. Children who help prepare a meal are more likely to eat new foods.
** Opportunities for Learning:** Children will make hot cocoa. Children will make mini sculptures from cookie dough.

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**Make Hot Cocoa**

**Things You’ll Need**
- ✔️ liquid measuring cups
- ✔️ spoons

**Things You’ll Do**
- ✔️ Wire whisk or hand eggbeater
- ✔️ Small bowls
- ✔️ Measuring spoons
- ✔️ Microwave or stove

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**INGREDIENTS**
- Cocoa mix
- 3/4 cup Milk per child
- Vanilla (optional)
- Nutmeg and cinnamon (optional)

**Things You’ll Do**
- ✔️ Place milk in small bowl, pan or mug.
- ✔️ Heat in microwave or on stove to a warm temperature.
- ✔️ Have children add cocoa mix.
- ✔️ Add 1/2 tsp of vanilla if desired.
- ✔️ Add cinnamon or nutmeg if desired.
- ✔️ Beat again.
- ✔️ Pour into cup using funnel and serve.
Make Mini Sculptures

**Things You’ll Need**
- foil or wax paper
- cookie cutters
- sequins, buttons, and/or beads
- pencil
- paper clips
- baking sheet
- paints
- brushes
- mixing bowl
- spray shellac (optional)

**INGREDIENTS**
- 4 cups Flour
- 1 cup Salt
- 1 1/2 cups Water

**Things You’ll Do**
- Mix flour, salt, and water in bowl.
- Knead mixture and add water if too dry.
- Form shapes of figures on foil or wax paper.
- Push in sequins, buttons, or small beads.
- Bake at 200 °F for 1 hour.
- Paint on designs after baking. (Teacher can spray sculptures with shellac to preserve them.)

**What Families Can Do**
Ask families to bring fruit, vegetables with dip, crackers and cheese, or other healthful snacks to accompany the cocoa the children will make.
Starting the New Year Right
with Healthy Beans and Peas
WINTER LESSON 4

Opportunities for Learning: Children will prepare a traditional and healthful pea recipe for the entire class.

Make Hopping Johnny (peas and rice)

Things You'll Need
- large pot with cover
- measuring spoons
- knife
- cutting board
- stirring spoon
- dry measuring cup
- liquid measuring cup
- water

INGREDIENTS
- 1/2 lb Lean ham or turkey, diced
- 2 cups Dried blackeyed peas (soaked overnight in the refrigerator) or 1 cup canned peas (no soaking needed)
- 1 Onion chopped
- 1 tsp Salt
- 1/4 tsp Pepper
- 1 cup Enriched long grain rice
**Things You'll Do**
- Add ham or turkey to water.
- Chop one onion and add to pot.
- Add black-eyed peas, salt, and pepper.
- Cover pot, cook 30-60 minutes until peas are tender, stirring frequently.
- Add one cup of rice and cook 25 more minutes.

**Make Zucchini and Yellow Squash Sauté**

**Things You'll Need**
- Frying pan with cover
- Spatula
- Knife
- Cutting board
- Measuring spoons
- Cornbread

**Things You'll Do**
- Slice zucchini and yellow squash on a cutting board.
- Stir margarine into frying pan. (Teacher or cook will do this.)
- Add zucchini and yellow squash.
- Stir.
- Cover and steam for 5 minutes.
- Garnish with red pepper flakes if desired.
- Serve with cornbread.

**Books to Read**
Look for picture books on how beans and peas grow.

**INGREDIENTS**
- 3 Small zucchini squash
- 3 Small yellow squash
- 2 Tbsp Margarine
- Red pepper flakes (optional)
Seeds Can Grow in Winter
WINTER LESSON 5

Opportunities for Learning: Children will start to grow plants from seeds.

Things To Do Before The Lesson
✓ Soak grapefruit, melon, lemon, and/or orange seeds overnight for planting.
✓ Soak 1/4-1/3 cup of beans overnight for bean sprouts.

