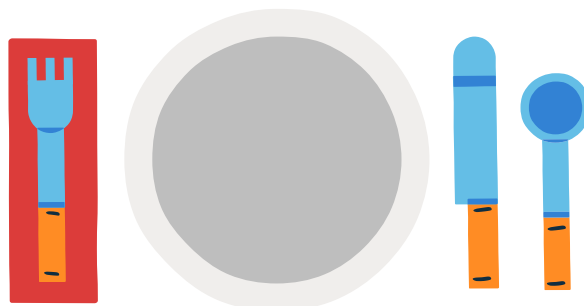


# At-Home Summer Guide for Preschoolers and Prekindergarteners (3 and 4 years old)

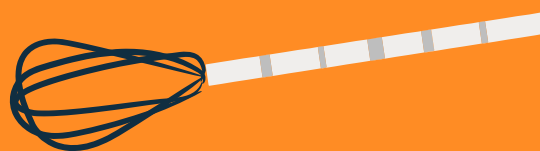
Week of August 17, 2020



This week continues the theme **Foods and Flavors**, where your child will learn about different foods, how to prepare recipes, and so much more! Whether you've returned to your center or you're still learning from home, we invite you to step into your kitchen and learn about Foods and Flavors!

This week utilizes your existing mealtimes to get your child looking at the **shapes** of their food and helping to **prepare food**. Books about food present an opportunity to introduce your child to a wide variety of foods and to look at foods from **other cultures**. Then it's all about fruit as your child makes observations about apples and uses fruit to create **edible art**!

Even though Foods and Flavors draws to a close this week, it doesn't mean the learning stops here! You can continue to talk about and explore foods with your child, using the list of age-appropriate cooking skills in the activity Measuring, Scooping, and Pouring to help guide your child's interactions in the kitchen.

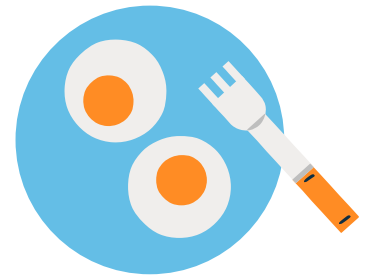


## Learning Adventures

are small-group enrichment programs in our centers designed to give children experiences in cooking, STEM, phonics, and music. One activity in this guide is adapted from these programs for your use at home. It's a great way to dig deeper into areas that may interest your child.



# This Week's Theme: Foods and Flavors



## What you'll find in this guide...

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order you'd like, repeating and revisiting them as often as you want! Click on the icons below to discover more...



### LET'S READ

#### Books about Food

Cozy up with a good book to learn more about foods and flavors.



### LET'S EXPLORE

#### Food Shapes

Take some time at mealtime to explore the shapes of the foods you eat.



### LET'S EXPLORE

#### Measuring, Scooping, Pouring

Invite your child to help you measure, scoop, pour, and so much more!



### LET'S EXPLORE

#### Exploring Apples

Your child uses their senses to compare two types of apples.



### LET'S CREATE

#### Fruit Faces

Your child explores their creative side by using fruit to make a face.



### GAME TIME

#### Spot the Difference

This game is all about observation as you and your child take turns figuring out what changed.



### LEARNING ADVENTURES: PHONICS ADVENTURES

#### Uppercase and Lowercase Match-Up

Your child will play a matching game to practice recognizing letters and their sounds.



### VIRTUAL FIELD TRIP

#### Canadian Apple Orchard

Check out this 360° video to learn about how apples are grown and harvested!

