

potpourri

APRIL 2021
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FEATURED RECIPES
Mexican Favorites

HEALTHY HABITS
Beginners Guides to Meal Planning

HEALTH ISSUES
Dangers of Childhood Asthma



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Week of the Young Child

WHAT IS IT?

Presented by the National Accreditation for the Education of Young Children (NAEYC), the Week of the Young Child (WOYC) aims to bring attention to the needs of young children and their children and their families. WOYC also aims to recognize early childhood programs and services that meet those needs.

HOW TO PARTICIPATE?

Held annually in the month of April, WOYC takes place April 10-16, 2021. Each day of the week has a designated theme. Child care providers can locate resources and activities for each theme on NAEYC's website at naeyc.org/woyc. Be sure to share your daily celebrations on social media with the hashtag #WOYC21

MUSIC MONDAY	TASTY TUESDAY
One way children can develop their early literacy and language skills is through songs, dancing, and listening to music. Encourage movement and activity by creating your own song, or your own dance to a song. Record it and share it on your social media platforms.	Encourage healthy nutrition and fitness habits at home or in the classroom. Use this day to cook together in the kitchen. Allowing the children to help with cooking enhances their movement, connects math with literacy skills and more.
WORK TOGETHER WEDNESDAY	ARTSY THURSDAY
When children work together on a project they explore and develop their social and early literacy skills. Encourage the children to work together to build a fort, or a city out of blocks.	Get creative while developing social skills and fine motor skills with open-ended art projects. Let the children make their own choices, use their imaginations to create. Using materials, celebrate the joy and learning the children experience when engaged in creativity.
FAMILY FRIDAY	
Support our youngest learners by engaging their families in the WYOC. Host a family fun night with activities and other games on Zoom to show your appreciation for the children and their families.	



#WOYC21

ON THE COVER: Myla was 5 years-old when she was diagnosed with autism. She enjoys horseback riding, dressing-up, musicals, spending time with her family and all things princesses, unicorns and mermaids.

HERBS & SPICES FOR YOU

The Potpourri's Guide to Kitchen Herbs and Spices

BASIL

Ocimum basilicum, or basil, is an herb in the mint family and grows outdoors during the summer seasons. There are several types of basil. The most common type is sweet basil, also known as the "kitchen basil." Other types of basil include purple basil, which is less sweet than common basil, lemon basil, which has a lemon flavor to it, and Thai basil, which has a licorice flavor.

NUTRITION

Basil is a good source of calcium, vitamin k and minerals such as iron, manganese, and magnesium. Basil also provides a range of antioxidants for reducing stress, fighting cancer, protection against aging skin, supporting cardiovascular health and more.

PREPARATION

Store basil from your garden in your kitchen by placing it in a glass of room temperature water to keep it fresh until use. Remember, basil dislikes cold temperatures. Putting basil in the refrigerator will cause discoloration of the leaves. Use your oven to dry the leaves before storing in the freezer for storage.

SELECTION AND STORAGE

Basil is best grown during the summer seasons in a warm and dry climate. Basil can be used fresh off the stem or dried and stored for later usage. The best method for storing basil is freezing the leaves in an airtight resealable plastic bag. This will prevent the plant from losing its flavor.

DRIED BASIL FACTS

- Use as a flavoring for soup, stews, tomato dishes, meat, fish, egg dishes, herb butters and herb vinegars.
- Did you know that the basil plant can grow 12-18 inches tall? It's true!
- The basil plant is extremely frost-sensitive and grows best in warm, dry climates.
- Add whole, chopped, or torn fresh basil leaves to a salad.

