



NAEYC Week of Young Child

April 16 to April 20

April 17- Tasty Tuesday Activities



Infant/Toddler Age

Activity: Grocery Store

Supplies Needed:

- Collect a variety of empty food boxes and containers (healthy food)
- **Health Note: Do not use egg cartons or any container that contained meat**
- Newspaper, clear packing tape
- Paper grocery sacks or canvas bags
- Optional: shopping cars or basket

Instructions:

- Fill empty boxes with crumpled newspaper
- Seal and cover with clear packing tape
- Add to the dramatic play area; store on a shelf accessible to children

Pre-school Age

Activity: Family Style Picnic

Supplies Needed:

- Blanket
- Food for lunch

Instructions:

- At snack time, put out some blankets and have a preschool family picnic style snack or lunch!

School Age

Activity: Apple Snacks OR Apple Pie Smoothie

Supplies Needed:

- Apples already sliced
- Non-fat Yogurt
- Corn Flakes or Frosted Flakes

OR

- Blender or Smoothie Maker
- Frozen Non-fat Vanilla yogurt
- Unsweetened applesauce
- Apple juice
- Peeled and diced apples
- Cinnamon
- Nutmeg

Instructions:

- Activity 1
The teacher will slice apple in thin wedges. The children will spread with non-fat yogurt and dip into corn flakes.
<http://www.kidactivities.net/category/Snacks-Apples-.aspx>
- Activity 2
2 cup frozen vanilla yogurt, nonfat
3/4 cup unsweetened applesauce
1/4 cup apple juice, chilled
1 cup apple, peeled and diced
1/2 teaspoon cinnamon
1/4 teaspoon ground nutmeg
Combine the frozen yogurt, applesauce, and apple juice in a blender.
Add the apple, cinnamon, and nutmeg. Blend until smooth.
<http://www.kidactivities.net/category/Snacks-Apples-.aspx>

NAEYC Activity:

- Measure your ingredients while making your snacks! Ask children if they'd like the same or different amounts of each ingredient.

Activity Alignment with NCFELD or SACERS-U		
Age Group	NCFELD	SACERS-U
Infants	LDC	
Toddlers	APL, HPD, LDC & CD	
Preschool	APL, HPD, LDC & CD	
School-Age		Math: 5.2 Language: 5.3

NCFELD Domains: Approaches to Play and Learning (APL), Emotional and Social Development (ESD), Health and Physical Development (HPD), Language Development and Communication (LDC), and Cognitive Development (CD)

Examples of language that can be used between caregiver and child:

Infants/Toddlers:

- “I need some butter. Can you please put it in my shopping bag?”
- “I like macaroni and cheese (Pick up the box and read label). What kind of food do you like?”
- “Matt has 3 cartons of milk. Look! Milk and Matt both begin with the letter M.”

Preschool:

- “What is your favorite food? I like (fill in the blank)?”
- “Have you eaten (blank before)? Ask how did it taste and help the children to describe it.”
- “Point out which foods may have the same first letter as some of your children.”

School Age:

- “Have you ever made smoothies before? If so, which kind.”
- “Do you help with cooking at home? If so, what do you like the best about it.”