Examine Vegetables and Fruits With Seeds

Things You'll Need
✓ plastic serrated knives
✓ paper
✓ cutting boards
✓ jars or glasses
✓ potting soil or dirt
✓ crayons
✓ tape

FOOD LIST
Apples  Melons
Cherries  Oranges
Corn  Peas
Cucumbers  Pears
Eggplant  Peppers, mild
Grapefruit  Tomatoes
Lemons
Lima beans, in shell
Things You’ll Do

- Ask children to name some foods with seeds.
- Cut various fruits and vegetables in half.
- Find the seeds and count them.
- Cut several lima beans in half. It is easy to see the parts of a new plant inside them; the tiny stem, leaves, and stored food.
- Fill jars or glasses with potting soil or dirt.
- Plant at least three seeds of one kind of vegetable or fruit in each container. Have children plant seeds close to the side of the glass or jar so they can see the roots grow.
- Label each pot with both the name and picture of the fruit or vegetable. (Children can draw the pictures.)
- Tell the children there is no right way to place a seed. No matter how the seed is placed, the root grows down and the stem grows up.

After the first leaves appear, transplant seedlings to a larger flower pot.

Note: Seeds can be a choking concern for young children. Supervise children closely.
**Outdoors in a Bottle**

**Things You'll Need**
- large jars with lid (check with food service personnel to see if they can provide a large quart size open mouth jar)
- potting soil
- mesclun mini salad greens, other small plants, or moss from outdoors, if available
- small plastic animals (optional)
- spray bottle
- towel or rack to keep jar from rolling

**Things You'll Do**
- Place jar on its side and fill 1/4 of the way up the side with potting soil.
- Allow the children to prepare a landscape in the jar (you can have a small hill and a smooth garden area to plant the seeds).
- Decorate the hillside by covering it with moss and placing plastic animals on it (if available).
- Plant the carrot and radish seeds in the garden area.
- Spray generously with water.
- Close lid and place in a warm sunny window.
- Secure each jar on a towel or stand to keep it from rolling.
- Allow children to add corn and potatoes (they can decide how much, a little or a lot).
- Heat and serve.
- Discuss that corn is a seed that grows on the corn plant.
- Show pictures of how corn and potatoes grow.

**Quick and Easy Corn Chowder**

**Things You'll Need**
- pot or microwave safe bowl
- stirring spoons
- serving bowls and spoons

**INGREDIENTS**
- Canned cream of potato soup
- Canned corn
- Cooked diced potatoes (optional)

**Things You'll Do**
- Open cans and allow the children to put soup into pan or serving bowl.
**Grow Bean Sprouts**

**Things You'll Need**
- ✓ dry seeds (alfalfa, mung, soy, lima, pinto, garbanzo, barley, mustard, sesame, or oat seeds)
- ✓ water
- ✓ bowl
- ✓ dark place for seeds to germinate and sprout

**Things You'll Do**
- ✓ Put several dozen seeds in a bowl and barely cover them with water.
- ✓ Cover the bowl, place bowl in a dark place and wait a few days.

**Note:** Sprouted seeds can contain bacteria and should not be eaten raw.

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**Make a Plant Person**

**Things You'll Need**
- ✓ old nylon stocking
- ✓ sawdust (or vermiculite, perlite, or soil)
- ✓ 2 Tbsp grass seed
- ✓ twist ties
- ✓ felt scraps
- ✓ glue

**Things You'll Do**
- ✓ Cut off the foot of an old nylon stocking (10” from the toe).
- ✓ Pour the grass seeds into the toe.
- ✓ Add sawdust.
- ✓ Tie the stocking tightly at the opening with a twist tie.
- ✓ Place stocking on a saucer twist-tie end down and shape into a round head.
- ✓ Attach felt eyes, nose, and mouth with glue.
- ✓ Soak your plant person with water and place it in a sunny spot.
- ✓ Moisten it everyday.
- ✓ When the “hair” grows, give your plant person a hairdo, such as a flattop or a shag cut.

