

Apple Cinnamon Latkes

MAKES 4 SERVINGS

BREAKFAST



INGREDIENTS:

- | | |
|-------------------------------------|-------------------------|
| 1 tsp salt | $\frac{1}{3}$ cup water |
| 1 tsp cinnamon | 3 cups chopped apples |
| 1 egg | |
| 3 tbsp sugar | |
| $\frac{1}{2}$ cup flour | |
| $\frac{1}{2}$ cup oil (for cooking) | |

PREPARATION:

In a blender, beat egg until foamy. Add sugar, salt, cinnamon, and water. Blend well. Peel apples and cut into chunks. Add to blender a few at a time and blend. Add flour and blend mixture until smooth. Heat 2 tbsp oil in large frying pan. For each latke, spoon $\frac{1}{4}$ cup batter into hot oil. Cook until edges are brown. Turn and crisp on other side. Remove with slotted spatula, and drain on paper towel. Sprinkle hot latkes with cinnamon sugar.

PHYSICAL ACTIVITIES

Infant

Pull the String: Place the infant on his or her belly. Place toy on a string at midline between the infant's hands. Encourage the infant to reach, grasp, and pull the string to get the desired toy.

0-2

Musical Islands: Place space markers (hula hoops, carpet squares, or baby blankets) on the ground to create "islands." Place at least one for each child and spread them apart so that there is enough room for the children to move about between them. Play music and dance about. When the music stops, everyone hops onto an "island."

3-5

Bumble Bee Bop: You need 5 to 10 cones or flowers you can make them out of construction paper or poster board, depending on the size of your group. Spread the cones/flowers throughout a wide open space either indoors or outside. Have all the students stand together at one end of the play space, explain that they are all hungry bees looking for food. They must find flowers to find food. Then have participants fly (run, with arms stretched out) around the play space from flower to flower, saying, Buzzzzzzzzzzzz! Once they reach a flower, they have to stop, touch it, and pretend to eat before flying off to find more flowers.

Bake Wheat Cakes

MAKES 4 SERVINGS

BREAKFAST



INGREDIENTS:

¼ cup vegetable oil

¼ cup honey

¼ cup wheat germ

½ cup hot water

1 cup buttermilk

1 egg

1 cup flour

1½ tsp baking powder

PREPARATION:

Mix wheat germ, hot water, vegetable oil, and honey together. Then add other ingredients. Pour into greased 15 x 10-inch jelly-roll pan. Bake at 425° F for 8-10 mins. Cut into squares and serve warm.

PHYSICAL ACTIVITIES

Infant

Where Did it Go: Place the child on his/her tummy on the floor. Show the child 3 different-colored wash cloths, and then place the cloths on the floor just out of his/her reach. Show him/her a toy that makes noise, and shake it. Then put it on top of one of the wash cloths, and encourage the child to come get it. Repeat a few times until the child is used to the game. Now shake the toy again, but this time hide it under one of the wash cloths. Then ask the child, "Where did it go?" and encourage the child to find it. Gently tap each wash cloth so the toy makes a noise when it is tapped.

0-2

Animal Actions: Have young children pretend to be their favorite animals - Let's jump like a frog! or slither like a snake, hop like a bunny, strut like a turkey, fly like a bird, walk like a crab. Help to get the action started with visuals such as stuffed animals or photos of animals and/or modeling the action and sound of the animal.

3-5

Guided Movement: Go outside or to a larger indoor space and practice walking, running, galloping, skipping, jumping and hopping.

Baked Oatmeal

MAKES 3-4 SERVINGS

BREAKFAST



INGREDIENTS:

2 cups cooked oatmeal

½ cup diced apples

½ cup raisins

⅛ cup maple syrup

½ tsp cinnamon

PREPARATION:

Mix all ingredients into a casserole dish. Bake at 400° F for 20 minutes.

PHYSICAL ACTIVITIES

Infant

Start Walking: Hold infant in a standing position facing you on a smooth surface. Observe infant's feet. They should be flat on the surface with knees flexed. Infant should be able to bear weight for at least three seconds. If he or she is unable to do so, then just keep practicing.

0-2

Bubble Fun: Blow bubbles toward the toddler. Increase the fun by chasing the bubbles and trying to catch or pop them. The toddler can poke at them with one finger, swat at them with a whole hand or try to catch them with two hands. Once the bubbles land on the ground, the toddler can try to stomp on them. Reinforce spatial concepts by blowing bubbles high and low, and in front of or behind the child.

3-5

Stepping Stones: Spread a bunch of wash cloths or newspaper out all over an open space. Make sure they are close enough together so the children can move on and off of them without having to touch the floor. Start out by standing on a "stone". Try to move across the space without ever touching the floor.

Broccoli and Cheese Egg-White Omelet

MAKES 2 SERVINGS

BREAKFAST



INGREDIENTS:

3 large egg whites

¼ cup shredded mozzarella cheese

¾ cup cooked chopped broccoli

PREPARATION:

Warm a nonstick sauté pan over low heat. Add the egg whites and let them set for a minute. Add the broccoli to one side of the egg whites, leaving the other side of the omelet empty. Sprinkle the mozzarella cheese over the broccoli, cover the pan, and cook until the cheese is melted and the eggs are cooked, about 4 mins. (You can also cook the omelet under the broiler for 3 mins.) Fold the empty half of the omelet over the broccoli-cheese side and serve.

PHYSICAL ACTIVITIES

Infant

Cho-Cho: Put on some fun upbeat music in the background and sit on the floor with the baby sitting between your legs and leaning back against your tummy as you hold onto the baby's arms/elbows. Move the baby's arms in a circular motion like the wheels on a train. Begin making slow motions as you say "Choo Choo!" slowly, matching the speed/tempo of the motions. Gradually go faster and faster. Throw in a "Woo woo!" as you lift the baby's arm to pull the train whistle.

0-2

All Aboard: Using two pool noodles, create a train, with one person in the front of the train facing forward holding one pool noodle in his right hand and one in his left. The person in the back, or caboose, also faces forward holding one pool noodle in his right hand and one in his left. The train moves around the space, perhaps picking up a passenger for the middle of the train.

3-5

Aviator: Begin by starting your engine, raising and lowering your body up and down, while making engine sounds. Repeat this motion 3-4 times. When your engine is started, stand up and pretend to fly to the other end of the space/hallway. When you arrive at the other end, lower your body back down into the starting position. Repeat. Change the way you move each time (i.e., running, galloping, skipping).

Egg Soufflé

MAKES 4 SERVINGS

BREAKFAST



INGREDIENTS:

- 5 eggs, beaten
- 2 cups low-fat cheese, shredded
- 6 slices whole grain bread, cubed
- 2½ cups skim or 1% milk
- ½ tsp dry mustard
- dash salt and pepper

PREPARATION:

Alternate bread and cheese in a greased 1½ quart casserole. Mix eggs, mustard, milk, salt, and pepper, and pour over bread mixture. Refrigerate overnight. (Let set at room temperature about 1 hour before baking if possible.) Bake at 350° F for 1½ hours. Set casserole in pan of water when baking.

PHYSICAL ACTIVITIES

Infant

Old MacDonald: Instead of Old MacDonald insert the baby's name and instead of "had a farm" insert "has a body." For example: Baby Maria has a body, E-I-E-I-O. And on her body she has a foot, E-I-E-I-O. With a stomp-stomp here, and a stomp-stomp there. Here a stomp, there a stomp, everywhere a stomp-stomp. Baby Maria has a body, E-I-E-I-O. When you sing "foot" and "stomp," hold the baby's foot and gently make a stomping motion with it. Continue the song by adding more body parts and motions. Get creative with bending legs, stretching arms and clapping hands.

0-2

Balloon Fun: Put a balloon in pantyhose (safety precaution). Take children into as wide open a space as possible (indoors or outdoors). Everyone work together to keep the balloon up in the air with your hands. Try not to let it touch the ground.

3-5

Sleeping Giants: Explain to the children that they are going to pretend to be giants who like to jump. Allow students to practice jumping up and down. Have students stop when you say "sleeping giants." Once they hear "sleeping giants" children will stop and lie very still on the floor. When you say "waking giants" the children will jump up and down until you call out "sleeping giants" again. Continue the game to allow children to practice stopping and starting. Substitute other motor skills instead of jumping, for example walking, hopping, skipping, marching and galloping.

