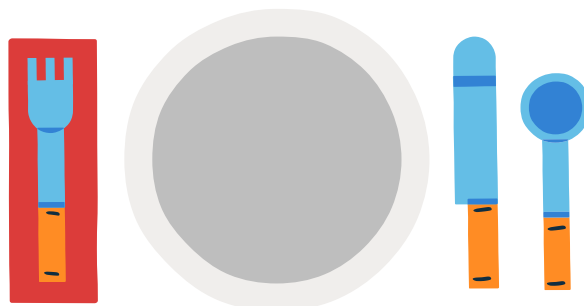


At-Home Summer Guide for Preschoolers and Prekindergarteners (3 and 4 years old)

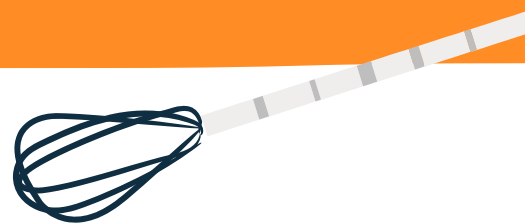
Week of August 10, 2020



This week begins the theme **Foods and Flavors**, where your child will learn about different foods, how to prepare recipes, and so much more! Whether you've returned to your center or you're still learning from home, we invite you to step into your kitchen and learn about Foods and Flavors!

Outside of the activities in this week's guide, you and your child can explore foods and flavors through all your mealtime activities. Invite your child to **help you prepare foods** when possible, such as by washing fruits and vegetables or mixing ingredients. Talk with your child about the foods you prepare, what foods you enjoy cooking or eating, and where you learned to prepare certain recipes. Don't forget to pass on any **family or cultural history** that may be associated with a meal or recipe!

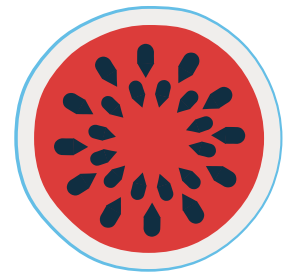
This week your child learns about the five main **food groups** and the difference between healthy foods and "sometimes foods." Then they use that knowledge to help **create a meal plan and shopping list** to get the ingredients needed for the meal plan. The week also includes two delicious **treats** using bananas and yogurt, but don't worry—these tasty treats are still healthy!



Learning Adventures

are small-group enrichment programs in our centers designed to give children experiences in cooking, STEM, phonics, and music. One activity in this guide is adapted from these programs for your use at home. It's a great way to dig deeper into areas that may interest your child.

This Week's Theme: Foods and Flavors



What you'll find in this guide. . .

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order you'd like, but it's recommended that this week you do them in order so that your child can build upon their learning throughout the week. Repeat and revisit them as often as you want! Click on the icons below to discover more...



LET'S CHAT

Food Groups

Your child learns about the five main food groups.



LET'S CHAT

Healthy Foods and "Sometimes Foods"

Your child learns about healthy foods and "sometimes foods."



LET'S CREATE

Meal Planning

Have your child help you in meal planning for a day, a weekend, or a week.



LET'S CREATE

Grocery Lists

Work with your child to use your meal plan to create a grocery list.



LET'S CREATE

Banana Pudding

Turn three simple ingredients into a tasty and healthy treat!



GAME TIME

Kick Bowling

Play this fun twist on bowling using everyday objects.



LEARNING ADVENTURES: COOKING ACADEMY

Banana Lassi

Help your child whip up this refreshing drink with a side of STEM for a hot, summer afternoon!



VIRTUAL FIELD TRIP

Raisins and O-Shaped Cereal

Raisins and O-shaped cereal are popular snacks among young children—check out two videos to see how they're made.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020

Getting Ready for the Week: Materials to Gather

Food Groups:

- [Food Groups pictures](#) (3 pages)

Healthy Foods and “Sometimes Foods”:

- [Food Groups pictures](#) (3 pages)
- [Other Foods picture](#)

Meal Planning:

- [Meal Planning sheet](#)
- Paper
- Pen or pencil

Grocery Lists:


- Completed Meal Planning sheet from Meal Planning activity
- [Food Groups pictures](#) (3 pages - optional)
- [Grocery List sheet](#)
- [Other Foods picture](#) (optional)
- Paper
- Pen or pencil

Banana Pudding:

- Ingredients for Banana Pudding
- [Recipe Card for Banana Pudding](#)

Kitchen tools:

- Fork
- Measuring cups, dry
- Measuring spoons
- Medium mixing bowl
- Mixing spoon
- Serving bowls
- Spoons



Tip: At the beginning of your week, gather materials so you're ready to go!


