

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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February 2017

Let's Eat

Heart Shaped Mini Fruit Pizzas



Total Time: 40 minutes

Prep Time: 25 minutes

Yields: 25 servings

Ingredients:

1 package (16 oz.) refrigerated sugar cookies (24 cookies)

1 package (8 oz.) cream cheese, softened

2 tablespoons frozen limeade concentrate

½ cup powdered sugar

3 cups fresh blueberries, sliced strawberries and kiwifruit

Step #1

Roll out cookie dough, and use a heart shaped cookie cutter to cut out 24 heart shaped cookies.

Bake cookies according to package directions.

Step #2

Allow the cookies to cool for about 10 minutes. In a medium bowl, beat cream cheese, limeade concentrate and powdered sugar with electric mixer on medium speed until smooth.

Step#3

Spread each cookie with 1 tablespoon cream cheese mixture. Arrange sliced fruit on top of each cookies. Serve immediately, or cover and refrigerate.



Play Time

Healthy Heart Scavenger Hunt

Go on a scavenger hunt in your very own home! Grab a friend, a sibling, or a parent to hunt for the items. Leave the list in the kitchen and as you complete each task, come back to the list to read the next item. Make it a race and see who can finish the list the fastest. Use a stopwatch or a clock to time each other!

Scavenger Hunt List:

1. Touch 2 tissue boxes
2. Get in and out of bed 5 times
3. Touch your mailbox
4. Point to a healthy snack in the refrigerator, like fruit or vegetables
5. Touch every doorknob as fast as you can



6. Find 3 red things in your house and bring them back to the list
7. Grab your pillow and bring it back to the list
8. Find any book or magazine and bring it back to the list
9. Touch a clock
10. Touch 3 light switches
11. Touch a window
12. Give someone in your house a hug
13. Walk around the kitchen table
14. Touch your shampoo bottle
15. Touch the kitchen sink

Source: American Heart Association
www.heart.org

Kids Care

Fun Indoor Activities during the Winter Months to Teach Math Skills

During the cold winter months, it is harder to find activities to do with younger children. It seems all too easy to allow a child to spend more time on the computer or in front of the television. However, these activities can get in the way of time together as a family and can even impede development of important kindergarten readiness skills. What are some ideas that families can do instead to help young children learn math skills?

- Bake with your kids. Stirring batter, cracking eggs and measuring liquids are all great ways for kids to have fun while learning math skills. Cooking with your children can be fun and affordable. It also teaches your children valuable skills they will need in their future.
- Have family game nights. Board games are a great way to bring the family together for lots of fun and laughs. They can also teach children important math skills. There are many choices and lots of games that are very affordable. Let each

person in the family pick out a favorite game that you can all play together.

- Make sorting fun. Learning how to sort out and categorize things is an important math skill. Let your child help you sort the laundry or the silverware. Challenge your child to sort their shirts by stripes, prints or solids. Find objects that go together.

The next time you find yourself trying to think of fun indoor activities to do with your young children when it is cold outside, just think about how many ways that play can teach about mathematics. There are endless possibilities right inside your own home.



Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky; College of Agriculture, Food and Environment

Did you know.....

Facts about Valentine's Day

- ♥ Over 1 billion Valentine's Day cards are sent worldwide every year.
- ♥ 60% of America's red roses are grown in the state of California
- ♥ \$345 million is spent on chocolate during the week of Valentine's Day



Sincerely,

Cecelia Hostilo
 County Extension Agent for
 Family & Consumer Sciences