English Muffin Egg Pizzas

MAKES 8 SERVINGS

BREAKFAST



INGREDIENTS:

- 4 whole wheat English muffins
- 8 tomato slices
- 4 hard-cooked eggs, sliced
- 1 cup of grated part-skim mozzarella

PREPARATION:

Make hard-cooked eggs. Toast 8 halves of English muffins and place on a cookie sheet. Layer a tomato slice, hard-cooked egg slices ($\frac{1}{2}$ an egg each), and a little grated mozzarella on each muffin half. Broil 5 minutes or until the cheese melts.

PHYSICAL ACTIVITIES

0-2

Find the Apple: Hide apples in various places around the room. Children will walk, hop, or crawl around the room looking for the hidden apples. Walk, crawl, and hop with the children, encouraging them to look for the missing apples. As children find the apples, ask them to place them in the basket. This activity could be used with other plastic fruits and vegetables to teach children about healthy foods.

3-5

Obstacle Course: Set up an obstacle course using things to jump over, go around, and even under. See how fast they can do it.

Oatmeal Pancakes

MAKES 8 SERVINGS

BREAKFAST



INGREDIENTS:

2 eggs

½ cup all-purpose flour

1 cup quick rolled oats

2 tbsp vegetable oil

1 cup 2% milk

2 tbsp sugar

1 tbsp baking powder

½ tsp cinnamon oil,
for cooking pancake

PREPARATION:

Combine milk and oats and let stand 5 mins. in mixing bowl until you have other ingredients ready. Add oil and eggs and beat well. Stir in flour, sugar, baking powder, and cinnamon; stir only until moistened. When skillet is hot, lightly oil it by pouring in oil and tilting the skillet to evenly coat it. Pour batter in pools about 4 inches across. Serve hot with syrup or warmed honey.

PHYSICAL ACTIVITIES

Infant

So Big: Sit on the floor facing the child. Begin by raising your arms above your head as you say, "So big," and then bring your arms back down. Next, hold onto the infant's hands, raise his/her arms above his/her head, and say, "So big." Lower his/her arms and let go for a second, then hold his/her hands again and repeat. Repeat, going back and forth – first you just showing the motion and then you doing the motion with the infant. Eventually the child will learn to do the motion when you say the words.

0-2

Roll it Along: Sit across from the toddler, approximately 3–4 feet, with legs spread apart and say, "Here comes the ball." The child will trap the ball with his or her arms and chest. Encourage the child to roll the ball back to you.

3-5

Growing Gates: Begin with one person putting a prop (something that can be held to jump, hop or leap over, such as a broom) on the floor and the other person jumping over it. Practice taking off and landing on two feet without a running approach. If the child is successful in getting over it, the partner holds the prop slightly off the ground, making the barrier just a little bit higher. The child jumps again and if successful the partner raises the prop just a little bit higher. Continue, increasing the height of the bar slightly each time. When the jumper gets tired or needs a break, the two players trade jobs.

Orange-Cinnamon French Toast

MAKES 8 SERVINGS

BREAKFAST



INGREDIENTS:

- 2 tbsp maple syrup
- ½ tsp cinnamon
- 2-4 tbsp butter, melted
- 8 slices of whole grain bread
- 3 eggs
- ½ cup orange juice

PREPARATION:

In a bowl, combine butter, syrup, and cinnamon. Pour into a greased 13 x 9 x 2-inch pan; spread to coat bottom of pan. In a shallow bowl, beat eggs and orange juice. Dip bread into egg mixture and place in prepared pan. Pour remaining egg mixture evenly over bread. Bake at 400° F for 15-20 mins. or until golden brown. Invert onto serving platter; serve with syrup (if desired).

PHYSICAL ACTIVITIES

Infant

Stretch those Arms: Place the infant on his or her back. Shake a rattle in front of the infant about 8-12 inches away from their nose. Shake the rattle until the child extends his or her arms toward the rattle.

0-2

Scarf Dancing: Give each child a sheer, lightweight scarf. Turn on some energizing music. Dance to the music, moving the scarf as you move your body. Move it high, move it low, Move it fast, move it slow.

3-5

Leaping Lillypads: Gather in an open space with approximately 10 hula hoops, depending on the size of your group. Spread the hula hoops out throughout the playspace and start with everyone standing at one end of the playspace. Once everyone is standing together at the end of the playspace, explain that they are all frogs looking for a home—and that the playspace in front of them is a beautiful pond. Children jump from the starting point to a lillypad of their choosing. Once they reach a lillypad, they have to jump up and down on the lillypad five times to make it their home. You can have 2-3 frogs per lillypad, as needed.

Wholesome Waffles

MAKES 6-7 SERVINGS

BREAKFAST



INGREDIENTS:

- | | |
|----------------------|----------------------------|
| ½ cup cottage cheese | 2 tbsp Greek yogurt |
| 2 eggs | 1½ tbsp cinnamon and sugar |
| ½ cup water | ½ cup raisins |
| 2 tbsp olive oil | 1⅓ cup oatmeal |
| 1 tsp vanilla | 1 tbsp baking powder |

PREPARATION:

Put oatmeal and baking powder in food processor or magic bullet and blend in short bursts. Then empty and set aside in a large bowl. In the processor or magic bullet add all the wet ingredients and blend. Mix into the dry ingredients and add raisins. It will thicken as it stands - you may add a tbsp of water or a little more yogurt if needed to keep it smooth and not lumpy. Cook on a waffle iron as directed. Great to make ahead and put in freezer then toast in the toaster.

PHYSICAL ACTIVITIES

Infant

Shake-Rattle-Roll: Place a rattle in the infant's hand and ask them to shake it. Once they are able to do this, shake rattle back and forth and place on a table. Infant should pick up the rattle and shake it on his or her own.

0-2

Obstacle Course: Set up a path using pillows, cushions, cardboard boxes, hula hoops, tunnels, etc. to create an obstacle course. The course should encourage children to climb over, under, through, around, in, and out of obstacles.

3-5

Bee Catcher: Be a bug catcher—use a hula hoop to capture bees (kids.) If you capture a bee, simply say "Gotcha!" and encourage them to return to play.

Angela's Pasta Tuna Mess

MAKES 10 SERVINGS

MAIN DISHES



INGREDIENTS:

- 3 6.5 oz cans tuna in water
- 1 16 oz package rotini pasta (whole wheat)
- 4 cups vegetables (broccoli, green pepper, red pepper, tomatoes, carrots or peas)
- ½ cup parmesan cheese, grated
- 1 cup low-fat Italian salad dressing

PREPARATION:

Prepare pasta as package suggests. Rinse with cold water. Mix in other ingredients. Chill at least 1 hour before serving.

PHYSICAL ACTIVITIES

3-5

Catch and Do: On each section of a beach ball (traditionally sectioned by color) write an action word such as jump, turn, shake, etc. Children can play catch with a partner or in a group. Roll or throw the ball to each other. When the child catches the ball, they should look to see where their hand is on the ball and do that action. Throw the ball to another child.

Barbecue Chicken Pitas

MAKES 4 SERVINGS

MAIN DISHES



INGREDIENTS:

- $\frac{1}{3}$ cup salsa (optional)
- $\frac{1}{3}$ cup barbecue sauce
- 1 can chunky chicken, in water - drained and flaked
- 1 tomato, sliced (optional)
- 2 pita pocket breads, halved

PREPARATION:

In small saucepan, combine salsa and barbecue sauce. Cook over medium heat until hot and bubbly. Stir in chicken. Place tomato slice in each pita half. Spoon hot chicken mixture into each pita.

PHYSICAL ACTIVITIES

0-2

Two Little Blackbirds: Have children sing and act out motions. Two little blackbirds sitting on the hill (Start with your hands behind your back.) One named Jack (Bring one hand to the front with your pointer finger extended.) One named Jill (Bring your other hand to the front with pointer finger extended.) Fly away, Jack! (Put the hand and finger representing Jack behind your back.) Fly away, Jill! (Do the same with your "Jill" hand.) Come back, Jack! (Bring "Jack" back to front.) Come back, Jill! (Bring "Jill" back to front.) Other Verses: Two little blackbirds sitting in the snow. One named Fast. One named Slow. Two little blackbirds sitting on a cloud. One named Soft. One named Loud. Two little blackbirds soaring in the sky. One named Low. One named High.

3-5

Musical Hoops: Dance around an open area to the music until it stops, then jump into any hula hoop that is on the ground (one per person). Add some extra fun and movement practice by giving a designated movement skill to do inside the hoop before dance time starts again.