**Books to Read**

*Snowy Day Stories and Poems* by Caroline Feller Bauer

*Green Grass Grew All Around*

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*Note: Sprouted seeds can contain bacteria and should not be eaten raw.*
Super Soups
WINTER LESSON 6

Opportunities for Learning: Children will learn about healthful soups by preparing tomato soup.

Smiling Soup

Things You'll Need
✓ plastic serrated knives
✓ large pot
✓ blender
✓ long handled spoon
✓ serving spoons and bowls, resealable sandwich bag

INGREDIENTS
1 28-oz can Tomato puree or crushed tomatoes
1 14 1/2-oz can Stewed tomatoes
1 13 3/4-oz can Chicken broth
1 Carrot, scrubbed and cut into small pieces
1 Celery stalk (rib), trimmed and chopped into small pieces
Salt and pepper to taste
Lowfat sour cream
Oyster crackers (optional)
Grated cheese (optional)

Yield: about 6 servings

Things You'll Do
✓ In a large pot, bring all the ingredients to a boil.
✓ Simmer, covered, for about 15 minutes or until carrots are cooked.
Puree the cooled mixture in a blender or pulse in a food processor.
Reheat and pour into individual bowls and let children decorate their bowl with a “smile.” Children can decorate using lowfat sour cream squeezed through a small hole in a resealable sandwich bag or use oyster crackers or grated cheese.

**Cracker Collage**

**Things You’ll Need**
- large serving dishes
- individual serving plates
- whole-grain crackers in at least 3 different shapes

**Things You’ll Do**
- Place differently shaped crackers on the serving dishes.
- Tell children they are going to make their own special row of crackers.

**Books to Read**
*Stone Soup* by Ann McGovern
Who Has Trouble Finding Food in Winter?

WINTER LESSON 7

Opportunities for Learning: Children will make bird feeders.

How Animals Find Food in Winter

Things You’ll Need
- pictures of animals, such as squirrels, bears, deer, elk, birds, bees, fish, butterflies, and rabbits

Things You’ll Do
✓ Show pictures of animals and talk about what the animals eat and how they find their food when the snow covers the ground. There are no berries on the bush, the insects are gone, the grass is dead and brown, and lakes are frozen.
✓ The rabbit eats bark off bushes.
✓ The squirrel digs holes in the ground, buries nuts and acorns, and digs them up in the winter.
✓ The bear eats huge amounts of food in the summer to gain weight and sleeps all winter.
✓ Some birds and butterflies go south where it is warm and there is no snow.

Make Individual Bird Feeders

Things You’ll Need
- small pencils
- plastic serrated knife
- gourds, tin cans, pine cones, walnut shells, or plastic detergent bottles
- string or wire
- plastic bags
- small spatula

MATERIALS
- Suet from a local market or butcher
- Birdseed and sunflower seeds

Things You’ll Do
✓ Prepare bird feeders.

Gourds
- Cut holes in side of gourd for seeds. Punch two holes near the top of the gourd and run a piece of string
through them to hang.

**Tin cans**
Remove top and bottom. Put string through can and tie to branch. Fill can with seed.

**Pine cones**
Attach string, spread with peanut butter, sprinkle seeds on top, and hang outside.

**Walnut shells**
Fill with peanut butter and attach string.

**Plastic detergent bottles**
Wash bottle thoroughly. Remove label if possible. Cut side out of bottle. Place small amount of seeds in plastic bottle.

Send bird feeders home with children. Give each child a plastic bag of seeds for the feeder.

**Note:** Seeds and nuts can be a choking concern for young children. Discuss not eating the bird food.

**Books to Read**
*Animals in Winter*
by Henrietta Bancroft

**Songs to Sing**
*Sing a Song of Six Pence*

**What Families Can Do**
Families can help the child hang the bird feeder in a tree or bush. Families can go on a family neighborhood walking tour. Take a tour looking for special places birds and other wild animals can live. Look for the following materials that birds like to use to make their nests:

- Thin twigs
- Animal hair
- Feathers
- Thin strips of cloth
- Long dried grasses
- Thread or yarn
- Spanish moss
- Pine needles

Look for nests in trees and warm protected places in parks and between trees and bushes. Discuss how animals stay warm in winter.

