Hello Members and Families!

We MISS you ALL at the BGC!!!

We hope that you are all staying safe and healthy at home during this time. The staff at the BGC has been working hard to pull some fun, easy activities for you all to do at home.

Here is a packet filled with coloring pages, activity sheets, math fact worksheets, art projects, recipes and much more!

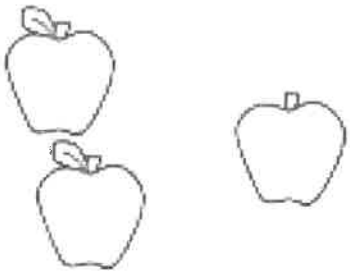
Love,

Your BGC Staff

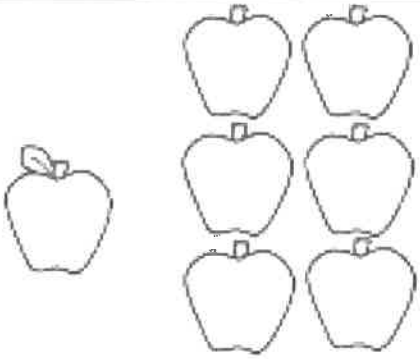
Name_____

Apple Addition

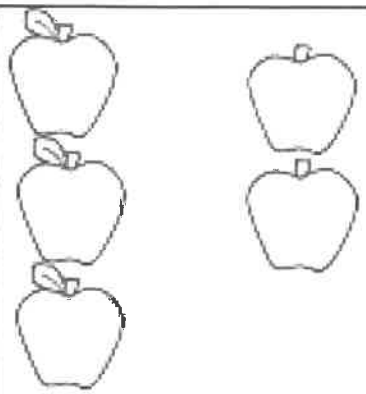
Add the pictures..



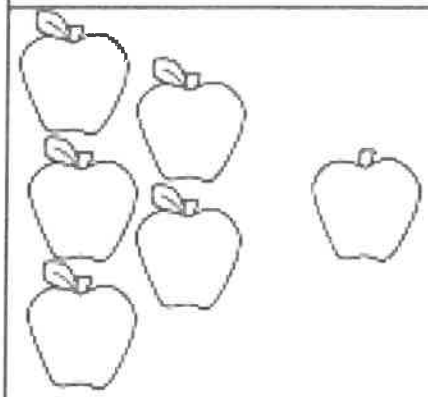
2 + 1=___



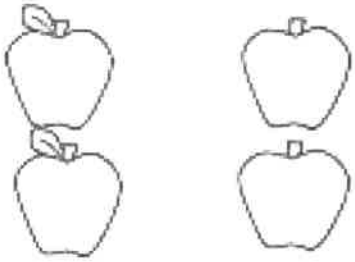
1 + 6=___



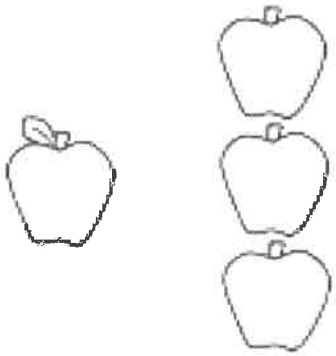
3 + 2=___



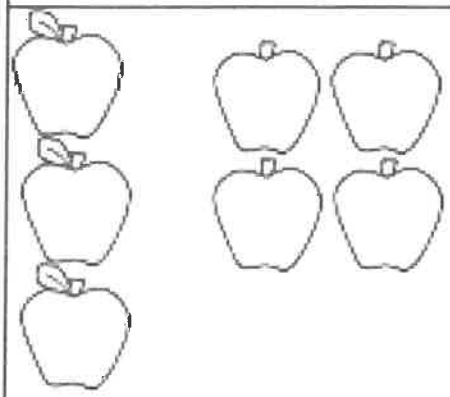
5 + 1=___



2 + 2=___

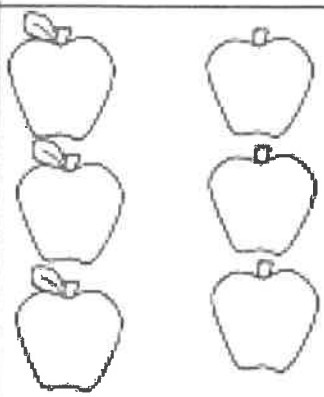


1 + 3=___



3 + 4=___

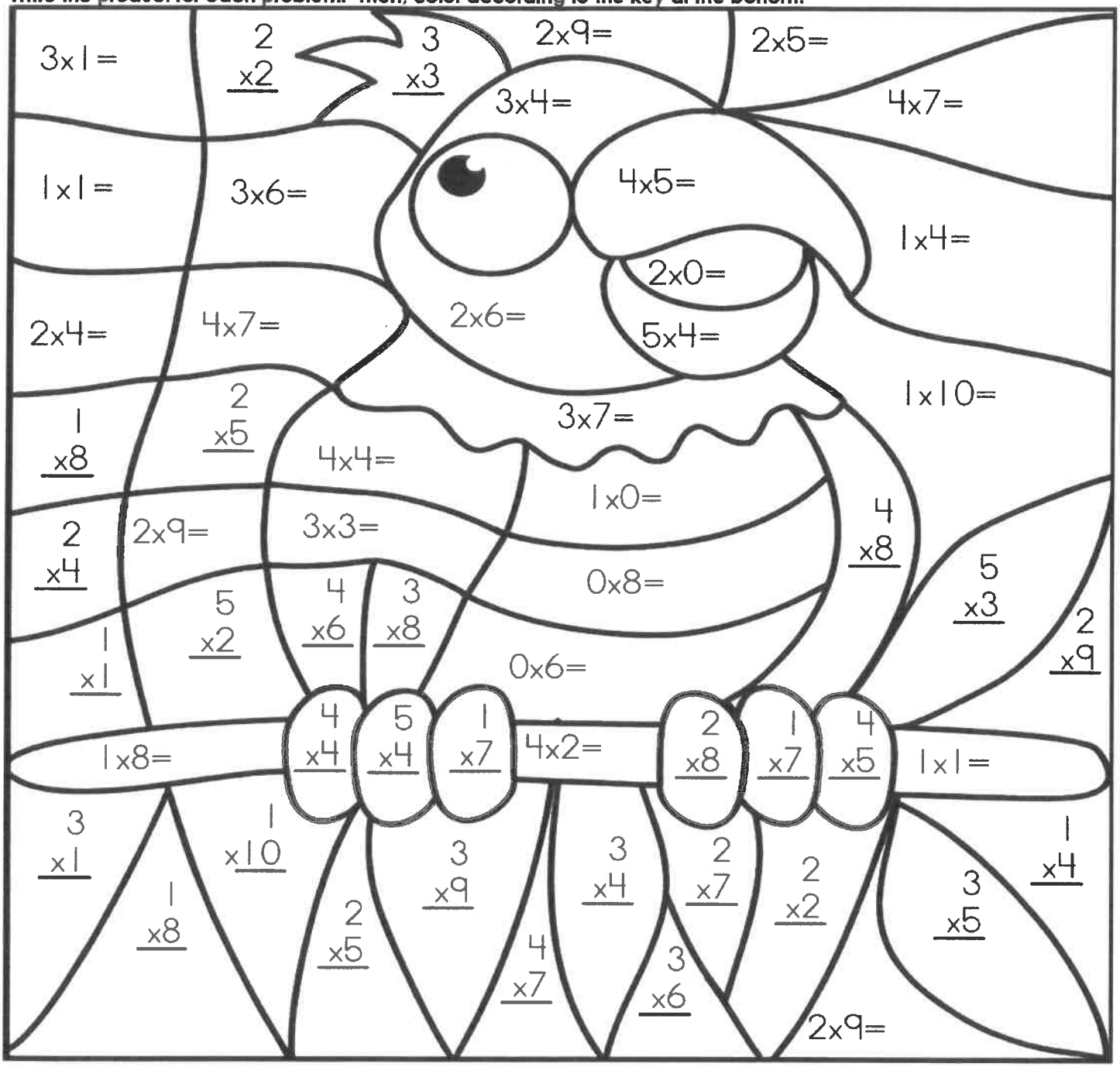
1 + 1=___



3 + 3=___

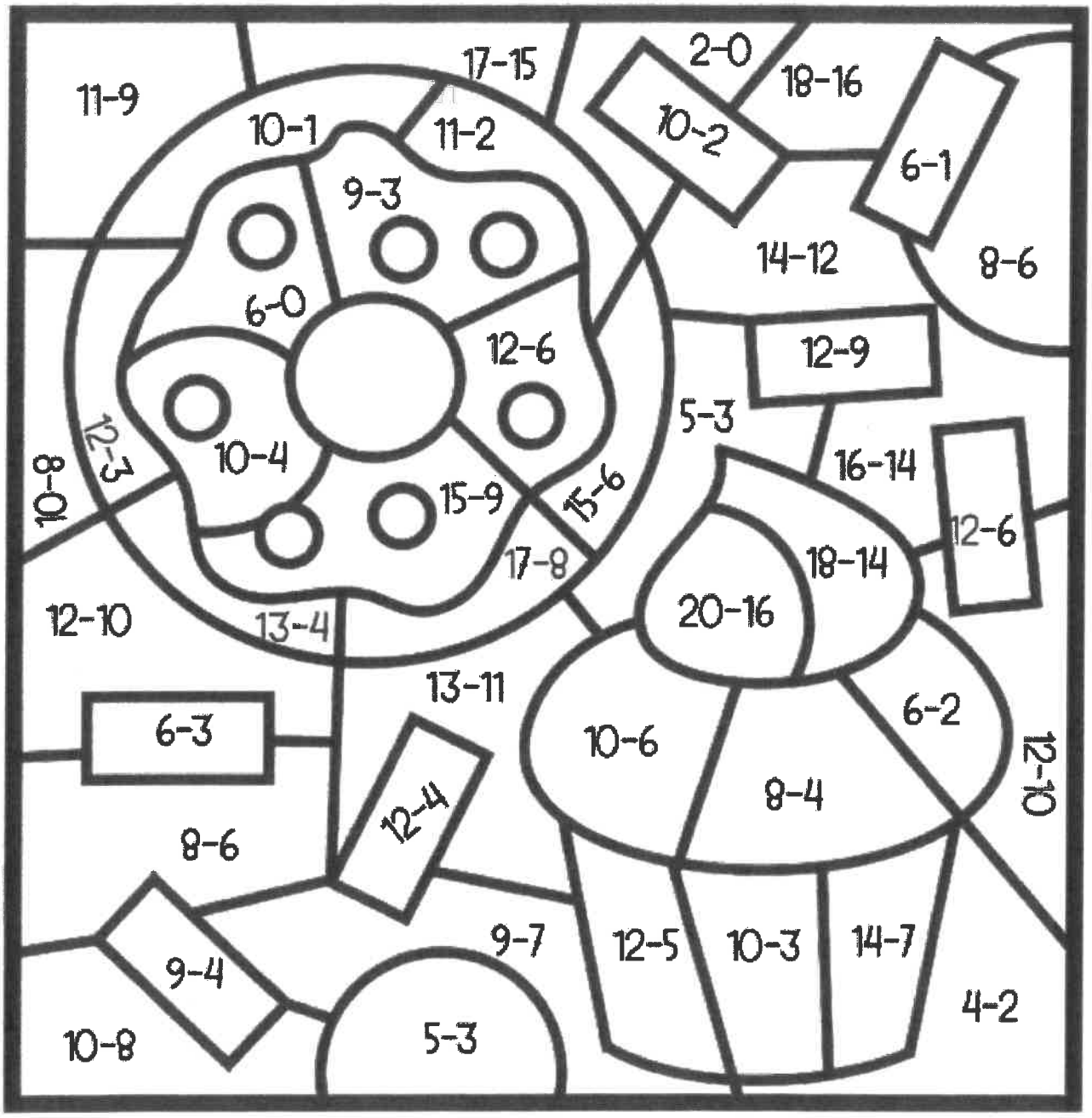
Name: _____

Write the product for each problem. Then, color according to the key at the bottom.



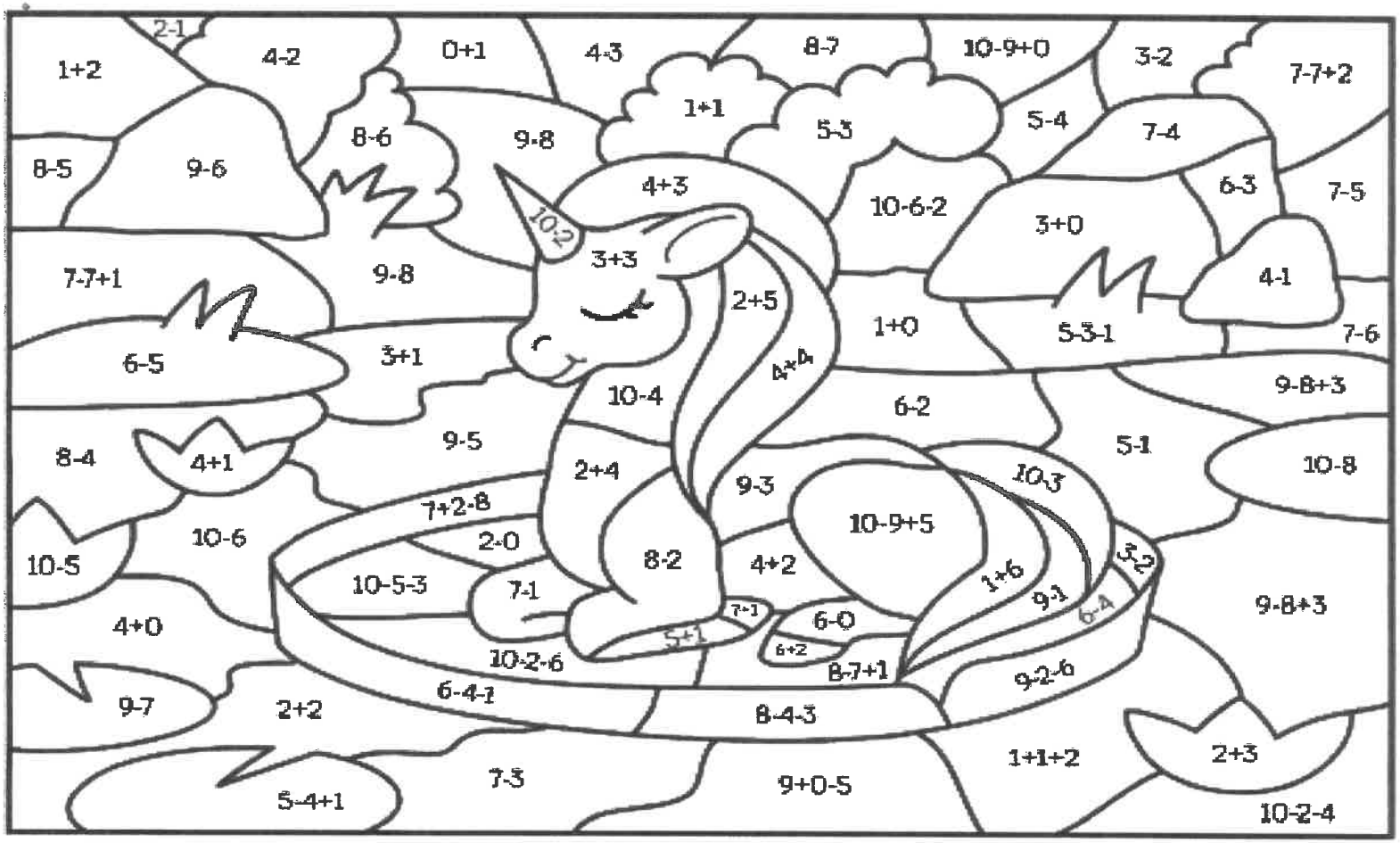
Blue	4, 10, 18, 28	Green	9, 15
Red	0	Brown	1, 2, 3, 8
Yellow	7, 16, 20	Pink	12, 21, 32
Violet	14, 24, 27		

Color by Subtraction



blue - 7
green - 8
brown - 9
purple - 4
orange - 5
white - 3
yellow - 2
pink - 6

Color by Number



light green	1	gray	3	yellow	5	pink	7
dark green	2	dark blue	4	purple	6	light blue	8

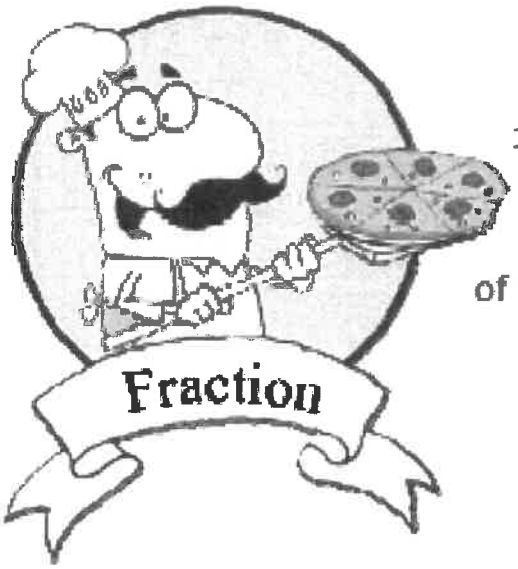
>>> FAST Facts

Week 8: +7, +8

Name: _____

7 + 4	6 + 8	5 + 8	8 + 1	7 + 2
8 + 0	9 + 7	7 + 3	8 + 2	5 + 7
8 + 3	7 + 7	0 + 7	3 + 7	1 + 8
9 + 8	4 + 8	6 + 7	8 + 7	8 + 8
7 + 2	6 + 8	8 + 3	9 + 7	3 + 8
7 + 7	0 + 8	1 + 7	8 + 5	5 + 7

Name _____ Date _____



Fraction Word Problems

1. Peter bought 8 hamburgers for his party. At the end of the party 3 hamburgers were left. What fraction of the hamburgers were eaten?

