

# MOVE PLAY & LEARN

## AT HOME

# HEALTHY HOMES

## MOVE, PLAY AND LEARN AT HOME

### *V1.28 Sock Puppet Adventure*

#### GET READY:

- **Space:** Indoors or outdoors.
- **Stuff:** Everyone needs one sock.
- **Time:** In the morning, or during laundry time.

#### GET SET:

- If you want, you could spend time creating a fun puppet with the sock before playing the game. Give your puppet a name.

#### GO:

- Move around the space with your puppet. Can you move your puppet:
  - Really high, really low or in the middle?
  - Really fast, really slow or in the middle?
  - Up and down, forward and backward or even sideways?
  - In a straight line, a curvy line or even zigzag?
  - In loopity-loops?
  - Using galloping, skipping or running?

#### DID YOU KNOW?

This is a fun game to combine with movement vocabulary. Spend time writing a fun little story about the adventure that your puppets will go on, and then read the story as your child acts it out.

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# HEALTHY HOMES

## I AM MOVING, I AM LEARNING NUTRITION NUGGET

Did you know that proteins are necessary for building, repairing and maintaining body tissues and for supplying energy? A daily diet deficient in proteins can stunt growth and impair both physical and mental development. Most people think of proteins as meat, fish, poultry, milk, yogurt, eggs and beans, but there also are many other great-tasting foods that offer the body protein, such as grains, pastas, corn, beans, lentils, nuts and seeds.

**Healthy Recipe:** Banana-Pear Caterpillar

### Ingredients:

1 lettuce leaf  
1 medium banana, peeled  
1/2 medium red pear, cut into quarter-inch slices  
2 raisins

### Directions

- Place lettuce on a salad plate; top with the banana.
- Cut quarter-inch wide, V-shaped slices halfway through the banana, spacing the cuts one inch apart.
- Place a pear slice, peel side up, in each cut. For eyes, gently press the raisins into one end of the banana.
- Serve immediately.

**Yield:** 1 serving.

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