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020

## Getting Ready for the Week: Materials to Gather

### Books about Food:

- Books about food, such as *Bee-bim Bop!*; *¡TODOS A COMER! A Mexican Food Alphabet Book*; *Eating the Alphabet: Fruits and Vegetables from A to Z*; *The Very Hungry Caterpillar*; *Green Eggs and Ham*

### Food Shapes:

- Foods served during mealtime

### Measuring, Scooping, Pouring:

- Ingredients needed to prepare a recipe or meal
- Kitchen utensils needed to prepare a recipe or meal

### Exploring Apples:

- 2 types of apples, 1 apple of each type
- Cutting board
- Knife (for adult use only)
- Magnifying glass (optional)

### Fruit Faces:

- Bowls
- Butter knife or plastic knife
- Cutting boards
- Knife (for adult use only)
- Plate
- Various fruits, such as oranges, strawberries, watermelon, apples, bananas, and grapes

### Uppercase and Lowercase Match-Up:

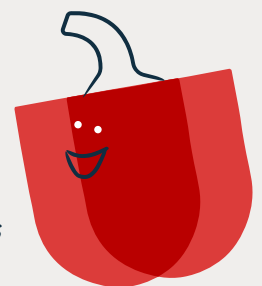
- Paper
- Scissors (for adult use)
- [Object Cards\\*](#)
- [Uppercase Letter Cards\\*](#) (optional)
- [Lowercase Letter Cards\\*](#) (optional)
- Marker\* (optional)

### Spot the Difference:

- Simple clothing items and accessories, such as hats, scarves, gloves, button up shirts, different colors of socks, and large bracelets

\* Note: If you aren't able to print the Letter Cards, you can make some using paper and a marker. Your child can view the object cards on your screen, as needed.

**Tip:** At the beginning of your week, gather materials so you're ready to go!



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020



## Let's Read: Books about Food

Cozy up with a good book to learn more about foods and flavors.



**Length of activity:**  
25 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement Required by Adult:** High



**Level of Prep Required:** Low



**What you need:** Books about food, such as *Bee-bim Bop!*; *¡TODOS A COMER! A Mexican Food Alphabet Book*; *Eating the Alphabet: Fruits and Vegetables from A to Z*; *The Very Hungry Caterpillar*; *Green Eggs and Ham*

### What your child is learning:

- How to make connections between text and illustrations
- The ability to pay attention to text read aloud
- How to ask and answer questions

### About the Activity:

Books provide a rich opportunity for your child to learn about different foods while engaging with you in conversations and building language skills. Select a book that includes food to read with your child.

### For your preschooler and your prekindergartener:

Begin by sharing the cover and the title of the book. Read the title and ask them, based on the title and the illustration on the cover, what they think the book is about. Read the book aloud. After reading the book, go back and look at the illustrations together and talk about the story. Ask your child questions related to the story, such as:

- Was the story about what you thought it would be about?
- What kinds of food(s) was this book about?
- Are there any foods in the book that you would like to try?



### Social and Emotional Learning

Selecting a book that includes cultural foods is a great way to help your child develop their understanding and acceptance of similarities and differences among people. Books such as *Bee-bim Bop!* and *¡TODOS A COMER! A Mexican Food Alphabet Book* offer an opportunity to talk about foods or dishes that may be unfamiliar to your child but that include ingredients that they are familiar with. After reading these books, be sure to talk with your child about the cultural aspects of food and how people from different parts of the world enjoy different types of foods, or how they enjoy the same foods but may prepare them differently.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Let's Explore: Food Shapes

Take some time at mealtime to explore the shapes of the foods you eat.

### Length of activity:

N/A

### Level of Engagement Required by Adult: High



### Level of Prep Required: N/A



### What you need:

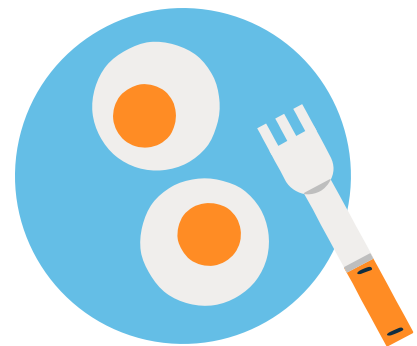
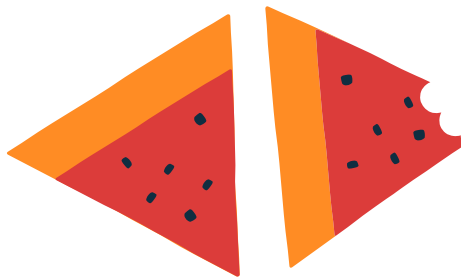
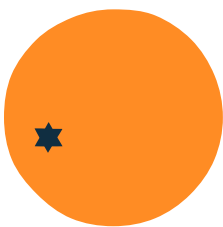
- Foods served during mealtime

