



Preschooler Activity



Activity #4: I'm a Fit WIC Kid

Learning Objectives

- To understand that activity is healthy and fun.
- To introduce children to new foods.
- To introduce children to food preparation.

Supplies You Need

- Blender
- Jug of Water
- Small cups
- Ingredients for recipe
- Soap
- Spoons or straws
- Blender
- Paper towels

Activities

Greet each child and know each child's name. Use name tags if you need to. Tell the children your name. Have puzzles, toys for children to play with while they are waiting for everyone to join the group.

Group Time

Physical Activity

Play activities from the Sport for Fun Activity Guide for 20 minutes.

Cooking Time

Let the kids know that they will be making trying during kinds of carrots with Peanut Dip! Have all children wash their hands. Stress the importance of handwashing.

Polar Bear Special

- 2 cups chocolate milk
- 2 frozen bananas (peel halfway then freeze for 30 minutes)
- 6 strawberries

1. Have children peel the banana.
2. Cut the banana into smaller chunks.
3. In a blender, combine the frozen banana and milk.
4. Pour into cups and top with a strawberry.



Enjoy with children and parents. Remember to talk about pleasant things during the meal. Children should be allowed to choose whether or not they eat and how much they eat.