



May 2009

HCSF Newsletter

Spring is in full swing - the weather is warming up, flowers are blooming, and the grass is getting green! Create your own greenery with the *Spring in a Bottle* activity and get outside and enjoy the weather with the *Wolf and Sheep Tag* game below!



Becky and Joshua Schommer from Oneida show off Joshua's creation from Lesson 5's Make Your Own Placemat activity!



SPRING IN A BOTTLE

Time needed: less than 1 hour

If it feels like spring's taking too long to sprout, liven up a windowsill by making this mini greenhouse.

Craft materials:

- Clear 2-liter bottle
- Small flowerpot
- Potting soil
- Seeds
- Saucer
- Craft or popsicle stick



Directions:

1. Cut the top from a clear 2-liter bottle.
 2. Find a flowerpot that fits inside the bottle. Fill the pot with potting soil, then plant the seeds according to the packet directions.
- TIP:** Consider planting herbs, such as parsley, and basil, that can be transplanted outside once the weather warms, or grass, which grows fast and is fun to trim with scissors.
3. Place the pot on a saucer and poke in a marker labeled with what you're growing. Slip the bottle over the pot. Be sure to water the soil when it looks dry.
 4. Remove bottle once plant is well established and ready for planting outside.

WOLF AND SHEEP TAG

Also known as Triangle Tag, the game of chase not only features a hunter and his prey, but faithful sheepdogs for protecting the sheep.

How to Play:

1. Choose a Wolf, a Sheep and two Sheepdogs. The Sheep joins hands with the Sheepdogs, forming a three-person triangle.
2. The Wolf, standing outside the group, tries to tag the Sheep, while the Sheepdogs (without breaking their circles of hands) spin around, trying to keep the Wolf at bay.
3. When the Wolf tags the Sheep (easier said than done), the players change roles and give it another whirl.



Mythbusters



Food Myth: One and done

“I don't like it!!” If your child doesn't like "it" the first time you offer "it", they won't ever like "it".

So....the family is at the dinner table and you're serving squash, or cooked carrots, or sliced tomatoes. Kiddo pokes at "it", maybe takes one bite and makes "the face", looking at you as if you've just served her plutonium, gags and maybe chokes it down... or maybe not.

That's the end of that, right?

NOT SO FAST!



It can take many repetitions (10-12 times) for kids to accept new foods. Be patient, while also letting your child know that you hope they will try the food. As your child gets used to seeing the food, he/she may decide to try it another time.

Some tips to encourage new foods:

- **Serve a new food with other favorite foods** – then mealtime is more positive.
- **Serve only a very small amount (e.g. 1/2 of a teaspoon) the first couple of times**– if it looks like too much, kids may get turned off. Don't worry or get upset if your child doesn't eat all of it, try to appear neutral if he/she refuses it, but don't give up.
- **Encourage taste-testing** – ask your child to have a “polite bite” of each food.
- **Involve the kids** – take them grocery shopping and ask them which fruits and veggies the family should buy; have them help with food preparation: washing fruits and veggies, pulling grapes off the stems into another bowl, peeling carrots, etc.
- **Be a role model** – Choose healthy foods for yourself and be positive about your choices.

Mealtime motto: Parents get to decide what food choices are offered. Children get to decide which foods they'll eat, and how much. That way, both sides have a say.

BANANA DOG

INGREDIENTS:

- Whole-grain hot dog bun
- Peanut butter
- Sunflower seeds or wheat germ
- Banana
- Jam

Great way to use up those leftover hot dog buns!



DIRECTIONS:

Simply spread a whole-grain hot dog bun with a teaspoon or two of peanut butter, sprinkle with wheat germ or sunflower seeds, and top with a whole, peeled banana and a squiggle of jam. Add a side of skim milk to round out this fun to eat meal.