

PRESCHOOL

Week

30

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Virtual Apple Field Trip

Materials: internet access, website:

<https://youtu.be/66yQwR9OE4I>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Discuss it with your child. Ask questions, ex: "How do apples go from farm to store?" "What did you learn from the video?"



Apple Tasting

Materials: apples (red, green, yellow)

Preparation: Slice apples as desired.

Instructions:

1. Encourage your child to predict his/her favorite tasting apple between the three colors.
2. Then, ask him/her to participate in an apple tasting.
3. Take a bite of each of the three apples. Then, decide a favorite flavor.
4. Model how to describe flavors, such as sweet, bitter, etc.



Feast for 10

by Cathryn Falwell

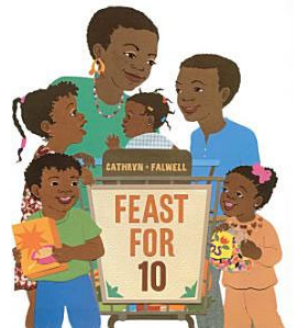
Materials: internet access, website:

https://youtu.be/bH5S-JR_Kws

Preparation: Preview video.

Instructions:

1. Listen to the read aloud book with your child.
2. Ask related questions, ex: "What food do you think is healthy?" "What is your favorite dessert?"



Jumping Seeds

Materials: apple seeds, Alka Seltzer tablets, cup

Preparation: Show your child how to safely take apple seeds from the apples.

Instructions:

1. Encourage your child to be a scientist today.
2. Fill a cup with water, add apple seeds, and place Alka Seltzer tablets in the cup.
3. Watch the seeds jump around! They will move for about ten minutes.
4. If you want to watch them jump again, just place another tablet in the water!
5. Discuss why the tablets make the seeds jump.



Chocolate Factory Field Trip

Materials: internet access, website:

https://youtu.be/b6c_NIyrvNI

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Discuss how chocolate candy bars are made.
3. Ask, "What happens in the factory?" "What would you like to do there?"



Bad Apple: A Tale of Friendship

by Edward Hemingway

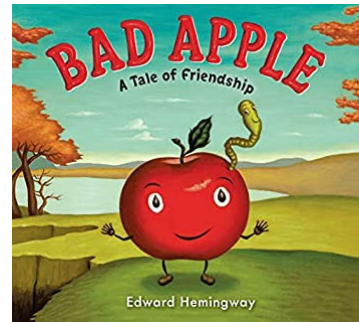
Materials: internet access, website:

<https://youtu.be/1VG11cLk7c4>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions, such as "What would you do?" "How can we make friends?"



Waldorf Salad

Materials: 4 cups of diced apples, $\frac{3}{4}$ cup raisins, 2 ounces chopped pecans, $\frac{1}{2}$ cup mayonnaise, bowl

Instructions:

1. Encourage your child to create a snack without any baking or cooking.
2. In a bowl, combine all ingredients.
3. Refrigerate until ready to enjoy!



Baking with Apples

Materials: 4 large Granny Smith apples, 4 ounces raisins or fruitcake

Preparation: Core apples. Keep sharp objects away from child.

Instructions:

1. Encourage your child to help you bake apples. Preheat oven to 350 degrees.
2. Wrap apples in foil (after they have been cored) and bake 20 minutes. Ask child to help you set the timer.
3. Using gloves, remove the foil, and stuff the apples with raisins or fruitcake.
4. Bake 10 minutes longer. Serve warm.
5. Enjoy your delicious dessert!

Eggs from Farm to Table

Materials: internet access, website:

<https://youtu.be/ZHJiCNLnsT8>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Count how many steps the eggs take from chickens to the kitchen.
3. Ask, "How do the eggs keep from breaking?" "How are they transported?"



The Beastly Feast

by Bruce Goldstone

Materials: internet access, website:

<https://youtu.be/TAat9hVkOOE>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions, such as "What is your favorite rhyme?" "Can you name a rhyme?"
3. Rhyming helps with literacy. Enjoy reading together!