Nutrition Facts

Serving Size	2.1 g
Amount Per Serving	
Calories	4.9
	<small>% Daily Value *</small>
Total Fat 0.1g	0 %
Sodium 1.6mg	0 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0.8g	3 %
Sugar 0g	
Protein 0.5g	1 %
Vitamin D 0.00mcg	0 %
Calcium 47.04mg	4 %
Iron 1.89mg	10 %
Potassium 55mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRESH BASIL PESTO SAUCE

2 ounces basil
1 ounce parsley
1½ ounces parmesan cheese, grated
2 ounces pine nuts
2 ounces butter or margarine
2 cloves garlic
Salt



INSTRUCTIONS

1. Place basil, parsley, garlic, and parmesan cheese into a food processor. Blend until the ingredients are finely chopped and combined together.
2. Add the butter or margarine, continue to blend.
3. While continuing to blend, slowly pour the olive oil into the food processor. Sprinkle a pinch of salt into the mixture.
4. Add sauce to a bowl of freshly cooked pasta and sprinkle with pine nuts. Serve immediately.

Sources: www.nutritionvalue.org/Spices%2C_dried%2C_basil_nutritional_value.html, www.healthline.com/nutrition/basil, www.almanac.com/plant/basil#, <https://web.extension.illinois.edu/herbs/basil.cfm>, www.britannica.com/plant/basil, www.helpwithcooking.com/recipes/fresh-basil-pesto-sauce

MEXICAN FAVORITES

SPANISH RICE

INGREDIENTS

- 2 tablespoons cilantro, diced
- 1 cup onions, diced
- 2 cups green peppers, diced
- ½ teaspoon garlic cloves, minced
- 2 teaspoons canola oil
- ¼ cup celery, diced
- 1-1/3 cups corn
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ chili powder
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- 1/8 teaspoon onion powder
- 1/8 teaspoon cinnamon
- ¼ teaspoon garlic powder
- ¼ teaspoon oregano
- 3 cups beef broth, low-sodium
- 2 tablespoons tomato paste
- 1/3 cup tomatoes, diced
- 1 cup brown rice
- 1 cup water
- 1 tablespoon lime juice



SPANISH RICE



CHICKEN FAJITA

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Heat oil in a medium saucepan. Add onions, peppers, garlic cloves, and 1 Tablespoon cilantro. Sauté uncovered over medium heat for 2 minutes.
3. Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute, stirring constantly.
4. Add beef broth, tomato paste, and diced tomatoes to onion mixture. Bring to a boil. Reduce heat to low and cook for 5 minutes, stirring occasionally. Set aside for step 6.
5. Place brown rice in a medium baking dish.
6. Pour 3 cups beef broth mixture over rice. Add water and stir. Cover baking dish tightly.
7. Bake for 45 minutes.
8. Remove from oven. Squeeze lime juice over rice. Stir well.
9. Garnish remaining cilantro.
10. Serve 1 cup.

Makes 6 servings.
1 cup provides ½ cup vegetable, and 1 ounce equivalent grains.

MEXICAN SEASONING MIX

Makes ¾ cup.

Combine:

- | | |
|----------------------------|----------------------------------|
| 1 tablespoon dried oregano | 1 tablespoon paprika |
| 1 tablespoon garlic powder | 1 tablespoon onion powder |
| ¼ teaspoon ground cinnamon | 2 tablespoons dried minced onion |
| 2 teaspoons sugar | 2 teaspoons salt |
| 2 tablespoons chili powder | |
| 1 tablespoon ground cumin | |

CHICKEN FAJITA

INGREDIENTS

- 7 ounces chicken strips, cooked
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon dried oregano
- 1 Tablespoon Mexican seasoning mix
- ½ cup red bell pepper, diced
- ½ cup green bell pepper, diced
- ½ cup onions, diced
- 1¼ cups corn, thawed, drained
- ½ cup tomatoes, diced
- ½ cup salsa
- 1 teaspoon sugar
- 1/8 cup canola oil
- ¼ teaspoon paprika
- ¼ cup lime juice
- 6 whole grain tortillas