### What your child is learning:

- To recognize and name two- and three-dimensional shapes
- How to identify different foods
- How to participate in conversation

### About the Activity:

This activity is about recognizing two- and three-dimensional shapes and can happen during any meal or snack, or over the course of multiple meals and snacks. While you don't need to make any special food preparations for this activity, you can get creative and intentionally prepare foods in specific shapes, such as having a "snack of squares" with square crackers and meat and cheese cut into squares.



# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## For Your Preschooler:

During the selected meal, ask your child to look at the foods on their plate and see if any of the foods look like a circle, square, or triangle. Talk with your child about the different shapes the two of you see. Over the course of multiple meals, you can ask your child to find certain shapes or ask them to take a bite of a certain shape.

### Circles

- Orange slices
- Cucumber slices
- O-shaped cereal
- Pancakes

### Squares

- Crackers
- Bread/Toast
- Cheese slices
- Waffles

### Triangles

- Pizza slices
- Tortilla chips
- Diagonally-cut sandwiches
- Watermelon wedges

## For Your Prekindergartener:

In addition to asking your child to look for circles, squares, and triangles, ask your child if any of the foods on their plate look like spheres, cylinders, or cubes. You can also include your child in preparing the foods and ask them to identify these shapes before foods have been prepared.

### Spheres

- Orange
- Peas
- Cantaloupe
- Meatballs

### Cylinders

- Penne pasta
- String cheese
- Zucchini
- Pretzel sticks

### Cubes

- Cubed potatoes
- Cheese cubes
- A square serving of lasagna
- Cubed fruit pieces

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020



## Let's Explore: Measuring, Scooping, Pouring

Invite your child to help you measure, scoop, pour, and so much more!

### Length of activity:

N/A

### Level of Engagement Required by Adult: High



### Level of Prep Required: Low

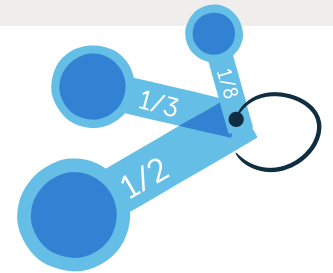


### What you need:

- Ingredients needed to prepare a recipe or meal
- Kitchen utensils needed to prepare a recipe or meal

### What your child is learning:

- How to use kitchen utensils appropriately
- How to follow instructions
- How to clean and prepare foods



### About the Activity:

This activity is all about involving your child in the cooking process. The intention is that your child will help you prepare a meal or a recipe and during that time you can help them learn how to use different, age-appropriate, cooking tools. However, you can also do this activity on its own by selecting a recipe to prepare with your child.

### For your preschooler and your prekindergartener:

Invite your child to help prepare a meal or a recipe. As they are helping, talk with them about the different ingredients you are using, the different kitchen utensils you are using and what they do, and the different ways you are cooking ingredients. Here is a suggested list of things your child can help with:

- |   |  |                                     |
|---|--|-------------------------------------|
| <input type="checkbox"/> Cutting with a butter knife or plastic knife   | <input type="checkbox"/> Mixing  | <input type="checkbox"/> Sprinkling |
| <input type="checkbox"/> Dipping  | <input type="checkbox"/> Pouring, with assistance  | <input type="checkbox"/> Squeezing  |
| <input type="checkbox"/> Juicing with a plastic juicer, with assistance | <input type="checkbox"/> Pressing with hands or rolling with a wooden or plastic rolling pin | <input type="checkbox"/> Stirring   |
| <input type="checkbox"/> Mashing  | <input type="checkbox"/> Scooping  | <input type="checkbox"/> Tearing    |
| <input type="checkbox"/> Measuring, with assistance                     | <input type="checkbox"/> Spreading   | <input type="checkbox"/> Whisking   |
|   |  | <input type="checkbox"/> Wrapping   |



### Social and Emotional Learning

Inviting your child to help you prepare meals is a great way to build their self-confidence as they try new things. It will also give them a sense of being a helpful part of the family and allow their independence to grow over time. Seeing and tasting the food they created, as well as knowing that the food they created can help feed and nourish the people in their family is a rewarding experience that will also help boost self-confidence.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020



## Let's Explore: Exploring Apples

Your child uses their senses to compare two types of apples.



