



Volume 23 Issue 7 July 2023

Nutrition Nuggets

Boost Vocabulary Through Rhyming

Rhymes are a great way to boost vocabulary. And it's sure to make a child smile for miles! If you work with young children and are looking to enhance their language abilities, try these rhyming activities.

Food Rhymes : *Suggested Age: 12-18 months*

During meal or snack time, create a rhyme or a rap about what your child is eating: "No slice, no dice, we eat rice!" or "You're no rookie, eating your cookie." They'll enjoy the sound of the words and if they respond, make rhymes from their words too.

Great Plate : *Suggested Age: 3-5 years*

Your child will want to stay at the table if mealtime is fun. Try this game. Take turns choosing a word from the meal to rhyme with. Examples could be plate, fork, fish, eat, or yummy. Let your child start. Rhyming words can be real words or silly rhymes just for fun, like plate/flate or yummy/zummy!

Once Upon a Rhyme : *Suggested Age: 3-5 years*

Tell a rhyming story together with your kids. Pick a word like "boat" and then start a sentence like, "I saw the boat float." See if they can do the next rhyme like, "The goat won't float." Then, ask them to choose another word and start a new rhyming story.

Playtime Poems : *Suggested Age: 6-18 months*

When a child makes a sound, turn it into a rhyme. If they say "Eee," say, "Eee rhymes with WE and we are together." How many funny poems can you make with the sounds they are making? It is fun for them and helps them listen to sounds.

Sing, Rhyme, Repeat : *Suggested Age: 12 months – 2 years*

Help a child recognize patterns and familiar words by singing simple songs with lots of repetition or rhymes. Can't remember one? Make up your own! Encourage them to join in by repeating the words or by adding their own ideas.

Animal Rhymes : *Suggested Age: 2.5-5 years*

Take turns with your child coming up with Animal Rhymes. You can start by saying something like, "There's a mouse in the house." Then they could say, "A frog sits on a log." Go back and forth coming up with animals and rhyming words. Get creative and silly with your rhymes!

Alphabet Words : *Suggested Age: 4-5 years*

Choose a word like "tall." Then work with your child to go through the alphabet, using each letter to make new words that rhyme with the first: "all, ball, call," etc. Talk together about how changing the letter makes a different word. Go through as many letters as you can.

www.cacfp.org

Solano Family and Children's Services
Child and Adult Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Phone: 707-863-3950
Fax: 707-863-3975

Web: www.solanofamily.org
www.facebook.com/solanofamily
[www.twitter@SolanoFamilyCS](https://twitter.com/SolanoFamilyCS)

CACFP Check Info:
extension 714
CACFP Call-in Line:
extension 703



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the Complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington DC, 20250-9410; or Fax: (833) 256-1665 or (202) 690-7442; or E-mail: program.intake@usda.gov. This institution is an equal opportunity provider.

Watermelon Pops

- 1 small watermelon, seedless, 6 pound
- 2 limes, juiced
- 16 popsicle sticks



Cut watermelon into wedges by cutting the whole watermelon long ways. Then cut both halves of the watermelon long ways again. Cut each quarter piece into 4 slices. Place a popsicle stick through the rind of each watermelon wedge like a popsicle. Brush lime juice on one side of each watermelon slice. Freeze watermelon slices overnight. Serve two pops per child for a refreshing treat! *Two pops provides 1/2 cup fruit.*
www.cacfp.org

Shaving Cream Rain Clouds

- A couple of clear glasses, vases, or bowls (it's fun to switch up the shapes and sizes!)
- Food coloring
- Shaving cream
- Small bowls or containers that hold 1 to 2 ounces
- Water
- An eye dropper, syringe or 1/4 teaspoon measuring spoon



Start by filling the small containers with water. The less water you use (so the more concentrated the food coloring), the faster your "rain" will drop. But on the other hand, the more water you use, the more rain you'll be able to make. Keep that in mind as you fill them up. Add different colors of food coloring to each of the small containers. My containers held about 1 ounce of water, and I added about 10 drops of food coloring. (Except I only added 5 drops of purple, because it gets dark fast). Fill a clear glass with water about 2/3 full. Top it with a generous amount of shaving cream. Use the eye dropper (or syringe, or 1/4 tsp measuring spoon) to drop the different colors of water onto the shaving cream cloud. The closer you squirt to the edges, the faster it will go through the shaving cream and come down as rain. You can tell your kids that the water is like the air, and the shaving cream is like the clouds. And as the clouds get saturated with water, they produce rain. Or if your kids are young with mine, you can just say "Oooo... look at all the pretty colors!" www.onelittleproject.com