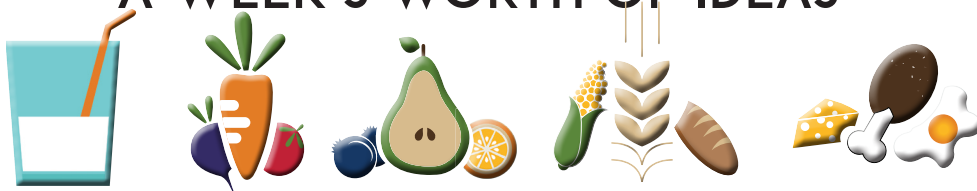
INSTRUCTIONS

1. Combine chicken, pepper, garlic powder, chili powder, cumin, and Mexican seasoning mix in a large bowl. Stir well and cover tightly. Allow chicken mixture to marinate for 12-24 hours.
2. Coat a medium saucepan lightly with the pan release spray. Heat saucepan over medium-high heat and place marinated chicken in the saucepan. Sauté uncovered for 5 minutes. Set aside for step 5.
3. In another medium saucepan, coat lightly with pan release spray. Add peppers and onions. Sauté uncovered over medium-high heat until onions are tender or 2-3 minutes. Set aside for step 5.
4. In a medium saucepan, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally.
5. In a large mixing bowl, combine marinated chicken, sautéed peppers and onions, and corn.
6. Portion ½ cup chicken mixture on a tortilla. Spread filling on half of tortilla and fold in half like a taco.
7. Serve 1 fajita.

Makes 6 servings.

1 Fajita provides ½ cup vegetable, 1 ounce equivalent meat alternate, and 1 ounce equivalent grains.

A WEEK'S WORTH OF IDEAS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

1. Strawberries
2. French Toast
3. Milk

1. Bananas
2. Oatmeal
3. Milk

1. Pears
2. Bagels
3. Milk

1. Blueberries
2. Pancakes
3. Milk

1. Peaches
2. English Muffin
3. Milk

LUNCH/DINNER

PEANUT BUTTER BANANA SANDWICH

1. Peanut Butter*
2. WGR Bread
3. Banana
4. Carrot Sticks
5. Milk

BBQ MEAL

1. BBQ Ground Beef
2. Bun
3. Coleslaw
4. Mixed Greens
5. Milk

CHEESY PASTA

1. Mozzarella Cheese
2. Whole Wheat Pasta
3. Tomato Sauce
4. Swiss Chard
5. Milk

BAKED POTATO

1. Shredded Low-Fat Cheddar Cheese
2. WGR Roll
3. Baked Potato
4. Salsa
5. Milk

SHRIMP STIR FRY

1. Shrimp
2. Brown Rice
3. Tomatoes
4. Green Bell Pepper
5. Milk

SNACK

1. Fruit Salad
2. Cottage Cheese

1. Bananas
2. Milk

1. Cheese
2. Cucumbers

1. Cantaloupe
2. Milk

1. Blueberries
2. Yogurt

1. Carrots
2. Milk

1. Toast
2. Milk

1. Breadsticks
2. Tomato Sauce

1. Apples
2. Milk

1. Peanut Butter*
2. Crackers

*This food is a choking hazard for children under 4 years of age.

WGR= Whole Grain-Rich Box= Part of a Combination Dish

PROVIDER PERSPECTIVE

ON THE IMPACT OF CORONAVIRUS IN 2020

Describe your experience with the Coronavirus (COVID-19) pandemic as a child care provider.

"When my mother was hospitalized with COVID-19, the virus spread to my whole family. I had to shut down the daycare to deal with the virus and the loss of my mother."

RENEE L. - MICHIGAN

A NOTE FROM YOUR STATE SPONSOR

"2020 and COVID-19 was hard for all of us. To all of those who lost a loved one due to coronavirus, our thoughts and condolences are with you and your families as you continue to heal. May we all find healing in 2021."

DENISE MEYER, EXECUTIVE DIRECTOR

Autism Spectrum Disorder



Written by Megan Roberts

"She couldn't have autism, her speech is so advanced."

"She couldn't have autism, she makes eye contact."

"She couldn't have autism, she doesn't act out in school and seems fine."

How could a parent of a daughter with autism ever know their child has autism when these are the stereotypes we use to define it? Perhaps our stereotypes and knowledge of autism are gender-specific, and girls with autism may be excessively overlooked.

