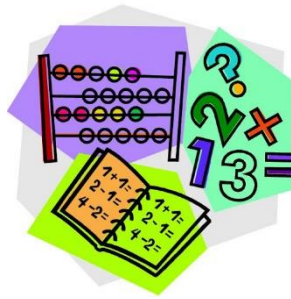


# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Brain Games

Check out these fun websites below to engage your brain! Each site accommodates kids of all ages to participate in the fun. Click the links below to be directed to the websites. Let's make learning fun!



- [www.coolmathgames.com](http://www.coolmathgames.com): Engage your brain with strategy games like chess and checkers, practice calculations in fun ways, practice sudoku, and more on this website.
- [www.funbrain.com](http://www.funbrain.com): This site has educational games of all subjects from grammar, math spelling, science, history, and more. Visit space, practice your spelling, and much more on this cool website.
- [www.improvememory.org](http://www.improvememory.org): Improve your memory with fun matching games, tricky puzzles, and more. Time will fly when you visit this site with endless memory and brain games.
- [www.primarygames.com](http://www.primarygames.com): This website offers learning games by subject such as reading and science, or strategy and sports games. Check out the website for endless fun!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Fun With Nutrition

There are so many fun and easy ways to understand the importance of nutrition related topics. Visit the kid-friendly sites below for great resources including videos, games, fact sheets, and more!



- [Snack Shack Game](#): Test your knowledge about making healthy snack choices from this game created by the U.S. Food and Drug Administration (FDA). Click the link to start playing!
- [USDA Food Safety Activities for Kids and Teens](#): For informative and educational videos, games, fact sheets, and more on practicing and following food safety. Click the link to check out the fun activities.
- [MyPlate Grocery Store Bingo \(USDA\)](#): make healthy choices with this fun bingo game developed by the USDA. Click the link to print the bingo sheet!
- [Nutrition Videos and Songs](#): listen to some fun songs on the USDA website to learn more about nutrition. Click the link and start having fun today.
- [MyPlate Kids' Place](#): for fact sheets, videos, and games about healthy eating for kids created by the USDA. Click the link to check out all the interesting options that are offered.
- [Food Fun from Apples to Zucchini](#): Created by the University of Illinois, this resource introduces new produce and foods to kids through fun ways. Click the link to have some fun!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Take a Tour!

Check out these museums for fun virtual tours. Browse the museum list below to read a little about each museum before visiting. Click the museum name to be directed to the tour!



- [The British Museum](#): Located in London, this tour includes artifacts, Egyptian mummies, and tons of unique paintings to browse through.
- [Van Gogh Museum](#): Located in Amsterdam, Netherlands, this museum is all about Vincent Van Gogh. Visit this museum virtually to see over 700 incredible paintings and drawings by Van Gogh.
- [Boston Childrens Museum](#): Visit this fun museum and take a virtual tour through the three floors. There are tons of exhibits to browse through and have some fun with your imagination
- [NASA](#): At NASA, there is something for everyone! From wind tunnel tours, to virtual gravity tours, this museum has so much to discover.
- [The Road Dahl Museum & Story Center](#): With 3 galleries to visit virtually, this museum will get your imagination flowing with their dreamy exhibits and mind-boggling wonders.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### All About Animals

Watch fish sea otters play, birds fly, jellyfish float, and more with these live cams set up for viewers to observe and enjoy all that nature has to offer. Learn about the animals eating habits, sleeping patterns, and more while you observe different species in their natural habitats.



- **Panda Cam at Woolong Grove:** There are some furry friends to watch at Shenshuping Gengda Panda Center in China. They love to play, eat, and have fun!
  - ☺ **Did you know?** Pandas need bamboo in their diets to thrive. An adult eats up to 40lbs a day!
  - ☺ Start watching [here](#).
- **Monterey Bay Aquarium Jellyfish:** Watch these delicate creatures float around their open sea exhibit.
  - ☺ **Did you know?** Jellyfish don't have a brain, heart, or lungs. They rely on their senses to respond to the environment.
  - ☺ Start watching [here](#).
- **GRACE Gorilla Sanctuary:** These 30 gorillas in Kasugho, District of Congo, live in a sanctuary where they can be safe and live happily amongst each other.

- ☺ **Did you know?** Gorillas are highly intelligent. Some have learned to use sign language to communicate with humans while in captivity.
- ☺ Start watching [here](#).
  