2. Cameron ate 3 slices of pizza. Samantha ate 2 slices of pizza. There are 8 slices in a pizza pie. What fraction of the pizza did Samantha eat? What fraction remains?

3. Jeanne had 24 dollars she spent ¼ of it. How much money does she have left?

4. Mrs. Toomer brought 40 cookies to school. Mrs. Toomer's class ate ½ of the cookies and Mrs. Smith's class ate ¼ of the cookies. How many cookies are left?

Name : _____ Score : _____

Teacher : _____ Date : _____

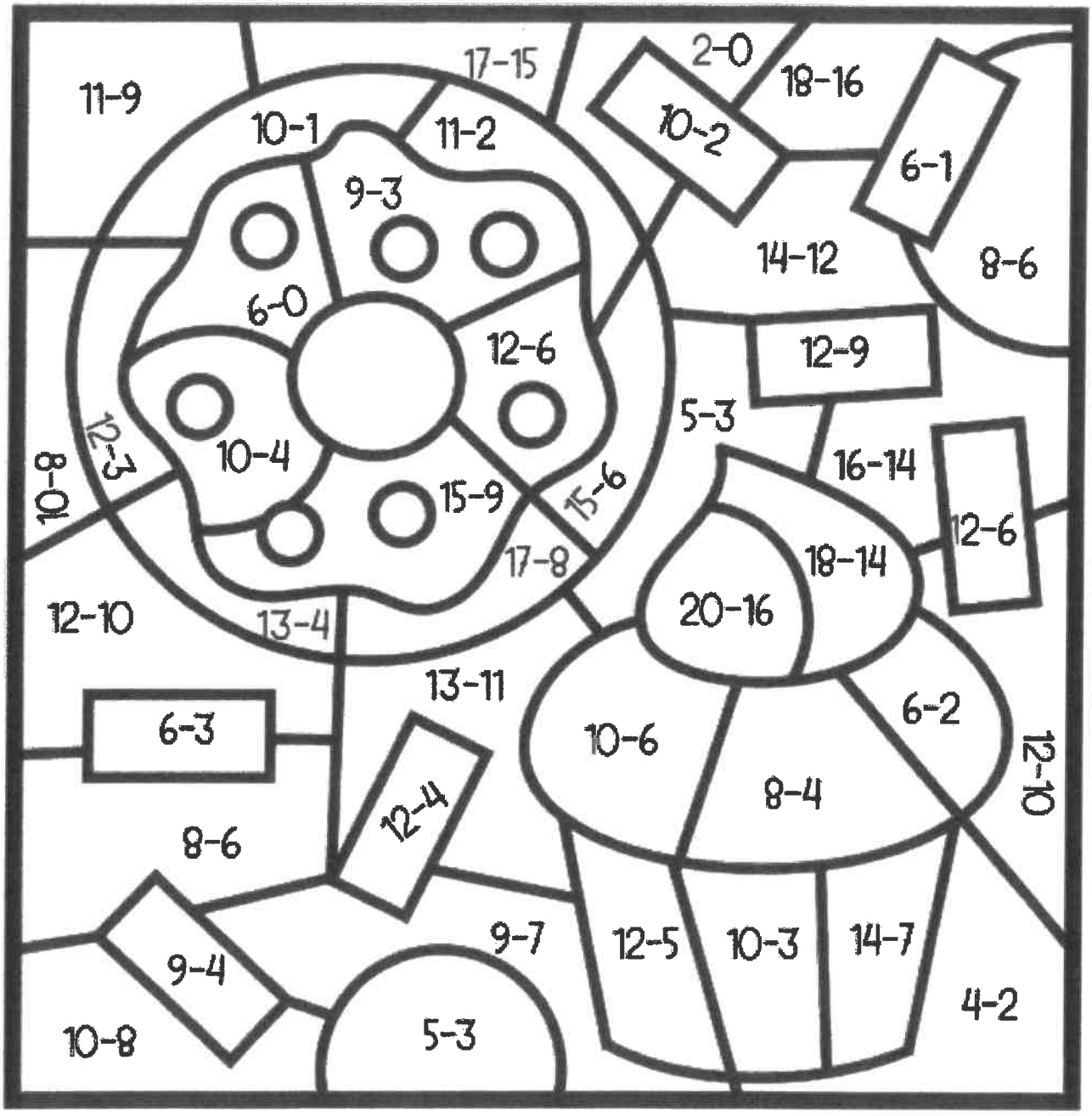
81 x 76	15 x 12	78 x 25	8 x 22	48 x 28	19 x 9
91 x 11	98 x 8	4 x 26	18 x 15	37 x 17	95 x 29
54 x 66	97 x 13	94 x 1	83 x 7	25 x 5	9 x 61
44 x 24	17 x 23	85 x 6	96 x 41	58 x 20	45 x 0
47 x 27	38 x 4	84 x 14	77 x 36	27 x 10	5 x 56

Name _____ Date _____

Subtraction

9	-	4	=	
7	-	5	=	
8	-	7	=	
9	-	2	=	
6	-	5	=	
8	-	1	=	

Color by Subtraction



blue - 7
green - 8
brown - 9
purple - 4
orange - 5
white - 3
yellow -2
pink - 6

>>> FAST Facts

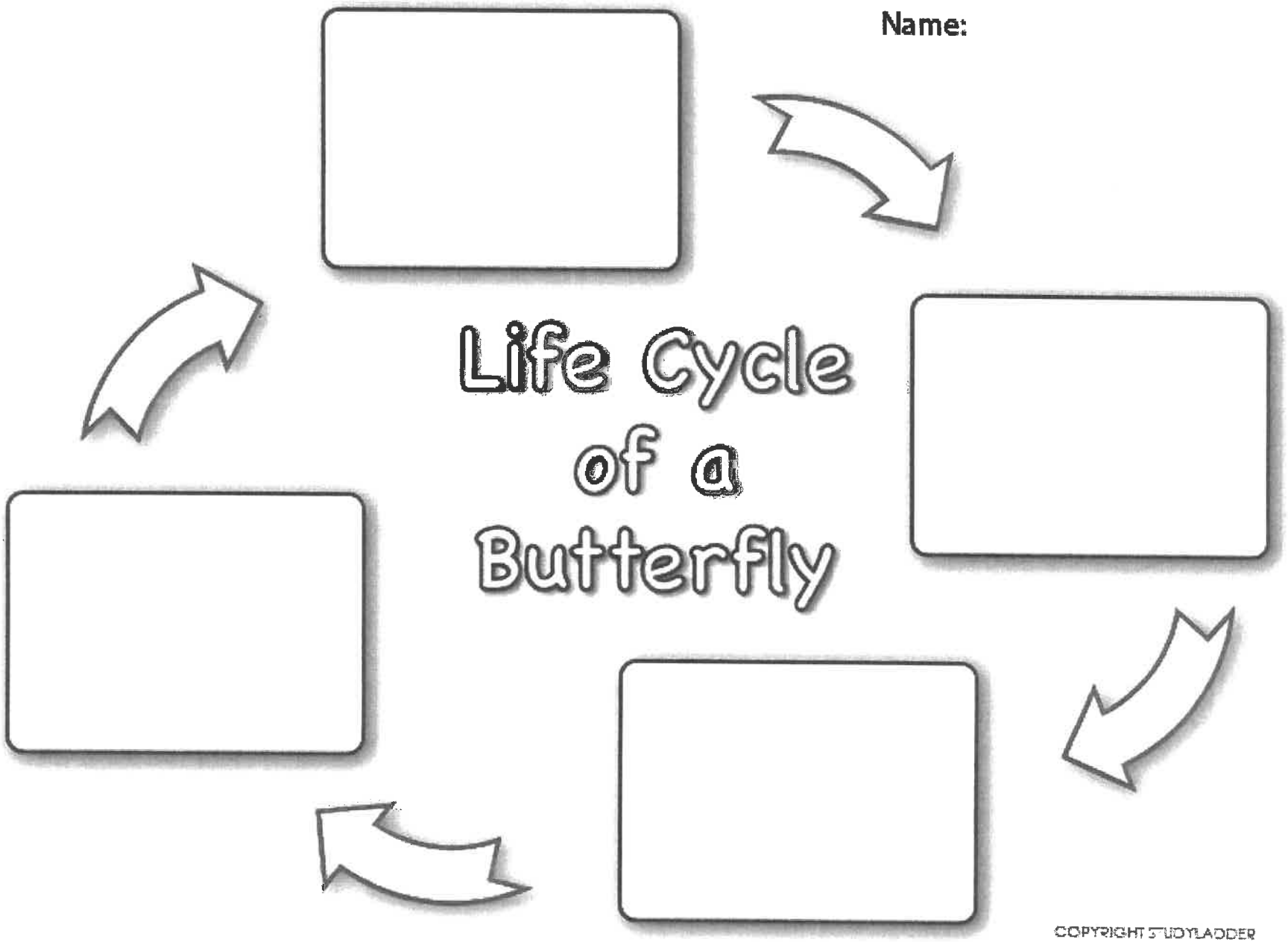
Week 8: +7, +8

Name: _____

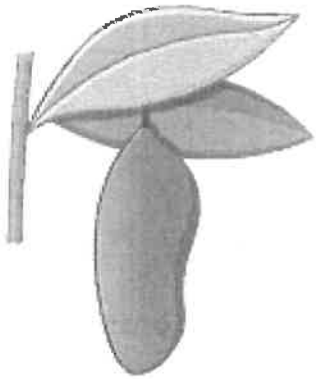
7 + 4	6 + 8	5 + 8	8 + 1	7 + 2
6 + 0	9 + 7	7 + 3	8 + 2	5 + 7
8 + 3	7 + 7	0 + 7	3 + 7	1 + 8
9 + 8	4 + 8	6 + 7	8 + 7	8 + 8
7 + 2	6 + 8	8 + 3	9 + 7	3 + 8
7 + 7	0 + 8	1 + 7	8 + 5	5 + 7

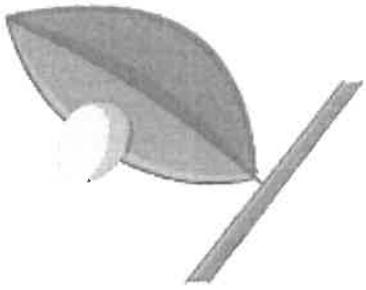
Name:

Life Cycle of a Butterfly



Match the picture with the correct stage of the butterfly life cycle.





