

**Family Resource
and
Activity packet
Wednesday
(12-09-20)**



Santa's Spectacles

These are Santa's spectacles
(Circle your eyes with your fingers)

And this is Santa's hat
(Make a pointed shape on your head)

This is the way he folds his hands
(Fold your hands)

And puts them in his lap!
(Place folded hands in your lap)

33 Kitchen Measuring Guide



Use a **liquid measuring cup** to measure liquids. Set the cup on a flat surface. Fill to the measurement needed by looking at the cup from eye level.

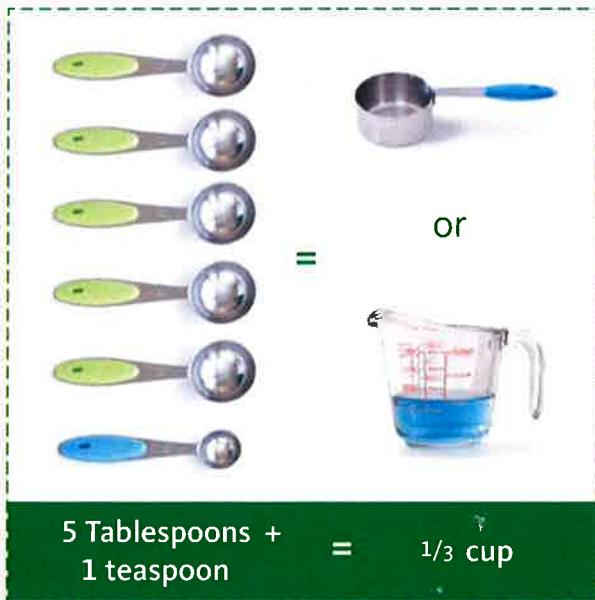
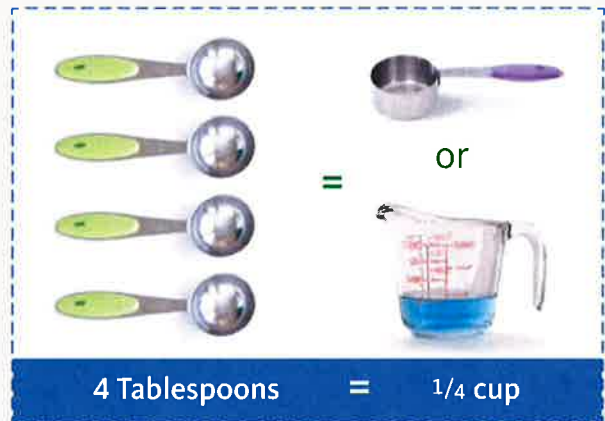


Use a **dry measuring cup** for dry ingredients. Use the size of cup that holds exactly the amount you need. Fill it to just above the rim and level it off with the straight edge of a knife.



Use **measuring spoons** for small amounts of liquids or dry ingredients. Fill level with the top of the spoon.

Use the fewest number of measurements possible for best accuracy.



This material is funded in part by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2019 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. This institution is an equal opportunity provider.

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Tips for Family Style Dining

START WITH THE RIGHT EQUIPMENT

When purchasing serving dishes, utensils and other place settings, keep in mind that they need to be kid-friendly and sized for little hands to maneuver.



REMEMBER EACH CHILD'S SKILL LEVEL

when choosing your menu. Finger foods and foods that are easy to navigate with a child-size fork or spoon are easiest to self-serve for younger children.

HAVE MULTIPLE SETS OF UTENSILS and serving spoons in case someone drops one on the floor.

GIVE EACH CHILD A TASK to help set the table. One child can set the plates, one can place the cups and so on. Children have a sense of pride and belonging when they have a contributing role.

OFFER A VARIETY OF FAMILIAR FOODS and don't forget to introduce new foods. Children are more willing to try something new when they serve themselves.



RESERVE EXTRA SERVINGS for second helpings or in case the bowl of food gets contaminated.

PROVIDE A TRASH CAN for children in which to dispose napkins and uneaten food. Provide a tub for them to place dirty dishes after they scrape them off.

