

August



Learn It Taste Explorers!

During snack time, serve different colored sliced apples like Granny Smith, Gala and Golden Delicious as part of their snack. One type of apple at a time, ask children to take a bite and ask them if it tastes sweet, sour, bitter, or salty. Do this with each apple. Compare and discuss the apples tasted. Then tell them how our taste buds in our mouth send signals to the brain to tell them what they taste.

Create It ABC Book

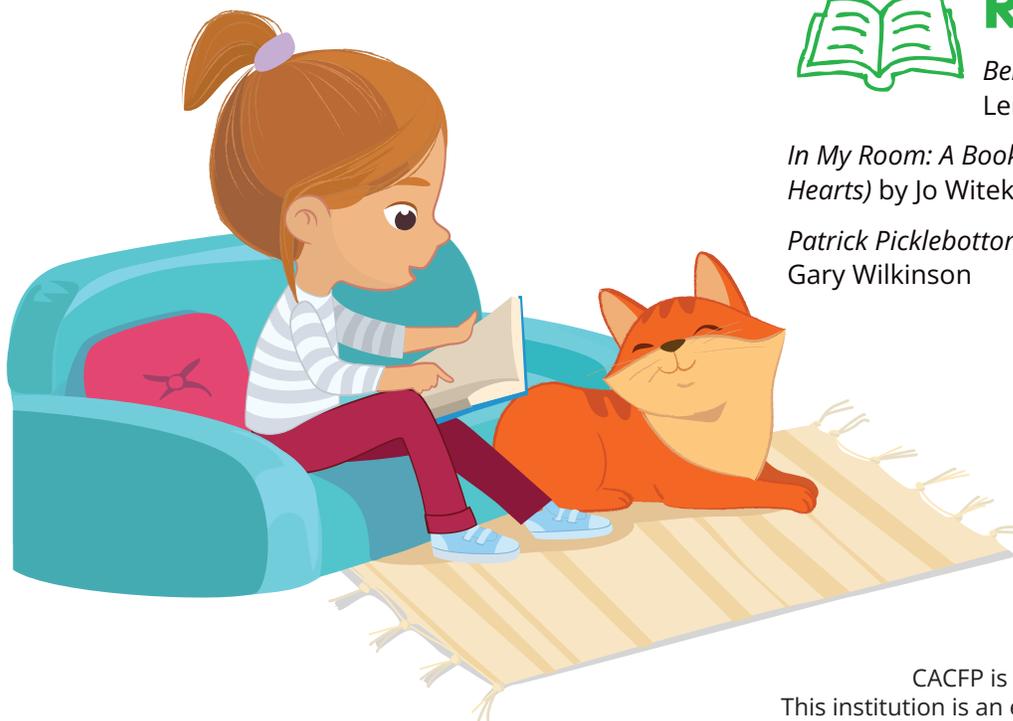
Create your own mini booklets by folding a few pages of copy paper in half. Staple the pages along the middle seam to create a booklet for the children. The children can creatively fill in the booklet with a letter and picture for each letter of the alphabet.



Laugh About It



Where do scared books hide?
Under the covers.



Eat It Tomato Alphabet Soup

1 tbsp vegetable oil
1 (7 ounces) package alphabet pasta
¼ cup yellow onion, diced
8 ounce can tomato sauce
6 cups vegetable broth
1 cube vegetable bouillon
⅛ cup cilantro, finely diced



Over medium heat, warm oil in a four-quart saucepan. Add pasta and stir constantly until all sides of pasta are slightly brown. Place onions in pan and sauté for two minutes or until translucent. Add tomato sauce and warm for a minute. Then add the broth, bouillon cube, cilantro, and then salt and pepper to taste. Raise to high heat until liquid starts to boil. Reduce heat to a simmer and place a lid on top. Cook for 15-20 minutes or until pasta is tender. With a slotted spoon, scoop ¼ cup noodles into each bowl and then add the broth.



Play It Alphabet Seek

Make your own ABC cards or use the templates from cacfp.org. Scatter the cards around an indoor or outdoor area. Designate a starting point for the children and when you say go, they can scatter to find all the letters of the alphabet. Once all the letters are found, work together to put the letters in order, spell names or work on sight words.



Read It

Benny The Blender Makes Green Juice by Lenny Gale

In My Room: A Book of Creativity and Imagination (Growing Hearts) by Jo Witek (Author), Christine Roussey (Illustrator)

Patrick Picklebottom and the Penny Book by Mr. Jay and Gary Wilkinson

Fun Fact

Everyone has a different number of taste buds. You can have anywhere between 2,000 and 10,000 taste buds.