**Length of activity:**  
25 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Medium**



**What you need:**

- 2 types of apples, 1 apple of each type
- Cutting board
- Knife (for adult use only)
- Magnifying glass (optional)

### What your child is learning:

- How to use their senses to make observations and comparisons
- How to participate in conversation
- How to use descriptive words to enhance observations

**About the Activity:** This activity is about observation, and how something can look different on the outside than the inside or depending on how it is cut. Show your child the whole apples. Ask them to share any observations they have, such as the color of the peel, the size and shape of the apples, how the apples feel and smell, as well as comparisons between the two apples.

**For your preschooler or your prekindergartener:** After your child has made observations about the outside of the apples, cut them in half. Cut one apple in half from top to bottom and the other in half across the middle section so your child can examine two different cross sections. Have your child look at the different apple halves and make additional observations. What do they see inside the apples? How do the apples smell on the inside? How is the color on the inside of the apple different than the color on the outside? If you have a magnifying glass, offer it to your child to use for their observations.

Next, cut a small piece of each apple type for your child to taste. Have them taste one piece and talk about the flavor and texture. Is it sweet? Tart? Juicy? Crunchy? Then have them taste the second piece and make the same type of observations, as well as compare the flavor and texture of the second apple to the first. Conclude the activity by talking with your child about which apple they liked more and why, encouraging them to use their observations when describing why.

After exploring the apples, you can remove the seeds and stems and cut up the apples to eat them for a snack, save them for the activity Fruit Faces, or check out this quick and easy [recipe](#) for homemade applesauce- be sure to halve the recipe or add two more apples to make the full recipe.



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020



## Let's Create: Fruit Faces

Your child explores their creative side by using fruit to make a face.



**Length of activity:**  
25 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** High



**Level of Prep Required:** High



### What you need:

- Bowls
- Butter knife or plastic knife
- Cutting boards
- Knife (for adult use only)
- Plate
- Various fruits, such as oranges, strawberries, watermelon, apples, bananas, and grapes

### What your child is learning:

- How to identify and prepare different foods
- How to use different tools and materials to create two- and three-dimensional art
- How to create art that represents animals, people, or things

### About the Activity:

Prior to the activity, have your child help you wash and prepare the fruit. For softer fruits, like strawberries and bananas, your child can use a butter or plastic knife to cut the fruit while you use a larger knife to cut harder fruits, such as melons and apples. As you're preparing the fruit, invite your child to make observations about how the whole fruit looks, feels, and smells and how this compares to the how the cut fruit looks, feels, and smells. Place each prepared fruit in a separate bowl. Suggested preparations include:

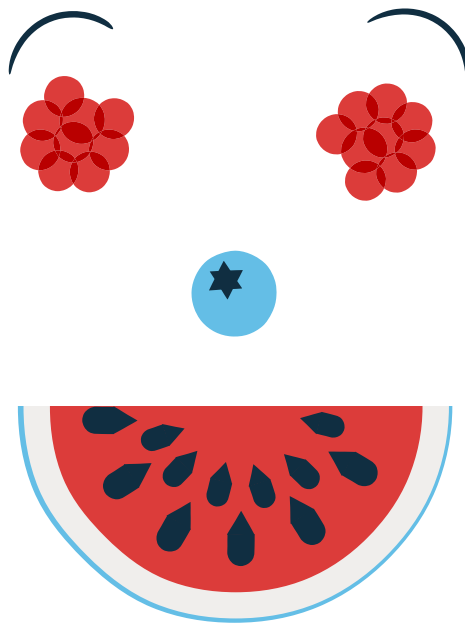
- Peel and segment fruits such as oranges or tangerines or cut them in half and then into slices or wedges
- Core strawberries and cut in half; slice them from top to bottom to create triangle-like slices
- Cut melons in wedges and remove the seeds, remove the rind if desired; for watermelon, you could also cut round slices to be the base of your child's fruit face
- Core apples and cut into slices or wedges
- Peel bananas and slice lengthwise or cut into slices
- Remove grapes from stems and cut in half to minimize choking hazards

# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## For your preschooler or your prekindergartener:

After you've prepared the fruit, give your child a plate and invite them to use the different fruits to create a face. As they are working, ask questions to help prompt their thinking, such as, "What are the different features of your face? Yes, you have eyes, a mouth, and a nose. How can you use the fruit to make eyes?" When they have finished their face, ask them to share how they used the fruits to create different details. If they are interested, invite them to use fruits to create other pictures. When the activity is complete, they can eat the fruit right off their plates, or the two of you can work to combine the remaining fruit into a tasty fruit salad!



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020



## Phonics Adventures: Uppercase and Lowercase Match-Up

Your child will play a matching game to practice recognizing letters and their sounds.



**Length of activity:**  
20–30 minutes\*

\* Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** High



**Level of Prep Required:** High



### What you need:

- Paper
- Scissors (for adult use)
- [Object Cards\\*](#)
- [Uppercase Letter Cards\\*](#) (optional)
- [Lowercase Letter Cards\\*](#) (optional)
- Marker\* (optional)

\* Note: If you aren't able to print the Letter Cards, you can make some using paper and a marker. Your child can view the object cards on your screen, as needed.

### What your child is learning:

- To identify and name letters out of sequence
- To recall and produce the sounds of letters
- To match uppercase and lowercase letter pairs

### About the Activity:

Print the Object Cards, Uppercase Letter Cards, and Lowercase Letter Cards (see above for suggestions if you aren't able to print). Cut the letter cards apart.

Shuffle the Uppercase Letter Cards and place them in rows and columns face-up on a table or flat playing area. Shuffle the Lowercase Letter Cards and place them face-down in a pile near the uppercase cards. Place the sheets of Object Cards nearby (or have them available for your child to look at on your screen).

# At-Home Summer Guide for Preschoolers and Prekindergarteners

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Show your child how to play the game by turning over a card from the stack of lowercase letters and naming the letter. Find the matching uppercase letter, then look at the Object Cards to find the object that begins with the same letter sound. "I turned over the lowercase letter h. Now I will look for the uppercase letter H...Here it is. What sound does letter h make? Letter h makes the /h/ sound. Which of these objects begins with the /h/ sound? House. 'House' begins with the /h/ sound of letter H." Place the matching letter cards in front of you. For the letter X, you will look for the object ending in the /x/ sound.

Play the game with your child in this way until all the letters have been matched.

## **For Your Preschooler:**

The first time you play this game with your child, start with the cards that correspond to half of the letters of the alphabet or fewer. As your child masters the game, gradually add more letters.

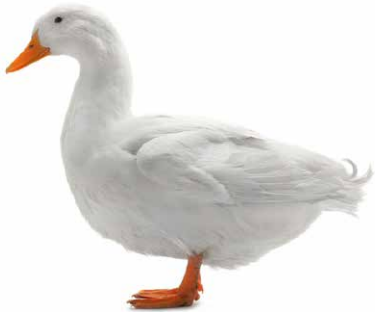
## **For Your Prekindergartener:**

If your child is mastering beginning letter sounds by matching the letter cards to their corresponding Object Cards, play the game without the Object Cards. As your child identifies each matching letter pair, have them identify the sound of the letter and think of a word that starts with that sound.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of August 17, 2020

## Object Cards (1 of 3)



# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Object Cards (2 of 3)



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## Object Cards (3 of 3)



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## Uppercase Letter Cards (1 of 3)

A

B

C

D

E

F

G

H

I



# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Uppercase Letter Cards (2 of 3)