KEEP CLEANING SUPPLIES

NEARBY Spills will happen. Be patient and use this opportunity as a teaching moment on how to clean-up.



Most importantly, **EAT WITH YOUR CHILDREN.** Children learn from good role models. Sitting with them while everyone eats also allows you to start positive mealtime conversations.

Why You Should Serve Family Style

Family style dining encourages learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.

There are many benefits to serving your meals family style and it is not hard to implement. It may be as easy as putting the minimum serving of food required in serving dishes, placing it on the table and allowing children to serve themselves.

There is a learning curve to this method. However, this approach to mealtime creates a number of healthy habits that are important to the growth and development of children at any age. Children tend to eat more healthy foods if they see their friends try it. They learn skills such as taking turns, sharing and teamwork.

Family style dining opens up opportunities for conversation,

which increases vocabulary, promotes proper use of language and interaction with friends.

There are even more benefits that support healthy growth. Children learn:

- portion sizes for each food group,
- to recognize when they are hungry or satisfied,
- how to identify healthy foods and where they come from, and
- to improve fine motor skills.

Children are not the only ones who benefit. Providers get a better grasp of food costs, get help with mealtime service and, with less food being wasted, they save money.


There's nothing more exciting for children than being able to say, "I did it all by myself!"

- Jennifer from Mechanicsville, VA

Winter Activities to Warm up our Bodies



Indoor Activities

1. Go **“ice skating”** – Move around using paper plates, wax paper or tissue boxes under your feet
2. Have a **“snowball” fight** throwing balled up paper or rolled socks across the room or in the hallway 
3. Cut out paper “snowflakes”, **throw** them in the air and **catch** as many as you can
4. **Build** a “snowman” using paper, tape and cardboard boxes
5. Use paper “snowflakes” to make a straight line, then **use your balance** to walk on them
6. **Jump** from paper “snowflake” to paper “snowflake”
7. **“Snowball” toss**, using rolled up socks or balled up paper, toss items into a bucket
8. **Play ice hockey** with a plastic lid (puck), a cereal box (goal) and pool noodles (sticks)
9. **Build** your own igloo using loose parts
10. **Play Blue Says**, “Simon Says”, using the Be Active Kids Characters
11. **Tie** small rackets/paddles to your feet and go for a “snowshoe” adventure
12. Have a **winter dance party** using winter or holiday themed music
13. “Snowball” **target practice**- Place large cloth “snowflake” targets around the room and try to hit the target
14. **Walk** like a polar bear on your hands and feet around the classroom
15. Have two or more children tie their feet to the same board and try **“tandem skiing”** while working together to walk/slide around the room
16. **Create** movement dice with winter activities: downhill skiing, ice skating, throwing snowballs, lifting the middle of a snow man, etc.
17. Hang paper “snowflakes” then try to **jump up** and touch them
18. Use a **scooter board*** as a sled or combine them as a bobsled
19. Do the **freeze dance/game** – when the music/light is on you move/dance and when the music/light is off you freeze
20. **Bundle up race** – See how fast you can move to a pile of winter clothing, put them all on, then get back to the start

Management Notes:

- Laminate paper “snowflakes” for longer use
- Secure “snowflakes” to ground using tape to avoid slipping
- Vary sizes of targets, “snowballs,” “snowflakes,” and loose parts used
- Vary heights of targets and “snowflakes”
- If you prefer not to do “snowball” fights, have them split into teams/sides and see who can have the least amount of “snow” in on their side (yard)

Join the Be Active Kids network and access great lesson plans such as *Sledding Adventure* (pg. 28), *Freeze Game* (pg. 70), *Walk the Line* (pg. 108), *Move Like the Animals* (pg. 94) and *Let’s Make a Healthy Pizza* (pg. 101). Be creative and adapt any activities to have a more wintery theme.

*Get directions for building your own scooter boards (http://www.beactivekids.org/assets/pdf/20_Scooters.pdf).

