



# 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.”