



#WOYC21

TASTY TUESDAY

Healthy eating and fitness at home and school

*Ideas from **naeyc***

Cooking together connects math with literacy skills, science, and more!



- Create your own healthy snacks and recipes
- Ask children if they'd like the **same** or **different** amounts of each ingredient
- Measure and pour your ingredients while making your snacks
- Use pretend food or food pictures to create a healthy meal

Share the recipes and photos of your creations on NAEYC's Facebook page or post to Twitter using the hashtag #woyc20 - don't forget to tag #QualityStartLA, too!