Autism spectrum disorder, or ASD, is a range of conditions that impact social skills, repetitive behaviors, speech, and nonverbal communication (Autism Speaks). The Center for Disease Control currently estimates that autism affects 1 in every 54 children in the United States. Additionally, there is inconsistency in how many boys are diagnosed with autism than girls. Currently, more than 4 boys are diagnosed for every 1 girl with ASD (Child Mind).

Working as a field monitor for the CACFP for 12 years, I have encountered many articles about autism, participated in presentations and workshops about autism, and met many children with autism. When my daughter was under the age of one, she started to display some characteristics that lead me to pursue the possibility of ASD. Knowing the importance of early intervention, I pursued this question from infancy all the way up to age 5 when we finally received the autism diagnosis for my daughter. Time and time again, autism was dismissed immediately because she didn't fit the stereotypes, and often her symptoms were interpreted as other related conditions.



Our medical professionals weren't uneducated or unfamiliar with autism; they were unaware how ASD presents in girls. The model and criteria for diagnosis tends to be based on male symptoms, leading females to become overlooked because they often don't exhibit the same symptoms and tend to have an ability to mask those symptoms. Girls with ASD tend to display symptoms of anxiety, ADD/ADHD, and other related conditions, causing these characteristics to overshadow the underlying autism. Some characteristics in girls such as smiling, making eye contact, or making a friend can give the impression that autism is not present, therefore making diagnosis in girls more challenging.

The most important thing caregivers, professionals, and parents can do if they suspect autism in a child is to pursue an evaluation- even if some characteristics may not fit the typical autism model. Without a proper diagnosis, girls with autism can be left with a deteriorating self-esteem because they don't understand why they are different than their neuro-typical peers.



The symptom masking characterized in girls with autism can be emotionally taxing and the focus to 'fit in' can take the focus away from other important areas such as learning and building relationships. Without timely interventions, girls can miss out on early opportunities for support academically and socially.

Sources: https://sparkforautism.org/discover_article/are-girls-with-autism-hiding-in-plain-sight/, www.aane.org/women-asperger-profiles/, <https://childmind.org/article/autistic-girls-overlooked-undiagnosed-autism/>, www.autismspeaks.org/what-autism, www.autismspeaks.org/what-are-symptoms-autism

HOP, HOP, HOORAY

CHILDREN'S FAVORITES: PEAR BUNNY SALAD

INGREDIENTS

- 4 lettuce leaves
- 6 pear halves
- 1 maraschino cherry, quartered
- 8 pretzel sticks, halved
- 8 raisins
- Sprinkle of nutmeg

DIRECTIONS

1. Place one lettuce leaf on each plate. Put one pear half on each lettuce leaf for the head.
2. Slice two pear halves into 4 wedges each for ears. Add two pear wedges for the ears.
3. Sprinkle nutmeg where the bunny's mouth will be.
4. Place a cherry quarter to form the nose. Add pretzels for the whiskers and raisins for the eyes.



Makes 4 servings.

APRIL POTPOURRI WORD SEARCH

I	P	B	H	B	N	T	A	N	R	C	A	A	S
M	S	U	R	A	I	I	W	A	P	R	I	L	S
T	B	N	N	S	S	A	A	A	C	P	L	A	X
L	N	N	A	R	E	G	R	N	P	D	H	I	M
I	U	Y	C	H	I	N	E	P	S	D	D	H	P
S	M	B	I	E	E	S	N	R	R	N	N	A	Y
I	B	A	X	S	G	A	E	P	A	B	P	U	C
E	I	S	E	T	R	N	S	S	H	N	C	T	W
O	A	I	M	N	A	R	S	O	I	L	U	I	S
A	B	L	E	W	M	B	H	P	E	A	R	S	P
A	N	E	S	X	T	R	E	C	Y	T	R	M	R
N	N	E	N	S	S	I	S	W	A	S	P	R	I
H	C	Y	E	A	M	H	T	S	A	A	N	S	N
U	Y	G	A	D	O	O	H	D	L	I	H	C	G