Black Bean Soup

MAKES 12 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | | |
|----------------|------------------------|--------------------------------|
| 2 | garlic cloves, crushed | low-fat yogurt |
| 1 | carrot, diced | toasted sesame seeds |
| 1 | chopped onion, large | $\frac{1}{2}$ tsp ground cumin |
| 2 | cups dry black beans | 2 cups orange juice |
| $3\frac{1}{2}$ | cups water or stock | salt and pepper to taste |
| 1 | stalk celery, diced | |

PREPARATION:

The day before, measure beans into strainer. Sort out any pebbles. Wash until the water is clear. Put water and beans into large cooking pot. Set aside to soak overnight. At least four hours before mealtime, cover and cook the beans $1\frac{1}{2}$ hours. Add onion, garlic, carrot, celery, and orange juice. Add salt, pepper, and cumin. Simmer soup for another $1\frac{1}{2}$ hours or until beans are tender. Serve topped with yogurt and sesame seeds.

PHYSICAL ACTIVITIES

0-2 **Human Bridge**: Sit on the ground and let the children step over your legs, or make a bridge with your body and let the children crawl under.

3-5 **Weather Walk**: Have kids use their bodies to pretend to be different types of weather - rain, wind, thunder, snow...get creative!

Bok Choy Wrappers

MAKES 6 SERVINGS

MAIN DISHES



INGREDIENTS:

- 1½ cups brown rice, long-grain, dry
- 1¾ cups fresh bok choy, sliced ¼"
- 1¾ cups canned pineapple tidbits, in 100% juice
- 3 cups cooked chicken strips (12 oz)
- ¾ cup sweet and sour sauce
- 1 tsp low-sodium soy sauce
- 12 leaves fresh romaine lettuce, outer leaves
- 3½ cups water

PREPARATION:

Preheat oven to 350° F. Combine brown rice and 3½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 mins. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Transfer mixture to an 8" x 8" nonstick baking pan coated with nonstick cooking spray. Bake at 350° F for 30 mins. Cook to an internal temperature of 165° F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Place two lettuce leaves on a plate. Top each with ¾ cup filling. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm. Optional: garnish with diced red peppers.

PHYSICAL ACTIVITIES

3-5

Jack be Noodle: Using an electric bread knife, or scissors cut a pool noodle into 2-3 segments. Children can jump over the noodles. Line the pieces up to make a low "wall" for children to jump over. Or, jump over one piece, then stack one more piece with each successful jump. See how many you can stack before the jumper knocks them down.

California Grilled Chicken Sandwiches

MAKES 4 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 boneless skinless chicken breast
- sliced tomatoes
- lettuce
- 1-2 slices avocado
- 2 whole grain pita pockets
- provolone cheese (1 slice per child)

PREPARATION:

Grill chicken according to package directions. Let cool and slice. If children are able, let them assemble their own sandwiches. For children who are not able to do this yet, fill each pita half with chicken, cheese slice, lettuce, sliced tomato, and avocado slices.

PHYSICAL ACTIVITIES

3-5

Musical Beach Ball: March around carrying a beach ball as the music plays. When the music stops have children sit gently on their beach ball. Once the music starts again call out a different locomotor skill such as walk, run, skip, gallop or slide, as children move to the music. Change tempo of music to travel at different speeds. When music stops, sit on top of the ball until music starts again.

Celebration Stew

MAKES 7 SERVINGS

MAIN DISHES



INGREDIENTS:

- 1½ pound lean ground beef (or turkey)
- 2½ cups whole wheat macaroni
- 1½ quarts water
- 1 onion, chopped
- 2 cups chopped vegetables
- 1 tsp salt/pepper
- 1 quart tomato juice

PREPARATION:

Ask each child to bring a vegetable from home to add to the stew. Ahead of time, cook the macaroni in a large kettle. Brown the ground beef in a skillet, along with the onion. Drain off the fat. Combine all ingredients in a large pot, and simmer 1-2 hours.

PHYSICAL ACTIVITIES

- 0-2 **Ring around the Rosy**: Have children stand in a small circle and sing Ring around the Rosy. On cue of "we all fall down" have children sit on the ground. Repeat.
- 3-5 **Food Form**: Have kids pretend to move like different foods- melt like a popsicle or pop like popcorn.

Chicken and Broccoli Casserole

MAKES 4 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|-------------------------------------------------------------|-------------------------------------|
| 1 cup freshly shredded reduced fat cheddar cheese | ½ cup low-sodium chicken broth |
| 1 tbsp cornstarch | ½ tsp black pepper |
| 1 lb boneless, skinless chicken breasts, cut into 1" pieces | 3 cups cooked brown rice (optional) |
| 1 pkg. (10 oz.) frozen chopped broccoli | |
| 1 medium-size onion, chopped | |

PREPARATION:

Toss together ½ cup of the cheddar cheese and the cornstarch; set aside. Place chicken, broccoli, onion, broth, ¼ tsp each salt and pepper and the cheddar cornstarch mixture into slow cooker. Cover and cook on HIGH for 3 hours or on LOW for 4 hours. Remove lid and stir remaining ½ cup cheddar cheese and ¼ tsp pepper into slow cooker. Serve immediately with rice, if desired.

PHYSICAL ACTIVITIES

0-2

The Sticky Foot Runway: Position contact paper on the floor with the sticky adhesive side up. Tape the contact paper to the floor to avoid the paper moving or slipping. Assist children with taking their shoes off. Demonstrate and assist children as they walk, dance, and hop across the sticky runway.

3-5

Go to the Zoo: Have kids pretend they are at a zoo. Have them identify an animal and then move and sound like that animal.

Chicken and Rice With Vegetables

MAKES 12 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 chicken bouillon cubes (or 2 tsp broth powder)
- 1-2 tsp garlic powder
- 4 cups water
- 4 carrots, medium, sliced
- 2 cups uncooked brown rice
- 1 package frozen peas (10 oz)
- 1-3 tsp onion powder
- 3 cups chicken, cubed and cooked (about 1 lb)

PREPARATION:

Bring water to a boil in a large stockpot. Add carrots, bouillon, garlic powder, and onion powder. Reduce heat and simmer for about 10 mins. Add chicken and rice. Cover and cook until the rice is done, about 25 mins. Stir in peas and continue cooking until heated through.

PHYSICAL ACTIVITIES

3-5

Hoop Toss: Create a big target such as a milk jug or large water bottle (filled with some sand to weigh it down) and toss the hula hoop to land around the target. Start close and slowly increase the distance.

Chicken Parmesan with Pasta

MAKES 8 SERVINGS

MAIN DISHES



INGREDIENTS:

- 4 pieces of boneless, skinless chicken (3 oz)
- 2 eggs, beaten
- 2 cups bread crumbs, plain or Italian
- 1 can low-sodium spaghetti sauce (26 oz)
- 2 cups part-skim mozzarella cheese
- 1 package whole wheat spaghetti pasta

PREPARATION:

Preheat oven to 350° F. Dip chicken in egg and coat with bread crumbs. Place chicken in a 9 x 13-inch pan and bake for 20 mins. or until done. Meanwhile, cook pasta according to directions on the box. When chicken is done, spoon spaghetti sauce over chicken, sprinkle top with cheese, and bake an additional 5 mins. Serve chicken over pasta.

PHYSICAL ACTIVITIES

3-5

Get Rolling: Roll hula hoops across an open area to get children practicing running and catching. Vary the distance to vary the challenge. Increase the fun by rolling more than one hoop at a time.

Chinese Fried Rice

MAKES 6 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|-------------------------------------------------------------|-----------------------------------|
| ½ cup onion, chopped | 1 egg, lightly beaten |
| 1 cup turkey, cooked, cut into small pieces | ¼ cup soy sauce |
| 4 cups brown rice, cold and cooked (1½ cups before cooking) | ½ cup green peas, fresh or frozen |
| 2 tbsp peanut oil | 1 cup mushrooms, canned |
| 8 water chestnuts, chopped | |

PREPARATION:

Loosen and separate grains of rice with fork. Place a large skillet or wok over high heat. Add 2 tbsp of the oil and heat thoroughly. Fry onion to a light golden brown. Add turkey, water chestnuts, peas, and mushrooms. Cook, stirring constantly, until hot. Turn turkey mixture out into a bowl; keep warm. Pour beaten egg into skillet over medium heat and start scrambling. Add rice to egg; stir to mix. Pour in soy sauce; continue stirring. Put in turkey mixture; mix thoroughly. Continue heating until completely hot.