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Peanuts and nuts are among the most common food allergens for young children. Therefore, if you plan to use peanuts, nuts, or products that contain either as a meal component or during an activity, it is important to observe children’s behavior to identify symptoms of an allergic reaction should any occur.
Healthy Snacks for Winter
WINTER LESSON 8

Opportunities for Learning: Children will make celery canoes and vegetable juice. Children will choose healthful snacks.

Make Healthful Snack Choices

Things You'll Need
✓ pictures of snack foods including candy, cereals, soda, apples, celery, eggs, cheese, and crackers

Things You'll Do
✓ From the food pictures, ask children which foods they like to have for snacks.
✓ Encourage all comments.
✓ Discuss that some foods are “everyday” foods and some are “sometimes” foods.
✓ Discuss that everyday foods are good for strong teeth, muscles, and pretty eyes. Everyday foods include orange juice, milk, water, apples, celery, sandwiches, hard-cooked eggs, cheese, and crackers. Ask children which of these foods they like. Ask children to name other everyday foods.

Make Celery Canoes

Things You'll Need
✓ plastic serrated knives
✓ plates for each child

INGREDIENTS
Celery
Hummus
Lowfat cheese spread
(at room temperature)
Things You'll Do
✓ Tear off celery leaves, separate individual stalks (ribs), and wash.
✓ Cut or break celery into 3 pieces.
✓ Spread hummus or cheese on celery.

Make Vegetable Juice

Things You'll Need
✓ blender
✓ plastic serrated knives
✓ cutting boards
✓ measuring cups
✓ individual cups
✓ stirring spoon

INGREDIENTS
1 cup of Tomato juice
1 Stalk of celery, cut into 1 inch pieces
1 Sprig of parsley
1 Strip of green pepper, about 1/8 of a pepper
1 Green apple wedge

Yield: 2-½ cup servings

Things You'll Do
For 1 cup to be served to 2 children:
✓ Add 1 cup of tomato juice to blender.
✓ Add remainder of ingredients (celery, parsley, green pepper) and blend until vegetables disappear.
✓ Pour into individual cups.

Books to Read
The Berenstain Bears and Too Much Junk Food by Stan and Jan Berenstain

Songs to Sing
"Ten Green Apples"

What Families Can Do
Encourage families to serve snacks that are suggested on A Family’s Guide to Easy Snacks for Winter.
Children need snacks between meals. Because children’s stomachs are small, they may not be able to eat enough food at mealtimes to meet all their energy and nutrient needs. Snacks are best offered when your child is hungry, but not too close to mealtime. Snacks should be used to add vitamins and minerals that your child might have missed during the main meals.

- For extra protein, offer hard-cooked eggs, tuna, cheese, or meats.
- For extra vitamin C, offer strawberries, melons, oranges, tomatoes, broccoli, cabbage, potatoes, and green peppers.
- For extra vitamin A, offer green beans, broccoli, carrots, and sweet potatoes.

Today ___________________________ learned that healthy snacks can make

______________________________ strong and healthy and give ______________________________ lots of energy.

______________________________ made vegetable juice and celery canoes for snack.

______________________________
Snack Ideas for You and Your Child to Make Together

- Banana dipped in sesame seeds
- Orange sections
- Cheese (in different shapes) and crackers
- Raw vegetables (carrots, celery, green peppers) with a dip or plain yogurt (for children over 22 months only)
- Yogurt and frozen orange juice mixed with a small amount of honey (children over the age of 2 years only) or sugar to taste
- Frozen fruit juice in paper cups with craft sticks for frozen popsicles
- Fruit kabobs
- Lettuce wrapped around a filling such as peanut butter, grated carrots, raisins, pineapple, cottage cheese, cheese slice, tuna salad, or egg salad
- Pretzel sticks with cheese cubes
- Cheese melted on tortilla
- Mini tacos: taco meat, cheese, lettuce, and tomato on half of a flour tortilla
- Baked apples with crackers
- Raisin toast