- **Sea Otter Cam at Seattle Aquarium:** Spending majority of their lives in water, watch these 4 cute friends float around with each other and show off their water skills by doing endless flips and log rolls.
  - ☺ **Did you know?** Sea otters have the thickest fur of any animal in the animal kingdom.
  - ☺ Start watching [here](#).
  
- **Elephants at Tembe Elephant Park:** This reserve in Africa is home to the largest elephants on the planet. Along with elephants, you can spot lions, leopards, buffalo, and more.
  - ☺ **Did you know?** Elephants are herbivores, or plant eaters, and spent 16 hours a day eating!
  - ☺ Start watching [here](#).
  
- **Penguins at KC Zoo:** This penguin habitat is home to king penguins, macaroni penguins, and gentoo penguins. Watch them dive into the water and stroll around with each other.
  - ☺ **Did you know?** Penguins spend half their time on land and half on water and can drink sea water.
  - ☺ Start watching [here](#).

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Arts & Crafts

There are so many fun and easy ways to get creative at home! Check out these imaginative arts and crafts ideas with plenty of projects to keep busy. Follow the links to be directed to the tutorials. All project ideas sourced from [ProjectswithKids.com](http://ProjectswithKids.com)



- **Painting Project: Mermaid Scales on Rocks**
  - ◆ Get creative with rocks by turning them into mermaid scales!
  - ◆ **Materials needed:** acrylic paint in your colors of choice, small paintbrushes (2 or 3), metallic sharpie or paint pen, glue
  - ◆ Follow the tutorial [here](#).
- **Craft: Felt Tip Bookmarks**
  - ◆ Snazz up your books or notebooks with these homemade bookmarks.
  - ◆ **Materials needed:** Felt sheets in color of your choice, scissors, glue, paper clips, printable shape template (found on tutorial website below)
  - ◆ Follow the tutorial [here](#).
- **Painting Project: Flowerpots**
  - ◆ Have fun creating a bright pot to hold some flowers, or an indoor/outdoor plant!
  - ◆ **Materials needed:** clay pot(s), acrylic paint in your colors of choice, paintbrushes, letter stencils (optional)
  - ◆ Follow the tutorial [here](#).
- **Craft: DIY Zen Garden**
  - ◆ This is a fun and easy calming activity and a great way to get creative.
  - ◆ **Materials needed:** sand in color of your choice, kid-friendly containers, items for Zen garden such as rocks, crystals, shells etc. (get creative!), small rake and other tools (see tutorial for DIY)
  - ◆ Follow the tutorial [here](#).

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Fun with Fitness

It is so important to get your body moving daily! Fun outdoor activities include riding a bike, scooter, or going on walks with your family or walking your dog if you have one! If you don't have access to outdoor activities, there are also indoor options as well which are just as fun.

Follow the links below for some fun activities to help you stay active.



- **Kids Circuit:** This 10-minute circuit is great for kids to get moving, improve flexibility, and take a break from homework or video games. Parents are encouraged to do it with the kids! Follow the circuit [here](#).
- **Family Cardio Workout:** This 12-minute workout focuses on cardio and is fun for the whole family! Get your family together and follow the workout [here](#).
- **Yoga for Kids:** Yoga is a great way to improve flexibility, practice breathing, and is a great way for kids to be active. Follow the family-friendly yoga session [here](#).
- **Dance Workout:** Dancing is a great way to get active and have fun! This dance workout is Despicable Me themed, so dance along with minions and more in this fun workout. Get your groove on [here](#).

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Fun with Science

These fun science experiments can be done at home. Explore your inner scientist with these cool projects. Follow the links below for experiment instructions.



- **Lava Lamp:** Make your own funky lava lamp at home. Its easy and fun!
  - **Materials needed:** A clean plastic bottle, water, vegetable oil, fizzing tablets (such as Alka Seltzer), food coloring of your color choice
  - Have fun making your own lava lamp by following the tutorial [here](#).
- **Volcano:** Have fun with a volcanic explosion from home. This is an experiment for the outdoors because the eruption is huge!
  - **Materials needed:** dish soap, cold water, white vinegar, food coloring of your color choice, baking soda mix (fill a cup about ½ with baking soda, then fill the rest of the way with water), empty 2-liter soda bottle
  - This fun experiment might get messy! Follow the experiment tutorial [here](#).
- **Snow Globe:** Let it snow...in a globe!
  - **Materials needed:** An empty jar and lid, water, glycerin, white glitter, small toys to add as decorations in the globe (get creative!).
  - Make your own winter wonderland by following the experiment tutorial [here](#).
- **Paper Hovercrafts:** This twist on paper airplanes will have you soaring these everywhere.
  - **Materials needed:** Square paper
  - Follow this simple but fun experiment to make hovercrafts [here](#).
- **Blossoming Beans:** Germination happens when a plant sprouts its roots. Watch your own bean grow and germinate over time.
  - **Materials needed:** 1 pinto bean, 1 paper towel, 1 Ziploc bag, water spray bottle
  - Get started with your bean experiment [here](#).



# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Cuisine Around the World:

Learn about the different types of food from various cultures and follow recipes from all over the world! Create something unique and delicious today! \*Parental guidance necessary for this learning activity.



- ★ **STEP 1:** Research a country you are interested in. Read about the climate, language, population, and cuisine.
- ★ **STEP 2:** Find out what kind of food is mainly eaten there. Does the country consume a lot of fish, meat, or veggies? Are there any special foods that are native to the country?
- ★ **STEP 3:** Find a kid-friendly recipe from the country that you have researched. Make sure your parent or guardian helps with this part so they can help you gather the right ingredients and teach you about safety in the kitchen.

★ Here are some examples of recipes from different countries. Let's get cooking!

- 1.) **Australia:** A crispy cookie with dark chocolate that Aussies love to eat. Check out the recipe for violet crumble [here](#).
- 2.) **Canada:** Similar to a very thin pancake, this Canadian breakfast food is a delight to make and eat. Follow the recipe for French Canadian crepes [here](#).
- 3.) **China:** Chicken tacos with wontons are widely eaten in China. Follow the recipe [here](#) to make your own.
- 4.) **England:** Scones are widely consumed in England. Check out a recipe for vanilla bean scones with strawberry cream [here](#).

5.) **France:** In France, madeleines are eaten for breakfast, at lunch, for dessert, or as a snack! They are tiny and delicious. Follow the recipe [here](#).

6.) **Germany:** A creamy warm soup is perfect on a cold day. Check out this easy German potato soup recipe [here](#).

7.) **India:** Naan bread is a staple food in India. It is simple to make a delicious to eat. Follow the recipe [here](#).

8.) **Vietnam:** In Vietnam, sandwiches on buns and baguettes are commonly eaten. Check out this delicious Vietnamese twist on a hot dog [here](#).

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Homework Help

Virtual learning can be tough and overwhelming. These websites below offer free assistance for all grades. Check them out below to help with your homework and study needs.



- ☺ **Kahn Academy**: Kahn Academy offers “a free, world-class education for anyone, anywhere.” There are educational videos, visual aids, and more. A variety of subjects is offered for all grade levels. Check this great resource out [here](#).
- ☺ **Fact Monster**: This website offers tons of flashcards, writing advice, and plenty of tips and tricks to practice subjects like math, geography, history, and more. This website is great for grades K-8. Visit the site [here](#).
- ☺ **Hippo Campus**: This site for all grades is a great resource for all subjects, especially in math and science. With over 5,700 videos in 13 subjects, there is something for every student to experience some fun learning. Visit the site [here](#).
- ☺ **Wonderopolis**: This is another great site for grades K-8 that really makes learning fun. There are plenty of articles and videos to engage kids minds and provide education in a fun way! Visit the site [here](#).
- ☺ **Read Write Think**: This is an excellent website with a variety of study tools for all grade levels. If you need help with reading, writing, or math, visit this great site [here](#).

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### All About Apple Orchards

Have you ever wondered how apples make it to your grocery store? These informational videos take you behind the scenes of an apple orchard in Canada where you will learn about how apples are grown, packaged and everything in between! You will also meet Murray and Joel, two Canadian apple growers, who will explain what their typical day is like at the apple orchard.



Visit the website [here](#) to see:

- Virtual Reality Apple Orchard Tour
- Seasonal Agricultural Workers in Canada: An Employee Perspective
- Seasonal Agricultural Workers in Canada: An Employer Perspective
- Life of an Apple Farm Family
- Apples: From Farm to Table

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Stroll Through Nature

Descanso Gardens, a beautiful landscape in Southern California, is full of unique and rare natural beauty. This beautiful nature park has so much to discover. It is blooming with various types of flowers, trees, and is home to many types of animals. Listed below are just a few examples of what Descanso Gardens has to offer. Have fun exploring today!