*Banana Pudding ingredients:

- 2 very ripe bananas
- 1 cup applesauce
- 4 tablespoons plain yogurt

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020

Banana Lassi:

- ☐ Ingredients for Banana Lassi* 
- ☐ [Banana Lassi video](#)
- ☐ [Banana Lassi recipe card](#)

Kitchen tools:

- ☐ Cutting board
- ☐ Butter knife or plastic knife
- ☐ Measuring cups and spoons
- ☐ Blender or food processor (for adult use)
- ☐ Drinking glasses

*Banana Lassi ingredients:

- ☐ 1 heaping cup bananas, sliced
- ☐ 1/8 teaspoon ground cardamom or cinnamon
- ☐ 1/2 cup low-fat milk**
- ☐ 1/2 cup plain Greek yogurt**

Kick Bowling:

- ☐ Ten “pins” (you can use paper towel rolls, large cardboard tubes, empty plastic bottles, or paper rolled into tubes and secured with tape)
- ☐ Soft ball that your child can kick



* Note: The amounts listed here make two servings. Adjust amounts as needed for your family.

** Note: If you don't have Greek or low-fat yogurt, you can use any type or flavor of yogurt. You can also use any type of milk, such as skim, whole, almond, or soy.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Let's Chat: Food Groups

Your child learns about the five main food groups.



Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Low



What you need:

- [Food Groups pictures](#) (3 pages)

What your child is learning:

- About the five main food groups
- The names of different foods
- How to participate in conversations

About the Activity:

Begin by asking your child what they know about food groups. Share that it's important to eat foods from different food groups to get the nutrients we need to keep our bodies healthy.

For your preschooler and your prekindergartener:

Share that there are five food groups we should try to eat from each day. Place the pictures in front of your child and tell them that one food group is the fruit group. Ask them to find the picture of the fruit group, then ask them to name any fruits they recognize, assisting them in naming any they don't know. Repeat this process for the vegetable group, protein group, dairy group, and grain group. After sharing the different food groups, ask your child what foods they enjoy eating from the different groups.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Vegetables



Fruits

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Grains



Dairy

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Protein

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Let's Chat: Healthy Foods and "Sometimes Foods"

Your child learns about healthy foods and "sometimes foods."



Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult: High**



Level of Prep Required: Low



What you need:

- [Food Group pictures](#) (3 pages)
- [Other Foods picture](#)

What your child is learning:

- About healthy and "sometimes foods"
- The names of different foods
- How to participate in conversations

About the Activity:

Show your child the food group pictures and ask them to share what food group each picture belongs to. If needed, review each food group with them: fruits, vegetables, protein, dairy, and grains. Tell them these food groups are *healthy*, which means they're good for our bodies and give us nutrients and energy. We should try to eat foods from each of these food groups every day.

For your preschooler and your prekindergartener:

Share the Other Foods picture with your child. Ask them if the foods in this picture match any of the other food groups. Tell them the foods in this picture are examples of the Other Foods group, also called "sometimes foods." These are foods that are okay to eat sometimes, but not every day. These foods don't have the nutrients we need to be healthy. Work with your child to name each of the foods in the picture and talk about when you eat these foods and how much of these foods you eat at a time or in a day. Invite your child to name other foods that are a part of the Other Foods group, ones that should be "sometimes foods."

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Other Foods

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Let's Create: Meal Planning

Have your child help you in meal planning for a day, a weekend, or a week.



Length of activity:

25 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Low



What you need:

- [Meal Planning sheet](#)
- Paper
- Pen or pencil

What your child is learning:

- How to use planning skills
- How to make healthy food choices
- How to relate prior learning to new experiences

About the Activity:

Meal planning can be a great way to alleviate day-to-day stress. Involving your child in meal planning helps them learn about making healthy food choices as well as teaching them planning skills. For this activity, you can use the Meal Planning sheet provided or create your own. Select a period of time you want to plan for and what meals you want to plan. For example, you may want to plan a week's worth of dinner meals, or all the meals and snacks for the weekend, or each meal for the entire week. Consider doing this activity before you do the activity Grocery Lists, so you can use your meal plans to create your grocery list.

For your preschooler and your prekindergartener:

Begin by asking your child to share some of the foods they like eating. You can prompt them by asking questions about specific meals, such as, "What do you like to eat for breakfast?" or "What snacks do you like?" Share that they're going to help you make a meal plan. Tell them what meals you will be planning and ask them to help suggest foods for those meals. You can also provide options, such as, "Would you like to eat quesadillas for dinner or chicken and veggies?" Fill in the meal plan with your child.

Meal Planning sheet



| | Breakfast | Lunch | Dinner | Snacks |
|----------------|-----------|-------|--------|--------|
| Sunday → | | | | |
| Monday → | | | | |
| Tuesday → | | | | |
| Wednesday → | | | | |
| Thursday → | | | | |
| Friday → | | | | |
| Saturday → | | | | |



At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Let's Create: Grocery Lists

Work with your child to use your meal plan to create a grocery list.