The Beastly Feast

Bruce Goldstone • Illustrated by Blair Lent



Egg Examined

Materials: two eggs

Instructions:

1. Encourage your child to examine the eggs. Explain that they were laid by chickens. Baby chickens come from eggs, but the eggs need to be fertilized first. These eggs are not fertilized, so will never be baby chickens.
2. Wash your child's hands. Then, allow him/her to touch, hold, and observe the eggs and describe the shells, shape, and smell. Wash your child's hands carefully.
3. Crack one of the eggs onto a saucer so your child may see the inside of the egg. Discuss the parts of the egg – the membrane, yolk, albumin (white), and the white string that is attached to the yolk.
4. Discuss uses of eggs.

Vegetable Song

Materials: internet access, website:

<https://youtu.be/RE5tvaveVak>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Name vegetables together. Remind him/her that vegetables start with the letter Vv.
3. Count how many foods you can name. Math is fun!



It Looked Like Spilt Milk

by Charles Shaw

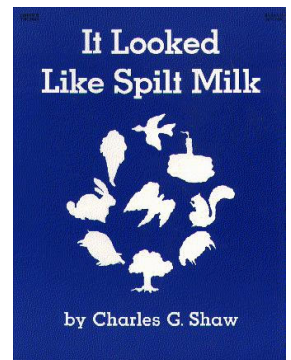
Materials: internet access, website:

https://youtu.be/o_8mbJw3z0I

Preparation: Preview video.

Instructions:

1. Listen to the read aloud book with your child.
2. Ask questions, such as "Why does the milk look like different things?"



Cooking Apple Fritters

Materials: one slice bread (grated), 1 teaspoon cinnamon sugar, 1 egg, 1 apple (grated), bowl

Preparation: Keep children away from hot stove. Do not leave child unattended.

Instructions:

1. Encourage your child to prepare a dish with you.
2. In a bowl, combine bread, cinnamon sugar, egg, and 1 tablespoon water. Mix well. Stir in the apple.
3. Adult: Drop the batter by tablespoons into hot nonstick skillet. Cook until golden on the bottom, flip gently, and cook on other side until golden.
4. Enjoy your dish! Yum!

Virtual Grocery Field Trip

Materials: internet access, website:

https://youtu.be/NVrP3TzX_Jo

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Plan your meals and snacks for next week.
3. Write out a grocery list and plan a time to go grocery shopping.
4. Enjoy time together with your child as he/she learns more about healthy foods.



Eating the Alphabet

by Lois Ehlert

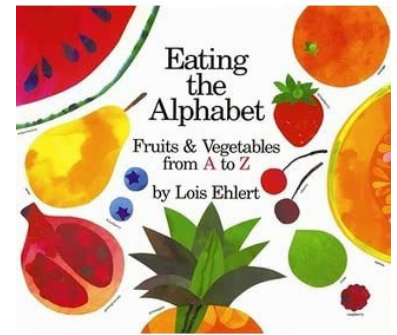
Materials: internet access, website:

<https://youtu.be/D7BdF3F8f-o>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud book with your child.
2. Ask questions, such as "What was one of the fruits we saw?" "What was one of the vegetables we saw?"



A to Z Scavenger Hunt

Preparation: Determine what areas in the kitchen that your child may seek foods, such as refrigerator and pantry.

Instructions:

1. Encourage your child to search for a food item for each letter of the alphabet in your kitchen, ex: A for avocado
2. Encourage your child to read or guess the labels on familiar food packages, such as M for macaroni and cheese to help your child develop literacy skills.
3. Reading can be delicious!



Drawing A to Z

Materials: paints, paintbrushes, paper, read aloud book website for *Eating the Alphabet* by Lois Ehlert from previous activity

Instructions:

1. Encourage your child to paint a fruit or vegetable from the book to represent each of the letters of the alphabet from A to Z.
2. Pronounce the food names for your child as he/she paints.
3. Ask your child to say the names as well.

