

# potpourri

MAY 2021  
VOLUME 47 | ISSUE 5



**FEATURED RECIPES**  
Vegetables

**HEALTHY HABITS**  
The Power of Parental Involvement

**HEALTH ISSUES**  
Carbon Monoxide Poisoning



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**COVER STORIES**4. **Featured Recipes**

Vegetables

8. **Healthy Habits**

The Power of Parental Involvement

9. **Health Issues**

Carbon Monoxide Poisoning

**FEATURES**3. **Featured Food:**

Mustard Seed

5. **Menus: A Week's**

Worth of Ideas

6. **Childhood Challenges:**

5 Hacks to Safe Weight Loss

7. **Activity Page**

Cinco De Mayo

10. **Provider Spotlight**

Carol Reed

**IN THE NEWS****PROVIDER APPRECIATION DAY**

May 7<sup>th</sup> is National Child Care Provider Day! We are beyond grateful and thankful for all that you have done this past year. If you chose to close your child care out of concern for your safety, thank you. If you chose to open at half capacity, thank you. If you chose to offer and assist with virtual care, thank you. Our Michigan and Illinois providers are true superheroes and we cannot thank you enough. Thank you for all you do!

**DO YOU MAIL IN ENROLLMENTS?**

Over the course of the past year and well into 2021, the services provided by the United States Postal Service (USPS) has slowed down drastically. We recognize that COVID-19 has affected the ability to provide service while the quantity of mail continues to increase. It is recommended to all ACD Providers who are mailing in their enrollments to do so well ahead of time in order to receive your claims properly and in a timely manner. Mail delivery has slowed down and is proving to be delayed, causing problems with processing claims.

If able, we encourage you to save yourself time and money by making the transition into claiming online. To start this process, please contact your Field Monitor or your perspective ACD Sponsor at [mifrontdesk@acdkids.org](mailto:mifrontdesk@acdkids.org) (Michigan) or [illinois@acdkids.org](mailto:illinois@acdkids.org) (Illinois).

**FOR MICHIGAN CENTERS ONLY**

The 10 Cents a Meal Grant is back! 10 Cents a Meal for Michigan's kids and farms is a state program that provides schools and early childhood education centers up to 10 cents per meal in match funding to purchase and serve Michigan-grown fruits, vegetables, and legumes. If you are a center, we encourage you to join this program! We ensure you that it will be worth the work put into applying for the grant and receiving the funds to support local farmers and the children in your care.

Don't hesitate. Apply today at [www.tencentsmichigan.org](http://www.tencentsmichigan.org).



**ON THE COVER:** Penelope, 3, likes to play with her toys, play princess dress up, sing, and jump on the trampoline. Her favorite color is purple and she loves to eat spaghetti.

# HERBS & SPICES FOR YOU

*The Potpourri's Guide to Kitchen Herbs and Spices*

## MUSTARD SEED

The mustard seed has been used throughout European history dating back over 5,000 years ago. The mustard seed comes from a mustard plant which is a vegetable related to broccoli, brussel sprouts, and cabbage. The seeds are obtained from the fruit pods found on the plant and are usually odorless. In fact, the seed releases pungent smells when crushed and mixed with water.

There are three types of mustard seeds: black, brown, and white. Black mustard seeds contain the most pungent taste. Brown mustard seeds are also pungent in taste but are bitter. Brown mustard seeds are typically used to create Dijon mustard. White mustard seeds are considered to be more mild in taste, and are used to make American yellow mustard.

### NUTRITION

Mustard seeds are an excellent source of selenium, omega-3 fatty acids, manganese and vitamin B1. These vitamins and minerals have been proven to help reduce the severity of asthma, blood pressure and arthritic pain.

### SELECTION AND STORAGE

Sold as whole seeds, or as a ground powder, mustard seeds and mustard powder, should be kept in a tightly sealed container in a cool, dark, and dry place. Mustard prepared from scratch or in the form of an oil should be refrigerated.