Caterpiller

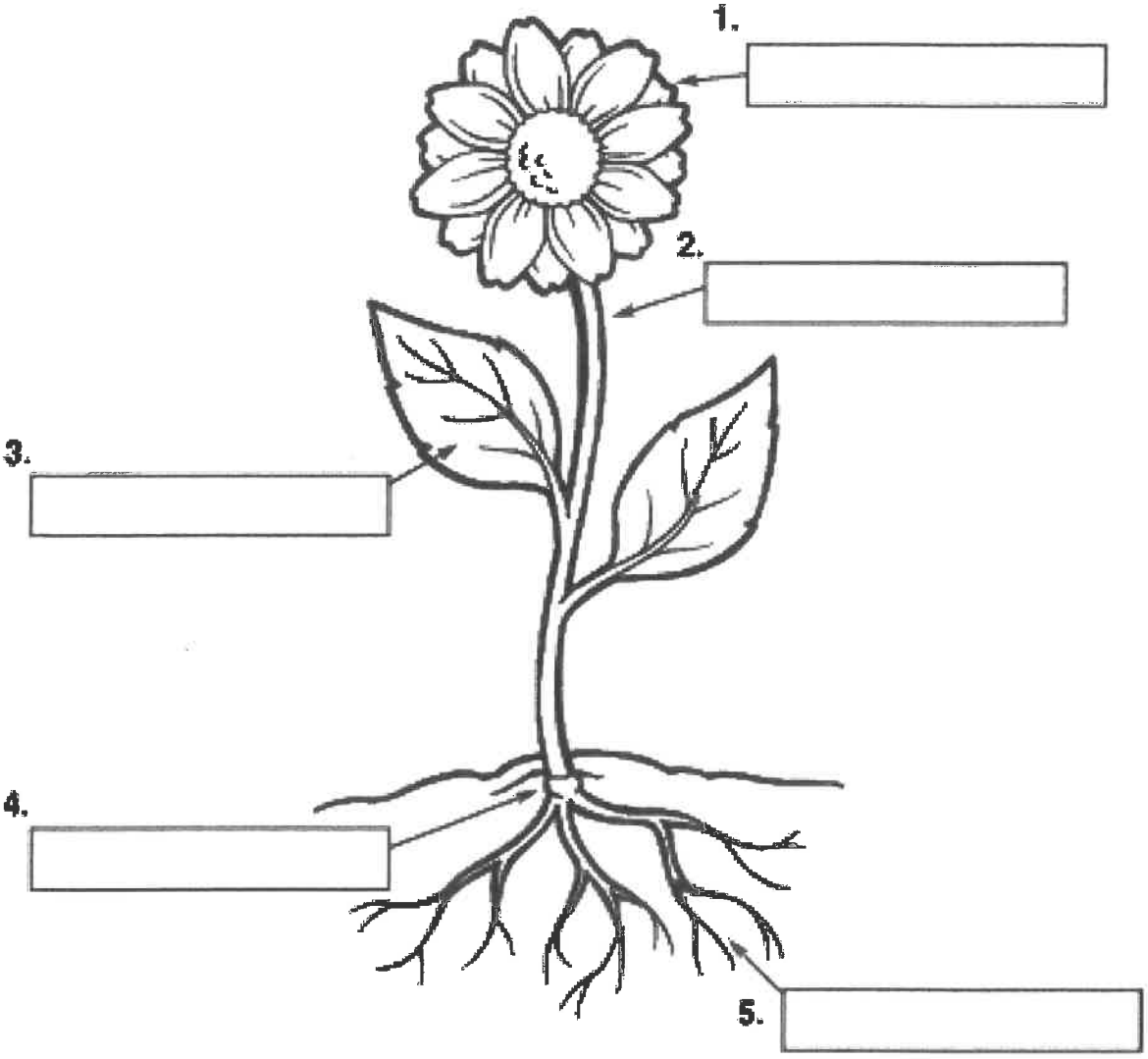
Egg

Butterfly

Chrysalis

Parts of a Plant

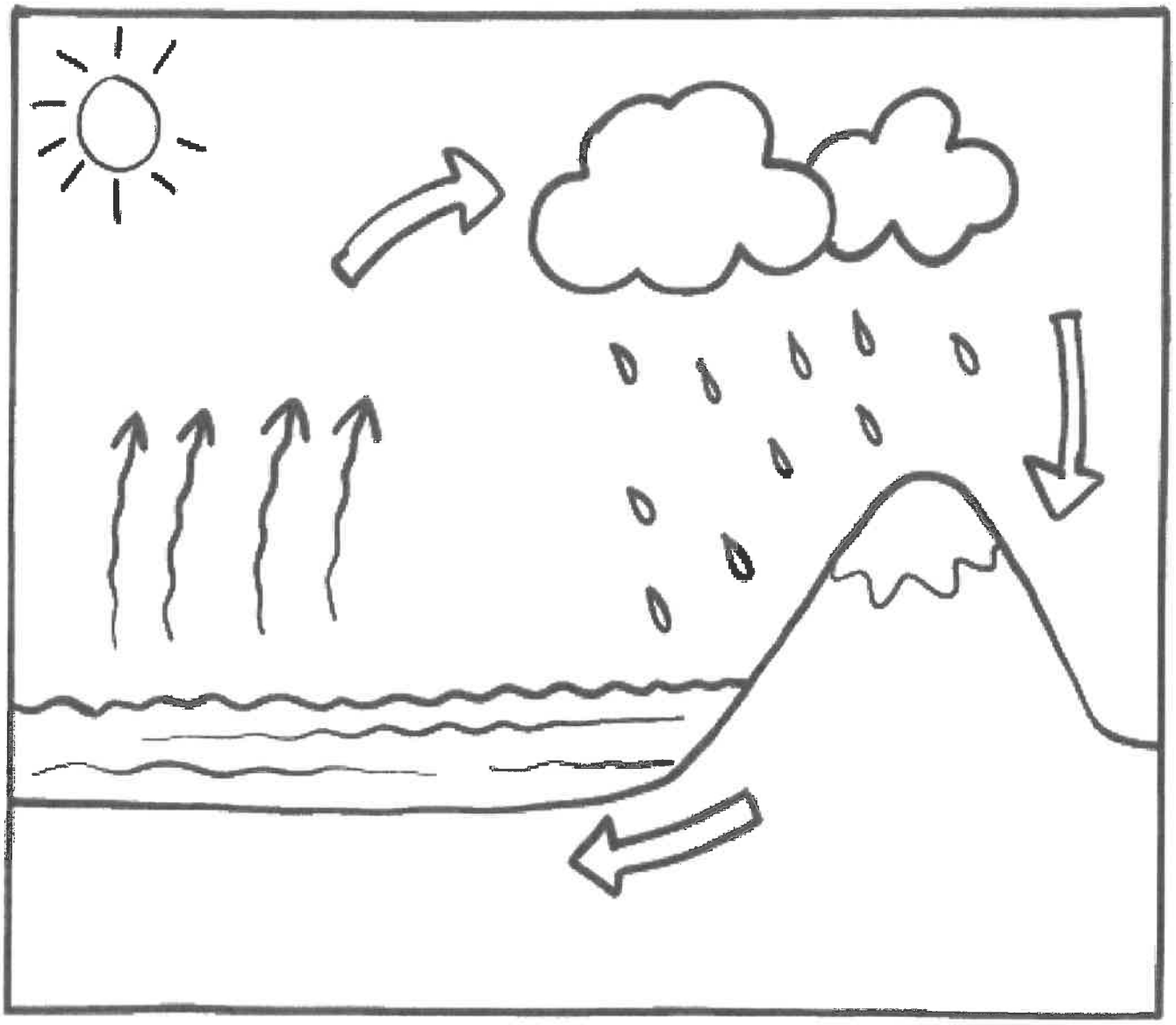
Directions: Cut out the word cards below. Glue them in the correct places so the parts of the plant are labeled.



roots	leaf	stem
flower	seed	

The Water Cycle

Color and complete the cycle with these words:
Precipitation, Collection, Evaporation and Condensation



	Rain, snow and sleet from rain clouds
	Water running from land into the ocean
	Sun heats the waters and dries it up
	Water vapor in the atmospere turns to **water**

Name _____

WHY DO PINE CONES OPEN AND CLOSE?

This post may include affiliate links.

September 14, 2015 By Stephanie OswaldFiled Under: Educational Kids Activities, Science Activities for Kids

Meatball has a certain fascination with pine cones…I have piles of them all over my house. Thispine cone science experiment came to be when the question of *why do pine cones open and close* came up during a painting activity. While **painting with pine cones** Livia discovered that some of the pine cones that were shut up tight began to open, and so we had to explorel was surprised at just how quickly this science experiment developed and what it turned into!

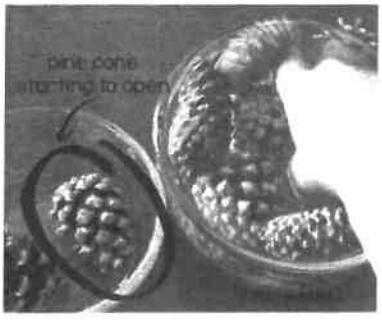
ITEMS USED

- 3 Glass Containers
- Multiple Pine Cones
- Fine Motor Tweezers
- Hot Water
- Cold Water
- Air

Because the paint was wet Livia decided that the pine cones opened and closed due to moisture. We decided to use water because it would be easier to observe changes in than other liquids such as paint.

EXPLORING HOW PINE CONES OPEN AND CLOSE

The first thing my kids noticed when the pine cones hit the water was that they float! Since we had some pine cones that were open and some that were closed we had to take a moment to see if whether that affected if the pine cone floated or not. This quickly turned into a sensory soup as Meatball tried to fit all the pine cones into the water container. They also noticed that the round part of the glass acted like a magnifying glass giving us a really neat up close view of our submerged pine cones.



Once wet our pine cones almost immediately closed up. The ones in the cold water closed quicker than the ones in the hot water. As soon as they were closed Meatball would transfer them over to the dry container. It was fascinating to watch them slowly reopen as they dried.

This led to some fun conversations while playing!

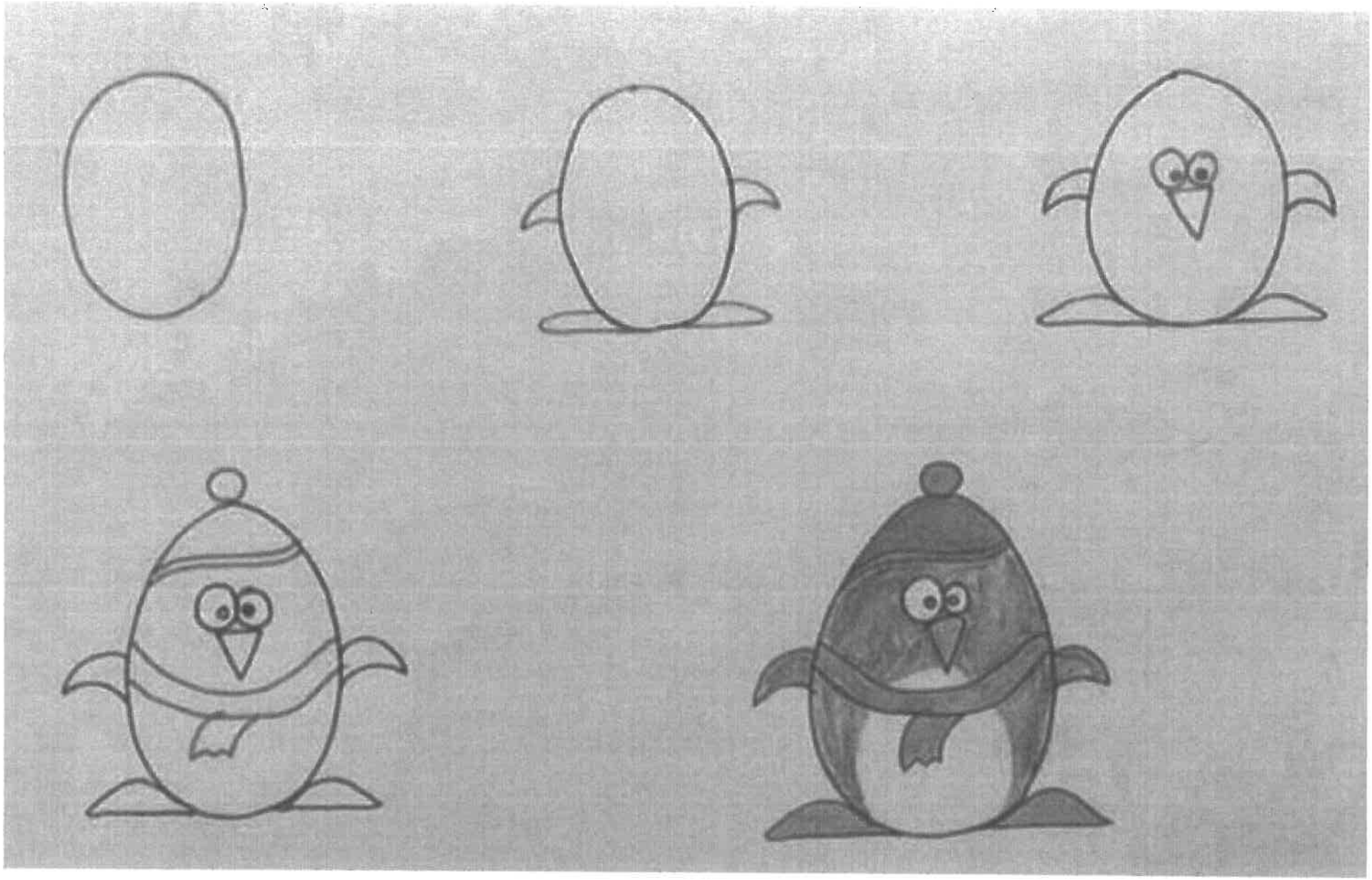
THE SCIENCE BEHIND OPENING AND CLOSING PINE CONES

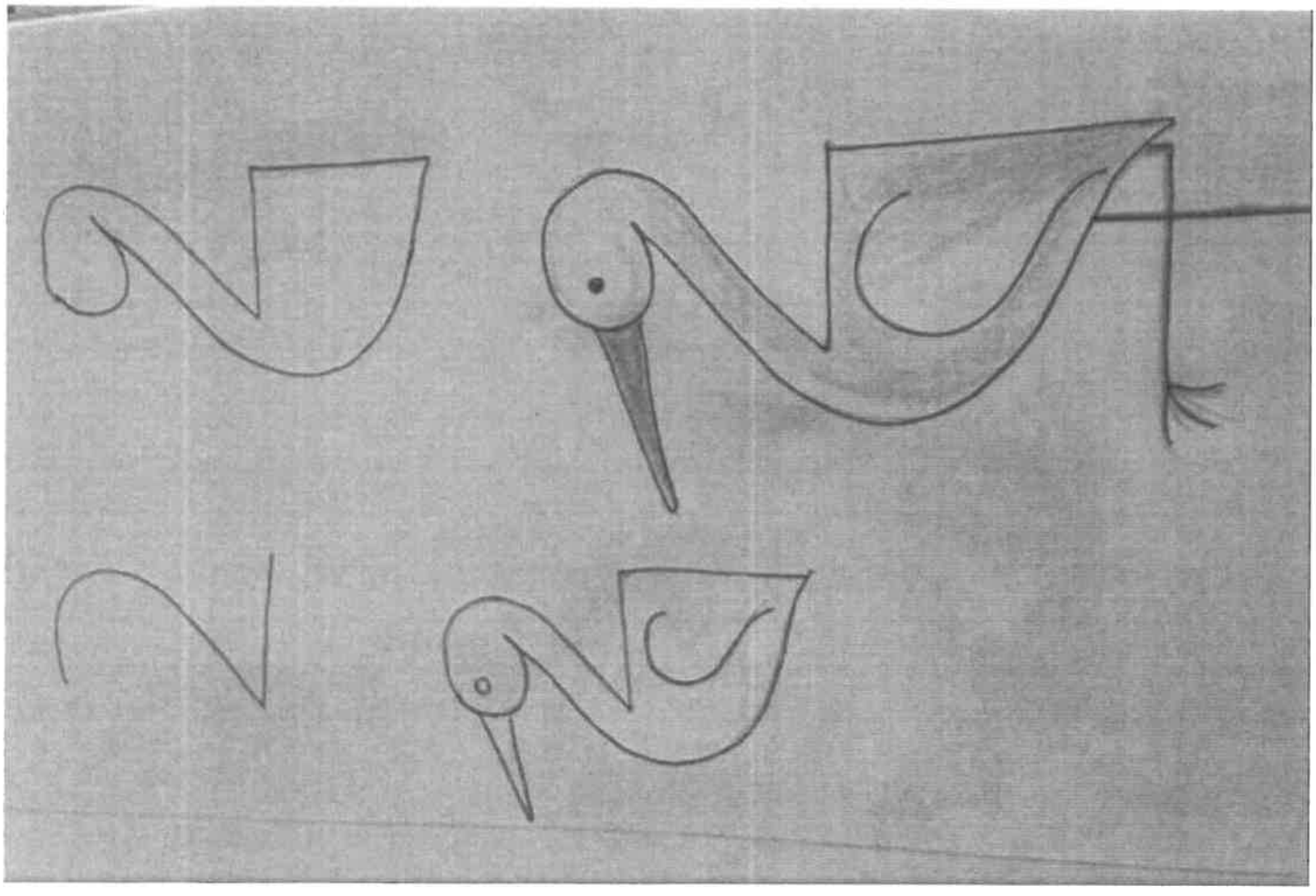
The scales of seed-bearing pine cones move in response to changes in humidity. When warm and dry the pine cone opens up to release the cone's seeds. When it is damp or cold, the scales close up.