SPRING
PEAR
AWARENESS
BUNNY
MEXICAN
AUTISM
BASIL
APRIL
ASTHMA
CHILDHOOD

CRAFT CORNER: FESTIVE EGG CRAFT

SUPPLIES

- Tissue Paper (various colors)
- Glue (diluted)
- Cardboard
- Scissors
- Paint brush



DIRECTIONS

Cut an egg shape out of cardboard (an empty cereal box works well for this craft). Cut tissue paper into small, 1-2 inch squares. Crinkle up the squares into small balls. Paint glue onto the egg and let the children's imagination run as they place the tissue paper balls on the egg.

ACD BOOK CLUB



Voyage to the Bunny Planet

Author: Rosemary Wells
Ages: 2-4 years

These poems feature bunnies who have had a rotten day. Using their imagination, they escape to Bunny Planet, where they imagine what the day should have been.

"Pipo está asustado"

Author: Paloma Hoyos Sáez
Ages: 3-5 years



Based on a true story, Pipo is a rabbit who needs the help of his new family and friends to overcome fears and learn to trust again in himself and others. Teaches children about dealing with fear, change, and adversity.

Beginner's Guide to Meal Planning

Meal planning can be a challenge in the beginning, but it makes a big difference in dietary change, saving money and time, reducing food waste and more. Check out these 5 tips to get you started on meal planning for your week.

✓ HAVE A DAILY TEMPLATE

Meal planning does not necessarily mean creating a new meal from scratch every week or even every day of the week. Create a template of the general types of food you cook each day of the week and the number of times you use each main food.

✓ FOCUS ON RECIPES

Once you find recipes you enjoy, reuse those recipes every few weeks or switch it up in a minimal way by changing the meat, veggie, fruit, or grain component. Once you build a list of recipes you enjoy, you can begin using those to include in your planned meals for a few nights of the week. If you're looking for a challenge, create something new for dinner for one or two nights a week.

✓ UTILIZE YOUR PROTEIN

Protein can be the most expensive part of the meal. If you're on a tight budget, consider exploring stir-fries and casseroles. These are great options for adding more vegetables and less meat to your meals.

It's important to know that there is not a "one size fits all" mentality for meal planning. It is also important to be aware that your meal planning may look different as the seasons and your life changes. Take a moment to sit down and plan out your meals in a template before grocery shopping. You may find that your grocery shopping will become more efficient, saving you money and reducing waste.

✓ SPICE UP YOUR LIFE

Basic and easy recipes can taste completely different by adding or switching up the spices. Buying herbs and spices in bulk saves money while adding life to your traditional meals.

- Mexican Flavor: cumin or chili powders
- Indian Flavor: curry
- Italian Flavor: basil, thyme, oregano, and garlic
- Asian Flavor: Chinese five spice

Adding these spices and herbs to your cabinet will give you the opportunity to take your taste buds on an adventure by trying cultural dishes from other countries in your own kitchen.

✓ LEFTOVERS

When meal prepping, make extra foods to serve again for breakfast and lunch. Not only does this save money, but it reduces food waste as well. Most foods can be added to an omelet for breakfast or a salad for lunch.

Dangers of Childhood Asthma

According to the Seattle Children's Hospital, over 10% of children struggle with asthma. Childhood asthma, while manageable, can have serious life consequences if untreated. Asthma occurs when the lungs and airways become inflamed when exposed to certain triggers. Triggers can be infections, pollens, animals, tobacco smoke, vapors, and in some cases a serious food allergy. Asthma can flare up at any time, but is rarely discovered in children under one year of age.

What about the dangers of an asthma attack? How do you know if a child is experiencing an asthma attack? What do you do if they experience an attack?

SIGNS & SYMPTOMS

A child may be having an asthma attack if they are wheezing, which is a high-pitched whistling or purring-like sound heard best when the child is exhaling. Other signs of an asthma attack include coughing, difficulty breathing and a tightened chest.