Length of activity:
20 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** High



Level of Prep Required: Low



What you need:

- ❑ Completed Meal Planning sheet from Meal Planning activity
- ❑ [Food Group pictures](#) (3 pages - optional)
- ❑ [Grocery List sheet](#)
- ❑ [Other Foods picture](#) (optional)
- ❑ Paper
- ❑ Pen or pencil

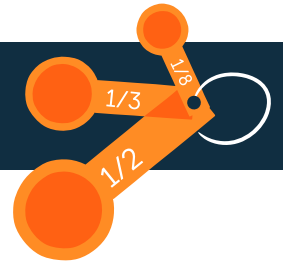
What your child is learning:

- How to use planning skills
- How to sort and categorize foods
- How to relate prior learning to new experiences

About the Activity: Show your child the Meal Planning sheet you completed together. Remind them of the different meals you planned and tell them that now you're going to create a grocery list, so you know what to buy at the grocery store. For this activity, you can use the Grocery List sheet provided or create your own.

For your preschooler or your prekindergartener: Show your child the Grocery List sheet and read each of the categories aloud. Ask your child to name some of the foods from each category. If your child needs a reminder, refer to the Food Group and Other Foods pictures. Select one of the meals from your planning sheet and talk with your child about the different ingredients that you need to make that meal. For each ingredient, ask them to help you determine where it belongs on the grocery list. If you prefer to use canned or frozen ingredients, have your child help you determine the category and then share why you're putting it in the canned or frozen section of the grocery list. For example, "What food group do beans belong in? Yes, beans belong in the protein group. When we buy beans, we buy them in a can. I'm going to put them under canned foods to make it easier to find when we are shopping." Continue this process for each of the meals you have planned.

My Grocery List



Dairy

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Grains

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Proteins

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fruits & Vegetables

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Canned or Frozen

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Let's Create: Banana Pudding

Turn three simple ingredients into a tasty and healthy treat!



Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** High



Level of Prep Required: High



What you need:

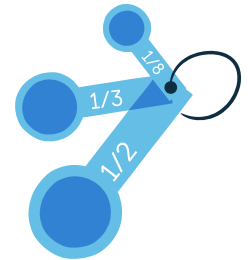
- [Banana Pudding recipe card](#)

Banana Pudding Ingredients:

- 2 very ripe bananas
- 1 cup applesauce
- 4 tablespoons plain yogurt

Kitchen tools:

- Fork
- Measuring cups, dry
- Measuring spoons
- Medium mixing bowl
- Mixing spoon
- Serving bowls
- Spoons



What your child is learning:

- How to follow a recipe
- How to use measuring tools
- How to prepare healthy foods

About the Activity:

Show your child the ingredients and materials you've gathered. Ask them to name each of the foods, providing assistance as needed. Ask them what they think they will make with these ingredients. Tell them they're going to make a simple banana pudding.

For your preschooler or your prekindergartener:

Have your child peel the bananas and put them in the bowl, helping out if necessary. Show them how to use the fork to mash the bananas, then give the fork to your child and let them finish mashing. Next, have them help measure and add 1 cup of applesauce and 4 tablespoons of plain yogurt to the bowl. Give them the mixing spoon and have them mix the ingredients together. As they're mixing, talk with your child about the ingredients, what food groups they're from, and how this is a healthy snack that includes fruits and dairy. When the pudding is mixed, invite your child scoop some into a bowl and eat it.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Social and Emotional Learning

You may choose to refrigerate the pudding to eat later. Waiting to eat what they've made requires your child to exercise patience and to control their desire to eat it right away, all of which may be difficult and frustrating. Talking with your child about what they're feeling as they wait will help them recognize, acknowledge, and process the emotions they're experiencing. Talk with your child about why you're waiting, such as you're waiting to eat the pudding until everyone is home and can enjoy it together. Invite your child to think of things they can do while waiting to help pass the time.

Banana Pudding Recipe

Ingredients

- 2 very ripe bananas
- 1 cup applesauce
- 4 tablespoons plain yogurt

Instructions

- Peel bananas and place in bowl. Use fork to mash bananas.
- Add applesauce and yogurt, stir until well combined.
- Serve immediately or cover and refrigerate until ready to serve.



At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Cooking Academy: Banana Lassi

Help your child whip up this refreshing drink with a side of STEM for a hot, summer afternoon!



