

## Week of the Young Child Activities for Tasty Tuesday

### On the Move

#### **Salad Shake & Serve**

Use your imagination to toss and serve your own healthy salad creation.

Materials:

- Paper
- Art materials (markers, crayons, colored pencils, etc.)
- Scissors
- Tupperware/bowl with lid
- Tongs
- Small plastic bowls

Instructions:

1. Draw, color, and cut salad leaves, vegetables (tomatoes, cucumbers, carrots, olives, etc.) of your liking from the paper.
2. Add the salad items to the bowl/container and secure with the lid.
3. Have your child shake the salad until its ready.
4. Provide your child with the tongs and have them serve the salad into bowls.

### Adventures Online

#### **Ice Cream, You Scream!**

Explore an ice cream truck with Blippi.

<https://www.youtube.com/watch?v=o5-MkuEnDoA>

### Sensory Time

#### **Apple Nachos**

Time for a tasty treat!

Materials:

- Apples
- 3 ounces of cream cheese
- 2-3 tablespoons of powdered sugar
- Caramel sauce
- Chocolate chips (and any other toppings you wish)

Instructions:

1. Slice apples in half and remove the core. Cut into thin slices and lay on a plate.
2. Warm cream cheese for about 20 sec. then add powdered sugar (you can also use plain or vanilla yogurt).
3. Drizzle cream cheese mixture and caramel over apples
4. Sprinkle chocolate chips and any other toppings you wish.
5. Talk about how the different parts of the recipe taste- are they sweet, crunchy, tart? Enjoy your treat!

## Story Time

### **The Very Hungry Caterpillar**

Enjoy this classic picture book about a little caterpillar with a big appetite.

Read Aloud: <https://www.youtube.com/watch?v=btFCtMhF3iI>

## Arts and Creativity

### **My Favorite Foods**

Create your own masterpiece about your favorite foods.

Materials:

- Paper
- Crayons/Markers

Instructions:

1. Talk with your child about their favorite foods & snacks.
2. Have your child draw/color their favorite foods or snacks on your paper.
3. After creating their masterpiece, have a discussion with your child about their favorite foods and why they are their favorite foods.