



NUTRITION EXPEDITION

We're on a mission for nutrition and a healthy, fit condition!

JUNE 2017

On the Farm: Corn

Recipe of the Month: Corn Flowers

What you need:

- Corn on the cob, shucked, and cooked
- Bamboo skewers

What to do:

- Cut corn cobs into slices, approximately 4 or 5 per cob.
- Insert skewer into corn cob piece so that it resembles a flower!

Enjoy!



May 29th- June 2nd Can You Guess What It Is?

3's and 4's: Mystery Bag, Three Stalks of Corn, by Leo Politi
 Toddlers and 2's: Mystery Bag, Three Stalks of Corn, by Leo Politi
 Infants: Mystery Bag, Three Stalks of Corn, by Leo Politi



5th- 9th No Nutrition Expedition

3's and 4's:
 Toddlers and 2's:
 Infants:

12th- 16th Meet Your Farmer

3's and 4's: Farmer Kelli, How Does Corn Grow?
 Toddlers and 2's: Farmer Kelli, How Does Corn Grow?
 Infants: Farmer Kelli, How Does Corn Grow?



19th- 23rd Corn Flowers!

3's and 4's: Corn Flowers
 Toddlers and 2's: Corn Flowers
 Infants: Corn Flowers



26th- 30th Nutrition Expedition Picnic Party!

3's and 4's: End of the year picnic party!
 Toddlers and 2's: End of the year picnic party!
 Infants: End of the year picnic party!



Monday 10:30am- 3's Class
 Tuesday 10:00am- 4's Class
 Wednesday 9:30am- Toddlers
 Thursday varies- Nursery
 Friday 11:30am- 2's Class

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"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." - 1 Corinthians 6:19-20