- Bread sticks with peanut butter
- Tuna salad with toast triangle
- Soft pretzels with cheese
- Pita pizzas
- Baked potato with melted cheese
- Rice cakes with melted cheese
- Tortilla wedge spread with mashed beans or chili
- Warm biscuits with cinnamon peaches

Adapted from: *Snackin’ Smart.* (1996). Ohio Department of Education Division of Child Nutrition Services.

Note:
Peanuts and peanut butter can be a choking and allergy concern in young children.

Honey should not be offered to children under the age of two years.
Simple Smoothies
WINTER LESSON 9

Opportunities for Learning: Children will make simple and healthful smoothies.

Examine Strawberries

Things You’ll Need
- picture of fresh strawberries
- books showing how strawberries grow

Things You’ll Do
- Discuss that strawberries are a summer fruit. Ask children how we can keep foods safe to have them at different times of the year. Review that food can be dried, canned, or frozen to keep it safe to eat later.

Make Strawberry Smoothies

Things You’ll Need
- blender
- small spoon for stirring
- cups
INGREDIENTS
(for each child)
1/4 cup Skim milk
1/4 cup Lowfat vanilla yogurt
1/4 cup Frozen strawberries
1/2 Small banana

Things You'll Do
✓ Have children help place all ingredients in the blender.
✓ Ask children what you are adding with each ingredient. Have they had that food before and how do they usually eat it?
✓ Blend until smooth adding additional milk if needed.
✓ Pour smoothie into individual cups for children.
✓ Serve with whole-grain bread or crackers.

Books to Read
Bread and Jam for Frances
by Russell Hoban
How Do I Feed My Teeth?
WINTER LESSON 10

Opportunities for Learning: Children will choose foods which are good for their teeth.

Things To Do Before The Lesson
- Invite a dental hygienist, dentist, or dental assistant to come to class to examine the children’s teeth.
- Show the children how to brush their teeth and how to use dental floss. Talk about trips to the dentist, and foods to eat for healthy teeth.

Demonstration by Dental Hygienist

Things You'll Need
- toothbrush for each child
- toothpaste (sometimes provided free by the dental society)
- pictures of different foods
- pictures of different beverages (include milk)

Things You'll Do
- Have a dental hygienist demonstrate to the children how to take care of their teeth.
- Show children pictures of different foods like fruits, vegetables, dairy products, breads, cereals, and sugars.

Ask them to choose the foods that are good for their teeth.
- Show pictures of different beverages and ask children to choose the one that is best for their teeth (milk).
- Prepare a snack that is good for their teeth.
Prepare Snack

Things You’ll Need

✓ 3/4 cup milk for each child
✓ 1/2 apple for each child
✓ cups
✓ plates
✓ plastic serrated knife

Things You’ll Do

✓ Prepare a snack that is good for the teeth.
✓ Serve 3/4 cup of milk and 1/2 apple per child.

Books to Read

The Berenstain Bears Visit The Dentist
by Stan and Jan Berenstain

Songs to Sing

Brush Your Teeth

What Families Can Do

Discuss “everyday” foods and “sometimes” foods. Sometimes foods are foods high in fat and sugar that should be eaten only occasionally.