PHYSICAL ACTIVITIES

3-5

Run and Roll: Lay a hula hoop on the ground for one child to stand inside. The other child raises the hula hoop over the partner, and rolls it across an open space. The child standing in the hoop runs to catch the hula hoop before it falls to the ground and brings the hula hoop back to its original spot. Children take turns rolling and running to catch the hoop.

Curry Chicken Wraps

MAKES 4-6 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 grilled skinless boneless chicken breasts, cut into bite-size pieces
- 2 stalks celery, chopped
- 1 red apple, peeled and diced
- $\frac{1}{4}$ cup raisins
- $\frac{1}{2}$ cup non-fat Greek yogurt
- $\frac{1}{4}$ tsp curry powder
- 2 10" whole-wheat tortillas

PREPARATION:

In a large bowl, combine the chicken, celery, apple, raisins, yogurt, and curry powder. Stir to combine, and season to taste with salt and pepper. Divide the mixture between the tortillas, and wrap tightly around the filling from bottom to top, overlapping one end, burrito style. Cut the wraps in half to serve.

PHYSICAL ACTIVITIES

0-2

Row, Row, Row your Boat: Have two children sit facing each other and hold hands. Rock back and forth and sing the song Row, row, row your boat.

3-5

Watch it Grow: Have kids pretend to be a growing flower. First they are tiny seeds in the ground and then grow into big flowers.

Grilled Corn, Black Beans and Quinoa with a Cilantro Lime Dressing

MAKES 12 SERVINGS

MAIN DISHES



INGREDIENTS:

- 1 can (15.5 oz) black beans
- 1 can (15.25 oz) corn
- 1 small pat of butter
- 1 can (7.5 oz) roasted peppers
- 1 cup dry quinoa
- 1 avocado, chopped
- 1 cup cherry tomatoes, halved

DRESSING:

- 1 cup cilantro leaves, chopped
- 1 cup plain greek yogurt
- ½ cup olive oil
- 1 lime, squeezed
- 1 tsp honey
- 1 tsp Tabasco green pepper salt to taste

PREPARATION:

Drain the black beans and corn and set aside. Chop the peppers and set to the side. Wash and rinse the quinoa thoroughly to remove any bitter flavor. Place the quinoa and 2 cups of water into a medium saucepan and bring to a boil. Cover with a lid and reduce the heat to low. Simmer until all of the water has evaporated. Fluff with a fork. Wash, pat dry the cilantro and chop. Place cilantro into a food processor or blender and puree. Add the yogurt, olive oil, lime juice, honey, salt, and Tabasco. Taste and adjust seasonings as necessary. In a large bowl, combine the black beans, corn, peppers, quinoa, avocado and tomatoes and toss. Drizzle the dressing on top just before you eat. Add queso fresco, chopped cilantro, hot sauce, and lime juice as a garnish.

GARNISHES:

- queso fresco
- chopped cilantro
- hot sauce
- lime juice
- salt and pepper

PHYSICAL ACTIVITIES

3-5

Let's Hopscotch: Draw 10-15 connected boxes with duct tape on the floor or carpet. Demonstrate the activity by throwing a bean bag to land on one of the boxes. Hop through the boxes avoiding the box with the bean bag. At the last box, turn around and return to the beginning. To make it more challenging, add a second bean bag. In larger classes, draw 2 or 3 diagrams for children to participate simultaneously.

Happy Lunch Wrap

MAKES 2 SERVINGS

MAIN DISHES



INGREDIENTS:

- 1 whole-grain wrap (10-inch)
- 1 tbsp cooked quinoa
- 6 fresh baby spinach leaves
- 4 slices tomato
- 3 slices turkey breast

PREPARATION:

Place the wrap on a plate, spoon the quinoa in the middle of the wrap, and then top with spinach, tomato, and turkey. Tightly roll the wrap around the filling, from bottom to top, overlapping one end, burrito style.

PHYSICAL ACTIVITIES

Infant

Bicycle Kicks: While the baby is lying on his/her back, help him/her with hip and knee range of motion and flexibility by engaging in bicycle kicks. Take one foot in each hand and guide their legs in a circular motion like pedaling a bike. Be gentle and keep the pressure light.

0-2

Toddlin' Parade: Make some fun hats and play upbeat music. Lead children in walking along to the music. Encourage different movements such as marching, jumping, and galloping. Let children try simple instruments such as wrist bells or maracas.

3-5

Rainbow Run: Talk about the colors of the rainbow as you name colors, run and touch 3 things that are that color.

Homerun Meatloaf Burger

MAKES 12-16 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 lbs lean ground beef
- ½ cup finely diced green bell pepper
- ½ cup finely diced zucchini
- ½ cup finely diced onion
- ½ cup unseasoned breadcrumbs
- 1 garlic clove, minced
- ¼ cup tomato sauce
- 1 egg
- ½ cup ketchup
- ½ cup barbecue sauce
- salt and pepper
- 8 whole-wheat or multigrain hamburger buns, toasted
- Reduced-fat provolone cheese or any other type of cheese

PREPARATION:

Preheat the oven to 425° F. In a large bowl, mix together the ground beef, green bell pepper, zucchini, onion, breadcrumbs, garlic, tomato sauce, egg, salt, and pepper. Make patties and place them on a baking sheet. Bake for about 20 mins. then flip them and cook for another 10 mins. Mix together the ketchup and barbecue sauce, drizzle on the burgers, and bake for an additional 10 to 15 mins. Add a slice of cheese to each burger and bake until melted, about 1 min. Remove the burgers and place the burgers on buns.

PHYSICAL ACTIVITIES

3-5

Musical Bubble Shapes: Position bubble wrap on the floor forming two to three shapes, for example a square, diamond, and a triangle. Apply duct tape to secure the wrap from moving or slipping. Children will walk, jump, or dance across bubble wrap as music is played. When the music stops, have kids stop and say what shape they are standing on. Repeat.

Layered Chicken Enchiladas

MAKES 12 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | | |
|---|----------------------------------------------------|----------------------------------------------|
| 8 | 6" corn tortillas | 4½ oz chopped,
green chiles |
| 1 | cup shredded cooked
chicken | 1 can (10 oz) green chili
enchilada sauce |
| 2 | cups shredded,
fat-free monterey
jack cheese | ¼ cup minced onion |

PREPARATION:

Heat oven to 350° F. To make a layered enchilada, place one tortilla on lightly greased or sprayed baking sheet. Some chefs soften the tortilla first by dipping in oil for 2-3 seconds before starting the layering. Sprinkle with ¼ cup cheese, ¼ cup chicken, 1 tbsp green chiles, and 1 tbsp onion. Top with a second tortilla; pour 1/3 cup enchilada sauce over stack. Sprinkle with another ¼ cup cheese. Repeat with remaining tortillas, which will make 3 more stacks. Bake 15 mins. or until bubbling and hot.

PHYSICAL ACTIVITIES

3-5

Through the Hoop: Form a single file line of several children. Give the first child in the line a hula hoop to hold over their head. Children will pull hula hoop down over their bodies and then give the hoop to the next person in line. Time the activity and see how fast the hula hoop can move through the line.

Lentils of the Southwest

MAKES 6 (¼-CUP) SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|------------------------------------|----------------------------------------|
| ½ cup lentils, green or brown, dry | 1½+2 tbsp water |
| 1 tsp extra virgin olive oil | 1 tsp ground cumin |
| 2 tbsp fresh onions, peeled, diced | 1 tsp ground red chili pepper |
| 1 tsp fresh garlic, minced | ½ tsp chili powder |
| | ½ cup canned low-sodium diced tomatoes |
| | ½ tsp salt |
| | 2 tbsp fresh cilantro, chopped |

PREPARATION:

In a small pot, combine the lentils and 1¼ cups water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 mins. Heat olive oil in a medium skillet. Add onions and garlic. Cook for 3-5 mins. or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 mins. Add onion/garlic mixture to cooked lentils. Add ¼ cup plus 2 tbsp water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer, uncovered, for 20 mins. Just before serving stir in cilantro. Serve hot.

PHYSICAL ACTIVITIES

- 5 **Ride'em Cowboy:** Children pretend a pool noodle or broom is a horse and gallop. Add some fun by giving signals to go fast/slow or start/stop.