PREVENTION

Unfortunately, childhood asthma cannot be cured and can continue into adulthood. Fortunately, there are some tips that child care providers can do to reduce the effects of a child experiencing an asthma attack.

TIP 1: Add a humidifier to the room if your environment is dryer than normal.

TIP 2: Keep the child hydrated by having them drink lots of fluids. Hydration will loosen up any phlegm in the lungs.

TIP 3: Be aware of what triggers the child. Do your best to remove those agents to avoid future asthma attacks.

TIP 4: Monitor the seriousness of the child's asthma. Reduce the amount of exercise they are engaging in if needed.

TIP 5: Know how the child's medications and inhalers operate. Make sure all medications are labeled and stored correctly in case the child has an attack while in your care.

A call to the doctor is advised if a child has difficulty breathing, if the child is in need of the relief medication more than every 4 hours, if the wheezing lasts over 24 hours, or if the child's symptoms continue to worsen over time.

Lastly, another tip for child care providers would be to have a conversation with the child's parent/guardian about their history and severity with childhood asthma. Find out from them how you can best serve their child.

Sources: [www.seattlechildrens.org/conditions/a-z/asthma-attack/#:~:text=Your%20child's%20quick%2Drelief%20\(rescue,is%20having%20any%20asthma%20symptoms](http://www.seattlechildrens.org/conditions/a-z/asthma-attack/#:~:text=Your%20child's%20quick%2Drelief%20(rescue,is%20having%20any%20asthma%20symptoms).

HOW SERIOUS IS THE ASTHMA ATTACK?

Use this scale to determine how harmful the asthma attack is.

MILD: At rest, there is no shortness of breath. Mild shortness of breath while walking. The child can talk normally and speak in sentences. Wheezing not heard.

MODERATE: Shortness of breath at rest. Wheezing is more noticeable. The child is speaking in phrases and wants to sit down.

SEVERE: Strict shortness of breath while resting. The child may be wheezing loudly and is struggling to breathe and speak.

CENTER SPOTLIGHT



JENNIFER HARDING
NAZARENE WEE CARE CENTER
PORTAGE, MI

Nazarene Wee Care Center is on a mission to grow a bright future for every child in Portage, Michigan. Hosted by the Cross Community Church of the Nazarene, this child care center has been operating since 1977. For 43 years the program has been serving the community with their high-quality infant and preschool services as well as before and after school programs. With over 100 children enrolled in the program, the center is currently serving a daily maximum of 90 children.

Jennifer Harding has been the director of *Nazarene Wee Care Center* for the past 16 years. Harding first got involved in child care when she realized her passion for “teaching children and watching them grow.” What makes *Nazarene Wee Care Center* special is the opportunity to provide the highest quality care and the connections this experience creates between the staff, children, and the families. “We’ve become a family,” Harding says describing the nature of the relationships between members of the staff, the children, and the families. “We all truly love the children and we [the staff] provide a loving and nurturing environment where the children can grow and learn,” Harding adds

When striving for providing high-quality care, Harding and her team create a fun environment for the children to play and learn. *Nazarene Wee Care Center* is built upon three pillars of foundation: love, learn, and live. Center staff achieve a fun, playful learning environment by encouraging children to express themselves through language, art, music, and physical activity. “Our staff truly are amazing,” Harding mentions when sharing about the team at *Nazarene Wee Care Center*. “They always put the children first and are passionate about what they do.”

Operating *Nazarene Wee Care Center* has not always been easy for Harding and the team. Harding elaborates on the challenges they face, “The greatest challenge lately has been COVID and trying to manage all that goes along with it. We really try to combat it by thinking outside the box. Everything we do has to be done differently than before.” While COVID continues to be a challenge for much of the child care world and beyond, Harding offers advice that has helped her staff combat these challenges, Always try to stay positive and have a good attitude. Your staff, parents, and children are always watching you. You set the tone for your center.” Harding continues, “Take time for you to destress. This is a good step to continue your positivity without being burned out.”

April 2021 Potpourri Quiz


Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit www.acdkids.org, and click on the Training tab then "Potpourri Newsletter."