Length of activity:
20–30 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult: High**



Level of Prep Required: High



What you need:

- [Banana Lassi recipe card](#)
- [Banana Lassi video](#)

Banana Lassi Ingredients*:

- 1 heaping cup bananas, sliced
- 1/8 teaspoon ground cardamom or cinnamon
- 1/2 cup low-fat milk**
- 1/2 cup plain Greek yogurt**

Kitchen tools:

- Cutting board
- Butter knife or plastic knife
- Measuring cups and spoons
- Blender or food processor (for adult use)
- Drinking glasses

* Note: The amounts listed here make two servings. Adjust amounts as needed for your family.

** Note: If you don't have Greek or low-fat yogurt, you can use any type or flavor of yogurt. You can also use any type of milk, such as skim, whole, almond, or soy.

What your child is learning:

- Literacy and math skills like following instructions, measurements, and fractions
- Food safety
- Cooking-related vocabulary
- How technology helps us in the kitchen
- Comparing and contrasting skills

About the Activity:

Show your child the [recipe card](#) and invite them to help read the recipe. Share that a *lassi* is a type of yogurt-based drink that originated in India. There are different types of lassis. Sweet lassis are made with fruit and savory lassis are made with spices.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020

Help your child peel the banana(s), then invite them to slice the banana and measure until you have the right amount. Carefully pour the banana slices into the blender. Help your child measure the milk, yogurt, and cardamom (or cinnamon) and add them to the blender. Blend until smooth, making sure there are no chunks of banana. Pour into cups and enjoy! Share observations with each other about the smell, flavor, and texture of the drink.

For Your Preschooler:

Cut a banana in half and point out to your child that you just divided the banana into two halves. Each piece represents half of a whole banana. Demonstrate how the two pieces fit together to make the banana whole. As you measure the ingredients, ask your child why it's important to use measuring tools.. What would happen to the flavor and texture of the food if you used different amounts of each ingredient?

Show the ingredients combined in a bowl before blending them. Talk about how the blender is a technological invention that allows us to blend foods together easily and quickly. Have your child imagine what life might have been like before the blender was invented. What other kitchen tools could be used to blend the ingredients? Encourage your child to try blending the ingredients with a few different tools, such as a fork, potato masher, or spoon, before putting them in the blender.

For Your Prekindergartener:

Follow the guidance for preschoolers. You can also show your prekindergartener how fractions are written, with the top number representing one piece of the whole and the bottom number telling how many pieces make the whole. You can explore the fraction $\frac{1}{4}$ using a banana, too.



At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020

Banana Lassi Recipe Card

DELECTABLE DRINKS

Banana Lassi

Ingredients:

(makes 2 servings)



1 heaping cup
sliced banana



½ cup plain
yogurt



½ cup
low-fat milk



1/8 teaspoon
ground
cardamom

Instructions:

1. Place ingredients in a  and pulse until combined and smooth.

2. Pour into chilled cups or  for 10 minutes before serving.

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At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Game Time: Kick Bowling

Play this fun twist on bowling using everyday objects.

To play the game, you'll need ten "pins" and a soft ball that your child can kick. You can use paper towel rolls, large cardboard tubes, empty plastic bottles, or paper rolled into tubes and secured with tape as pins.

Set up the pins in a triangular formation with five pins in the back row, four pins in the next row, then three pins, two pins, and one pin in the front row. This game is best played outdoors, but if you're playing indoors select a ball that is safe for your child to use, such as a fabric ball filled with stuffing, or you can have them roll the ball instead of kicking it.

Select one of the variations below to play. Then set the ball about six feet in front of the pins and invite your child to kick the ball towards the pins. Count the number of pins they knock over. Return the ball to the starting point and continue play based on the selected variation. Reset the pins after each player's turn.

- **Knock Down All the Pins:** Each player gets as many kicks as needed to knock over all the pins.
- **Two Kicks:** Each player gets two kicks to see how many pins they can knock over.
- **Your Turn, My Turn:** Players take turns kicking the ball until all the pins are knocked over.
- **Ten Turns:** Each player gets two kicks per turn, with turns alternating between players. Players get one point for each pin they knock over, the player with the highest score after ten turns wins.
- **First to Thirty:** Each player gets two kicks per turn, with turns alternating between players. Players get one point for each pin they knock over, the first player to thirty wins.

If the game is too challenging, you can move the starting point closer to decrease the distance between the kicking point and the pins. Or to increase the challenge, you can move the starting point back to increase the distance between the kicking point and the pins.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 10, 2020



Virtual Field Trip: Raisins and O-Shaped Cereal

Raisins and O-shaped cereal are popular snacks among young children—check out these videos to see how they're made.



Raisins have been around for over 2000 years! Watch this video to see how raisins are grown, dried, and packaged.



Cereals are made from a variety of grains. Watch this video to see how O-shaped oat cereal is made.