Parmesan Chicken Nuggets

MAKES 7 SERVINGS

MAIN DISHES



INGREDIENTS:

- 1 cup Italian-style bread crumbs
- $\frac{1}{4}$ cup parmesan cheese, grated
- $\frac{1}{2}$ cup all purpose flour
- 1 tbsp canola or olive oil
- 1 lb boneless, skinless chicken, cut into small chunks or strips
- $\frac{3}{4}$ cup fat-free buttermilk

PREPARATION:

Rinse chicken and dry with a paper towel. Measure flour into a resealable plastic gallon bag. Pour buttermilk into a shallow bowl. Add chicken pieces one at a time into the flour bag and shake until coated. Dip each piece into the buttermilk, covering thoroughly, and let the extra buttermilk drip off. Then place each chicken piece one at a time into the parmesan cheese and bread crumb bag and shake to cover. Grease a baking sheet with oil. Place coated chicken pieces on baking sheet. Cook for 5 mins. Flip and cook for another 5 mins. or until done. Serve with brown rice and steamed broccoli.

PHYSICAL ACTIVITIES

Infant

Up and Down, In and Out: Begin by holding the infant's ankles and moving them up and down as you say/sing, "up and down, up and down." Next, move the infant's legs in and out as you again sing or say the motion. Repeat with the arms. Additional movements include around and around, criss-cross, back and forth.

0-2

Stop-n-Go Dancing: Play music and everyone dances. Turn the music off. Explain that when the music is on, you will "go" or dance. When the music stops, you will "stop" too. Play fun music and get moving. Be prepared to model.

3-5

Rock Hop: Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.

Porcupine Meatballs

MAKES 12 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | | | |
|------|---------------------------------|---|--------------------------------------|
| 1 | egg | ½ | cup oatmeal |
| ¼ | cup chopped onion | 1 | tsp sugar |
| 2 | tbsp tomato paste
(optional) | ⅛ | tsp oregano |
| 1-1½ | lbs lean ground
beef/turkey | ⅛ | tsp garlic powder |
| 1 | cup cooked rice | ½ | tsp salt |
| | | 1 | 15 oz can low-sodium
tomato sauce |
| | | ½ | tsp pepper |

PREPARATION:

Combine first 8 ingredients and form into 2 dozen meatballs. Cook in microwave for 8 mins. or for 20 mins. in the oven at 375° F. Turn meatballs once during cooking. Drain. Mix together tomato sauce, sugar, oregano, and garlic powder. Pour over meatballs. Microwave for 4 to 5 mins. or bake 20 mins. until bubbling. This can be made the night before and reheated.

PHYSICAL ACTIVITIES

3-5

Jumping Around: Arrange several Hula Hoops in a circle on the ground close enough that they are touching. Each child stands in a hoop, once a signal has been given, each child jumps from one hoop to the next in the circle. Give the signal again to stop, turn around and jump the opposite way.

Quick Turkey Chili

MAKES 8 SERVINGS

MAIN DISHES



INGREDIENTS:

- ¼ cup mild chili powder
- 1 lb ground turkey
- 1 onion, chopped (about a ½ cup)
- 2 14-16 oz cans kidney beans, mostly drained
- 1 cup low-fat cheddar or colby jack cheese (optional)
- 1 8 oz can tomato sauce
- 1 48 oz bottle vegetable juice
- dash of garlic salt

PREPARATION:

Brown turkey with onion, chili powder, and garlic salt in a large pot or dutch oven. Add remaining ingredients. Simmer over medium heat for 30 mins. to 1 hour until desired consistency is reached. Sprinkle with cheese if desired.

PHYSICAL ACTIVITIES

3-5

Traveling Beach Ball: Set up an obstacle course using cones, hula hoops, chairs or other objects to create movement pathways. Children use the beach ball as they go over and around the obstacle course. Create a variety of pathways, straight, curved or zigzag to give children an opportunity to practice moving their bodies in different directions. Carry the ball through the obstacle course. Now try to kick it through.

Roasted Fish Crispy Slaw Wrap

MAKES 6 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 4 cups fresh red cabbage, shredded | 1 tbsp extra virgin olive oil |
| 1½ cups fresh carrots, peeled, shredded | 6 tilapia fish filets, raw, 4 oz each (or use a canned white fish as a substitute) |
| 1 cup fresh bok choy, cut into thin strips | 1½ cup fresh romaine lettuce, cut into strips |
| ¾ cup low-fat balsamic vinaigrette dressing | 6 whole-wheat tortillas, 8" |
| 1 tbsp salt-free chili-lime seasoning blend (or other seasoning) | 6 slices fresh avocado, peeled, pitted, sliced |

PREPARATION:

Preheat oven to 375° F. In a large mixing bowl combine red cabbage, carrots, bok choy, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast uncovered at 375° F for 12 mins. or until fish flakes with a fork. Remove fish from oven. To assemble wrap: Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

PHYSICAL ACTIVITIES

3-5

Noodle Limbo: Two adults hold ends of a pool noodle or broom stick, starting up high—over their heads. Children walk under the noodle. The holders lower the noodle in increments (i.e. shoulder height, chest, belly button, hip, thigh, knee, shin) so that children need to get down lower to move under the noodle. Let all children continue as the noodle gets lower without eliminating anyone.

Slow-Cooker Bean and Spinach Enchiladas

MAKES 8 SERVINGS

MAIN DISHES



PREPARATION:

In a medium bowl, mash half the beans. Add the spinach, corn, cumin, 1 cup of the cheddar, the remaining beans, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper and mix to combine. Spread 1 jar of the salsa in the bottom of a 4-6-qt slow cooker. Warm the tortillas and dividing evenly, roll up the bean mixture in the tortilla (about $\frac{1}{2}$ cup each) and place the roll seam-side down in a single layer in the slow cooker. Top with the remaining salsa and cheddar. Cover and cook until heated through, on low for 2 $\frac{1}{2}$ -3 hours. Before serving, toss the lettuce, radishes, tomatoes, and cucumber in a large bowl with the lime juice, oil, and $\frac{1}{2}$ tsp. each salt and pepper. Serve with the enchiladas and sprinkle with the scallions.

INGREDIENTS:

- | | | | |
|---------------|-------------------------------------------------------------------------|---------------|-----------------------------------------------|
| 1 | 15.5 oz can low-sodium black beans, rinsed | 2 | 16 oz jars salsa ($\frac{3}{2}$ cups) |
| 8 | 6" whole wheat tortillas | 1 | medium head romaine lettuce, chopped (6 cups) |
| 1 | 10 oz pkg. frozen chopped spinach, thawed and squeezed of excess liquid | 4 | radishes, julienne |
| 1 | cup frozen corn | $\frac{1}{2}$ | cup grape tomatoes, halved |
| $\frac{1}{2}$ | tsp ground cumin | $\frac{1}{2}$ | cucumber, halved and sliced |
| 8 | oz reduced fat sharp cheddar, grated (2 cups) | 3 | tbsp fresh lime juice |
| | | 2 | tbsp olive oil |
| | | | salt and pepper |

PHYSICAL ACTIVITIES

0-2

Caterpillar Walk: Have kids bend at the waist and touch the ground. They then walk their hands forward and inch along like a caterpillar.

3-5

Ballooning: Have kids pretend to be balloons – first without air, being blown up, floating around, and then being popped.

Slow-Cooker Squash Lasagna

MAKES 6 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 10-12 oz packages, frozen winter squash puree, thawed
- $\frac{1}{8}$ tsp ground nutmeg
- 1 32 oz container reduced fat ricotta
- 1 5 oz package baby spinach (6 cups)
- 12 lasagna noodles, about $\frac{3}{4}$ of a 16 oz box
- 8 oz part-skim mozzarella, grated (about 2 cups)
- kosher salt and black pepper
- green salad, for serving

PREPARATION:

In a medium bowl, mix the squash and nutmeg. In a second bowl, combine the ricotta, spinach, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper. In the bottom of a 5 to 6-qt slow cooker, spread $\frac{1}{2}$ cup of the squash mixture. Top with 3 of the lasagna noodles (breaking to fit), half the remaining squash mixture, 3 lasagna noodles, and half the ricotta mixture; repeat, ending with the ricotta mixture. Sprinkle with the mozzarella. Cook on low, covered, until the noodles are tender, 3 to 4 hours. Serve with green salad, if desired.

PHYSICAL ACTIVITIES

Infant

Toes to Nose: With your baby's feet in your hands, gently bring the toes to your baby's nose. Some babies feet might not reach – don't force it.