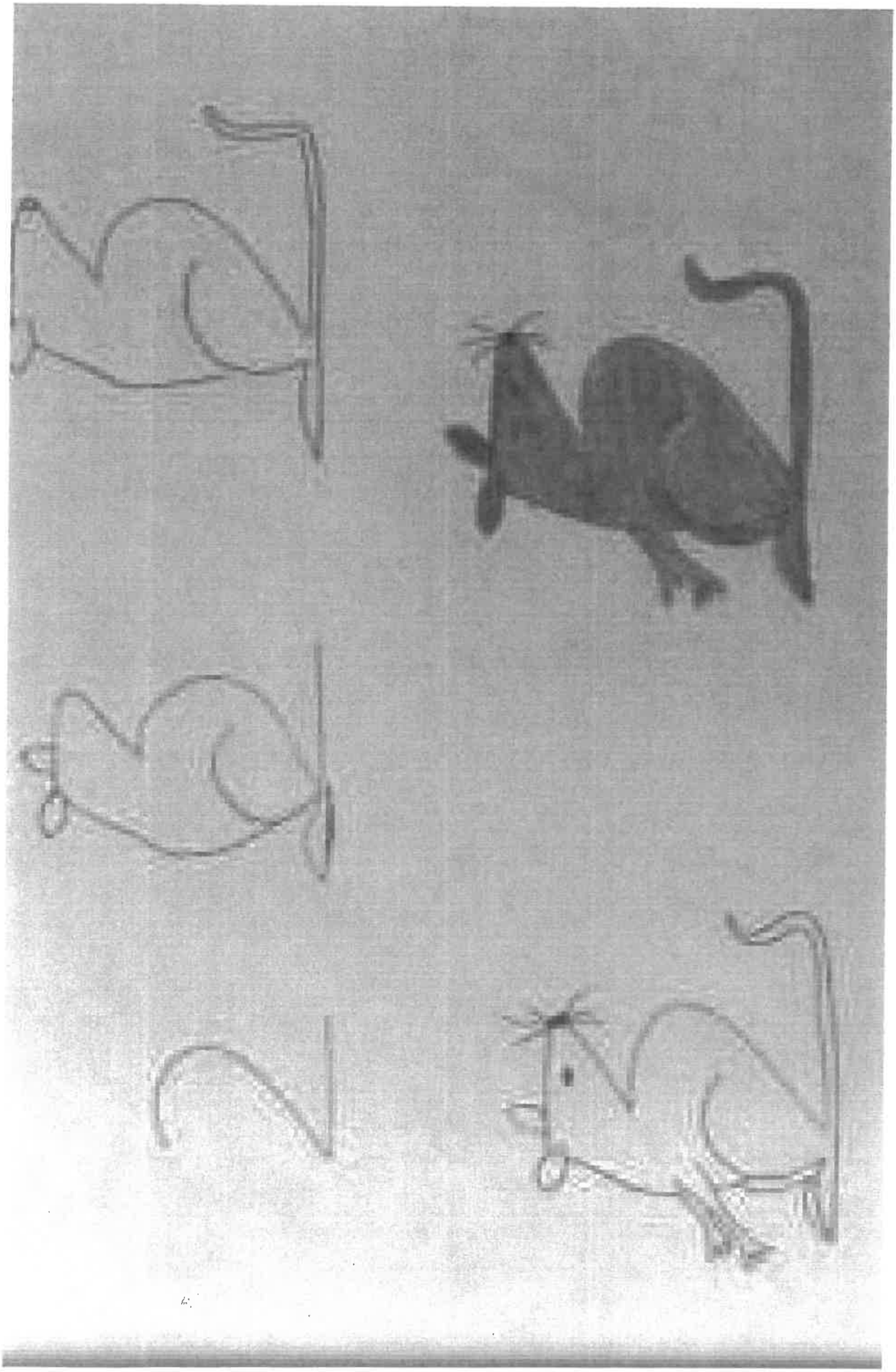
There was a lot of questions about the mechanics behind the opening and closing of pine cones. When wet the pine cones cells expand, when dried they shrink. We did pull out some sponges to provide a more visual representation of this concept (which at that time I was elbows deep in a water mess and the camera was far far away).

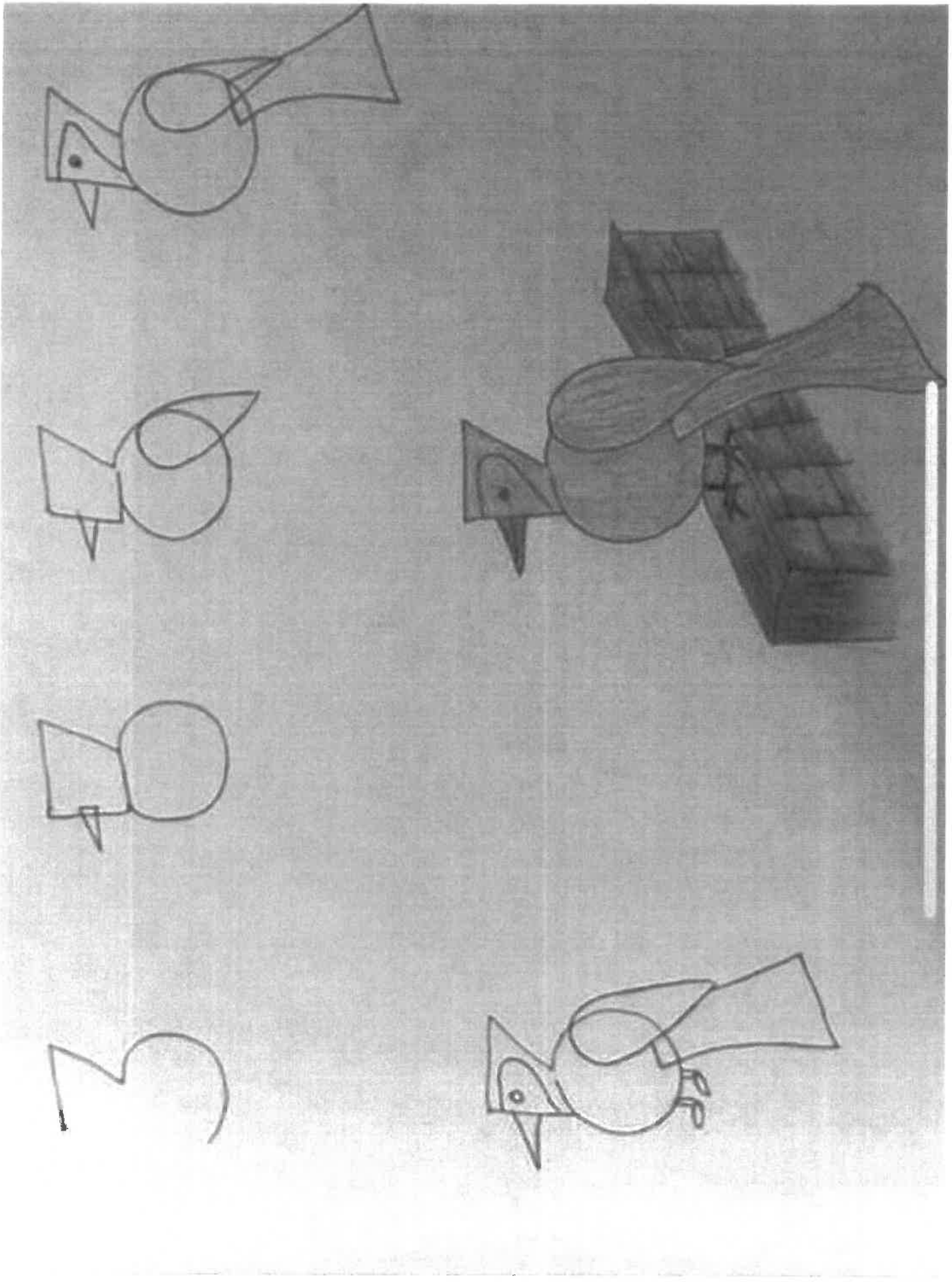
We had an absolute blast with this hands on exploration of pine cones and the following sensory soup. With next to nothing for set up, no large time commitment, and this much fun,

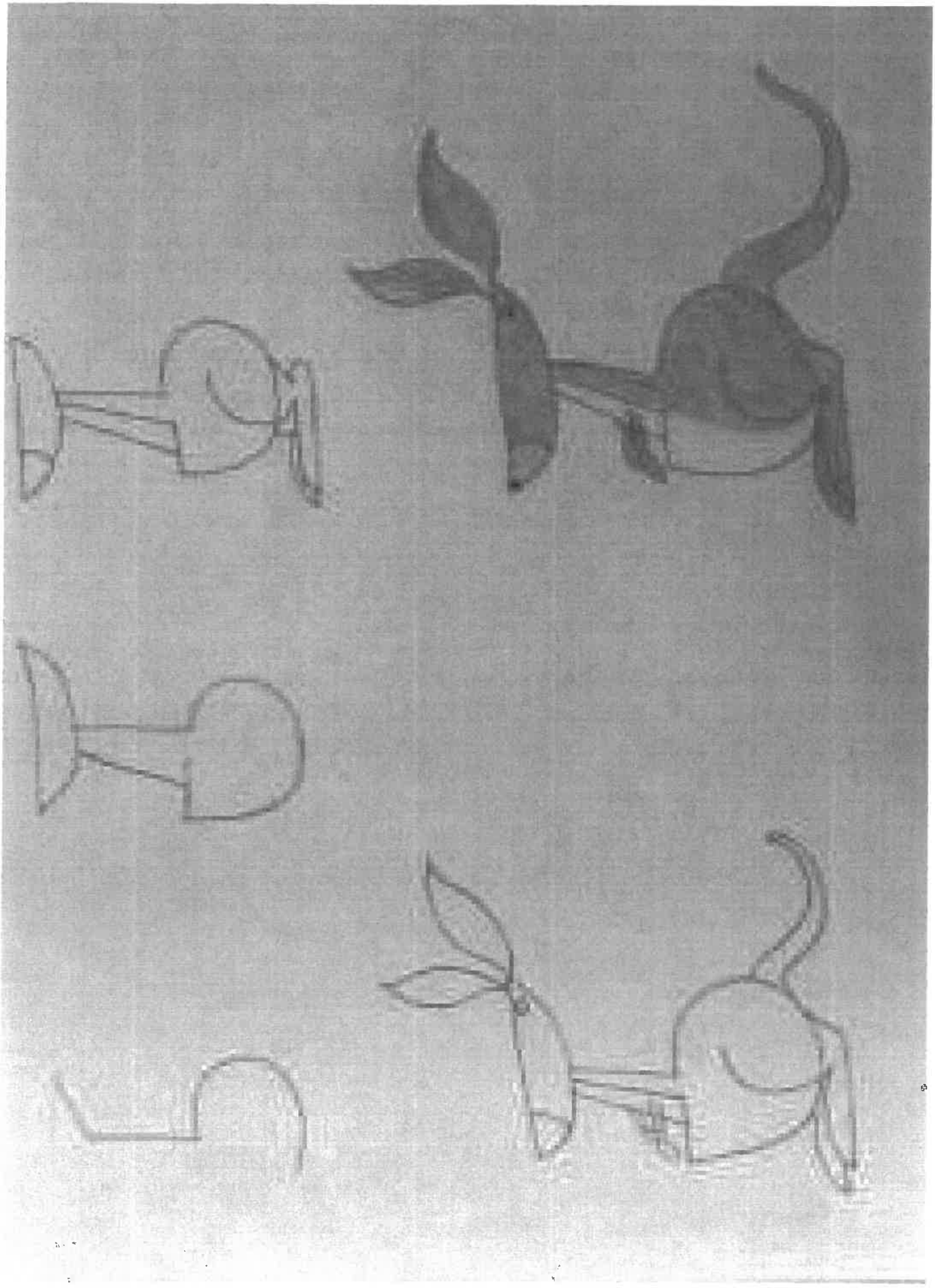
we will definitely be exploring this one again. Maybe next time with different liquids