### PREPARATION

Consume the mustard seeds as is by roasting them in a skillet with vegetable oil. Release the flavors of the mustard seed by creating your own mustard condiment. Just soften the seeds with vinegar or water, then grind them into a smooth paste, adding in your preferred herbs and spices to give your homemade mustard a unique taste. Another tip is to steep the seeds in warm, milk whisking into salad dressing, or sprinkling ground seeds into warm meals.

### MUSTARD SEED FACTS

- Use as a condiment in a variety of dishes, including salad.
- Add a collage of taste and color to rice by sprinkling some brown, black, and white mustard seeds.
- American yellow mustard is prepared with white seeds, vinegar, spices, turmeric, and sugar.
- The mustard plant is a versatile addition to ones diet as the seeds and the leaves are edible.



### BASIC MUSTARD

- 6 Tablespoons mustard seeds
- ½ cup mustard powder
- ½ cup water
- 3 Tablespoons vinegar
- 2 teaspoons salt
- 1 teaspoon ground turmeric (optional)
- 2 Tablespoons honey (optional)
- ¼ cup minced fresh herbs (optional)

### INSTRUCTIONS

1. Grind the mustard seeds for a few seconds.
2. Pour the semi-ground seeds into a bowl and add the salt and mustard powder. If using, add one of the optional ingredients.
3. Add water and stir well. Let sit for 10 minutes, then pour in the vinegar.
4. Pour into a glass jar and store in the fridge for at least 12 hours before using.

Sources: [www.whfoods.com/genpage.php?name=foodspice&dbid=106#purchasequalities](http://www.whfoods.com/genpage.php?name=foodspice&dbid=106#purchasequalities), [www.nutrition-and-you.com/mustard-seeds.html](http://www.nutrition-and-you.com/mustard-seeds.html), <https://honest-food.net/how-to-make-mustard-2/>

# VEGETABLES

## VEGETABLE FRITTATA



## VEGETABLE FRITTATA

### INGREDIENTS

- 1½ cups mushrooms, chopped
- 1 cup onions, diced
- 1 cup red bell pepper, diced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups spinach, chopped
- 1/3 cup cheddar cheese, low-fat, shredded
- ¼ cup milk, skim
- 3 eggs
- ½ cup flour, whole-wheat

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered over medium heat for 2 minutes.
3. Add spinach. Cook uncovered over medium heat for 1-2 minutes or until wilted.
4. Pour vegetable mixture into a roasting pan.
5. Cover and refrigerate at 40°F for 30 minutes.
6. Once cooled, sprinkle cheese evenly over vegetable mixture. Stir well.
7. Lightly coat a muffin pan with cooking spray. Portion 2 Tablespoons of the vegetable mixture into muffin cups. Set aside for step 9.
8. In a large bowl, combine milk, eggs, and flour.
9. Portion ¼ cup egg mixture on top of vegetable mixture in each muffin cup.
10. Bake for 30 minutes or until golden brown and eggs are slightly firm.
11. Serve 1 frittata muffin

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

## SAUTEED SPINACH AND TOMATOES

### INGREDIENTS

- 1 Tablespoon margarine, trans fat-free
- ¼ cup onion, diced
- ½ cup red bell pepper, diced
- 2 teaspoons garlic
- 2 teaspoons ginger, chopped (or ½ teaspoon ground ginger)
- ¼ teaspoon red pepper flakes
- 12 ounces spinach
- 2 ounces tomato paste
- ¼ teaspoon salt

### INSTRUCTIONS

1. In a medium saucepan, heat margarine over medium heat.
2. Add onions, bell peppers, garlic, ginger, and red pepper flakes. Sauté uncovered for 3 minutes, stirring frequently.
3. Add spinach. Once leaves begin to wilt, add tomato paste. Stir frequently.
4. Add salt and stir well. Sauté uncovered over medium-heat, for 1 minute stirring frequently. Transfer to a serving disk to keep warm.
5. Serve ½ cup.