0-2

Tunnel Time: Create a tunnel using chairs and a sheet or blanket. Encourage children to crawl through the tunnel and to run around it. Narrate their actions while they are doing it.

3-5

Bubbles: Blow bubbles outdoors. Chase and catch the bubble before it pops.

Starry, Starry Lunch

MAKES 4 SERVINGS

MAIN DISHES



INGREDIENTS:

- 3 cups water
- 1 cup whole wheat star pasta
- 1 cup canned or freshly cooked kidney beans, drained
- 1 cup frozen peas and carrots mix, thawed
- ¼ cup roma tomatoes, diced
- 2 tbsp cilantro, chopped
- 1 tsp chicken bouillon
- 1 cup diced low-sodium ham (optional)

PREPARATION:

In a stockpot, bring water to a boil. Add pasta, cook for 10 mins. Drain the hot water, rinse with cold water. In a medium bowl, combine the cooked pasta, kidney beans, peas and carrots, tomatoes, cilantro and bouillon. Stir to combine and serve.

PHYSICAL ACTIVITIES

- 5 **Copy Cat:** Let the children take turns being the “leader” as they move. Everyone copies the movement the leader acts out.

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

MAKES 12 SERVINGS

MAIN DISHES



INGREDIENTS:

- 1 $\frac{3}{4}$ cups brown rice, long-grain, regular, dry
- $\frac{3}{4}$ cup frozen chopped spinach, thawed, drained
- 5 large whole eggs, beaten

- 1 tbsp vegetable oil
- $\frac{1}{2}$ cup extra-lean turkey ham, diced $\frac{1}{4}$ " (2 oz)
- $\frac{1}{4}$ cup fresh green onions, diced
- 1 tsp sesame oil
- 1 tsp low-sodium soy sauce

PREPARATION:

Cook brown rice according to instructions. Set aside. Drain water from spinach by squeezing thawed spinach with hands. Set aside. Whisk together eggs and 1 tbsp water. Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Set aside the remaining eggs. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 mins. or until ham begins to brown. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 mins. or until egg is fully cooked. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.

PHYSICAL ACTIVITIES

3-5

Rocket Ships: Cut pool noodles in half or into thirds (or use a beach ball). Count 1,2,3 Blast Off! And then throw the pool noodle high in the air. Try to catch it. Or, throw the noodle high in the air and call out an action to do before it lands (i.e jump, touch the ground, turn around).

Stuffed Red Peppers

MAKES 2 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|--------------------------------------------------|-------------------------------------------------------------------------|
| 1 medium red bell pepper, stem and seeds removed | 1 grilled or broiled skinless chicken breast, cut into bite-size pieces |
| 1 scallion, chopped | 2 tbsp freshly grated parmesan cheese |
| 1 clove garlic, minced | ½ cup hot cooked brown rice |
| 1 cup fresh baby spinach | |
| ½ cup tomato sauce | |

PREPARATION:

Preheat the oven to 375° F. In a pot of boiling salted water, cook the red pepper until slightly soft, about 5 mins. Drain and let dry. In a sauté pan over moderate heat, cook the scallion, garlic, spinach, and tomato sauce for 5 mins. Add the chicken and cook, stirring occasionally, until it is heated through, about 3 mins. Fill the red pepper half way with the chicken-spinach mixture and then add a layer of parmesan. Fill the pepper with the remaining chicken-spinach mixture and top with the remaining parmesan. Bake, in an ovenproof dish, until the red pepper is soft, about 15 mins. Serve over hot brown rice.

PHYSICAL ACTIVITIES

3-5

Cooperation Carry: Pair two children to walk across a play area carrying a beach ball together. First they may use two hands, then one hand each. No hands?! What fun and silly ways will they think of to carry the ball?

Sushi for Kids

MAKES 2 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 slices oven-roasted ham
- 4 ounces low-fat cream cheese
- 1 cup cooked brown rice
- ½ avocado, pitted, peeled, and thinly sliced
- 1 small tomato

PREPARATION:

On a plate, evenly spread the cream cheese on the ham slices. Divide the rice between the slices and press it into the cream cheese. Place the avocados and tomatoes in the center of each slice of ham. Roll the ham tightly around the filling, and cut each roll into 4 pieces.

PHYSICAL ACTIVITIES

3-5

Driver's Seat: Get inside a Hula Hoop with the child. Pretend it is a car. Who will be in front as the driver and steer? When the child takes the driver's seat, he is practicing stability. Make it a bit harder by adding some resistance to the child's pull. What type of car are you driving and where are you going? Use your imagination!

Sweet Potato and Bean Casserole

MAKES 10 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|-------------------------------------------------------|-------------------------------------------------------------------|
| 1 can (19 oz) chickpeas,
drained and rinsed | 1/2 tsp ground allspice |
| 1 can (19 oz) white beans,
drained and rinsed | 1/3 tsp black pepper |
| 1 can (19 oz) red kidney
beans, drained and rinsed | 1/4 tsp ground cloves |
| 1 lb lean ground beef
or turkey | 2 lbs sweet potatoes,
peeled and cut into
1/8"-thick slices |
| 1 tsp ground cinnamon | 2 cups low-fat
shredded cheddar
cheese |

PREPARATION:

Heat oven to 350° F. Coat 4-qt casserole with cooking spray. Combine beans, ground beef, cinnamon, allspice, pepper and ground cloves in a bowl. Layer 1/3 of sweet potato slices in casserole. Spread 1/2 of bean mixture over top. Sprinkle with 1/3 of cheese. Repeat layering again. Place remaining 1/3 of sweet potato slices on top. Cover with foil. Bake in 350° F oven for 1 hour. Sprinkle remaining cheese over top. Bake, uncovered, another 30 mins. or until potatoes are tender. Let stand 10 mins. before serving.

PHYSICAL ACTIVITIES

0-2

Empty the Milk Jug: Children fill an empty milk jug with milk (white clothespins) and shake the jug until it is empty. Demonstrate this activity by placing 10-15 clothespins inside an empty milk jug, shaking the jug until a clothespin falls out.

3-5

Body Roll: Find an open space and have kids work on rolling in different ways...long, straight body and a curled up small body.

Teriyaki Salmon Wrap

MAKES 4-6 SERVINGS

MAIN DISHES



INGREDIENTS:

- 8 oz cooked, canned, or smoked salmon
 - 3 tbsp cream cheese
 - 3 tbsp teriyaki sauce
 - ½ tsp freshly ground black pepper
 - 4 10" corn or whole wheat tortillas
- 1 cup cooked brown or white rice, at room temperature
 - 4 leaves romaine lettuce, cut into thin strips

GARNISH:

Thinly sliced raw vegetables such as red bell pepper, cucumber, zucchini, tomato, and red onion.

PREPARATION:

In a large bowl, combine the salmon (if using canned, drain first), cream cheese, teriyaki sauce, and pepper, and stir thoroughly to combine. In a microwave on a paper towel, warm the tortillas for about 10 seconds each. Place the warm tortillas on individual plates and evenly spread ¼ cup of rice in the middle of each. Spread ¼ cup of the salmon mixture on top of the rice and then top each wrap with lettuce and any sliced vegetables. Tightly roll each tortilla around the filling from bottom to top, overlapping one end, burrito style.

PHYSICAL ACTIVITIES

3-5

Toss It In: Place laundry baskets around an open space. Toss beach balls large and small into the laundry baskets or other large containers. To increase or decrease the challenge place some baskets closer to the children and others further away to vary the distance in which the ball is thrown. Run, walk, slide or skip to collect beach balls and do it again! Also, include a variety of other rubber or plastic balls or bean bags to allow children to practice tossing.

Toddler Pasta

MAKES 7 SERVINGS

MAIN DISHES



INGREDIENTS:

1 cup whole wheat pastina

$\frac{1}{3}$ cup finely diced carrots

$\frac{1}{3}$ cup finely diced red bell pepper

$\frac{1}{3}$ cup frozen baby peas

$\frac{1}{3}$ cup finely chopped broccoli

$\frac{1}{3}$ cup frozen whole-kernel corn

1 tbsp olive oil

$\frac{1}{8}$ tsp pepper

PREPARATION:

Cook pasta in lightly salted boiling water for 7 mins. Stir in veggies and cook 5 mins. Drain. Mix in oil and pepper.

PHYSICAL ACTIVITIES

Infant

Sensory Bottles: Collect several empty plastic bottles. Fill the bottles with various materials, such as rice, beans or a small amount of water. Sit with the baby and help him roll the bottles. Encourage him to shake and maneuver each of the bottles. As the baby grows, encourage him to roll the bottles on the floor and scoot after them.