J

K

L

M

N

O

P

Q

R

# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Uppercase Letter Cards (3 of 3)

S

T

U

V

W

X

Y

Z

# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Lowercase Letter Cards (1 of 3)

a

b

c

d

e

f

g

h

i

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## Lowercase Letter Cards (2 of 3)

j

k

l

m

n

o

p

q

r

# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Lowercase Letter Cards (3 of 3)

s

t

u

v

w

x

y

z

# At-Home Summer Guide for Preschoolers and Prekindergarteners

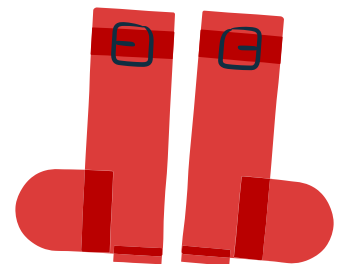
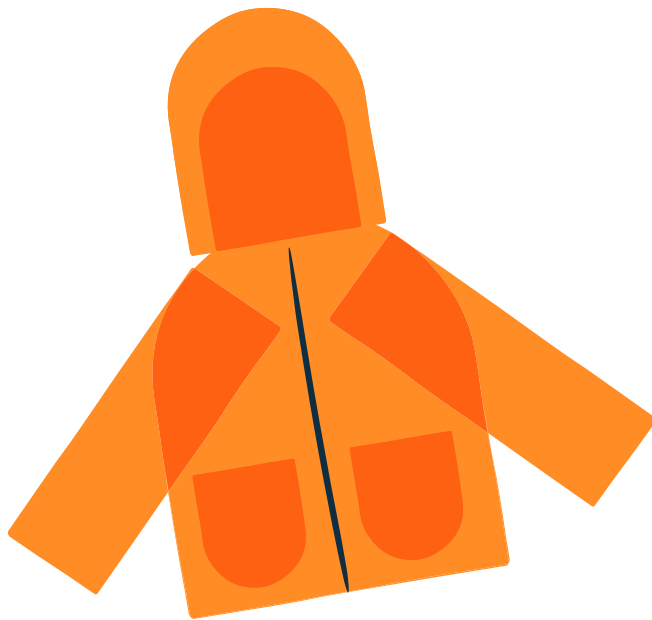
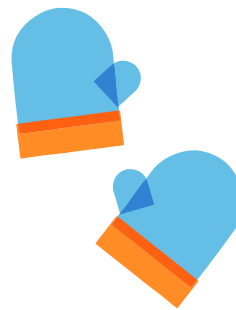
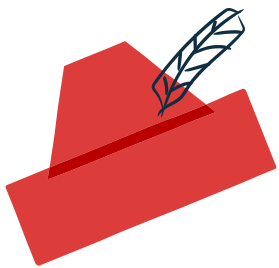
Week of August 17, 2020



## Game Time: Spot the Difference

This game is all about observation as you and your child take turns figuring out what changed. For this game, collect some simple clothing items and accessories, such as hats, scarves, gloves, button up shirts, different colors of socks, and large bracelets.

To play, have your child look at you and share that you're going to change one thing about the way you look, and they're going to have to figure out what you've changed. Have your child turn around so their back is turned toward you and change one thing about your appearance, such as putting on a hat or scarf or changing the colors of your socks. When you're ready, have them turn around see if they can figure out what you've changed. Assist your child as needed by providing hints or drawing their attention to the change. When they've figured out what you've changed, it is their turn to make a change. Turn your back and invite them to change one thing for you to figure out. Continue taking turns for as long as your child shows interest or time allows. As the game continues, your change might include removing something you added earlier, or making a more subtle change, such as turning your hat backward or changing the scarf you're wearing.



# At-Home Summer Guide for Preschoolers and Prekindergarteners

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## Virtual Field Trip: Canadian Apple Orchard

Check out this 360° video to learn about how apples are grown and harvested!



This video shares lots of interesting information about how apples are grown and harvested using a 360° video technique, which means you can click and drag on the video to look around as you listen to all the information. Take time to pause the video and talk with your child about what they see and ask if they have any questions.