**Makes 6 servings.**  
**Provides ½ cup vegetable.**



## SAUTEED TOMATOES & SPINACH

Sources: [https://fns-prod.azureedge.net/sites/default/files/resource-files/Vegetable\\_Frittata\\_6\\_Servings.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/Vegetable_Frittata_6_Servings.pdf), [https://fns-prod.azureedge.net/sites/default/files/resource-files/Sauteed\\_Spinach\\_6\\_servings.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/Sauteed_Spinach_6_servings.pdf)

# A WEEK'S WORTH OF IDEAS



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

BREAKFAST

1. Boiled Egg
2. Hash Browns
3. Milk

1. Kix Cereal
2. Peaches
3. Milk

1. Enriched Grits
2. Oranges
3. Milk

1. Biscuits
2. Bananas
3. Milk

1. WG Waffle
2. Blueberries
3. Milk

LUNCH/DINNER

### BLACK BEAN & QUINOA SOUP

1. Black Beans
2. WGR Quinoa
3. Tomatoes
4. Plums
5. Milk

### EGG SALAD SANDWICH

1. Egg Salad
2. WGR Bread
3. Romaine Lettuce
4. Orange Slices
5. Milk

### RED BEANS AND RICE

1. Red Beans
2. Brown Rice
3. Peas and Carrots
4. Fruit Cocktail
5. Milk

### HUMMUS DIPPERS

1. Hummus
2. WGR Pita Bread
3. Carrots
4. Pepper Strips
5. Milk

### BAKED PORK CHOPS

1. Pork Chop
2. WGR Roll
3. Green Beans
4. Sweet Potato Wedges
5. Milk

SNACK

1. Life Cereal
2. Milk

1. Kiwi
2. Brown Rice Cakes

1. Cheese Sticks
2. Milk

1. Toast
2. Apples

1. Cherry Tomatoes\*
2. Hummus

1. Blueberries
2. Graham Crackers

1. Honeydew Melon
2. Milk

1. Yogurt
2. Blueberries

1. Bananas
2. Milk

1. Kix Cereal
2. Milk

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

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

**SAVE THE DATE**  
Saturday, June 26, 2021

**CHARTING  
THE COURSE**  
Virtual Training Conference



# Five Hacks to Safe Weight Loss



## 1. Find the right weight goal.

Educate yourself on the healthy weights for children of all ages. Knowing if a child is either underweight or overweight is a good place to start when considering whether a child needs to lose weight or not.

## 2. Say “no” to diets and supplements.

Children should not be on diets unless recommended by a pediatrician or family doctor. Diets and supplements may not give the child the proper nutrients and calories they need to grow. Diets can also teach children poor eating habits and distort their relationship with food at an early age, affecting their eating habits throughout their lifetime.

## 3. Make it a family matter.

Rather than singling out one child either in a family or in the classroom, have a conversation about healthy eating habits and changes that everyone can make. Set goals that everyone can work through together and always lead by example. It is also important to not focus on the weight. Measure your progress by talking about how you feel physically (i.e., tired, energized, etc.) Another way to get everyone involved is by engaging in family-style meals. Family-style meals encourage healthy eating habits and builds a routine for children that they can continue through development. Create a plan that works for you. Start by planning what to serve for meals. Get everybody involved by cooking and prepping meals together.

## 4. Start small.

Weight loss is not a race, it's a marathon. Losing weight will not happen overnight but the little changes to one's diet and lifestyle can have immediate impacts. When seeking to lose weight, especially for children, it's important to start small. Kick start your journey with one or two tweaks a week. Small, manageable changes are more likely to establish healthy eating habits that last a lifetime.

## 5. Get up and get moving.

Experts say children need 60 minutes of physical activity daily. Encourage the children to get active by going on walks, hikes, or bike rides together, running around on a playground, or engaging in a friendly game of soccer

### Bonus: Produce!

Fruits and vegetables are high in nutrients and low in calories. Get the children excited for eating fruits and vegetables by letting them pick out their favorite produce from the grocery store.