0-2

Snowstorm: Throw cotton balls all around a room or an outside play area. Encourage toddlers to run around and pick them up. Once all the cotton balls are collected, scoop up the cotton balls from the bag or basket. Throw them up in the air so they fall down on the children like snow. Repeat.

3-5

Time to March: Have each kid pretend to have his/her favorite instrument and to march as he/she plays. If possible, bring real instruments outside and march in a band.

Tuna Boats

MAKES 6-8 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|---------------------------------------------|----------------------------------------------------------------------|
| 1 cup cooked quinoa,
at room temperature | 1 6 oz can white tuna,
drained |
| ½ cup minced onion | 4 long sweet peppers,
cut in half lengthwise
and seeds removed |
| ½ cup diced red and
orange bell peppers | 2 lettuce leaves,
cut in triangles |
| ½ cup diced cucumber | |
| ½ cup diced celery | |

PREPARATION:

In a large bowl, combine the quinoa, onion, bell peppers, cucumber, celery, and tuna. Stir well to combine. Divide the salad among the sweet pepper halves, insert the lettuce like a boat's sail, and serve.

PHYSICAL ACTIVITIES

Infant

Chest Stretch: Begin with your baby lying on his/her back and encourage him/her to grab onto the thumbs of each of your hands. Next, bring your baby's arms out wide, and then back over so they are crossed over the chest. Repeat this exercise several times and don't exert too much pressure or force your baby into any movement that they can't do willingly.

0-2

Tunnel Time: Create a tunnel by placing several pool noodles across two rows of chairs facing one another. Encourage children to crawl through the tunnel and to run around it. Narrate their actions while they are doing it.

3-5

Silly Walk: Take a walk; first go in straight lines, then curvy lines, and then try walking backwards.

Vegetable Quinoa Salad with Chicken

MAKES 6-8 SERVINGS

MAIN DISHES



INGREDIENTS:

- 2 cups cooked quinoa
- 6 oz grilled skinless boneless chicken or turkey deli meat, cut into bite size pieces
- $\frac{2}{3}$ cup chopped fresh spinach
- $\frac{1}{2}$ cup diced tomatoes
- $\frac{1}{2}$ cucumber, peeled and diced
- $\frac{1}{2}$ red pepper, seeded and diced
- 3 tbsp homemade or purchased olive oil vinaigrette
- salt

PREPARATION:

In a large bowl, combine the quinoa, chicken or turkey, spinach, tomato, cucumbers, red pepper, and vinaigrette. Toss to combine, and season to taste with salt.

PHYSICAL ACTIVITIES

3-5

Batter Up: Set a beach ball atop a cone. Children can hit the ball across an open outdoor space with a flat open hand or strike it with a thick wiffle bat. Once it lands on the ground, run after the ball and strike it again, and again!

Veggie Pizza

MAKES 6-10 SERVINGS

MAIN DISHES



INGREDIENTS:

- | | |
|---------------------------------------------------|--------------------------------------------|
| 1 12" thin store-bought pizza crust | 3 small yellow squash, trimmed and chopped |
| 1 tbsp olive oil | 12 grape tomatoes, halved |
| 2 cups finely chopped broccoli florets | ½ cup reduced-fat cream cheese |
| 6 scallions, white and light green parts, chopped | 2 tbsp 1% or rice milk |
| 2 cups mushrooms, trimmed and sliced | ½ cup minced fresh basil (optional) |
| 3 small green zucchini, trimmed and chopped | ½ cup shredded parmesan |

PREPARATION:

Preheat the oven to 425° F. Lightly oil a large baking sheet. Cook the pizza crust until lightly brown on top, about 10 mins. While the crust is baking, in a large sauté pan over moderate heat, warm the olive oil. Add the broccoli, scallions, mushrooms, zucchini, squash, and tomatoes, and cook until just tender, about 5 mins. Remove the pizza crust from the oven and let cool for 5 mins. leaving the oven on. In a small bowl, whisk together the cream cheese and milk. Spread on the pizza crust, leaving a ½" border, and top with the vegetables, basil, and parmesan. Bake until the cheese is bubbling and lightly brown, about 10 mins. Serve hot or cold.

PHYSICAL ACTIVITIES

3-5

Row, Row, Row Your Boat: Children sit in pairs facing each other and hold onto the same noodle. Children pretend to “row the boat” by pulling back and forth. Increase the challenge of this activity by sitting on big balls.

Apple Oat Balls

MAKES 30 (1-INCH) BALLS

SNACKS



INGREDIENTS:

- 6 cups old-fashioned rolled oats
- 1 carrot, peeled and shredded, or $\frac{1}{2}$ cup shredded carrots (optional)
- $\frac{1}{2}$ cup pecans, toasted and chopped (optional)
- 2 tbsp sugar

- 2 tbsp packed light or dark brown sugar
- $\frac{1}{4}$ tsp ground cinnamon
- 2 apples, peeled
- $\frac{1}{2}$ to $\frac{3}{4}$ cup creamy peanut butter
- 3 tbsp raisins
- 2 tbsp dried cranberries
- juice of 1 lemon

PREPARATION:

In a large bowl, stir together the oats, carrot, pecans, sugar, brown sugar, and cinnamon. Cut the apples in half and remove the cores. Chop the apples into very small pieces and place in a small bowl. Add the lemon juice and toss to coat the apples. Add the apples to the oats and stir to combine. Add $\frac{3}{4}$ cup water and stir to wet the ingredients. Add $\frac{1}{2}$ cup peanut butter and stir to thoroughly combine. Using damp hands form the mixture into 1-inch balls. If the mixture isn't sticky enough to form balls, add additional peanut butter. Press 2 raisins and 1 dried cranberry into each ball to create a face. Store Apple Oat Balls in an airtight container in the refrigerator.

PHYSICAL ACTIVITIES

Infant

Stretch Those Arms: Place the infant on his or her back. Shake a rattle in front of the infant about 8-12 inches away from their nose. Shake the rattle until the child extends his or her arms toward the rattle.

0-2

Scarf Dancing: Give each child a sheer, lightweight scarf. Turn on some energizing music. Dance to the music, moving the scarf as you move your body. Move it high, move it low, move it fast, move it slow.

3-5

Leaping Lillypads: Gather in an open space with approximately 10 hula hoops, depending on the size of your group. Spread the hula hoops out throughout the playspace and start with everyone standing at one end of the playspace. Once everyone is standing together, explain that they are all frogs looking for a home — and that the area in front of them is a beautiful pond. Children jump from the starting point to a lillypad of their choosing. Once children reach a lillypad, they have to jump up and down on the lillypad five times to make it their home. (You can have 2-3 frogs per lillypad, as needed)

Banana Burrito

MAKES 1 SERVING

SNACKS



INGREDIENTS:

- 1 tbsp peanut butter
- 1 whole wheat tortilla (6 inch)
- 1 banana
- 1 tbsp honey or applesauce (optional)

PREPARATION:

Spread peanut butter on tortilla. For easier spreading, thin with a little honey or applesauce. Microwave 10 to 15 seconds. Quickly wrap the warm tortilla around the banana.

PHYSICAL ACTIVITIES

3-5

The Heart Dance: Lead children in the actions listed in the song.

Wiggle, wiggle, wiggle.

Jiggle, jiggle, jiggle.

Dance, dance, dance. (Now dance really fast!)

Prance, prance, prance.

Hop, hop, hop.

Stop, stop, stop!

Feel your lungs breathe in and out,

As you laugh and sing and dance about!

Now here comes the resting part,

Stop right there and feel your heart.

Is it beating fast? How do you know?

When you're ready to move say, "Go! Go! Go!"

Black Bean Dip

MAKES 12 (1/8 CUP) SERVINGS

SNACKS



INGREDIENTS:

- 16 oz canned black beans
- 2 oz cheese, shredded
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{4}$ tsp black pepper
- 1 tsp vinegar

PREPARATION:

Drain and mash cooked beans. Stir in other ingredients. Serve with fresh veggies.

