Robbinsdale Nutrition Services

December 2020
CACFP Enrichment Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **Learn about Nutrition!** Let's read and learn about what MyPlate is!	**2** **Learn about Nutrition!** Watch The Fabulous 5 Food Group and learn about what MyPlate is!	**3** **Let's Move!** How about a 9 minute exercise at home today?	**4** **Learn about the World!** Let's visit France and see their desserts, the famous Eiffel Tower, and Seine River!
7 **Let's Learn Science!** Learn about how cartoons are made and let's make our own cartoon!	**8** **Learn about Nutrition!** Let's color and decorate my own MyPlate!	**9** **Learn about the World!** Do you want to how to go to space? Let's go to NASA and find out!	**10** **Let's Sing Along!** Do you miss summer? Sing along with Olaf, the snowman, "In Summer"!	**11** **Let's Move!** Let's practice have a 7 minute work out with animal movements!
14 **Learn about Nutrition!** Do you know the difference between fruits and vegetables? Watch this video to find out!	**15** **Learn about Nutrition!** Time to color your own fruits! It will look very fresh and healthy!	**16** **Let's Learn Science!** Do you want to write a holiday card to your family with secret ink? Here is how to do it!	**17** **Let's Move!** Let's get together and have an animal Yoga time!	**18** **Learn about the World!** Let's go to Canada and get on the snowmobile!
21 **Let's Learn Science!** Are you curious about how your fingerprints look like? Let's find out here!	**22** **Let's Sing Along!** It's winter! Do you want to build a snowman? Let's sing along with Anna!	**23** **Learn about Nutrition!** Have a fun word search with fruits and vegetables! (Answer keys are here)	**24** **Learn about Nutrition!** Ready for the holidays? Let's cook with family using recipe with fruits and vegetables!	**25**
28 **Learn about Nutrition!** Let's play MyPlate Grocery Store Bingo with family!	**29** **Let's Learn Science!** Do you want to learn the secret to faster sled ride? Watch this video and find out!	**30** **Let's Sing Along!** It's almost a New Year! Let 2020 go and start a new year with Elsa! Let it go!	**31** **Let's Move!** Let's have a 10 minute work out with Ryan and his mom safe at home!	