Sources: [www.webmd.com/parenting/raising-fit-kids/weight/features/safe-weight-loss](http://www.webmd.com/parenting/raising-fit-kids/weight/features/safe-weight-loss)

# CINCO DE MAYO

Cinco de Mayo is often mistaken for Mexico's Independence Day. The holiday is actually the anniversary of the famous battle, the Battle of Puebla, that Mexico won against France in 1862. It is more widely celebrated in the U.S. than in Mexico and over time it's become a way for Mexican-Americans to honor their identity and national pride.



## CHILDREN'S FAVORITES: MEXICAN FLAG PARFAIT

Celebrate Mexican heritage and history with this colorful, healthy snack that looks like Mexico's national flag. This versatile recipe can easily be adapted to the children's favorite fruit - raspberries, watermelon, or cherries will work well for the red layer and honeydew melon or green grapes work for the green layer.

### WHAT YOU WILL NEED

- Clear cups
- Serving spoons
- Vanilla yogurt
- Strawberries, washed and chopped
- Kiwis, washed, peeled, and chopped
- Granola (optional)
- Chia seeds (optional)

### DIRECTIONS

1. Give each child a cup.
2. Place the strawberry, kiwi, and yogurt in separate bowls with serving spoons.
3. Have the children spoon a layer of strawberries into the bottom of their cups.
4. Next, have the children spoon yogurt on top of the strawberry.
5. Then, have the children spoon a layer of kiwi on top of the yogurt.
6. Sprinkle with granola or chia seeds. Serve immediately.



## CRAFT CORNER: PAPEL PICADO

### SUPPLIES

- Colored Tissue Paper (12 x 9)
- Scissors
- Marker
- Yarn and Tape

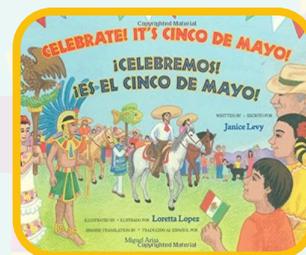
### DIRECTIONS

1. Fold a piece of vertical tissue paper in half and then in half again.
2. Fold the long folded sheet in half. Mark a dot in the corner that is made up of folds. This mark helps children identify where not to cut.
3. Like a paper snowflake, cut shapes along all four sides avoiding the area with a dot.
4. Cut a shape from the middle of the rectangle by folding the paper in half again and cutting a shape into the fold.
5. Carefully, unfold and tape the tissue paper to a long string of yarn.  
*Tip: to make multiple panels from one cut, layer 2-3 sheets of paper while cutting.*

Sources: [https://elpais.com/internacional/2017/05/05/mexico/1493948661\\_885033.html](https://elpais.com/internacional/2017/05/05/mexico/1493948661_885033.html), [www.deepspaceparkle.com/how-to-make-a-papel-picado](http://www.deepspaceparkle.com/how-to-make-a-papel-picado)



## ACD BOOK CLUB



### Celebrate! It's Cinco de Mayo! ¡Celebremos! ¡Es el cinco de mayo!

Author: Janice Levy  
Ages: 5-6 years

This bilingual book features a simple history of the holiday intertwined with the story of a young boy celebrating Cinco de Mayo with his family.



### Celebra el cinco de mayo con un jarabe tapatio

Author: F. Isabel Campoy and Alma Flor Ada  
Ages: 5-8 years

As a class prepares to celebrate Cinco de Mayo, they practice a Mexican hat dance and try not to step on the hat.

# The Power of Parental Involvement

When it comes to teaching preschoolers, working with parents is an integral part that requires a different skill set. It's important for the parent to take an active role in their child's cognitive development. After all, cognitive development doesn't turn off when the parent picks the child up from child care, it's continuous throughout their preschool years. When parents learn what happens in the preschool settings, they can further support the development of learning within their child.