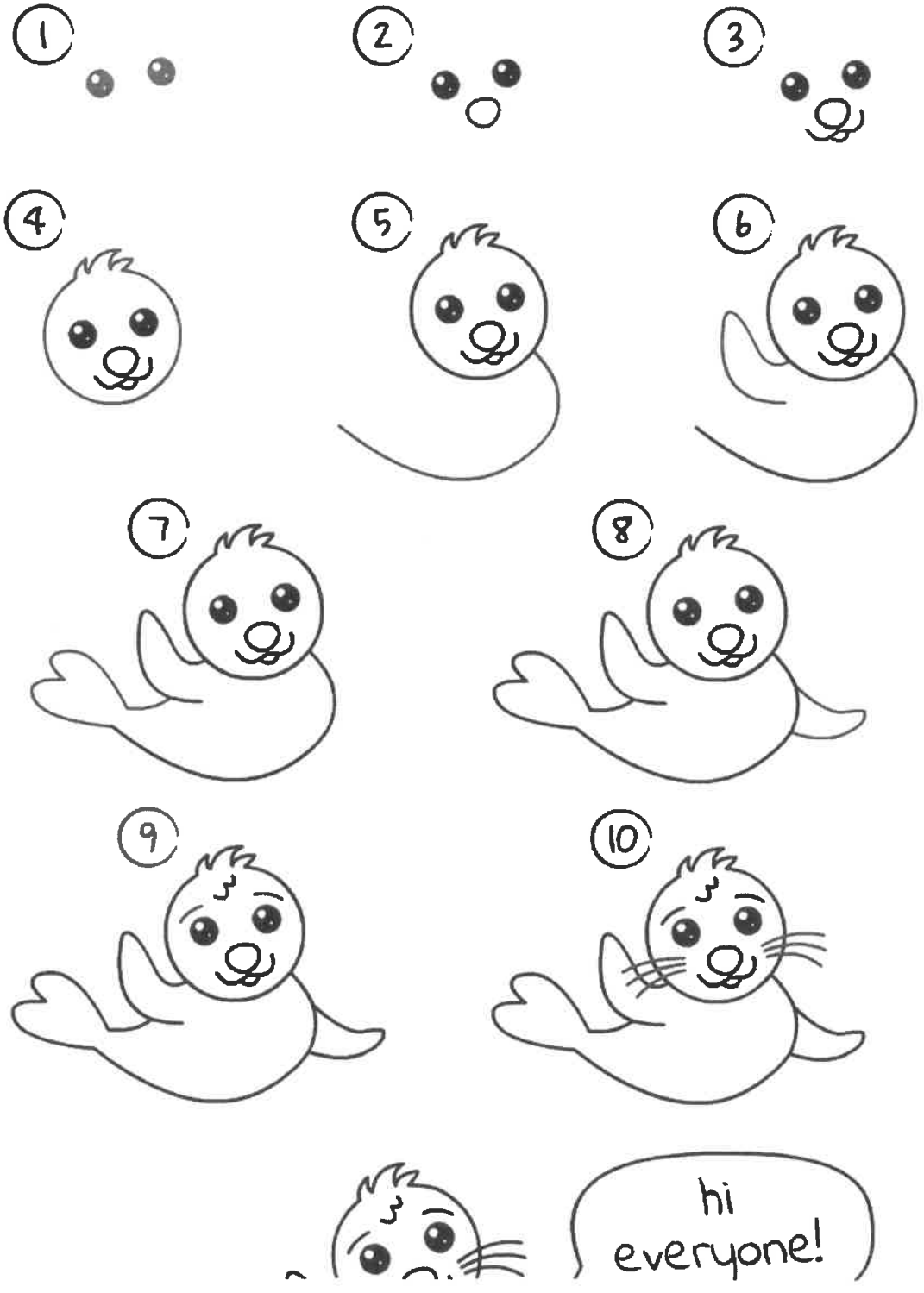


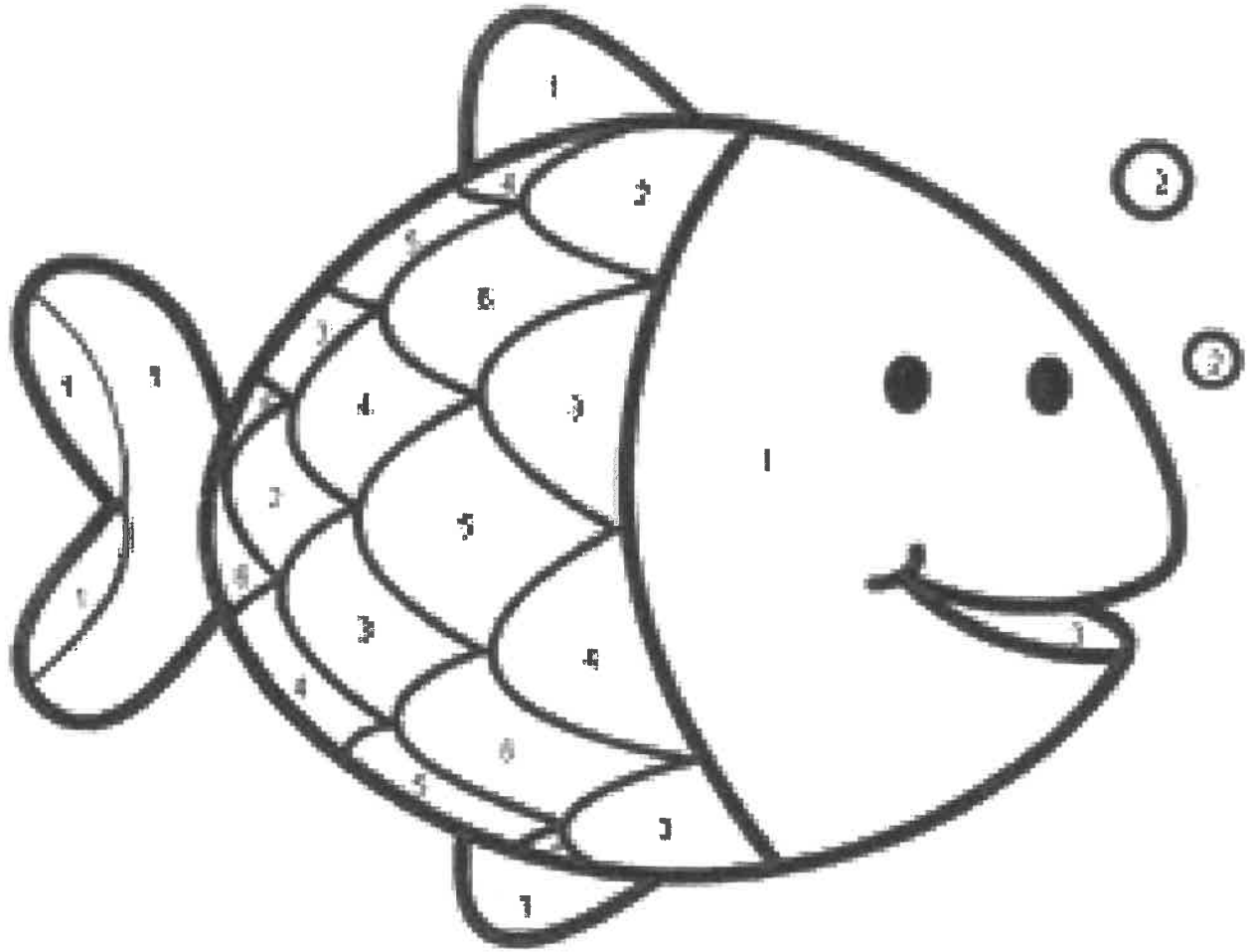






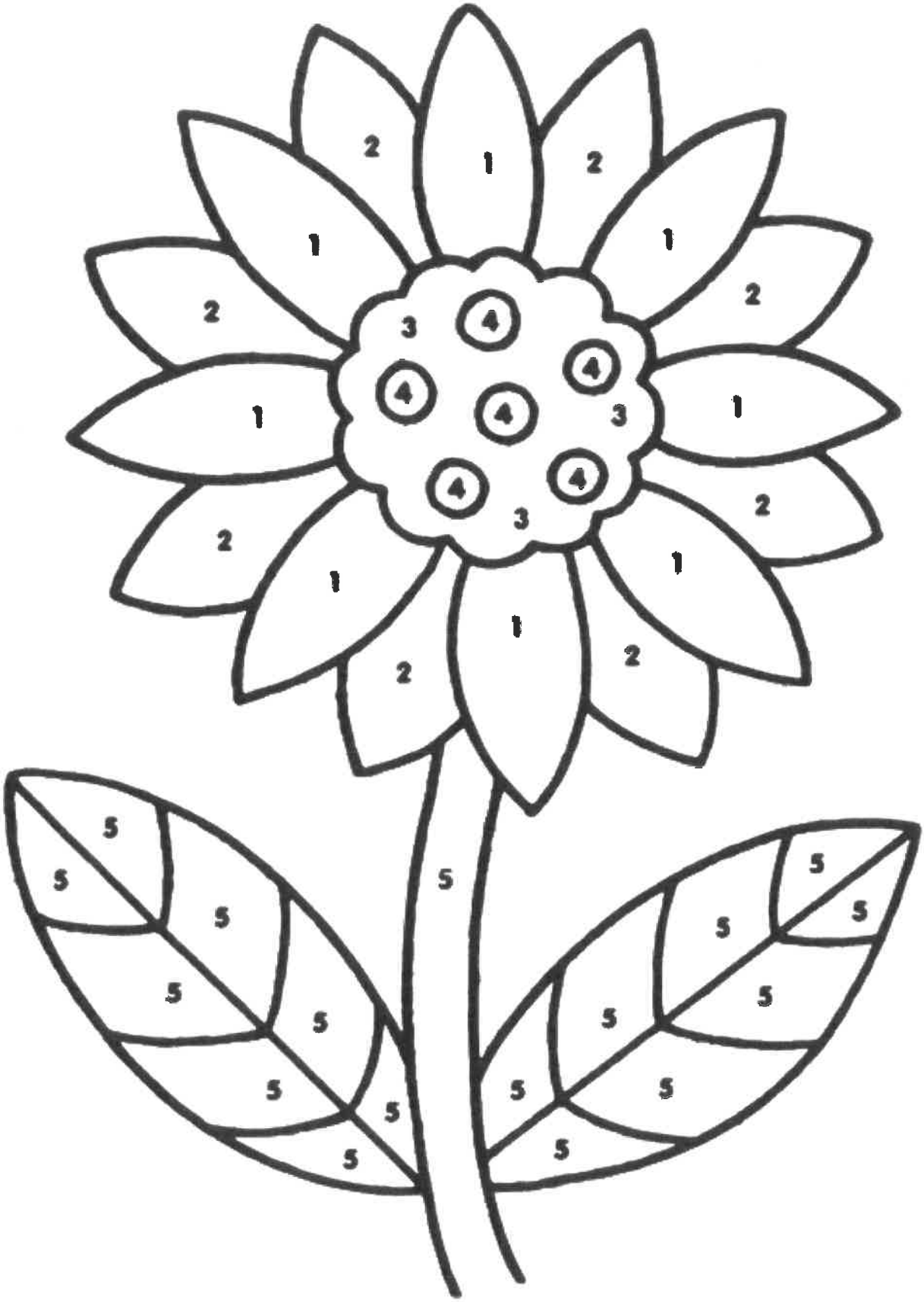
how to draw
baby seal





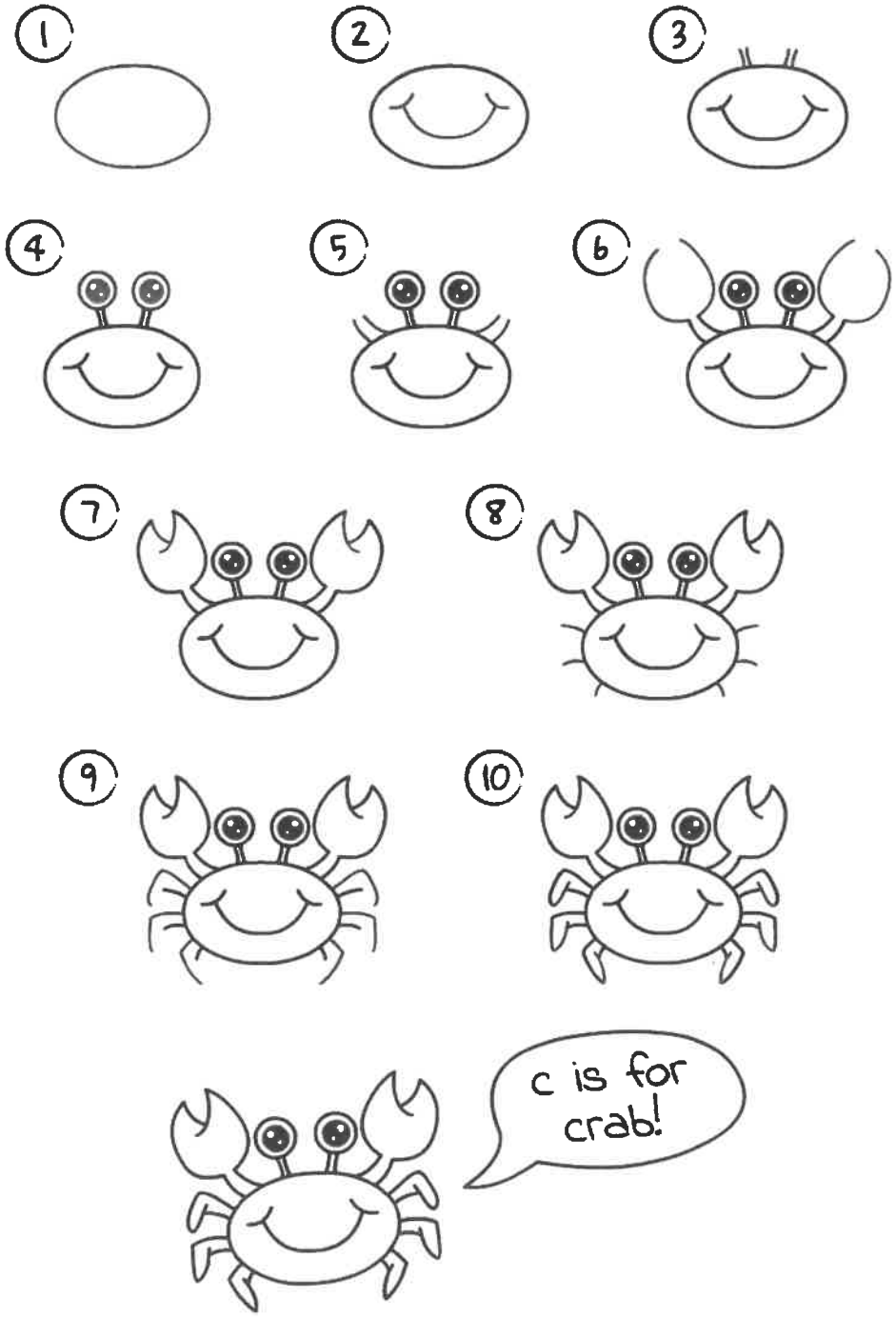
= 1 = Orange = 2 = Blue = 3 = Red

= 4 = Purple = 5 = Yellow = 6 = Green



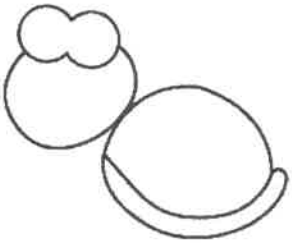
1-yellow, 2-orange, 3-purple, 4-black, 5-green

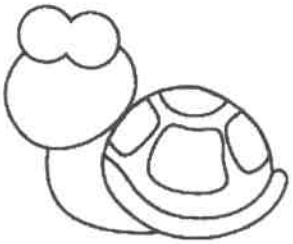
how to draw
cartoon crab

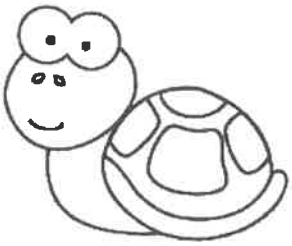


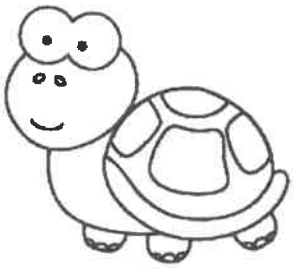
LEARN TO DRAW A TURTLE

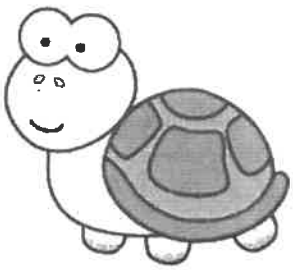
1. 

2. 

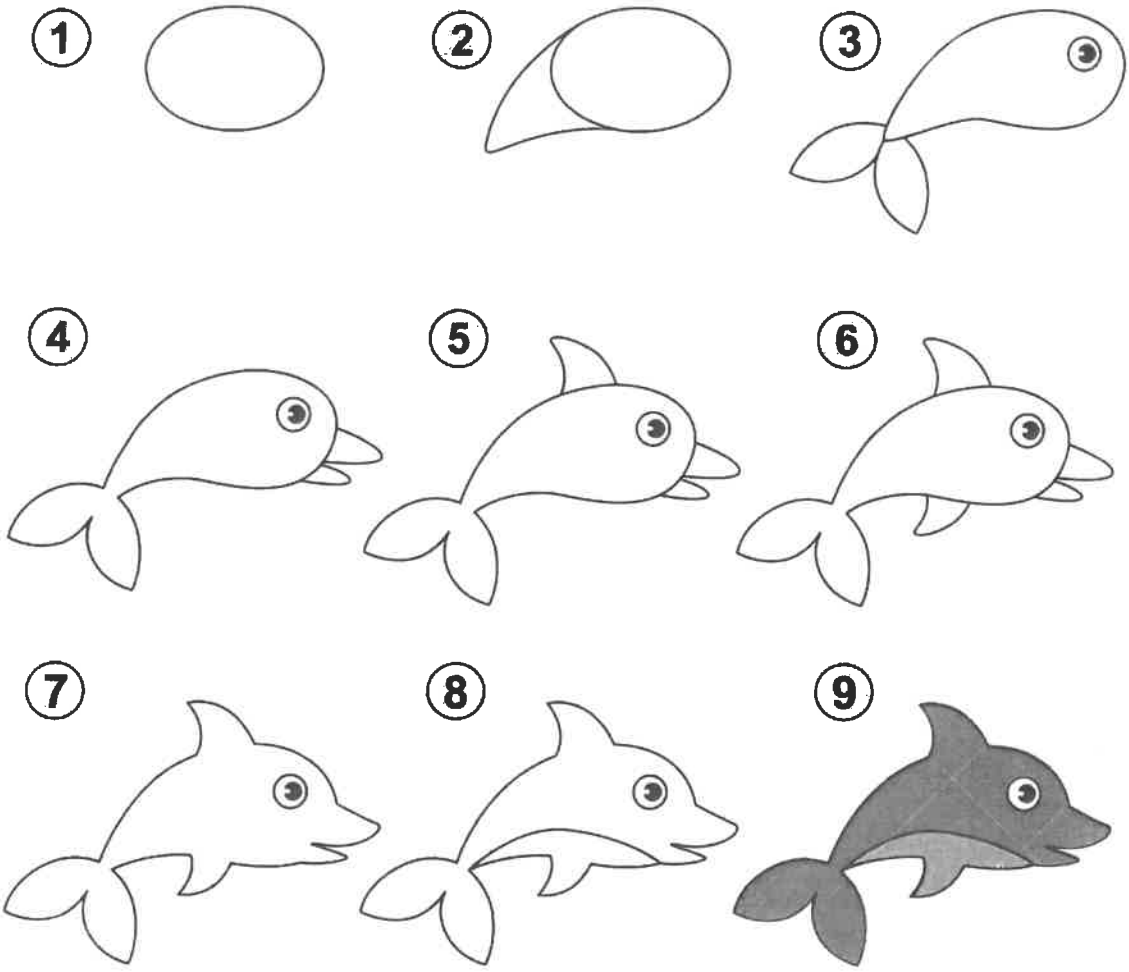
3. 

4. 

5. 

6. 

