

MAY



Learn with Me

Sugar Stop

One reason we crave sugar is because we don't eat enough or we didn't eat the right thing and the body is looking for a fast supply of energy. When we fill our bodies with healthy fats and proteins, they provide a steady stream of energy, unlike when we eat foods high in sugar which results in a sugar high followed by an energy crash. When we add in whole grains with plenty of fiber it slows digestion and stabilizes blood sugar. The work that is done as a CACFP professional is critical to teaching a healthy lifestyle to the children in your care. Teach children all about balanced diets and creating a healthy plate. Also teach them to be on the lookout for hidden sugars that are not just in desserts, but can be found in many everyday foods.



Create with Me

Hot Air Balloon Mosaic

Trace a hot air balloon template onto construction paper for each child. The children can tear assorted colors of tissue paper and glue them inside the template outline to make their balloon colorful. Add cotton ball clouds and draw in a basket for the hot air balloon and they have created a spring masterpiece.



Cook with Me

Cracker Basket

- Tangerine halves
- Crackers, square
- Watermelon triangle slices

Place a half tangerine flat side down on a plate with a square cracker directly under it to make your hot air balloon themed snack. Then, under both, place watermelon triangles side-by-side to represent mountains.



Play with Me

Pool Noodle Croquet

Place a strong bendable wire through the hole of a pool noodle. Bend the pool noodle into a U shape and stick each end into the ground creating your croquet course. Make as many as you want! Using a kickball instead of mallets, have kids kick the ball through the croquets on your new course in order.



Read with Me

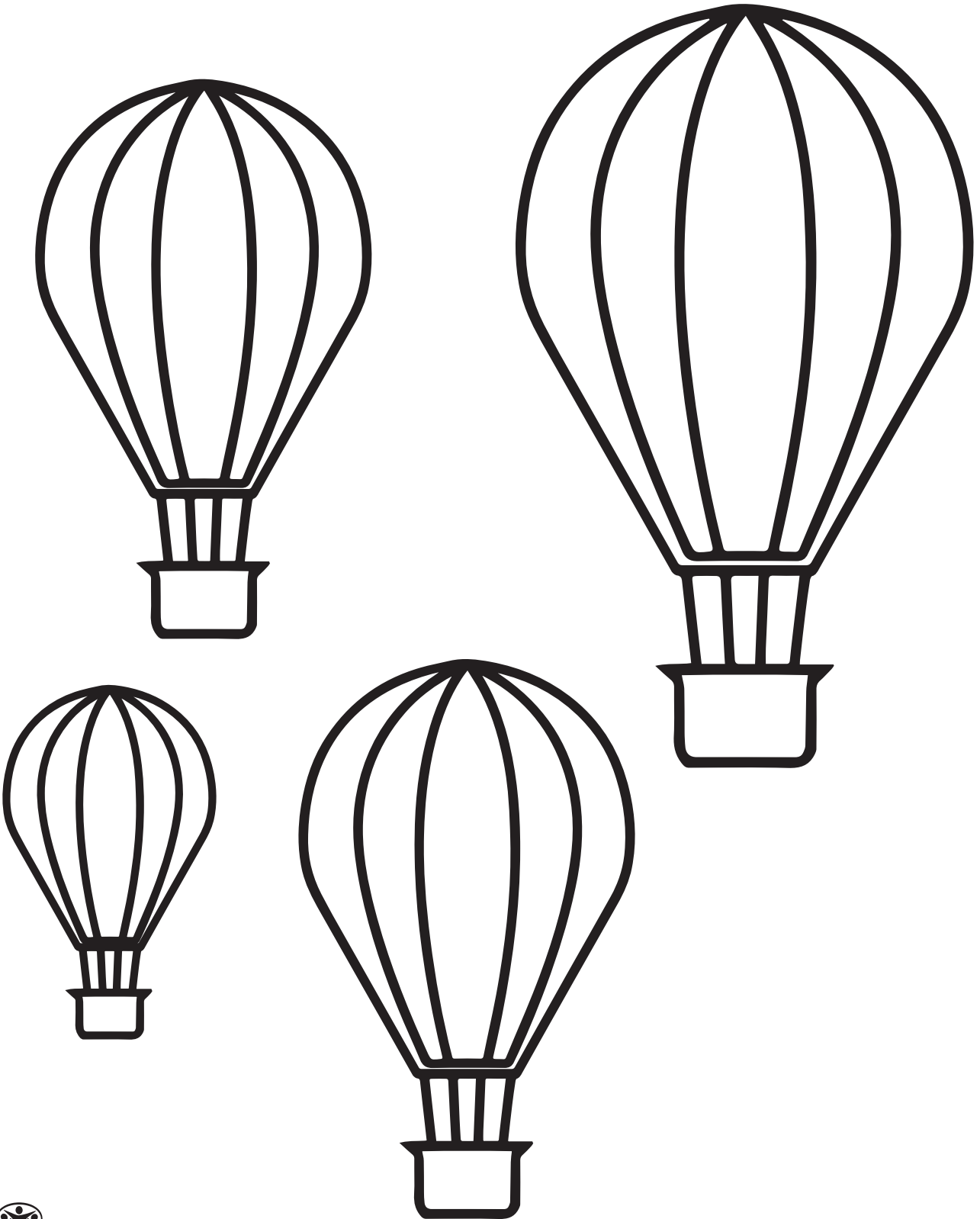
Hot air balloons are absolutely beautiful and can take you on a grand adventure. Read these story selections with the children in your care.

Sally's Great Balloon Venture by Stephen Huneck

Curious George and the Hot Air Balloon by Margaret and H.A. Rey

Name _____

Same Size Color the hot air balloons that are the same size.



Tissue Paper Hot Air Balloons

Use this template to trace onto a piece of construction paper. The children can tear assorted colors of tissue paper and glue them inside the template outline to make their balloon colorful. Add cotton ball clouds and draw in a basket for the hot air balloon and they have created a spring masterpiece.

Supplies: Construction Paper Tissue Paper - Assorted Colors
 Glue Cotton Balls