1. Types of basil include all of the following except:
 - a. Sweet basil
 - b. Lemon basil
 - c. Mint basil
 - d. Thai basil
2. The basil plant can grow up to ____ tall.
 - a. 2-6 inches
 - b. 6-12 inches
 - c. 12-18 inches
 - d. 18-36 inches
3. Basil is best grown inside during the spring and fall season.
 - a. True
 - b. False
4. Autism currently affects ____ children in the United States.
 - a. 1 in every 5
 - b. 1 in every 54
 - c. 1 in every 75
 - d. 1 in every 100
5. Currently, the autism diagnosis ratio is ____ boy(s) per every 1 girl.
 - a. 4 boys
 - b. 5 boys
 - c. 10 boys
 - d. None of the above
6. Diagnosing autism in boys and girls are is the same.
 - a. True
 - b. False
7. Which is not a theme of Week of the Young Child?
 - a. Family Friday
 - b. Music Monday
 - c. Artsy Thursday
 - d. Wellness Wednesday
8. The purpose of Week of the Young Child is to bring attention to:
 - a. The needs of young children
 - b. The needs of families
 - c. Promote NAEYC
 - d. Both a and b
9. Week of the Young Child is open to all child care providers and families.
 - a. True
 - b. False
10. Meal prepping benefits:
 - a. Dietary changes
 - b. Saving money
 - c. Saving time
 - d. All of the above
11. If you are on a tight meal planning budget, consider exploring:
 - a. Stir-fries and casseroles
 - b. Coupons
 - c. Grocery store apps
 - d. Eating the same food daily
12. Meal planning is a "one size fits all" mentality.
 - a. True
 - b. False
13. ____ of children struggle with asthma.
 - a. 10%
 - b. 1 in 4
 - c. Less than 2%
 - d. 30%
14. ____ is not a typical trigger of asthma.
 - a. Pollen
 - b. Water
 - c. Exercise
 - d. Tobacco Smoke
15. A severe asthma attack is:
 - a. Shortness of breath while resting
 - b. Wheezing loudly
 - c. Struggling to speak
 - d. All of the above

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The Association for Child Development educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1 Baseball		2 Autism Awareness Day	
						Toss a baseball around in the backyard during outdoor time.		Wear blue in support of Autism Awareness. Read a book about autism and showing empathy to others to the children.	
5 Dye Eggs		6 Fajitas		7 World Health Day		8 Gardening		9 Name Yourself	
Grab your paints, water, and a carton of eggs and dye the eggs.		Spice up your taco Tuesday by cooking the fajita recipe found on page 4.		Celebrate by taking a walk around the block and eating a nutritious meal or snack.		Grow indoor herbs or prepare your outdoor garden for springtime.		Make up a different name for yourself, and ask everyone to call you that name for the day.	
12 Music Monday		13 Tasty Tuesday		14 Work Together Wednesday		15 Artsy Thursday		16 Family Friday	
Have a dance party or learn a new dance.		Serve a simple and tasty snack that the children can help prepare.		Create a scavenger hunt that the children can work together to find the items.		Check out the springtime craft on page 7.		Invite the families on a field trip to the local art museum.	
WEEK OF THE YOUNG CHILD #WOYC21									
19 Basil		20 Movie Marathon		21 Fake Accent Day		22 Earth Day		23 High Five Day	
Try a taste of basil with the recipe on page 3.		Build a blanket fort and watch a movie.		Practice different accents such as British, southern, or Australian.		Weather permitting, take a walk on the nearest nature path.		Reward children with a high five. How many high fives can the children get?	
26 Bubbles		27 Picnic		28 Shadow Puppets		29 Mexican Rice		30 Pajama Party	
Blow bubbles and let the children run around trying to pop or catch them.		Weather permitting, grab some blankets and take your lunch time outside.		Turn off all the lights in the room. Use a flashlight to see who can make the most creative shadow puppet.		Try a taste of Mexico with the Mexican rice recipe found on page 4.		Wear your pajamas all day long.	