

1 Bear

Bear Walk Workout

With a timer and music ready to go, tell the children they are going to do interval training with bear walks. Set the timer for 30 seconds and ask the children to bear walk in a safe area until the music stops. They will rest for 30 seconds and start again. Repeat as many times as the children would like.

Cute Cubs

Cut out the center circle of a paper plate. Have children paint the exterior ring brown. When dry, have them glue two half circles of construction paper to the top of the unpainted side for ears and a popsicle stick to the bottom. Have them hold it up to their faces and peek through to see all the other cute cubs.

Three Bears Porridge

2 ½ cups oats, rolled dry
2 ¼ cup milk
2 ¼ cup water

Bring milk and water to a boil. Add oats. Reduce heat to medium. Stir constantly for 5-8 minutes until oatmeal slightly thickens. Add cinnamon to taste. Serve ¾ cup.

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Fiber Facts

Oats are a good source of whole grains and are an especially great source of fiber. Other good sources of fiber include roughage like vegetables, legumes and fruits. Fiber helps the body with regular bowel movements, helps maintain a healthy weight, and lowers risk of heart disease and diabetes.



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