

Theme: Fruits and Veggies

Date: June 4, 2020

Good morning StrongStart families,

Today's email is put together by Ms. Doris (from Selkirk) and Ms. Natalya (from Nightingale).



Do you know that you need to eat plenty of colourful fruits and vegetables each day? Eating so will help you grow and stay healthy. Ms. Doris will show you how to eat a rainbow through a yummy show-and-tell story - <https://youtu.be/yh6SJG9tfUo>.

- **Red fruits and veggies** will help keep your heart strong.
- **Orange fruits and veggies** will keep your eyes healthy.
- **Yellow fruits and veggies** will keep you from getting sick.
- **Green fruits and veggies** will keep your bones and teeth strong.
- **Blue and purple fruits and veggies** help with your memory.

Sing along with Ms. Natalya to a colour song with fruits and some animals  
- <https://youtu.be/c4fWq2muAFM>

After a song and story, you can try to make a vegetable person during snack or mealtime. This can be a good time to introduce some new and different fruits and veggies. Try it with dips and sauces like yogurt, hummus or salsa. Take a photo of your child's creation and let us know what your fruit/veggie person looks like 😊



After some snacks, it's time to get moving. Follow Ms. Natalya as she shows you how to make and play "Hot Potato". You will need a pair of old socks, some elastic bands and a filler like dry lentils/beans/rice - <https://youtu.be/ecpVLxtLBC4>.

If you have a variety of fruits and veggies after a recent grocery game, you can play a guessing game. Hide a vegetable or fruit in a paper or cloth bag. Ask the children to put their hand in the bag to guess what the item is. Use foods of different sizes and shapes to encourage the children to use different describing words like fuzzy (for kiwis and peaches), smooth (like a tomato), bumpy (for potatoes and strawberries) and long (like a carrot).



Now, we will finish off with "Apples and Bananas" song with Ms. Doris - [https://youtu.be/fqx\\_bsq6KAo](https://youtu.be/fqx_bsq6KAo). If you have some time, check out the attached PDF for more tasty recipes.

*For Daily Circle Time Videos, visit [https://www.vsb.bc.ca/Student\\_Learning/Early-Learners/StrongStart/Pages/Circle-Time-Videos.aspx](https://www.vsb.bc.ca/Student_Learning/Early-Learners/StrongStart/Pages/Circle-Time-Videos.aspx).*

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## RECIPE

### Snack Attack

Healthy snacks include at least two food groups. Here are some yummy examples:

- Unsweetened cereal and milk
- Fruit smoothie (blend milk and fruit)
- Cheese cubes with apple slices
- Whole wheat tortillas with hummus
- Pizza slice and juice or milk
- Carrot or bran muffin with juice or milk



#### GOOD TO KNOW:

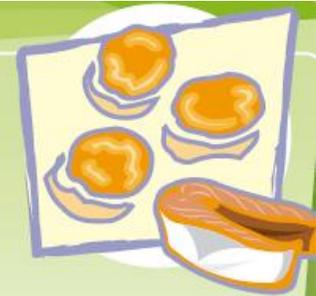
*Children have small stomachs. So for good health, they need to eat more often than adults. That's why it's important to offer snacks between meals.*

## RECIPE

### Fabulous Fish Cakes

- 1 can (213 g) salmon (or 2 cups leftover fish without bones)
- 1/4 cup (50 mL) green onions, chopped (optional)
- 1 tbsp (15 mL) plain yogurt or mayonnaise
- 1 tsp (5 mL) lemon juice
- 1 1/2 cups (375 mL) bread crumbs or crushed, unsweetened, whole grain cereal
- 1 tsp (5 mL) mustard
- 1 egg, beaten
- 1 tbsp (15 mL) butter or soft margarine

Mash salmon in a bowl. Add onions (if using), mayonnaise/yogurt, lemon juice, 1 cup (250 mL) bread crumbs, mustard and egg. Mix well. Shape into 1 inch (2.5 cm) balls and flatten into cakes. Roll fish cakes in the remaining bread crumbs. Heat butter in non-stick frying pan. Cook fish cakes until slightly brown. Makes about 15 to 20 fish cakes.



#### GOOD TO KNOW:

*Help children by setting a good example. Eat with them at the table. Eat well yourself by choosing a variety of foods.*

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)

## RECIPE

### Frozen Yogurt Pops

- 2 cups (500 mL) of vanilla or fruit yogurt
- 1 cup (250 mL) chopped fruit (berries, bananas, kiwi, grapes)



Blend all ingredients in a blender until smooth. Pour equal amounts into popsicle moulds. You can also use paper cups with a plastic or wooden ice pop stick or plastic spoon for a handle. Freeze for 3 to 4 hours.

#### GOOD TO KNOW:

*Growth is affected by many things. Each child is different. Children grow and develop at different rates. Talk to your child's doctor to find out if your child is growing well.*

Source: Cooking Up Some Fun, Toronto Public Health

## RECIPE

### Yummy French Toast

- 4 slices of whole wheat bread
- 2 eggs
- 2 tbsp (25 mL) milk
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (2 mL) brown sugar
- 1 tsp (5 mL) butter or soft margarine



Use cookie cutters to cut bread into different shapes. Whisk the eggs, milk, cinnamon and sugar together. Dip the bread into the egg mixture. Cook over medium heat in a lightly-buttered frying pan until the egg mixture is cooked. Serve with maple syrup (optional).

#### GOOD TO KNOW:

*Children are likely to get the nutrients they need to grow and stay healthy when meals include a variety of foods from at least three of the four food groups.*

Adapted from: Cooking Up a Storm, Dairy Farmers of Canada (Ontario)