

Pre-School Pages



A newsletter for parents of pre-schoolers
packed with food, facts & fun
from your local county extension office

Cooperative
Extension Service
Muhlenberg County
PO Box 199
Greenville, KY 42345-0199
(270) 338-3124
Fax: (270) 338-3138
www.ca.uky.edu/ces

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Let's Eat



Bugs You Can Eat!

1 cup peanut butter
1 tablespoon honey OR
2 tablespoons corn syrup
Dry milk powder

Mix the honey and peanut butter.
Mix in enough dry milk powder to form stiff but pliable dough.
Mold dough into a dragonfly, worm or lady bug before eating.
Decorate with any of the following: coconut, raisins, pretzel sticks, celery sticks, shoestring licorice, dry spaghetti or almond slices.

Depending on "decorations" and "bug" size, each: approximately 100 calories; 8 grams fat; <1 mg. cholesterol; 12 mg calcium; 77 mg sodium.

Warning: Children under the age of one should avoid honey or corn syrup in any form. Occasionally, honey can harbor the spores of toxic bacteria called *clostridium botulinum*. For adults and older children, these spores in honey are harmless. But in babies they can cause botulism, a severe foodborne illness that can be fatal. Note: sucking on a sweetened pacifier promotes cavities too.

Source: Kids in the Kitchen

Let's Learn

Today's children spend more time in front of the TV than in school. Children learn by watching. For many children TV has become the most important teacher. That could be dangerous. Studies show that TV viewing may be bad for children. For example:



Instead of watching TV, offer alternatives for entertainment:

- A good book that appeals to your children.
- Games or crafts that involve the whole family.
- Singing or playing a musical instrument.
- A family conversation.

Do not let television rob your children from those precious family times.

Know when to turn off the TV!

Source: National Ag Safety Database

Growing up Fit



Sleep is Important!

Is bedtime a difficult time for your family? Would your children rather stay up and watch TV or play? Children's bodies need sleep so that their bodies get a break and prepare for the next day.

Reasons to get sleep:

- You may feel tired and cranky with it.
- You may be unable to think
- You may feel clumsy participating in sports or other activities
- You may not grow as well.

Sleep and your brain:

Not only does your body need sleep, so does your brain. When you sleep, your brain:

- Sorts through information
- Stores information
- Solves problems

Tips to help you sleep:

- Go to bed at the same time every night
- Follow a routine when you are getting ready for bed
- Limit foods and drinks that have caffeine
- Do not watch TV in bed
- Do not exercise right before bed
- Use your bed for sleep only. Do not eat or do homework while sitting in bed.

Source: UK Youth Health Bulletin, Nov. 2010.



Growing Things

Grow Your Own Potato Plant

Purpose: To learn how potato plants grow



Materials

- 1 potato
- Medium jar with a wide opening
- Toothpicks

Procedure

1. Stick 4 to 6 toothpicks in a line around the middle of the potato.
2. Fill the jar with lukewarm water.
3. Position the potato in the jar resting on the toothpicks so that the bottom half of the potato rests in the water and the top half is out of the water.
4. Put the potato away from direct sunlight. In about one week, the potato will sprout leaves and roots. Now you can place your plant in a sunny location.
5. When your potato plant is between 6 and 8 inches high, you can transplant your seedling to a flowerpot.

What happened? Potatoes are grown not by using seeds but by planting part of the potatoes that contain two or three eyes – the small oval-shaped depressions on the skin of the potato. From the eyes grows the handsome potato plant with its pretty white and purplish flowers.

Potatoes are actually the roots of a plant, which is why they are called a root vegetable.

Source: [The Science Chef](#), D'Amico and Drummond, 1995

Sincerely,

Laura Holt
County Extension Agent for
Family & Consumer Science