PHYSICAL ACTIVITIES

3-5

Cool As A Cucumber:

1. Reach all the way to the sky.
2. Take a deep breath.
3. Reach down to toes.
4. Repeat 10 times.

Cucumber-Yogurt Dip

MAKES 14 (1/8 CUP) SERVINGS

SNACKS



INGREDIENTS:

- | | |
|---------------------------------------|--------------------|
| 2 cups yogurt, plain, low-fat | 2 tsp lemon juice |
| 8 oz cream cheese, low-fat | 1 tsp black pepper |
| 1 cup cucumber, raw,
peeled, diced | 2 tsp lemon zest |
| 2 cloves garlic, fresh, cloves | |
| 2 tbsp dill weed,
fresh or dried | |

PREPARATION:

Stir yogurt and cream cheese until smooth. Add remaining ingredients; stir to blend. Serve with raw or blanched vegetables, such as carrots, celery, tomatoes or zucchini.

PHYSICAL ACTIVITIES

3-5

MOVEMENT POEM: Post the poem in classroom and read the poem together in an area where everyone has space to move. When you come to an “action word,” encourage children to demonstrate it. To really get moving, repeat several times.

Look at me! Look at you! Look what our bodies can do.

Dance! Dance! Run! Run!

Moving our bodies is so much fun!

We can jump. Jump!

We can hop. Hop!

We can wiggle. Wiggle!

We can stop. Stop!

We can twist. Twist!

We can tap. Tap!

We can stomp. Stomp!

We can clap. Clap!

And we can sit...sit (whisper slowly) and we can rest...rest.

So that we can be our very best.

We whisper. We breathe.

We smile and then, we start to move all over again!

Fruit and Yogurt Salad

MAKES 4 SERVINGS

SNACKS



INGREDIENTS:

- 4 peaches/pears (or seasonal fruit)
- 6 apples (different colors)
- 2 medium bunches of grapes (white or purple)
- 2 pints low-fat yogurt (vanilla or plain)

PREPARATION:

Have the children count the different kinds of fruit you are using. Wash all fruit in a large bowl of water and dry with paper towels. Discard water and dry the bowl. Cut the apples and other large fruit and place into bowl. Let children take turns spooning the yogurt over the fruit pieces and gently tossing the fruit and yogurt together. Refrigerate any leftovers.

PHYSICAL ACTIVITIES

- 0-2 **Ring around the Rosy**: Have children stand in a small circle and sing Ring around the Rosy. On cue of "we all fall down" have children sit on the ground. Repeat.
- 3-5 **Food Form**: Have kids pretend to move like different foods- melt like a popsicle or pop like popcorn.

Pumpkin Muffins

MAKES 12 SERVINGS

SNACKS



INGREDIENTS:

$\frac{3}{4}$ tsp cinnamon	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ tsp nutmeg	$\frac{1}{2}$ cup pumpkin
3 tsp baking powder	$\frac{1}{4}$ cup butter
$1\frac{1}{2}$ cup sifted flour	1 egg
$\frac{1}{2}$ cup brown sugar	cinnamon for dusting tops
$\frac{3}{4}$ tsp salt	

PREPARATION:

Stir together flour, brown sugar, baking powder, cinnamon, nutmeg and salt. Cut in butter. Combine egg, pumpkin, and milk. Add to first mixture, stirring just enough to combine. Fill muffin cups $\frac{2}{3}$ full, sprinkle with cinnamon. Bake at 400° F for 18-20 mins.

PHYSICAL ACTIVITIES

3-5

Hokey Pokey Muscles and Bones: Form a circle and face one another with room to move. Sing and act out the song below.

You put your hand bones in.

You take your hand bones out!

You put your hand bones in,

And you move them all about.

You do the Hokey Pokey and

You turn yourself around!

Bones are what it's all about!

Other Verses:

You put your knee bones in...

You put your toe bones in...

You put your leg muscles in...

You put your stomach muscles in...

You put your shoulder muscles in...

Carrot, Zucchini and Sweet Potato Frittata Fingers

MAKES 12 SERVINGS

VEGGIE SIDES



INGREDIENTS:

- | | | | |
|----|----------------------------------------|---|-----------------------------------------------------|
| 2 | 2 tsp light olive oil | 2 | green shallots, ends trimmed, finely chopped |
| 2½ | cup, firmly packed grated zucchini | 3 | eggs, lightly whisked |
| ½ | cup, firmly packed grated carrot | ⅓ | cup grated low-fat swiss (or cheese of your choice) |
| ½ | cup, firmly packed grated sweet potato | 2 | tbsp finely chopped fresh parsley |
| | | 1 | tbsp plain flour, sifted |

PREPARATION:

Preheat oven to 350° F. Grease a square 8" cake pan. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang. Heat the oil in a medium saucepan over medium heat. Add the zucchini, carrot, sweet potato and shallots, and cook, stirring, for 4-5 mins. or until the vegetables soften. Remove from heat and set aside for 10 mins. to cool. Combine vegetable mixture, egg, cheese, parsley and flour in a large bowl and stir until well combined. Spoon vegetable mixture into prepared pan and smooth the surface. Bake in oven for 15-20 mins. or until set. Remove from oven and set aside for 10 mins. to cool. Lift frittata from pan and place on a plate to cool completely. Cut into 12 fingers to serve.

PHYSICAL ACTIVITIES

3-5

The Missing Fruit Game: Hide plastic fruit in the classroom. Distribute the fruit cards (pictures of fruit) to the children. The only rule to the game is no walking. Children must hop, march, crawl, tiptoe, or ski to find the missing fruit. As children find the fruit, distribute a new card until all of the fruit has been found.

Easy Cabbage Salad

MAKES 12 SERVINGS

VEGGIE SIDES



INGREDIENTS:

- 1 cup shredded purple cabbage
- 1 cup shredded green cabbage
- 1 cup shredded carrots
- low-fat ranch style dressing

PREPARATION:

Mix all ingredients well. Add enough ranch-style dressing to coat salad.

PHYSICAL ACTIVITIES

3-5

Healthy Food March:

1. Bring your left arm and left leg up.
2. Now bring your right arm and right leg up.
3. Keep marching!

Easy Roasted Carrots

MAKES 6 SERVINGS

VEGGIE SIDES



INGREDIENTS:

- 12 carrots, peeled and sliced diagonally in 1½" slices
- 3 tbsp good olive oil
- 1¼ tsp kosher or sea salt
- ½ tsp fresh ground black pepper
- dried or fresh herbs

PREPARATION:

Preheat oven to 400° F. If your carrots are thick, cut in half lengthwise before slicing into large chunks. Toss them with all other ingredients. Transfer to a sheet pan and roast 20 mins. until brown and tender. Toss with fresh herbs if desired.

PHYSICAL ACTIVITIES

3-5

Apple Arm Stretch:

1. Reach up to the right.
2. Reach up to the left.
3. Repeat 10 times.

No Cream Creamed Corn

MAKES 4 SERVINGS

VEGGIE SIDES



INGREDIENTS:

- 1 head cauliflower, chopped into florets
- 2 tbsp olive oil
- 1 tsp salt
- 1 package frozen corn

PREPARATION:

Steam cauliflower until softened. Transfer cauliflower to a food processor or blender. Add the salt and olive oil. Puree until very creamy. Heat frozen corn in microwave for five minutes until done. Stir as needed. Pour cauliflower puree over corn and mix. Serve hot.

PHYSICAL ACTIVITIES

3-5

Grab Some Grapes:

1. Step to the right.
2. Bring your feet together.
3. Step to the left.
4. Bring your feet together.
5. Step to the right and reach to the right.
6. Step to the left and reach to the left.
7. Repeat each side 10 times.

Tasty Tots

VEGGIE SIDES



INGREDIENTS:

- | | |
|------------------------------------------------------------------|-------------------------|
| 5 cups fresh sweet potatoes, peeled, coarsely shredded | 2 tbsp vegetable oil |
| 2 cups canned low-sodium garbanzo beans (chickpeas), with liquid | ½ tsp salt |
| ½ cup fresh green onions, finely chopped | ½ tsp granulated garlic |
| | ¼ tsp black pepper |
| | ½ tsp onion powder |
| | ½ tsp ground cinnamon |

PREPARATION:

Preheat oven to 350° F. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350° F for 20 mins. or until slightly tender. Do not overcook. Increase oven temperature to 400° F. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 mins. to make tots easier to form. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400° F for 10-12 mins. or until lightly brown. Serve hot.

PHYSICAL ACTIVITIES

3-5

Spinach Stepping:

1. Tap your right foot in front.
2. Tap your right foot behind.
3. Now bend your arms up when you tap your foot forward.
4. Bend your arms down when you tap your foot backward.
5. Switch to your left foot and repeat each side 10 times.