Tips for What to Wear for Winter Outdoor Play

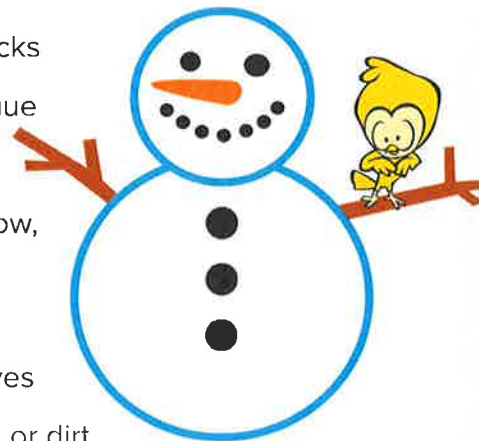
Outdoor Activities

21. **Ice bowling** – freeze water in plastic bottles and bowl a ball or frozen water balloon at the bottles
22. **Do snow angels** in snow or in leaves
23. **Build** a snow fort or igloo with snow or loose parts
24. **Play** “Freeze” Tag
25. **Build** a snowman with snow or loose parts
26. Have a **snowball fight** with snow or rolled socks/paper balls
27. **Go sledding** on a sled or cardboard
28. **Play hot potato** with a snowball or a pretend snowball
29. **Throw** snowballs at trees or other targets
30. **Fill containers** with snow (dirt or sand) and **carry** them to make a mountain
31. **Make** a ramp out of the snow and **slide** down it on a sled or on your belly
32. **Build and crawl** through snow tunnels or tunnels made from loose parts
33. **Create** a maze from snow or sticks
34. **Catch** a snowflake on your tongue
35. **Make** a snow kitchen
36. **Use your feet** to draw in the snow, sand, or leaves
37. **Build** a teepee with sticks
38. **Shovel or rake** the snow or leaves
39. **Stomp** words in the snow, sand, or dirt
40. Have a **winter scavenger hunt** – hide small toys in the snow and dig through the snow to find the items



“There is no such thing as bad weather, just bad clothing.”

- Thick coat
- Gloves, hats, and scarf
- Winter boots
- Snow pants or a one-piece snowsuit
- Down or fleece vest
- Pocket hot pads (older children)
- Layers of clothing (base layer, insulating layer, and outer shell)
- Water proof clothing or insulate shoes and clothing with plastic bags
- Good materials for winter clothing include cotton, down, fleece, nylon, polypropylene, thinsulate and wool
- Sun protection –sunscreen, sunglasses, etc.



Be Active Kids is dedicated to improving the health of young children through physical activity, active play and healthy eating. Our resources are developed to help teachers, parents, and community members provide 120 minutes or more of physical activity indoors and outdoors each day.

ONE-POT PIZZA PASTA BAKE

8 servings



Prep time: 15 minutes
Cook time: 30 minutes

This yummy casserole includes canned tomato sauce for quick and easy preparation. When buying tomato sauce, check the % Daily Value (DV) on the nutrition label – 5% is a little bit and 15% is a lot. Look for sauces that have less than 15% sodium.

Ingredients

- 1 tbsp olive oil
- 500g ground turkey or lean ground beef
- ½ cup mini pepperoni, sliced and divided
- 1 can tomato sauce (15 oz)
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp garlic powder
- 8 oz dry whole wheat rotini pasta (about half a box)
- 1½ cups water
- salt and pepper, to taste
- 1 cup mozzarella cheese, shredded

Instructions

1. Preheat oven to broil.
2. Heat oil in a large ovenproof skillet over medium-high heat. Add ground meat and cook until browned, about 10 minutes. Drain excess fat. Stir in ¼ cup pepperoni and heated for about 1 minute.
3. Stir in tomato sauce, oregano, basil, garlic powder, pasta and 1 ½ cups water; season with salt and pepper.
4. Bring mixture to a boil. Cover, reduce heat and simmer until pasta is cooked through, about 12-14 minutes.
5. Remove from heat; top with mozzarella and remaining ¼ cup pepperoni. Place into oven and broil until the cheese is melted and golden brown, about 2 minutes.
6. Serve immediately.



TIPS FOR QUICK PREP



Don't have an ovenproof skillet? Once your pasta is cooked in your pot, just transfer the pasta mixture to an oven safe baking dish to broil.