

January



Learn It Fabulous Five

As CACFP providers, we know the importance of teaching the children in our care about building life-long healthy habits. We can start with a lesson on what healthy foods are with the five food groups: proteins, vegetables, fruits, grains, and dairy. During circle time, explain each of the 5 groups to the children and show examples. Make a large grid on the floor with masking tape. Using printed pictures, magazine photos, or toy foods, ask children to put the food in the correct group. As you have mealtimes and snacks, ask questions about the food groups and what group the food you are serving fits in.

Eat It Banana "Beary" Pancakes

1 cup whole wheat flour
1/2 tsp cinnamon
1 1/2 tsp baking powder
1 large egg
1 1/2 tsp vanilla
1 1/3 cup milk
Banana, sliced
Whole blueberries

Mix dry ingredients. Add egg, vanilla and milk until desired consistency and thoroughly mixed. For each pancake, measure out 1/4 cup and pour onto griddle. For each measured pancake, make two additional mini pancakes with small dollops of batter. To create your bear, use one large pancake for the face and two mini pancakes for the ears. Place one slice of banana for the nose and add a blueberry on top. Use two banana slices for the eyes with a blueberry on top of each. Add a blueberry smile and enjoy!



Play It The Great Bear Hunt

During circle time, read *We're Going on a Bear Hunt* by Michael Rosen. Hide a bear somewhere in your child care center or home and set out on an adventure to find it. Make up actions as you go through different places. For example, rub your tummies and say, "yum, yum, yum" as you go through the kitchen or cafeteria. When you go by the office or quiet area put your fingers to your lips and say, "shhhh." This will be great fun for the kids!

Create It Teddy Roll

Instruct the children to paint a 6" cardboard tube brown. Then assist in cutting out a bear head, two arms and two legs from brown construction paper. Have the children use markers to make their bear face on the construction paper head and then glue the bear parts to the cardboard to complete the teddy bear roll.



Read It

Bear Snores On by Karma Wilson

Old Bear by Kevin Henkes

The Bear's Winter House by John Yeoman

Laugh About It

What do you call a bear with no teeth?
A gummy bear!



Fun Fact

Bears can run up to 40 miles per hour.

Name _____

What's That Animal?

Connect the dots to complete the furry friend. What animal is it?

