

December

Dentist Exam

Choose two spots and mark them as Eat It Anytime and Don't Eat It Often. Have one child call out foods while the others run to the spot they think a dentist would say. Be referee. Those at the wrong spot are out. Repeat until one person is left and they become the caller.



CARE

Kiwi Tree

Kiwis
Raspberries
Orange Slices

Peel kiwis, slice, and cut in halves. Give each child $\frac{1}{2}$ cup of kiwi to layer on a plate in a triangle to form a tree. Trim the tree with raspberries and a slice of orange at the top of the tree for a star. Serve as snack with 2 squares of graham crackers.

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Say Cheese

Print the tooth brush activity page from cacfp.org to help kids learn to brush their teeth. Give them a toothbrush, white paint, and crayons to create their own dazzling smiles. Cut out, paste on craft stick, and pose for the camera.



Sugar

Too much sugar can cause tooth decay and increase the risk for obesity, diabetes, and hyperactivity. Make new holiday traditions by serving festive foods with limited or natural sugars.

CACFP is an indicator of quality child care.

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