

QUALITY
START
LOS ANGELES



Week of the Young Child

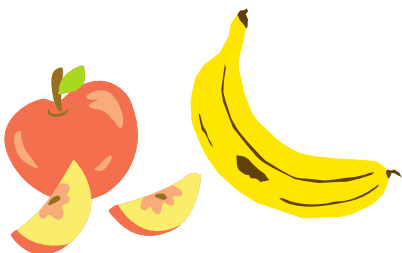
TASTY TUESDAY

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



W O Y C