## WHY PARENTS MIGHT AVOID INVOLVEMENT

There are many underlying factors, other than time and busy schedules, why parents might avoid being involved in their child's learning. To begin, some parents may not feel comfortable in the school setting. Families who have had negative school experiences may feel uneasy about interacting with teachers. Other factors might include a lack of confidence, unknown expectations or even little known information about their child's progress. All of these factors can lead to less support and participation of parents in the classroom and in their child's education. When this happens, everyone misses out on the opportunity to strengthen the connection between home and school and the support of children.



## EASY TIPS TO ENCOURAGE PARENTAL INVOLVEMENT

- ✓ **Extend an open invitation to classroom participation.**  
Provide a reason for the invitation. Ask if the parent would be interested in volunteering to help with a classroom party, field trip, craft or even story time.
- ✓ **Recommend activities that the parent and child can complete at home.**  
If there was an activity or theme focused on in the classroom, share what the parent can do at home to build upon what the child learned that day. Even recommending extended story time can be a good start.
- ✓ **Thank the parents for being involved.**  
Send a thank you note to the parents who volunteer or visit the classroom. Extending appreciation for their time and assistance can go a long way towards building a connection between the parents and the classroom. and building their confidence.
- ✓ **Make it fun!**  
Be open to hosting special events like "career day," or "bring your parent to class day". Creating opportunities that the parents want to be involved in will not only pique their interest but give them a strong sense of what their child is learning and the ways in which they are developing. Creating fun challenges for take-home can even encourage those parents who simply can't make it into the classroom. Reading challenges, worksheets, and cooking together in the kitchen can be a good place to start when trying to get busy parents involved.

Sources: [www.naeyc.org/resources/blog/understanding-power-parent-involvement](http://www.naeyc.org/resources/blog/understanding-power-parent-involvement), [https://blog.himama.com/why-parent-involvement-is-im-portant-in-preschool/](https://blog.himama.com/why-parent-involvement-is-important-in-preschool/)

# Carbon Monoxide Poisoning

Carbon monoxide (CO) poisoning occurs when CO builds up in your bloodstream. When you breathe in too much CO, your body replaces the oxygen in your red blood cells with CO, which can lead to serious tissue damage, or even death.

Carbon monoxide is a colorless, odorless, and tasteless gas produced by burning gasoline, wood, propane, charcoal or other fuel. Improperly ventilated appliances and engines, particularly in a tightly sealed or enclosed space, may allow CO to accumulate to dangerous levels.

If you think you or a child in your care may have CO poisoning, seek fresh air immediately and contact emergency medical services.

## SIGNS & SYMPTOMS

Signs and symptoms of carbon monoxide poisoning may include:

- Dull headache
- Weakness
- Dizziness
- Nausea or vomiting
- Shortness of breath
- Confusion
- Blurred vision
- Loss of consciousness



**MILD**  
Slight headache  
Nausea  
Vomiting  
Fatigue



**MEDIUM**  
Severe headache  
Confusion  
Drowsiness  
Fast heart rate



**SEVERE**  
Unconsciousness  
Convulsions  
Cardiorespiratory failure  
Death

## RISK FACTORS

Exposure to carbon monoxide may be particularly dangerous for:

- **Unborn babies.** Fetal blood cells take up CO more readily than adult blood cells do. This makes unborn babies more susceptible to harm from CO poisoning.
- **Children.** Young children take breaths more frequently than adults do, which may make them more susceptible to CO poisoning.
- **Older adults.** Older people who experience CO poisoning may be more likely to develop brain damage.
- **People who have chronic heart disease.** People with a history of anemia and breathing problems also are more likely to get sick from exposure to CO.
- **Those to whom CO poisoning leads to unconsciousness.** Loss of consciousness indicates more severe exposure.

## TREATMENT

### THE DO'S AND DON'TS OF CARBON MONOXIDE

- **DO NOT** use portable generators inside your home, garage, carport, basement, or any other enclosed space, such as a covered porch.
- **DO NOT** use charcoal or gas grills or camping stoves inside your home.
- **DO NOT** use your gas oven or stove top to heat your home.
- **DO** use gasoline-powered equipment like generators outside only and at least 20 feet from your home.
- **DO** keep your generator away from doors, windows or air intake vents.
- **DO** keep airflow for furnaces and exhausts clear of snow and ice.