Below is a list of sugar content of popular foods to help you make good everyday choices with your children.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TSP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nooget/Caramel candy bar, 2.1 oz</td>
<td>5¾</td>
</tr>
<tr>
<td>Honey Bun, 3¼ oz</td>
<td>6</td>
</tr>
<tr>
<td>Lowfat fruit-flavored yogurt, 8 oz</td>
<td>7</td>
</tr>
<tr>
<td>Lowfat chocolate fudge cake, 3 oz</td>
<td>8½</td>
</tr>
<tr>
<td>Cola, 12 oz</td>
<td>10¼</td>
</tr>
<tr>
<td>Pancake syrup, ¼ cup</td>
<td>10¼</td>
</tr>
<tr>
<td>Lemon fruit pie, 4½ oz</td>
<td>11½</td>
</tr>
<tr>
<td>Vanilla shake, 20 oz</td>
<td>12</td>
</tr>
<tr>
<td>Cinnamon bun, 7½ oz</td>
<td>12¼</td>
</tr>
<tr>
<td>Orange soda, 12 oz</td>
<td>13</td>
</tr>
<tr>
<td>Peanut butter chocolate milkshake, 10 oz</td>
<td>13¼</td>
</tr>
<tr>
<td>Fruit slush, 32 oz</td>
<td>28</td>
</tr>
</tbody>
</table>

Adapted from: Center for Science in the Public Interest, August, 1999.
Why Brush My Teeth?
WINTER LESSON 11

Opportunities for Learning: Children will help with an experiment that shows how even the hard shell of an egg can become soft.

Bouncing Egg Experiment

Things You'll Need
- 2 hard-cooked eggs (do not remove shells)
- 2 jars with lids large enough to hold the egg
- white vinegar (enough to cover one of the eggs in the jar)
- water (enough to cover one of the eggs in the jar)

Things You'll Do
- Have the children examine the hard-cooked eggs.
- Ask the children to describe the egg. Tell the children the egg is made of the same kind of material as our teeth. Tell the children that you are going to do an experiment that might change the egg’s shell.
- The children can help put the eggs in the jars and cover one egg with vinegar and one with water.
- Tell the children the vinegar does the same thing to the egg that sugar water can do to your teeth. Ask what they think might happen to the egg.
- Allow the eggs to sit in the water and vinegar for 48 hours (2 days).

✔After 2 days replace the vinegar with water and let the egg soak for another day.
✓ Remove both eggs from their jars and display on the table.
✓ Ask the children how the two eggs are different. The egg, soaked in vinegar, will be soft and can actually be “bounced” gently on the table.
✓ Explain that the shell became soft in the vinegar just like eating too many sweets can make a little part of our teeth soft and that is what causes cavities.
✓ Discuss that sweets like candy and soft drinks are a “sometimes” food and eating sweets too often is not good for our teeth.
Taking care of our teeth is a habit that begins early in life.

The American Academy of Pediatric Dentistry recommends a child visit a dentist by the child’s first birthday. Wiping of an infant’s teeth and daily brushing is recommended for all children and adults.

We know that good dental care and a nutritious diet are key to keeping our teeth healthy. We know that bacteria in the mouth break down the sugar in our foods creating an acid environment for our teeth. This acid can cause the calcium structure of the tooth to break down and causes cavities.

The best advice to keep our teeth healthy is:

- Brush teeth after each meal.
- Visit your dental professional regularly. Take your child to visit a dentist by your child’s first birthday.
- Encourage “everyday” foods like milk, cheese, meat, fruits, vegetables, and whole grains.
- Limit sweet foods like candy, cake, pies, juice, and soft drinks.
- Encourage regular meal and snack times during the day.
  - Eating or drinking sweet drinks and juice throughout the day can increase the chances of cavities.
- Brush teeth after eating sticky or sweet foods.
- Limit juice and soft drinks. (Note: the acids in juice and soft drinks damage teeth, also.)
Opportunities for Learning: Children will make “Cereal Mix”.

Discuss Eating Breakfast

Things You’ll Do

✓ Ask children what they like to eat for breakfast and if they make their own breakfast. (Be sure to praise children for preparing and eating their breakfast no matter what they had.)
✓ Ask them what their stomachs feel like if they don’t eat breakfast. Do their stomachs talk to them?
✓ If the stomach makes noise, it is saying that it hasn’t eaten since yesterday and needs something good and healthy. (Try using a puppet in this question-answer session.)