PLAY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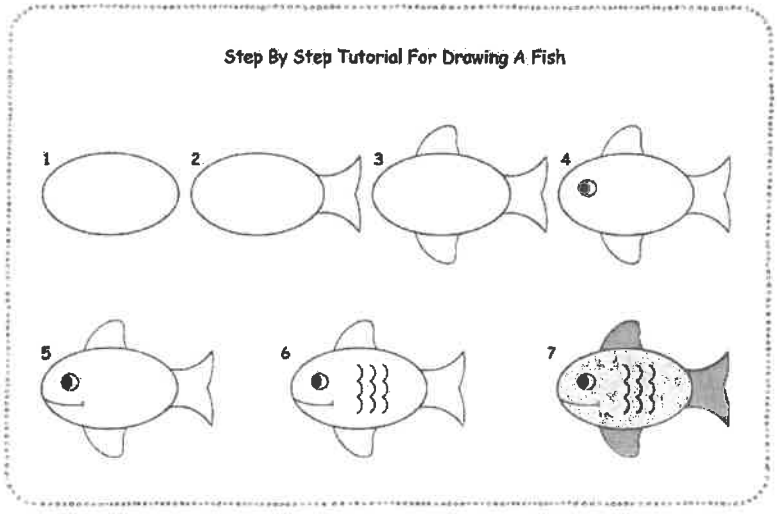
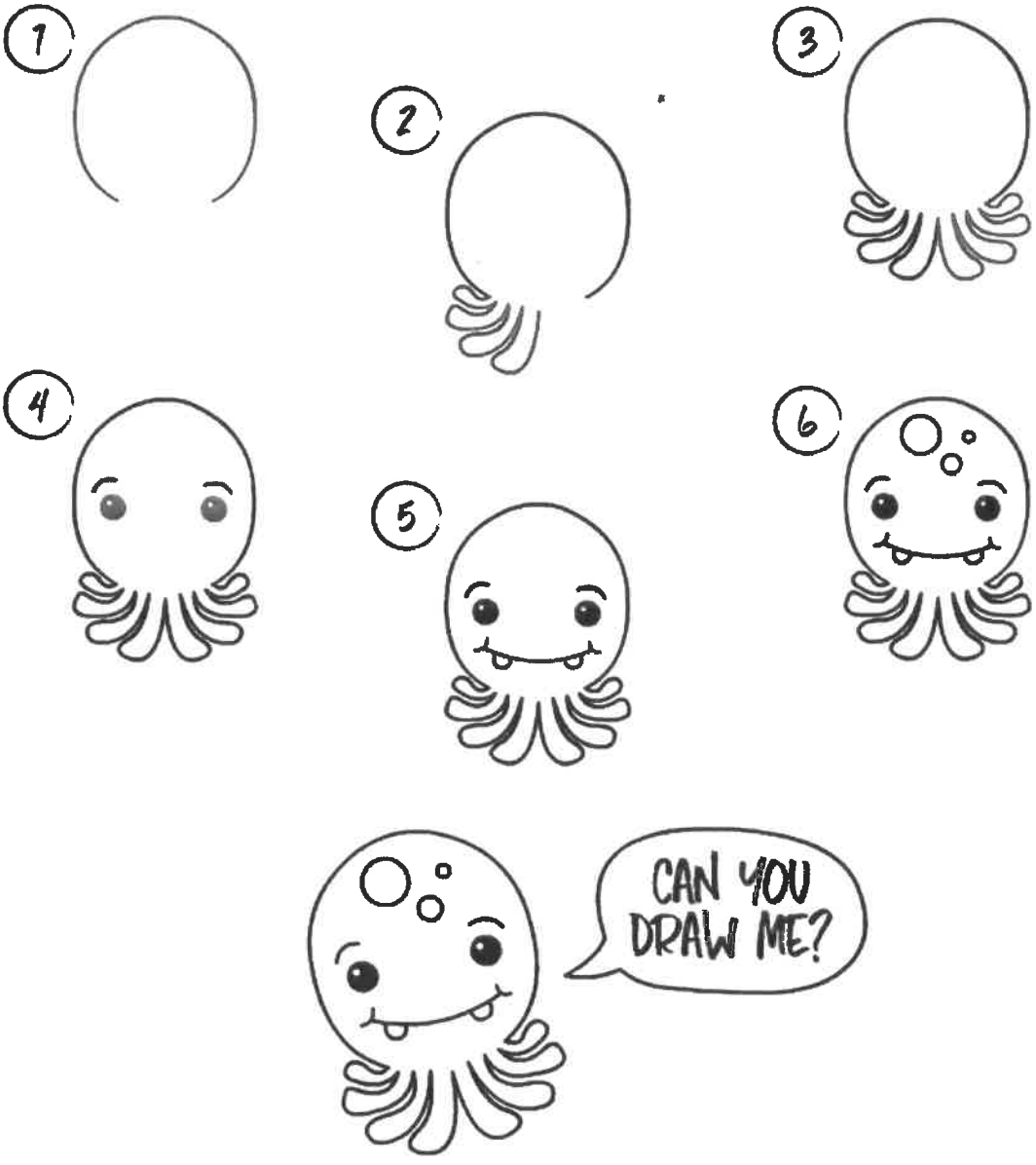
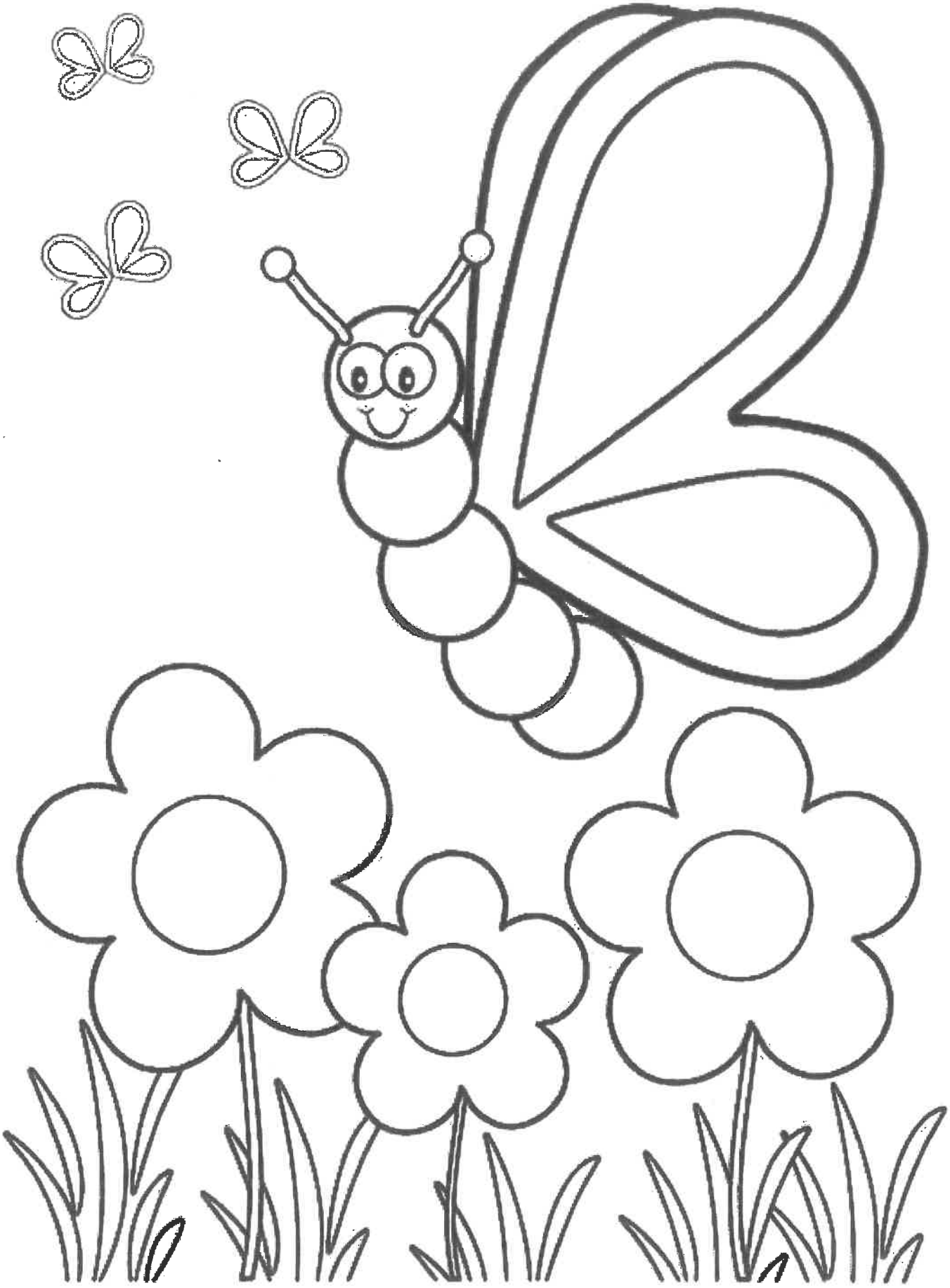
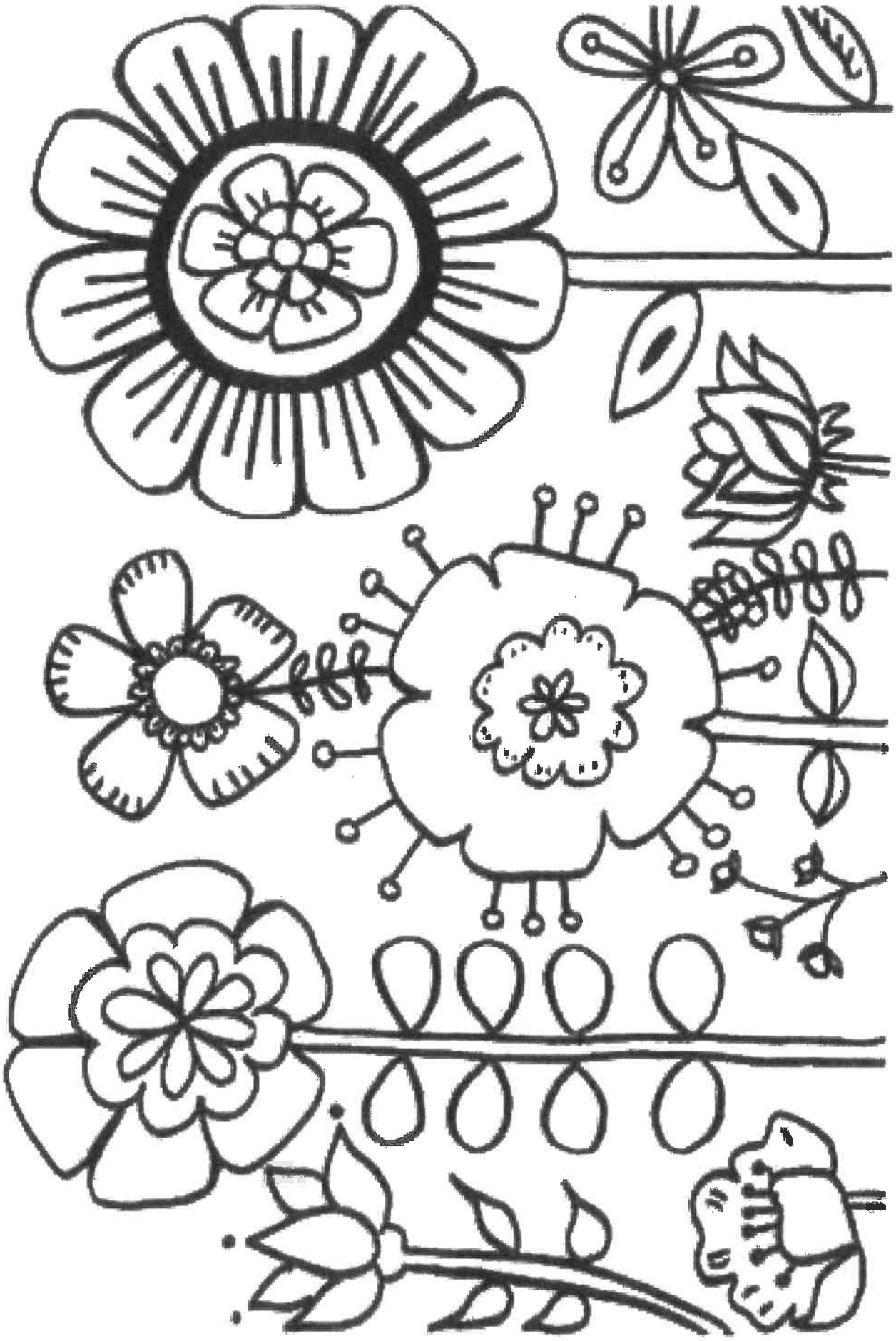

Step By Step Tutorial For Drawing A Fish
1
2
3
4
5
6
7

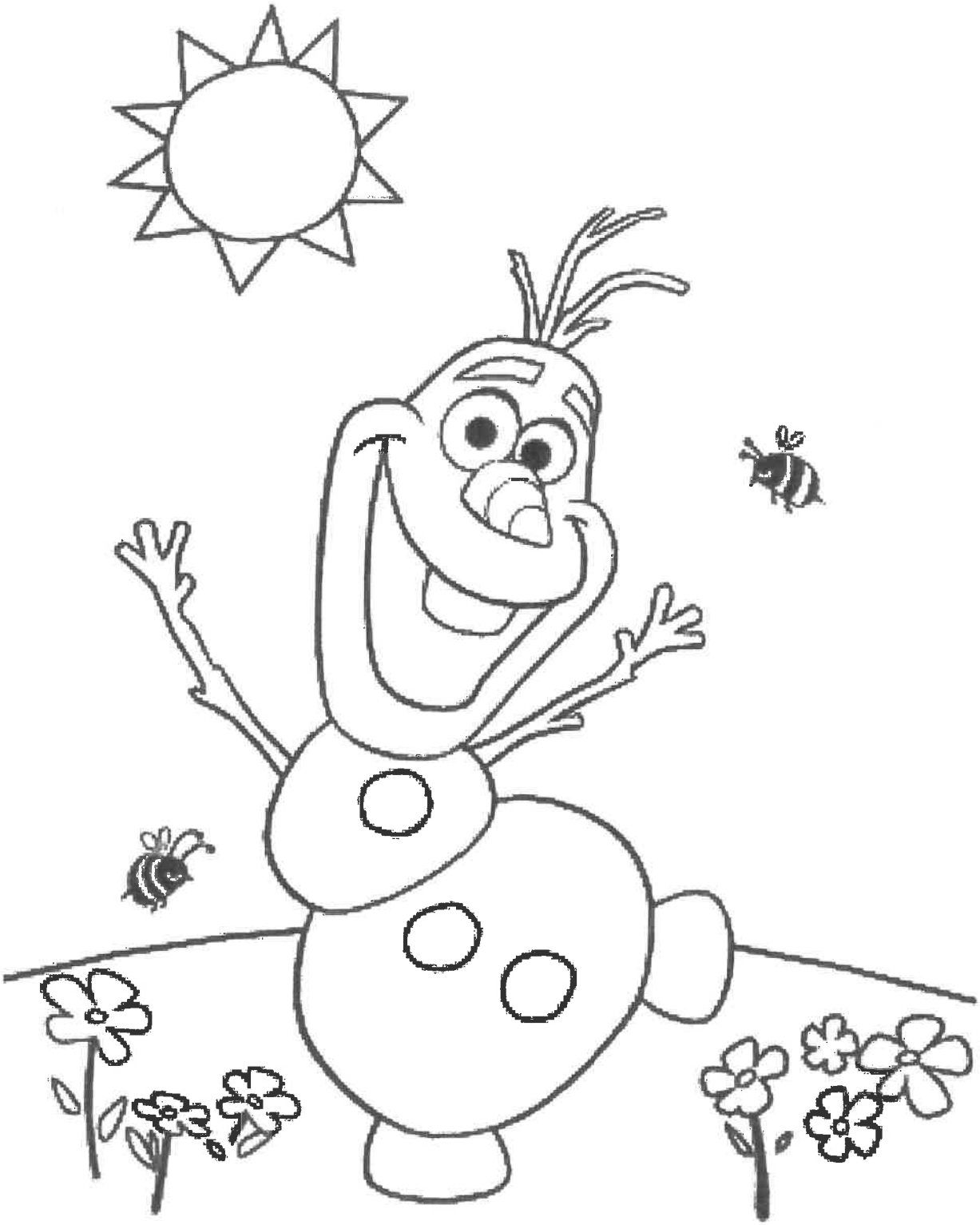
HOW TO DRAW A BABY OCTOPUS

LETS DRAW KIDS





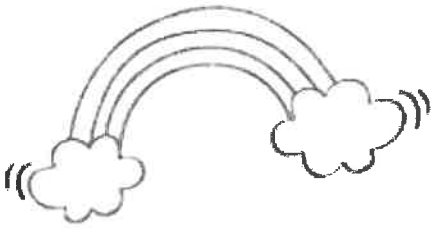




PATRIOTS coloring page

GO PATS!