## CARBON MONOXIDE DETECTORS

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

For more information, visit the CDC carbon monoxide website at <https://www.cdc.gov/co/default.htm>.

# CENTER SPOTLIGHT

## CAROL REED STEPPING STONES DAYCARE DECATUR, IL



Carol Reed opened *Stepping Stones Daycare* 25 years ago in 1996. She saw a need in her community to provide children with stability, discipline, consistency, love, accountability, and boundaries. Many children were lacking the skills needed to become productive citizens. Reed could not watch children fail when she knew she could be a part of the solution.

Reed shared that the relationships built with the children and families are the most enjoyable aspect of child care. "I want to see children succeed and have good memories to look back on from their childhood. Seeing the adults they become has truly been a blessing especially when they start talking about all the things they enjoyed doing while in my care." The children who attend *Stepping Stones Daycare* love the meals that Reed provides them through the CACFP program. Reed offers her children new experiences, some they like and others not so much, but they are willing to try because she supports them which gives them the confidence they need to try other things. At the end of the day, Reed aims to teach the children to be the best version of themselves that they can be. Similarly, Reed aims to be honest, flexible, consistent, and reliable with each parent individually, as well as, collectively. She creates a space where parents know they can approach her about anything without the fear of being judged. Reed continues with extending gratefulness for her assistant, Ms. Diane Wilkes. "She is always thinking of the kids and how she can make their lives a little easier." Reed continues, "She is thoughtful, caring, and always puts the daycare first."

Since opening in 1996, Reed has endured lots of hardships over the years stating, "Things have drastically changed and keeping up with the changes in rules, children, parents, and other systems can be difficult at times. [In the midst of this] I've learned to become versatile and even more flexible in all areas of my business life." With her 25 years of experience in child care, Reed offers this advice to anyone currently in child care or considering the field: "Remember why you are doing what you do. No matter how hard you try, sometimes your efforts are not appreciated. As long as you are doing it from your heart, it doesn't matter what others think. Child care is not for everyone, it is hard work. Remain true to who you are and you will be just fine."



Reed was featured in the National CACFP Sponsors Association as the provider for the month of February 2021 due to her diligence in providing children with the education they will need to make healthy choices in their meal selections and lives.

# May 2021 Potpourri Quiz

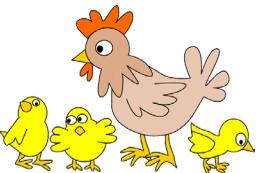
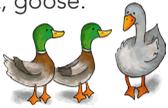
Fill out the quiz below and return it to your ACD Field Monitor to receive your FREE training credit. Please do not mail your quiz to the office. To print your own quiz answer sheet, visit [www.acdkids.org](http://www.acdkids.org), and click on the Training tab then "Potpourri Newsletter."

1. The mustard seed comes from the \_\_\_\_ of the mustard plant.
  - a. Seed
  - b. Root
  - c. Stem
  - d. Fruit pods
2. What are the three types of mustard seeds?
  - a. Black, brown, and white
  - b. Brown, yellow, and purple
  - c. Black, brown, and yellow
  - d. Black, white, and purple
3. Which type of seed is used to create Dijon mustard?
  - a. Black
  - b. Brown
  - c. White
  - d. Yellow
4. You can eat mustard seeds as whole seeds or as a ground herb.
  - a. True
  - b. False
5. Cognitive development is integral during the \_\_\_\_\_.
  - a. First 12 months
  - b. Preschool (0-5) years
  - c. School-age period
  - d. Adolescent years
6. Parents play an integral part in a child's development.
  - a. True
  - b. False
7. Encourage parental involvement by:
  - a. Posting photos on Facebook
  - b. Engaging the child only
  - c. Recommending activities to do at home
  - d. None of the above
8. Extending an open volunteer invitation for classroom participation might include:
  - a. Classroom party
  - b. Field trip
  - c. Craft
  - d. All of the above
9. Children who need to lose weight should start on diets and taking supplements.
  - a. True
  - b. False
10. \_\_\_\_\_ are high in nutrients and low in calories.
  - a. Fruits
  - b. Red Meats
  - c. Vegetables
  - d. Both a and c
11. Experts say children need \_\_\_\_\_ minutes of physical activity each day.
  - a. 30
  - b. 60
  - c. 90
  - d. 120
12. Family-style meals encourage \_\_\_\_\_.
  - a. Healthy eating habits
  - b. Arguments
  - c. Table manners
  - d. Social-emotional interaction
13. Carbon monoxide is:
  - a. Colorless
  - b. Odorless
  - c. Tasteless
  - d. All of the above
14. Which of the following is NOT a symptom of CO poisoning?
  - a. Runny nose
  - b. Headache
  - c. Vomiting
  - d. Blurred Vision
15. Avoid carbon monoxide poisoning by using:
  - a. Portable generators inside the home
  - b. Gas grill
  - c. Gas ovens
  - d. Gasoline-powered equipment outside only

