



WELCOME TO KINDERGARTEN

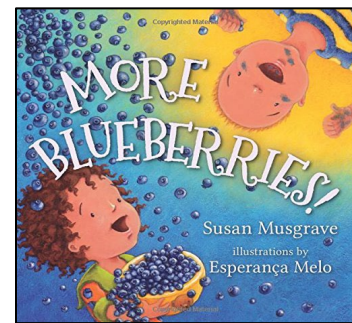
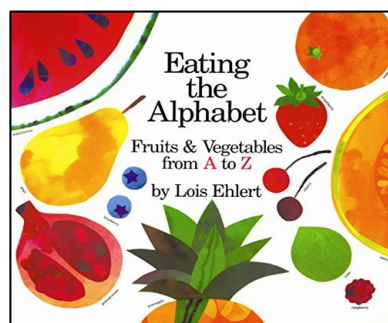
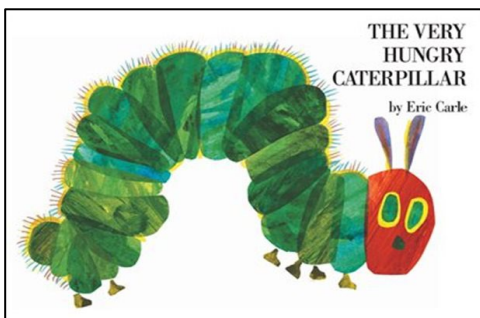


Healthy Eating

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://www.youtube.com/watch?v=K60M-4sLHsw>
 - **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
- **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.