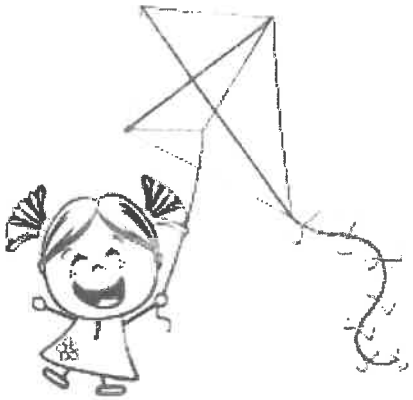

MLB.com
redsox.com/kelly
RED SOX



Spring

N G V S L C T J E D F P Z O R L B
E T O I P H R A S B I J E D M V G
L Z R M T A O C N I A R G T Y Q N
I P E J S N Y K F W H S L A I F I
A Y B E G M D E P T E Q E W C K R
D S O K R E N T Y L W H J B U I P
M U P H T B I L D E N O C Z A F S
K N T C D A W D G P L D B G P L M
F S E I R Z U N O S A E S N U B L
W H Z N A P R S M Y T L F M I W S
P I F C L E A N I N G E B H K A V
T N U I B M V R Z O F R C A W H R
M E D P H C R A M B E K L N S T G
X L F J Y A S N G L S H O W E R S
H B R E A K O P L V C Z U F Y D K
C F T X M U B A S I L W D H G N E
W I H P E D L J R Y Q B S A O X R

APRIL	BASEBALL	BREAK
BREEZE	CLEANING	CLOUDS
JACKET	KITE	MARCH
MAY	PICNIC	PUDDLES
RAINBOW	RAINCOAT	SEASON
SHOWERS	SPRING	SUNSHINE
THAW	UMBRELLA	WINDY



Tree Valley Academy

BASEBALL
Word Search

R S R K J B K A O S K R A P E X B F Q
E E E L M L E A J T B P U K S T G T N
O K H Z A C A R D I Z U U C O N E M A
K J C W P E G B C H S W A E L X E Y S
X P T A N O I P M A H C K D N E W L S
J E I O H N N D P H O I O W C I Q L I
B L P B M X M R X M D U O R B N L A S
A A G H W U M I T T B R I C E B N B T
H B N P B Y H S X L H V I T Q I U D D
W P I H B X A C E T B Z D L T P I N T
L L T P S V E H N U K Q U N E H U U T
L E R A E R E W L H P N Z D A G L O C
S I A S M A C C U F T X I O G I W R R
U V T G D Q L L T U F T B N O T B G G
V L S E U U U Z O E K B S T E H L F Y
X D R D O E J H J N M G F R A J A T G
U N I F O R M R M T A L Z E I B E A N
W O H M S H U L E Y A L E K T F T U Z
I J E N A N P C R E T T I H O N S A S

ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB
DECK
DOUBLE HEADER
FIRST
FOUL
GROUND BALL
HELMET
HITS
LEAGUE
LINEUP
LOSE
MITT
NINE
NO-HITTER
OUT
PARK
RUN
SAVES
SCORE
STARTING PITCHER
STEAL
TAG
THROW
UNIFORM
WALK

Football Terms Word Search

W I D E R E C E I V E R E T U R N
Q U A R T E R B A C K F I E L D E
P T I G H T E N D G U A R D S P S
A R R E K C A B E N I L D F Z Z P
N F I E L D G O A L T A C K L E E
S O F F E N S I V E L I N E H X C
F A I R C A T C H S I W Z L A T I
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K C A S P D L U A J R L O I D A L
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V N C T U A C O Z T T F N K F O E
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R U O Z D F H F E E E O R U L N M
D M Z T O O A I B T C K B D R T S
X B F L S N W S N A N C A D E F E
R L D A K Q E N R G C I C L E X K
E E F U L L B A C K G K K E Y U O

BACKFIELD
CENTER
CORNERBACK
DOWN
DRIVE
END ZONE
EXTRA POINT
FAIR CATCH
FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION
INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN
RUSHING
SACK
SAFETY
SNAP
SPECIAL TEAMS
TACKLE
TIGHT END
WIDE RECEIVER

Spring

G F S Q O I I S L S U R

E D U R Y G N D M B K V

B T A P T I Q E K D I F

S K N F A G H E H P B C

P T D R F B W S Q P R J

I S R E W O L F D T L S

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U M B R E L L A S S B M

B N S M G N I R P S M K

R A I N B O W D J A C P

BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA

20 VIRTUAL FIELD TRIPS TO TAKE WITH YOUR KIDS (WITH LINKS)

Virtual field trips are a great way to expose kids to new places all from the comfort of home. In this age of technology, so many museums, zoos and aquariums have set up virtual tours and webcams of their facilities. Now more than ever, is it easier to visit destinations around the world from the comfort of your couch.

In light of recent events, families are finding themselves in the position of not only being at home with their children for an extended period of time, but educating them as well. Unlike a school vacation, places like zoos, aquariums and museums are closed in an effort to keep people from congregating. Travel is also on hold. Virtual field trips are a fun and educational way to visit places virtually and keep "travel" going.

I've rounded up 20 virtual field trips that you can take with your kids. There are also lesson ideas, activities and book suggestions to extend the learning for each type of destination.

ART MUSEUMS

Visit some of the best art galleries in the world virtually. From Paris to New York to Amsterdam, kids can see priceless works of art from the world's most famous artists.

- Louvre Museum, Paris https://www.louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington DC https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en

- Metropolitan Museum of Art https://artsandculture.google.com/partner/the-metropolitan-museum-of-art
- Van Gogh Museum, Amsterdam https://artsandculture.google.com/partner/van-gogh-museum?hl=en
- Uffizi Gallery, Florence Italy https://artsandculture.google.com/partner/uffizi-gallery?hl=en

ACTIVITIES AND RESOURCES

- Choose a favorite painting or sculpture and create a copycat piece of art.
- Research an artist. This is a great book about some amazing artists kids should know about https://amzn.to/38QWQGf (affiliate link).
- Choose a piece of art to focus on. Describe it, tell why you chose it and how it makes you feel.
- Choose 2 works of art to compare.

ZOOS

Zoo webcams have allowed visitors to drop in on the habitats of some of the zoo's favorite animal exhibits.

- San Diego Zoo https://kids.sandiegozoo.org/videos
- Zoo Atlanta Panda Cam https://youtu.be/_6wbfVWVk8Q
- Smithsonian's National Zoo https://nationalzoo.si.edu/webcams
- Reid Park Zoo Lion Cam in Tuscon, AZ http://reidparkzoo.org/cameras/lion-cam/
- Ouwehand Park Polar Bear Cubs Rhenen, Netherland https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2

ACTIVITIES AND RESOURCES

- Take a Virtual Field Trip Lesson Plan
- Zoo Field Trip Worksheet Freebie
- Do more research on your favorite animal and make a guide.
- Research the habitat of your favorite animal. Use at home materials to create a miniature habitat.

AQUARIUMS

Just like with zoos, aquariums have used webcams to let you visit their exhibits virtually. In addition, some aquariums have set up virtual tours led by their staff to give visitors a more in depth look at their facility.

- Monterey Bay Aquarium https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams
- Georgia Aquarium https://www.georgiaaquarium.org/webcam/ocean-voyager/
- National Aquarium Virtual Tour http://samuraivirtualtours.com/example/nadc/index.html
- Virtual Tour of the Seattle Aquarium

ACTIVITIES AND RESOURCES

- Take a Virtual Field Trip Lesson Plan
- Aquarium Field Trip Worksheet Freebie
- Research your favorite sea animal and make a presentation.
- Watch Finding Nemo or Finding Dory. Identify the types of sea creatures in the movie.
- Watch Disneynature's Oceans

TRAVEL THE WORLD

In this day and age, it is easier than ever to travel the world without leaving home.

- Google Maps street view will allow you to visit almost any destination around the world. Check out this view from Pompei.
- Visit the Great Wall of China https://www.thechinaguide.com/destination/great-wall-of-china
- Virtually discover Yellowstone National Park https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm
- Tour England through this 360 video.
- Take a live look at Colonial Williamsburg.
- Go on a virtual field trip to Ellis Island.

ACTIVITIES AND RESOURCES

- Plan a trip to a new destination. What would you do, see, eat?
- Make a travel brochure for the destination you visited.
- Write a postcard from that destination. Include details about the place and what you can see there.

Animal:_____

I look like:

I like to eat:

I live in the

Fun Facts!

Name:_____ Age_____

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- [ ] 5 LEAVES THAT LOOK DIFFERENT
- [ ] A STICK THAT IS LONGER THAN YOUR HAND
- [ ] A ROCK WITH SPOTS ON IT
- [ ] A FLOWER
- [ ] A FLAT ROCK
- [ ] 10 BLADES OF GRASS
- [ ] SOMETHING YOU LOVE TO PLAY WITH
- [ ] A PIECE OF TRASH YOU CAN RECYCLE
- [ ] SOMETHING THAT IS BROWN
- [ ] SOMETHING THAT IS HEAVY
- [ ] SOMETHING THAT IS VERY LIGHT
- [ ] SOMETHING THAT NEEDS SUN TO LIVE
- [ ] AN ITEM SMALLER THAN YOUR THUMB
- [ ] SOMETHING THAT STARTS WITH "M"
- [ ] SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- [ ] A TOY WITH WHEELS
- [ ] A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- [ ] A PAIR OF MATCHING SOCKS
- [ ] 4 THINGS THAT ARE GREEN
- [ ] SOMETHING VERY SOFT
- [ ] A TOY SMALLER THAN YOUR HAND
- [ ] SOMETHING ROUND
- [ ] A BOOK WITH NUMBERS IN IT
- [ ] 5 LEGOS THAT ARE ALL DIFFERENT
- [ ] A PHOTO OF SOMEONE YOU LOVE
- [ ] AN ITEM YOU CAN SEE YOURSELF IN
- [ ] AN ITEM THAT MAKES YOU FEEL COZY
- [ ] A TOY THAT HAS 3 DIFFERNT COLORS
- [ ] A MOVIE THAT HAS "S" IN THE TITLE
- [ ] YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

65 INDOOR KIDS ACTIVITIES

...that don't involve screens

Be Creative

- Design cards for your friends
- Make your own play dough
- Make play dough sculptures
- Make slime
- Make a necklace out of beads or pasta
- Choreograph a dance
- Plan and perform a play
- Make shadow puppets
- Mix shaving cream & food coloring
- Use recycled materials for sculpture
- Baking soda and vinegar eruption
- Create a design with popsicle sticks
- Paint rocks
- Create something from a large box
- Create a secret code
- Create a giant paper airplane
- Build with blocks
- Create an art gallery with your artwork
- Make a collage
- Sew something with fabric
- Make sock puppets
- Write a poem
- Take photos
- Record a video
- Paint with sponges
- Build a structure with playing cards
- Use craft supplies to create animals
- Draw a picture of a person
- Cut out paper snowflakes
- Make something with pipe cleaners
- Make bookmarks

Stay Active

- Create an indoor obstacle course
- Plan an indoor scavenger hunt
- Build a fort with couch cushions

Play a game

- Play a card game
- Play a board game
- Have paper airplane races
- Line up dominos and watch them fall
- Play string games (Cats in the Cradle)
- Solve a crossword puzzle
- Put a puzzle together
- Play 20 questions
- Design a board game and play it
- Play with Legos

Imaginative Play

- Play dress up
- Play school
- Play farm
- Play family
- Play zoo
- Put on a puppet show

Cook & Bake

- Bake a snack
- Make ice cream
- Make popsicles
- Cook a meal
- Do a blind taste test

Other

- Write letters to family or friends
- Write in a journal
- Leave notes or gifts in neighbor's mailboxes
- Create and bury a time capsule
- Read a book
- Read a magazine
- Do a random act of kindness
- Turn on music and have a dance party
- Stack cups and knock them down
- Tell or write a story

Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

1 How many different words can you make from **the letters in this sentence, below?** Grab a pencil and paper and write a list!

"Learning from home is fun"

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!

4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

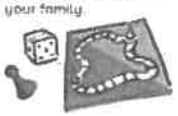
6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

8 Use an old sock to create a puppet. Can you put on a puppet show for someone?

9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?

12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.

14 Design and make an obstacle course at home or in the garden. How fast can you complete it?

15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.

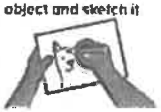
16 Keep moving! Make up a dance routine to your favourite song.

17 Write a play script. Can you act it out to other people?

18 Read out loud to someone. Remember to read with expression

19 Write a song or rap about your favourite subject.

20 Get sketching! Find a **photograph or picture of a person, place or object and sketch it**

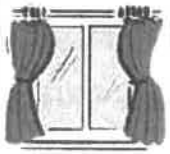


21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them

22 Draw a map of your local area and highlight interesting landmarks.

23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Breakfast

Scrambled eggs, meat and toast and fresh smoothie

Ingredients: Yields 2-4 servings

Scrambled Eggs

4 Eggs

1/4 cup milk

2 tablespoons butter

Salt and pepper

Meat:

Bacon or Sausage

Toast:

White

Wheat

Marble/rye

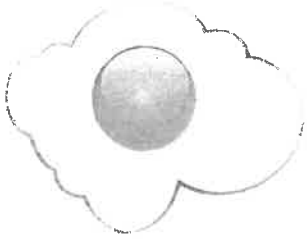
Smoothie

1 cup frozen fruit

1/2 cup plain yogurt

1/2 cup orange juice (any juice)

blender



Directions:

- BEAT eggs, milk, salt and pepper in bowl until blended.
- HEAT butter in large nonstick skillet over medium heat until hot. POUR IN egg mixture. As eggs begin to set, GENTLY PULL the eggs across the pan with a spatula, forming large soft curds.
- CONTINUE cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. Do not stir constantly. REMOVE from heat. SERVE immediately.
- Cook meat according to package
- Toast bread in toaster oven

Smoothie:

Place all ingredients in blender and mix for 1-2 minutes.

Coffee Cake Muffins

Yield 12 muffins

Prep time: 25 minutes

Cook time: 20 minutes

Total time: 45 minutes

Ingredients muffin:

1 1/2 cups all purpose flour

1/2 light brown sugar

2 teaspoons baking powder

1 teaspoon cinnamon

1/4 teaspoon baking soda

1/4 teaspoon salt

3/4 cup milk

1/3 canola oil

2 large eggs

Crumb topping:

1/3 cup granulated sugar

1/3 cup light brown sugar

1 teaspoon cinnamon

1/4 teaspoon salt

1/2 cup (1stick) butter melted

1 1/2 cups all purpose flour

Glaze:

1/4 cup confectioners sugar

1 teaspoon milk

Instructions:

- Preheat over to 375 degrees. Line a 12 cups muffin tin with paper liners or coat with nonstick cooking spray. Set aside.
- To make crumb topping, combine sugars, cinnamon and salt in a medium bowl. Whisk in melted butter. Add flour and stir using a rubber spatula just until moist. Spread out mixture on parchment paper to dry until ready to use.
- In a large bowl, combine flour, sugar, baking powder, cinnamon, baking soda and salt.
- In a large glass measuring cup or another bowl, whisk together milk, canola oil, and egg. Pour mixture over dry ingredients and stir using rubber spatula just until moist.
- Scoop the batter evenly into muffin tray. Sprinkle with reserved crumb topping, using your fingertips to gently press the crumbs into the batter. Place into oven and bake for 15-17 minutes. Or until a tester inserted in the center comes our clean.
- To make glaze, combine confectioners sugar and milk. Whisk until smooth. If the glaze is too thin, add more confectioners sugar as needed.
- When the muffins are done cool for 10 minutes and drizzle the glaze on each muffin.
- Allow glaze to set before serving.

Crepes

Pre Time 10 min

Ingredients:	Topping:
1 cup flour	Fresh fruit
2 eggs	Nutella
1/2 milk	Powdered sugar
1/2 water	
1/4 teaspoon salt	
2 tablespoon butter, melted	

Directions:

- In a large mixing bowl, whisk together the flour and eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
- Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter on the griddle using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
- Cool the crepes for about 2 minutes, until the bottom is light brown. Loosen with rubber spatula, turn and cook other side. Serve hot with fresh fruit, Nutella and powdered sugar.