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities should contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information should be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. **To request a copy of the complaint form, call (866) 632-9992.** Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider. (11/2015)

This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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
<p><b>3</b> Garden</p> <p>Teach the children how to plant seeds and take care of simple plants.</p> 	<p><b>4</b> Star Wars Day</p> <p>In honor of "May the Fourth," create Yoda from Star Wars with construction paper. "May the Fourth" be with you.</p>	<p><b>5</b> Cinco De Mayo</p> <p>Grab red, orange, yellow, green, and white felt for felt tacos.</p> 	<p><b>6</b> Mother's Day Gift</p> <p>Create take-home flowers for Mother's Day.</p> 	<p><b>7</b> Provider Appreciation Day</p> <p>Happy Provider Appreciation Day! Thank you for all you do!</p>
<p><b>10</b> Vegetable Frittata</p> <p>Test out the vegetable frittata recipe found on page 4.</p> 	<p><b>11</b> Butterfly Hunt</p> <p>Weather permitting, head outdoors to see if your can spot any butterflies. Visit a flower garden too!</p>	<p><b>12</b> Simon Says</p> <p>Take turns being "Simon" in a game of Simon Says.</p>	<p><b>13</b> Jump Like A Frog</p> <p>Crouch low and jump high into the air. Or play a game of leap frog.</p> 	<p><b>14</b> Chicken Dance Day</p> <p>Do the chicken dance.</p> 
<p><b>17</b> Walk-A-Thon</p> <p>Weather permitting, take an extended walk to the park or local garden. What do you see along the way.</p>	<p><b>18</b> Museum Visit</p> <p>Plan a visit to your local museum in-person or virtually.</p>	<p><b>19</b> Plant A Vegetable</p> <p>Grab your planter, soil and seeds for your favorite vegetable and watch it grow.</p>	<p><b>20</b> Duck, Duck, Goose</p> <p>Weather permitting, go outdoors for a game of duck, duck, goose.</p> 	<p><b>21</b> DIY Mustard</p> <p>Create your own mustard with the homemade recipe found on page 3.</p>
<p><b>24</b> ABC Bird Egg Hunt</p> <p>Label plastic Easter eggs with the alphabet. Hide them around the yard and see how many the children can find.</p>	<p><b>25</b> Body Paint</p> <p>With a large roll of white paper and paint, make body stamps with the hands, feet, fingers, and elbows.</p> 	<p><b>26</b> Flower Power</p> <p>Find a flower in your area and draw it out and label the parts of the flower.</p>	<p><b>27</b> Sautéed Spinach &amp; Tomatoes</p> <p>Incorporate more veggies into your meals with the sautéed spinach and tomato recipe found on page 4.</p>	<p><b>28</b> Field Day</p> <p>Three-legged races, wheel barrel races, and water balloon fights make the perfect activities for field day.</p>
<p><b>31</b> Memorial Day</p> <p>ACD's offices are closed in observance of the holiday.</p> 				