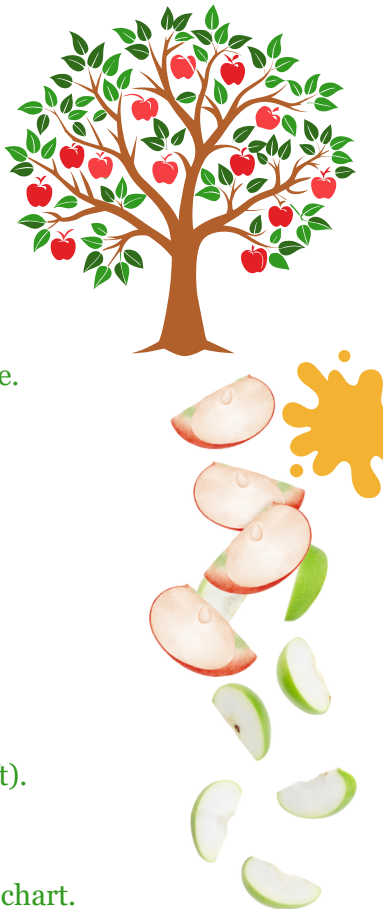



Activity Ideas for Nutrition & Physical Activity

Activity	Directions
 Flower Breathing	<ol style="list-style-type: none"> 1. Hold an imaginary flower: Ask the children to pretend they're holding an imaginary flower in one hand. 2. Smell the flower: Have them take a slow, deep breath in through their nose, like they're smelling the flower. 3. Blow the petals: Then, gently breathe out through their mouth, as if they're blowing the petals to make them move. 4. Repeat: Continue to repeat this two more times. 
 Fruit Tree Pose	<ol style="list-style-type: none"> 1. Stand tall like a tree trunk: Have children stand with feet together or sit tall in a chair. 2. Lift one foot: Balance one foot on the other leg or keep toes on the floor for support. 3. Grow branches: Stretch arms up like tree branches reaching for the sky. 4. Grow fruit: Pretend to grow apples or oranges on their branches by opening and closing hands. 5. Sway gently: Sway like a tree in the wind. <p>For extra support, children can hold onto a chair or wall, and seated children can participate too! Remind them all trees grow differently.</p>  
Adventure on the Nature Trail	<ol style="list-style-type: none"> 1. Ready, set, go!: Stand or sit tall like you're about to explore. 2. March along: March in place or move your arms like you're walking. 3. Animal spotting: Point out animals like birds or butterflies you "see" on the trail. 4. Smell the flowers: Take a deep breath, pretending to smell the flowers. 5. Hop over a puddle: Pretend to jump over a puddle, or lift your arms as if hopping. 
Buzzing Beehive	<ol style="list-style-type: none"> 1. Stand tall: Gather in a group. 2. Buzz along: Move in place, buzzing like busy bees. 3. Visit flowers: Pretend to fly over colorful flowers, looking up and reaching them with your hands. 4. Collect pollen: Gently touch your own shoulders, pretending to collect pollen. 5. Fly to the hive: Move in a circle, then quietly and calmly "fly" back to your seat. 
Fruit and Veggie Sorting	<ol style="list-style-type: none"> 1. Materials: Provide a variety of toys or pictures of fruits and vegetables. 2. Sorting: Have children sort them by color or type.  

Activity	Directions
<p>Taste Test Adventure</p>	<p>Materials Needed:</p> <ul style="list-style-type: none"> • Red, green and yellow apples • Small plates or napkins • Cutting board and plastic knives (for adult use only) • Chart paper or whiteboard • Markers • Stickers or stamps <p>Instructions:</p> <ol style="list-style-type: none"> <u>1. Safety and Hygiene:</u> <ul style="list-style-type: none"> ◦ Wash hands. ◦ Children help set up by placing napkins or plates on the table. <u>2. Tasting:</u> <ul style="list-style-type: none"> ◦ Children help pass out apple slices. ◦ Give each child a plate with apple slices. ◦ Look at, feel, and smell the apple slice. ◦ Take a small bite and think about the taste and texture. ◦ Repeat with each type of apple. <u>3. Discussion:</u> <ul style="list-style-type: none"> ◦ Sit in a circle. ◦ Make a chart with columns for each apple type. ◦ Share thoughts on each apple (e.g., sweet, sour, crunchy, soft). <u>4. Voting:</u> <ul style="list-style-type: none"> ◦ Give each child a sticker or stamp. ◦ Place the sticker or stamp next to their favorite apple on the chart. <u>5. Conclusion:</u> <ul style="list-style-type: none"> ◦ Thank the children for participating. ◦ Children help clean up by throwing away napkins and putting plates in a designated area. 
<p>Let's Make a Snack!</p> <p><i>Take your taste test to the next level by adding this apple dip!</i></p>	<p>Cinnamon Spice Apple Dip</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 2 cups plain, Greek yogurt • About 1/3 cup maple syrup • Sprinkle of cinnamon or apple pie spice • Sliced apples <p>Instructions</p> <ol style="list-style-type: none"> 1. Combine yogurt and maple syrup, and whisk until smooth. 2. Sprinkle cinnamon or apple pie spice on top. 3. Serve with sliced apples (the apples that received the most votes during the taste test), explaining that we are eating the flesh and skin.  <p><i>Recipe & picture provided by Quality Care for Children's Harvest of the Month Activities</i></p>