Homemade Soft Pretzels

Ingredients:

1 tablespoon yeast

1 tablespoon sugar

2 cups warm water

1 cup flour

4 cups flour mixed with

1 tablespoon salt

1 egg

1 tablespoon water

Coarse salt

Prep time: 2 hours

Total Time: 2 hours 15 min

Yield: 16 pretzels

Directions:

- In a large bowl, stir yeast, sugar and warm water
- Let rest until yeast is dissolved and is a little foamy
- Stir in 1 cup flour. Then rest of flour mixed with the 1 tablespoon of salt
- Knead on lightly floured surface until smooth
- Place in oiled bowl, cover and let rise until doubled in size
- Remove and knead again just a little bit, gently
- Preheat oven to 450 degrees
- Cut into 16 pieces, roll each piece into 14'' ropes, shape into pretzels and place on grease cookie sheet or parchment paper
- Cover and let rise for 15 minutes
- Drop each pretzel into a small pot of boiling water, boiling each 1 minute on each side, and place back onto cookie sheet
- Brush each pretzel with egg wash (1 egg beaten with 1 tablespoon of water), sprinkle with coarse salt.
- Bake at 450 degrees for 12-15 minutes

Spaghetti & English Muffin Pizzas

Spaghetti:

1 box spaghetti

1 jar tomato sauce

English Muffin Pizzas:

6 English Muffins

2 cups tomato sauce

1 1/2 cups of shredded mozzarella cheese

Italian seasoning (to taste)

Instructions:

- Boil 8 cups of water
- Break spaghetti in half and place in boiling water. Cook to liking according to box (approx. 9 minutes). Drain. Place back in pot
- Cover spaghetti with tomato sauce.

English muffin pizzas:

- Preheat oven to 375 degrees
- Cut English muffins in half and place on baking sheet.
- Spread tomato sauce on each half to liking.
- Cover each half of English muffin with shredded Mozzarella cheese. Sprinkle with Italian seasoning.
- Bake at 375 degrees for 12-15 minutes or until golden brown.

Tacos & Guacamole

Ingredients:

Tacos:

1 pound ground beef

1 small onion

1 pack of taco seasoning

1/4 cup water

1 cup shredded cheddar cheese

2 cups chopped lettuce

1 tomato

Corn tortilla shells hard

Flour tortilla shells

Sour cream (if desired for topping)

Guacamole:

3 ripe avocados

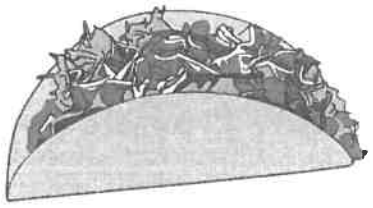
1 lime

1/2 cup red onion

1/2 cup tomato

fresh cilantro

tortilla chips



Directions:

- Chop onion
- In medium skillet, brown ground beef and onion over medium heat for 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently. Drain.
- Add in taco seasoning packet and 1/4 cup of water. Mix. Reduce heat to low; cover and simmer 10 minutes.
- To assemble tacos, layer beef mixture, cheese, lettuce and tomatoes in each taco shell. Serve with salsa; top with sour cream.

Guacamole:

- Peal and slice avocado, place in mixing bowl. Mash with fork.
- Add diced up onion, tomato and cilantro. Squeeze in fresh lime juice to taste. Mix and serve.

Land O'Lakes Microwave Fudge

Ingredients:

- ½ cup Land O'Lakes butter
- ¼ cup of milk
- 1 cup of semi-sweet chocolate chips
- 3 cups of powdered sugar
- 1 teaspoon of vanilla extract

Steps:

1. Line 8" square pan with aluminum foil, extending foil over the edges. Grease foil with butter.
2. Combine butter, milk, and chocolate chips in a large microwave-safe bowl. Microwave 2-3 minutes or until butter and chocolate chips are melted.
3. Stir in powdered sugar and vanilla; beat at medium speed, scraping bowl often, until smooth. Spread into prepared pan. Cover; refrigerate 1-1.5 hrs or until firm. Lift fudge from pan using foil ends; cut into squares.

***Recipe prep time: Approx. 15 mins.**

***Recipe yields: About 36 pieces (depending on size of slices made)**

***Total recipe time: Approx. 1 hr and 15 mins.**

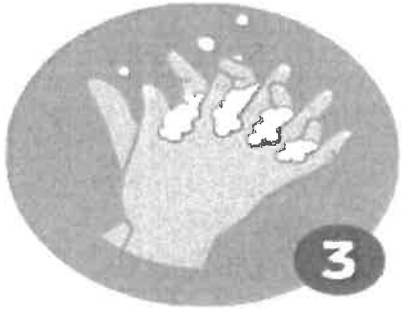
How to wash hands properly

BioCote

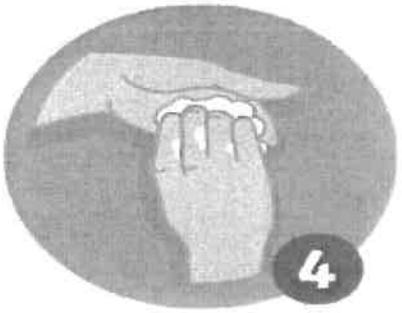
Starting with wet hands, apply liquid soap and then:

Rub palms together to create a lather

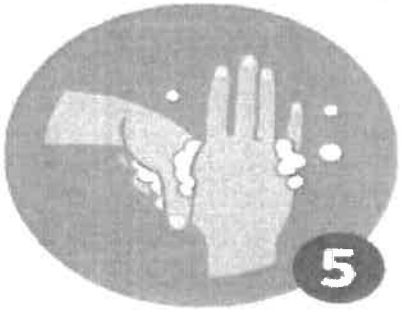
Palms over the back of hands



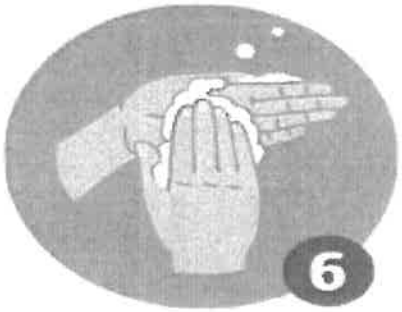
Rub between fingers



Nails into palms



Thumbs and wrists



Fingertips onto palms

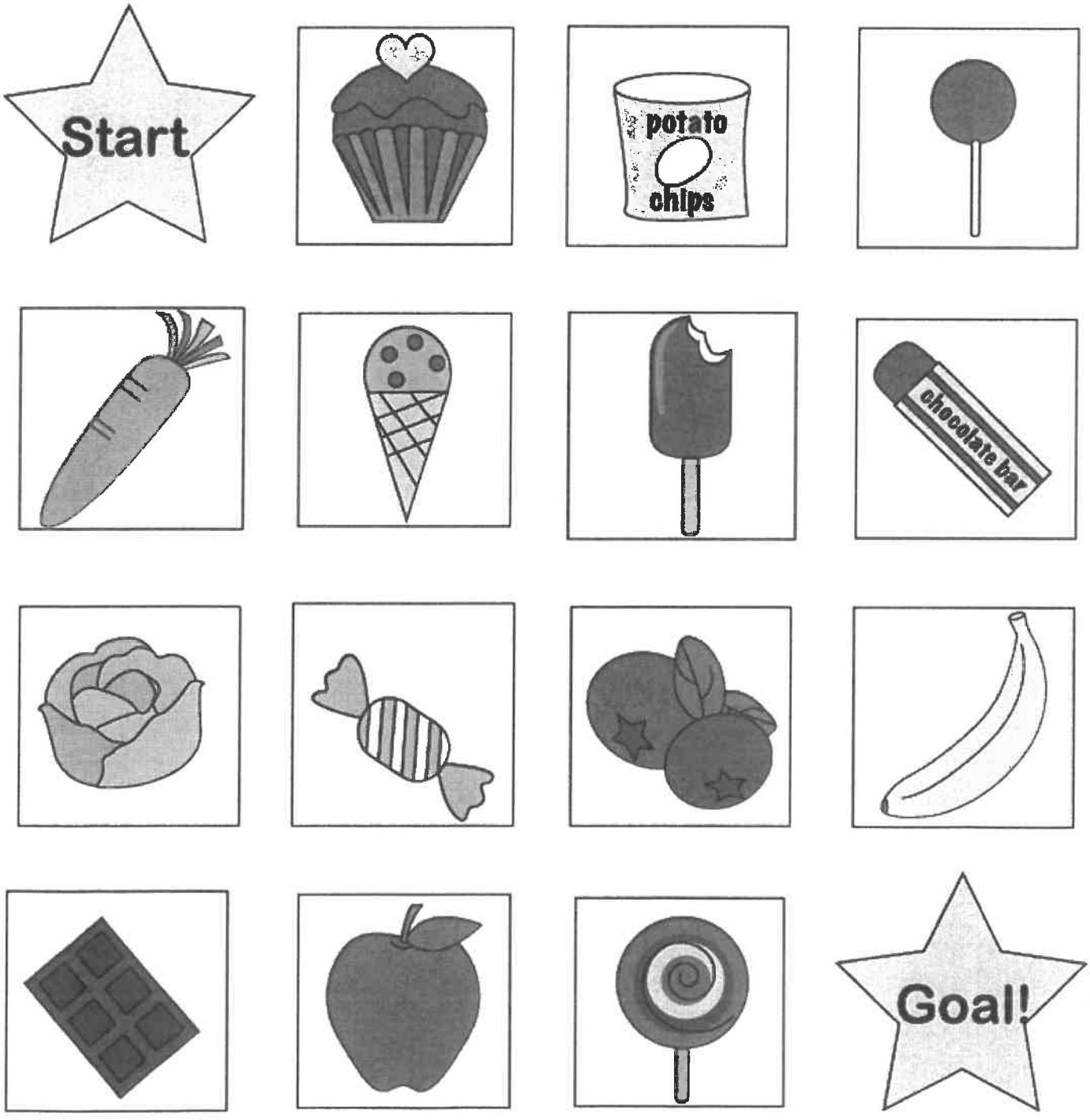
Finally, rinse hands with water and dry thoroughly.

KindergartenWorksheets.net

Free Health Education Worksheet

Name_____

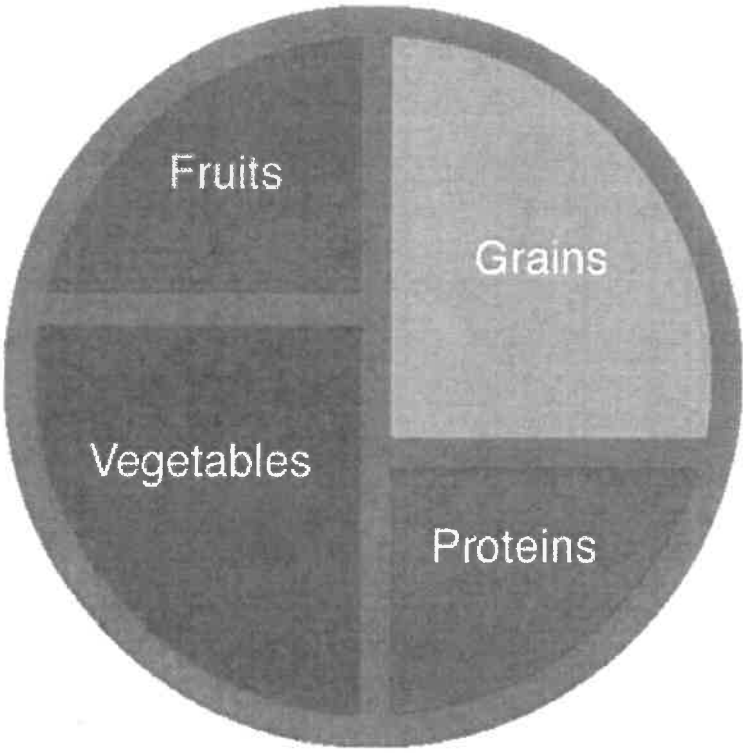
Connect all of the healthy foods to reach the goal.

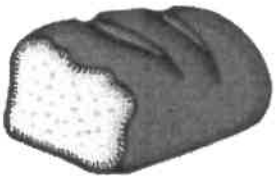


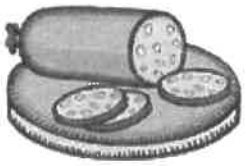
Name: _____

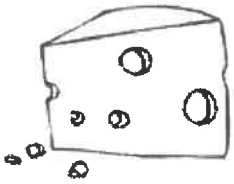
My Plate

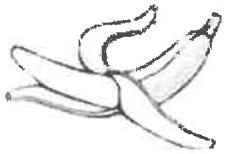
Directions: Eating the proper foods in the proper amounts is one way of staying healthy. Color the dot next to each food to show the group to which the food belongs.

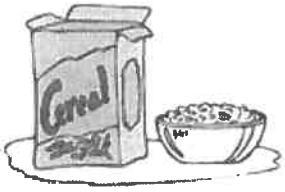


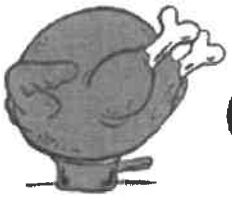












NAME:_____ CLASS:_____ DATE:_____

Let's Get Fooducated!

Product:

Ingredient List:

SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HIGH OLEIC CANOLA AND/OR PALM OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, VANILLIN--AN ARTIFICIAL FLAVOR, CHOCOLATE. CONTAINS: WHEAT, SOY.

Nutrition Grade

Nutrition Facts:

Serving Size 3 cookies (34g)
Serving Per Container 15

Amount Per Serving	
Calories 160	Calories from Fat 60
	% Daily Values*
Total Fat 7g	**11%**
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	**2%**
Calcium 2% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. How many cookies are in a serving? _____

2. How many servings are in a package? _____

3. How many cookies are in a package? _____

4. How many cookies do you have for a snack? _____

5. What's the first ingredient listed in the ingredient list? _____

6. How many grams of sugar per serving? _____

7. How many teaspoons of sugar per serving? (HINT: there are 4 grams of sugar per teaspoon) _____

8. Approximately how many teaspoons of sugar are in each cookie? _____

9. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

0 44000 00820 8

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NAME:_____ CLASS:_____ DATE:_____

Let's Get **Foodu**cated!

Product:

Nutrition Grade

Ingredient List:

Enriched Flour (Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Corn Syrup, High Fructose Corn Syrup, Dextrose, Vegetable Oil (Soybean, Cottonseed and Hydrogenated Cottonseed Oil (Less than 0.5 g Trans Fat per Serving) with TBHQ and Citric Acid for Freshness), Sugar, Cracker Meal, Contains Two Percent or Less of Wheat Starch, Salt, Dried Strawberries, Dried Apples, Dried Pears, Cornstarch, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Citric Acid, Milled Corn, Modified Wheat Starch, Gelatin, Caramel Color, Partially Hydrogenated Soybean and/or Cottonseed Oil (Less than 0.5 g Trans Fat per Serving), Modified Corn Starch, Xanthan Gum, Soy Lecithin, Color Added, Niacinamide, Reduced Iron, Red No. 40, Vitamin A Palmitate, Yellow No. 6, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid, Turmeric Color, Blue No. 1.

Nutrition Facts:

Nutrition Facts

Serving Size 1 pastry (52g)
Serving Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 2g	4%

Vitamin A 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Look at the product above. Read the ingredient list and nutrition facts.

2. What are good things about this product?	3. What are bad things about this product?

4. What nutrition grade should this product get? (examples: A, B+, C-) Write the grade in the Nutrition Grade circle above.

5. What do you think is a healthier alternative to this product? _____

0 38000 31710 1

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VOCABULARY BUILDING

Name: _____ Date: _____

FOOD AND DRINKS

- Use a dictionary to help you complete the chart below. All of the words must begin with the letter of the alphabet given. Some letters may have many different answers, while others may not have an answer.

A	apple	N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	