



# WELCOME TO KINDERGARTEN



## Healthy Eating

### TALK

- Children need water and a variety of healthy foods from all 3 food groups: **vegetable & fruits, protein foods, whole grain foods**. For more info: <https://food-guide.canada.ca/en/>
- Children need three meals, and with 1-3 snacks a day. Healthy snacks are just as important as the food served at mealtimes.
- Talk to your children about how eating well makes the body and mind feel good and energetic.
- Involve your children in preparing and making the food. This might help when it comes to trying new foods.
- Encourage mealtime conversations when the family is gathered around the table.
- Sing together:
  - **I Ate a Rainbow** by Teeny Tiny Stevies - <https://youtu.be/JXzyizJuMu8>
  - **Rainbow Stew** from Flannel Board Fun - <https://youtu.be/oE1M7ucAAN0>
  - **Five Green Peas** - <https://youtu.be/WVINClOCKug>

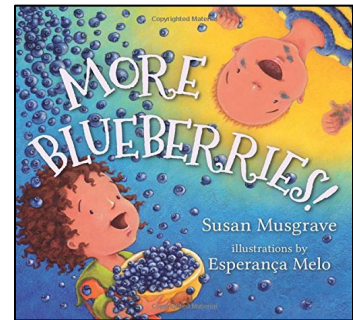
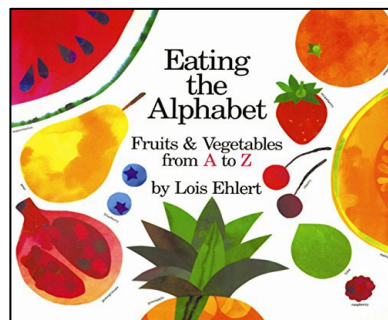
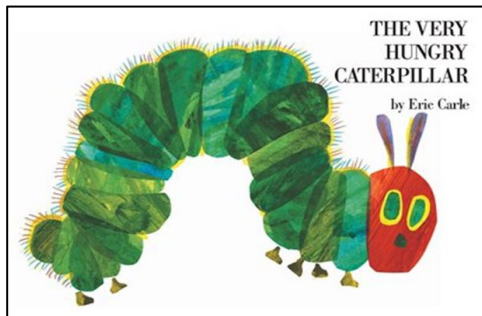
*Five little peas in the pea pot pressed.*

*One grew, two grew and so did all the rest.*

*They grew and they grew, and they never ever stopped.*

*Until one day, that pea pot popped!*

### READ

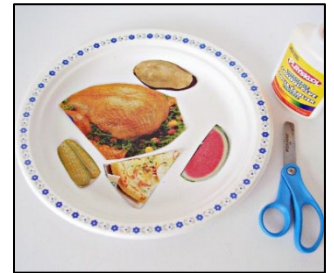


- **The Very Hungry Caterpillar** by Eric Carle: <https://youtu.be/btFCtMhF3iI>
- **Eat the Alphabet (Fruits and Vegetables from A to Z)** by Lois Ehlert: [https://youtu.be/T1oKUf\\_7BJ0](https://youtu.be/T1oKUf_7BJ0)
- **More Blueberries** by Susan Musgrave: <https://youtu.be/M560KfnW3Qw>

## CREATE

### Paper Plate Meal Craft

- Materials: paper plate, glue, scissors, flyers/magazines, take-out menus
- Instructions:
  - Look through the print materials and find pictures of different foods. Cut out the pictures and glue them onto a plate.
  - With your child, you can make a meal or snack plate. You can even make a plate of new foods you want to try.



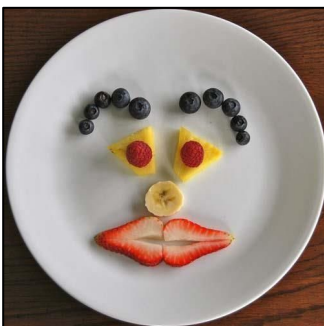
### Paper Avocado Craft

- Materials: brown and tan construction paper (or white paper with brown and tan markers), light green tissue paper/paint, scissors, glue, googly eyes (optional)
- Instructions:
  - Cut brown paper into a pear shape. You can also cut the white paper into a pear shape and colour it brown.
  - Decorate with small green tissue paper or light green paint.
  - Add a small tan coloured circle in the middle as the pit.
  - Add your googly eyes or draw a friendly face on your avocado friend!



## PLAY

### Cooking and Baking



- Cooking together is a great way to spend time together. Choose simple and easy-to-make recipes from this Family Cookbook: <https://welcome-to-kindergarten.ca/family-cookbook/>
- **Fruit Face:** Cut up a variety of fruits in different shapes (e.g., orange slices, blueberries, long strips of cucumbers). Ask your children to make a fruit face on their plate.