



OUTSIDE AND INSIDE

Surprise! Some fruits and veggies look one way on the outside and a whole different way on the inside.

Draw a line to match each outside picture to its inside picture. 



KABOCHA SQUASH



PAPAYA



WATERMELON RADISH



PURPLE CABBAGE



DRAGON FRUIT



GOLDEN BEET



A



B



C



D



E



F

FROM KITCHEN TO CANVAS



Fruits and veggies make all kinds of fun shapes when you stamp them on paper. Try a few on their own, then use them together to create a scene!

1. **Pick your fruits or veggies.** You can use scraps, cut-off ends or pieces that are getting a little soft or dry.
2. **Slice or cut them to see the shape inside, or use a flat end to make your own stamp design with a knife, toothpick or cookie cutter.**
3. **Dip the cut side into paint or brush on a thin layer.**

4. **Stamp it on paper** to see what shape it makes.
5. **Use different shapes and colors** to create a picture or scene.

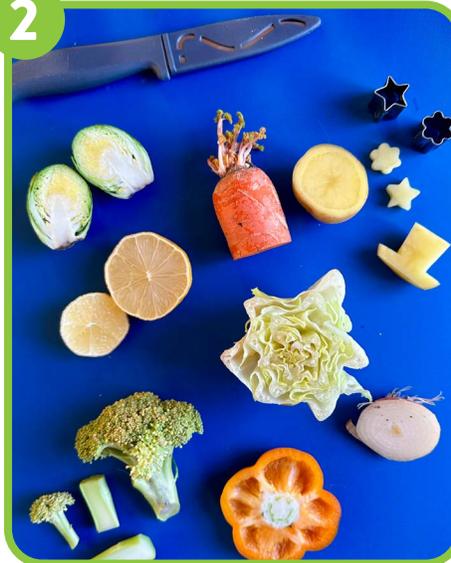


Ask an adult for help and permission before trying this activity.

1



2



3



4



5



FILL-IN-THE-BLANK RECIPE

Read the recipe below, then fill in the blanks with the tool you would use for each step. Use the tool key to help. Try making the recipe at home when you're ready.



CARROT BANANA PINEAPPLE MUFFINS



Ingredients

Wet

- | | |
|-----------------------|------------------------|
| 2 eggs | ¼ cup oil |
| ½ cup pineapple juice | ¼ cup sugar |
| ¼ cup applesauce | 2 ripe bananas, mashed |

Dry

- | | |
|----------------------------|---------------------|
| 2 ½ cups flour | ½ teaspoon salt |
| 2 ½ teaspoon baking powder | 1 teaspoon cinnamon |

Fold-ins (these are ingredients you gently mix in at the end)

- 1 cup shredded carrot (about 1 medium carrot)
- ½ cup raisins

Kitchen tools

Possible answers (more than one may be correct):



Oven



Fork



Mixing bowl



Spoon



Measuring cup



Spatula



Measuring spoon



Muffin pan



Liquid measuring cup



Oven mitt



Whisk

Instructions

1. Heat the _____ to 375°F.
2. Crack the eggs into a _____, then blend using a _____.
3. Measure the pineapple juice, applesauce, oil and sugar using a _____, and add them to the bowl with the eggs.
4. Mix the wet ingredients together using a _____.
5. In a separate _____, measure and add together the flour, baking powder, salt and cinnamon using a _____ and _____.
6. Stir the dry ingredients with a _____.
7. Add the dry ingredients to the wet ingredients and mix gently using a _____.
8. Add the shredded carrot and raisins. Fold them in with a _____.
9. Scoop the batter into the muffin cups using a _____ (about ¼ cup).
10. Place the muffin pan in the _____ and bake for 18-20 minutes until the tops look set and lightly golden.
11. Carefully take the muffin pan out using an _____ and let the muffins cool before enjoying.



Ask an adult for help and permission before making this recipe.

1. oven, 2. mixing bowl and fork or whisk, 3. measuring cup or a liquid measuring cup, 4. whisk or fork, 5. mixing bowl with measuring cup and measuring spoon, 6. spoon, spatula or whisk, 7. spoon or spatula, 8. spoon or spatula, 9. measuring cup, 10. oven, 11. oven mitt



MOVE AND SHAKE FOR A FEEL-GOOD BREAK

When your body feels wiggly, nervous or full of big feelings, a quick move-and-shake break can help.

Try one or more of these moves for 10-20 seconds each. You can do this standing up or sitting down.



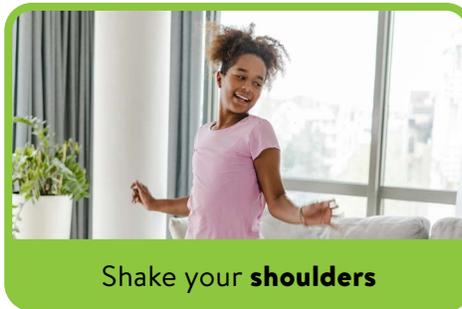
Shake your **hands**



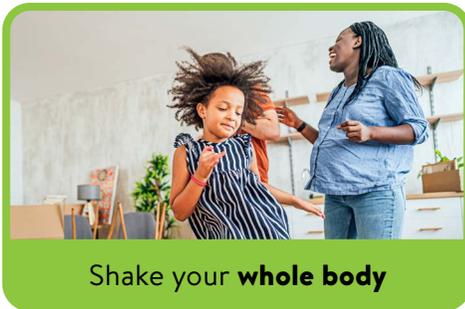
Shake your **legs or feet**



Shake your **arms**



Shake your **shoulders**



Shake your **whole body**

HOW DO YOU FEEL AFTER MOVING AND SHAKING?

- Calmer
- More awake
- More focused
- Still nervous
- Other: _____

DID YOU KNOW?

Moving and shaking, even in short bursts, can help your body and brain feel calmer and more ready to focus.

MYTH OR FACT? COLD WEATHER CAUSES COLDS

Myth!

Fact: Cold weather alone doesn't cause colds or the flu. In winter, people spend more time indoors and closer together, which makes it easier for germs to spread. Cooler, drier air can also help germs last longer.

Small habits make a big difference

Slow the spread of germs and support everyone's health by:

- **Washing hands** before eating and after blowing your nose
- **Covering coughs and sneezes** with your elbow
- **Getting extra rest** when you're feeling tired or sick