



Tasty Tuesday

Healthy eating and fitness at home and school

This fun, food-themed day is about more than just cheese and crackers. Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom.

Start your day with the introductory video on our website. Create healthy snacks and learn how to follow recipes. This day focuses on teaching young children about healthy eating and fitness. Have children try making an easy recipe. Please share photos throughout the day with your teacher.

Skill Building BINGO

Use this [link](#) to create a unique BINGO board and participate in the various activities while enjoying different aspects of foods.

In the event that the link is not working prepopulated BINGO boards are available.

| Tasty Tuesday Bingo | | | |
|--|---|--|--|
| W | O | Y | C |
| Free! | Practice cutting a slice and spreading jam. FINE MOTOR | Pop bubble wrap. FINE MOTOR | Draw with sidewalk chalk. ART |
| Draw in the dirt with a stick. ART | Make bubble gum with a stick. FINE MOTOR | Trace the outline of a vegetable with a dot. FINE MOTOR | Trace the outline of a vegetable with a dot. FINE MOTOR |
| Draw a short flower and a tall tree. MATH | Say your favorite nursery rhyme. LITERACY | Dance fast. MOVEMENT | Trace the outline of a vegetable with a dot. FINE MOTOR |
| Free! | Count out 10 Legos. Build something with them. MATH | Free! | Free! |

| Tasty Tuesday Bingo | | | |
|---------------------|-------|-------|-------|
| W | O | Y | C |
| Free! | Free! | Free! | Free! |
| Free! | Free! | Free! | Free! |
| Free! | Free! | Free! | Free! |
| Free! | Free! | Free! | Free! |

Virtual Trips

Select as many or as few from this list of virtual trips and most importantly, have FUN!

[Smithsonian's Air and Space Museum](#) - Children can explore the various modes of transportation that have brought us up into the skies and outer space. Just scroll down and click away!

[The Bronx Zoo, New York](#) - The Bronx Zoo does not have a virtual tour set up just yet, they have four seasons of episodes on a series of wildlife. They partner with Animal Planet, so after taking a look at their episodes and what they offer, you can watch them in entirety on their website.

[Monterey Bay Aquarium](#) - Monterey Bay offers live webcam views of many of their aquarium animals. From sea otters to sharks. Don't miss out on this cool opportunity!

[Discovery Education](#) - Discovery offers a series of virtual tour videos that range from science, literacy, technology, and so much more. Look up the subject area you'd like to delve into from their search engine and enjoy!

[Yellowstone National Park, California](#) - Take a virtual tour through one of America's most popular national parks, and find some of the most breathtaking landmarks throughout the park.

Puppetry in Practice

Mr. Lou and Ms. Nadine have made these very special videos just for us! Enjoy the videos and remember to always have FUN!

Additional Resources: Enjoy these Read-Alouds and songs.

Morning Song

[Breakfast Time Song For Kids | Start Your Kid's Day With A Fun Song | Early Morning Song](#)

Read-Aloud

[Too Many Carrots - Read Aloud - Easter Series!](#)

Extra Links

<https://www.youtube.com/watch?v=q7UXYvRRZFc> Here comes Peter cottontail Easter bunny song

<https://www.youtube.com/watch?v=hmsykcOWbhE> Passover song for kids