Make Cereal Mix

Things You’ll Need

✓ cereal bowls
✓ spoons
✓ dry measuring cup
✓ measuring spoon
✓ large spoon
INGREDIENTS
1/4 cup Lowfat granola or whole-grain cereal
1 tsp Wheat germ
4 Pieces chopped apple
3 Slices banana
2 tsp Raisins
Milk

Things You'll Do
✓ Combine all ingredients in bowl.
✓ Serve with milk.
✓ Serve cereal with juice for a snack. Ask the children to think of a name for the cereal they made.

Note: Nuts, seeds, and raisins are a choking concern and should not be used with young children. Whole-grain cereals can be substituted.

Make Healthy Breakfasts

Things You'll Need
✓ Individual pictures of different breakfast foods
✓ Poster with several different ideas for breakfast menus (See A Family’s Guide to Quick and Easy Breakfast Ideas.)
✓ Poster illustrating recipe cards for each ingredient

Things You'll Do
✓ Show the children pictures of different kinds of breakfast foods.
✓ Have them combine different foods to make a healthful breakfast.

Books to Read
Max’s Breakfast
by Rosemary Wells

Songs to Sing
Peas Porridge Hot

What Families Can Do
Encourage families to provide a nutritious breakfast for their children each day. A Family’s Guide to Quick and Easy Breakfast Ideas has some suggestions families can use.
Breakfast is the most important meal of the day. A good breakfast means a happy, alert morning for your child at our center. Here are some quick and easy nutritious breakfast ideas.

- Raisin toast with peanut butter; banana; milk
- Slice of cheese melted on whole wheat bread; grape juice; milk
- Raisin toast spread with cottage cheese and topped with canned peaches; milk
- Tuna fish sandwich; pear; milk
- Yogurt; whole wheat toast; fruit; milk
- Bran muffins; banana; milk
- Hot cereal; grapefruit; milk
- Hamburger, cheeseburger, grilled cheese, pizza, or taco; sliced apple; milk
- Bagel with melted cheese; tomato juice; milk
- Cinnamon toast with applesauce; milk
- Scrambled eggs; canned apricots; toast; milk
- Cinnamon oatmeal with raisins; peaches; milk
- Ready-to-eat cereals; fruit; milk

Pancakes
WINTER LESSON 13

Opportunities for Learning: Children will make pancakes.

Make Whole Wheat Pancakes

Things You’ll Need
- 2 large bowls
- griddle or electric frying pan
- beater
- dry measuring cups
- liquid measuring cups
- measuring spoons
- spoon or fork
- spatula

PUBLIC

INGREDIENTS
1 1/2 cups Whole wheat flour
3 Tbsp Brown sugar
1 tsp Salt
3 tsp Baking powder
2 Eggs or equivalent
1 1/4 cups Milk
3 Tbsp Vegetable oil
Margarine for greasing griddle or vegetable pan spray

Variety of toppings (frozen fruit, applesauce, sliced bananas, and cinnamon)

Things You’ll Do
- In a large bowl, combine flour, sugar, salt, and baking powder.
- In another large bowl, break eggs and add milk and oil.
- Beat liquid mixture just enough to mix.
- Make a hole in the middle of the dry ingredients and pour in liquid.
- Stir with spoon or fork.
- Cook spoonfuls of batter on the hot griddle (teacher’s task).
Optional:
- Watch as pancakes cook. Ask children what they see happening.
Bubbles will form in the pancake. Bubbles will break on top of the pancake. What do children think the bottom of the pancake will look like? Will there be holes on the bottom? Flip the pancake over and talk about the smooth brown bottom.

Ask the children if they think the bubbles are trapped inside? Will the inside of the pancake be liquid like the batter? Discuss that the liquid becomes firm when the pancake cooks. What else changes when it cooks? What would happen if we just use a little batter? What happens if we use a lot of batter?

Make little and big pancakes. What happens if we make the pancakes close together? Make a mouse pancake with one medium size pancake and two small pancakes touching as mouse ears. Serve pancakes with different toppings.

Books to Read
Pancakes, Pancakes! by Eric Carle

Songs to Sing
Mulberry Bush