

# NAEYC Week of Young Child

## 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<br>Language: 5.3 |
| <i>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)</i> |                    |                            |

| Examples of language that can be used between caregiver and child:  |
|---|
| <p><b>Infants/Toddlers:</b></p> <ul style="list-style-type: none"> <li>• “I need some butter. Can you please put it in my shopping bag?”</li> <li>• “I like macaroni and cheese (Pick up the box and read label). What kind of food do you like?”</li> <li>• “Matt has 3 cartons of milk. Look! Milk and Matt both begin with the letter M.”</li> </ul> |
| <p><b>Preschool:</b></p> <ul style="list-style-type: none"> <li>• “What is your favorite food? I like (fill in the blank)?”</li> <li>• “Have you eaten (blank before)? Ask how did it taste and help the children to describe it.”</li> <li>• “Point out which foods may have the same first letter as some of your children.”</li> </ul>               |
| <p><b>School Age:</b></p> <ul style="list-style-type: none"> <li>• “Have you ever made smoothies before? If so, which kind.”</li> <li>• “Do you help with cooking at home? If so, what do you like the best about it.”</li> </ul>   |