

February 2021 CACFP Enrichment Activities



Monday

1

Let's Learn Science!

Do you want to know how to make your own homemade butter? Jessi will teach you how to make it and how it works!



8

Learn about Nutrition!

Do you know where your favorite fruits and vegetables come from? Let's find out with Peter and Maria!



15

Let's Learn Science!

Have you ever wondered how animals know which way to go and find their way home? They have some neat tricks to do it!



22

Time for Arts!

Color this beautiful imaginary world with Humpty Dumpty, cute animals, and table wares! Also, find the hidden numbers from 1 to 10! Let's count!



Tuesday

2

Learn about the World!

Do you want to learn how to be an awesome Ninja? Visit Ninja training school in Japan and learn more about Ninjas!



9

Let's Learn Science!

What is your favorite season? Read these beautiful poems for each seasons and see how the world changes!



16

Learn about Nutrition!

Apples are healthy fruit that are used to make juice, cider, and applesauce. Let's make a healthy snack of applesauce with apples!



23

Let's Sing Along!

Feeling tired and blue some days? Mama Odie will cheer you up with her song "Dig A Little Deeper"!



Wednesday

3

Time for Arts!

Connect the dots, and color the hidden picture! Here is a hint: it flies in the sky and it brings you to other places and countries!



10

Let's Learn Science!

Rainbows are beautiful, but it is hard to find! But here is a secret to make your own rainbow at home! Check out how how Jessie does it!



17

Virtual Field Trip of the Month!

Visit Deer Lake Apple Orchard, a family run apple orchard located outside Buffalo, Minnesota! Let's go pick some apples!

24

Let's Learn Science!

Have you seen tigers? They are the world's largest cat species! Watch this video and learn some fun facts about tigers!



Thursday

4

Learn about Nutrition!

Fruits and vegetables come from six parts of plants. Learn about the edible parts as fruits and vegetables with Plant Part Chart!



11

Let's Sing Along!

Love is in the air! Celebrate Valentine's day with your beloved family and sing along "Love is an Open Door" with Anna and Hans.



18

Learn about the World!

India is one of the biggest country in the world! Visit Taj Mahal in India with Rosie and Julian, and go on camel ride and exciting marketplace!



25

Learn about Nutrition!

Do you know what does sugar do to your body? Chris will tell you all about it and what happens if you eat too much sugar!



Friday

5

Let's Move!

It's time for some Super Yoga! Learn how to do fun stretch safari yoga with Jaime and score points!



12

Learn about the World!

Today is Lunar New Year! Let's visit Beijing, China, with Julia and Joanna to see how they celebrate, make lanterns, and meet lion dancers!



19

Let's Move!

Batman never rests to save Gotham City! Here is his secret training workout! Follow his moves and be stronger like Batman!



26

Learn about the World!

Do you know what's the difference between alligator and crocodiles? Visit Florida with Jessica and Jake to find out and see lots of alligators!