- Take a virtual tour of the wonderful **rose garden** [here](#).
- Walk through the **ancient forest** [here](#).
- Visit the cherry blossom trees in the **Japanese garden** [here](#).
- See the **enchanted forest of light** [here](#).

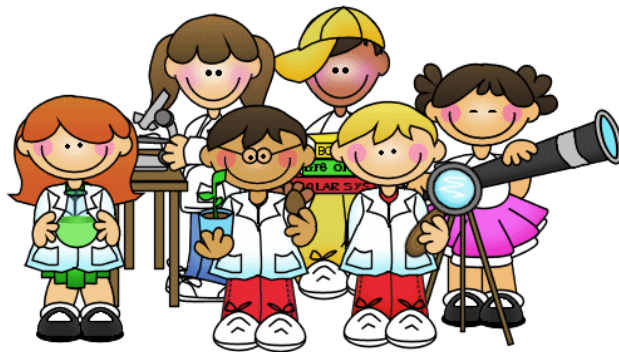
There is so much to see and learn. Visit the website [here](#) to start exploring!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Take a Trip: California Science Center

This science center offers *Stuck at Home Science*, which includes easy to follow learning activities you can try at home. All activities use household items and are appropriate for kids of all ages. Visit the website [here](#).



## YCJUSD Child Nutrition Services

### Student Enrichment Programs

#### Audible: A Fun Way to Read

Audiobooks are a great tool. Discover free stories and books for kids of all ages. There are many categories which each have appropriate and exciting books to listen to for young readers.

Explore the website [here](#) to start listening today.



- Visit [here](#) for books geared towards readers ages 6-11.
- Visit [here](#) for books geared towards readers ages 11-14.
- Visit [here](#) for books geared towards readers ages 15-18.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Podcasts for Kids

Podcasts are a great way to learn while using your imagination. The podcasts listed below are made especially for kids to enrich their curious minds.



- 1.) **Brains On:** A podcast that adds a new audio show each week on different topics. Each podcast involves finding answers to curious questions about the world that kids have. This podcast encourages kids to explore their wonder and curiosity while learning. Browse through the episodes and start listening [here](#).
- 2.) **Peace Out:** This podcast introduces short stories that help children calm down and relax after a busy day. They teach kids breathing exercises and mindfulness and are perfect for winding down before bed. Start listening [here](#).
- 3.) **Smash Boom Best:** A debate show for kids that involves debates against two interesting topics; chocolate vs. cheese, aliens vs. robots, and more! It's a fun way to explore your passions and learn how to defend your opinions. Start listening [here](#).
- 4.) **What If World:** This channel is a storytelling podcast for kids that revolves around fun, imaginative questions like "What if a tiny dragon lived in my closet?" "What if there were a never-ending bowl of ice cream?" "What if cats ruled the world?" Let your imagination run wild and start listening [here](#).
- 5.) **Kids Listen:** This podcast combines a podcast and a fun activity into one listening activity. Topics include science, history, animals, music, language, and more that end with a hands-on activity. Check out the episodes [here](#).



# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### We Love Our Planet

It's important to be aware of the issues our planet faces. It's great to understand how different environmental factors depend on each other and how we can each do our part in helping Earth thrive. Check out the topics below to learn more!



- **Trees:** Learn about the big part trees play in our environment, the different types of trees, and more [here](#).
- **Water:** We know how crucial water is to survive. Dive even deeper into learning about the role water plays in our communities, rainwater harvesting, and more [here](#).
- **Soil:** Examine elements of soil, explore the bacterium that lives in soil, learn about composting, and more [here](#).
- **Plants:** Learn about different plant landscapes, explore different plants, read about plant seeds, and more [here](#).
- **Waste Reduction:** Explore tips to reduce your waste, learn how to be more resourceful, and more [here](#).

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Tour Around the World

This pandemic has made it tough to engage in certain in person activities, but it has also paved way for us to see and participate in activities via our computers! With this slowdown in pace we have the opportunity to tour a museum. Tell you what, let's take a virtual tour!



- ◆ [The Metropolitan Museum of Art](#) has merged the Met and kiddos with what they call MetKids. This fun spin on the Met was made with, for, and by kids. Some of the site's features include: informational how to videos, a "time machine" search function, and a highly interactive map. [Click here](#) for all of that and much more!
- ◆ [The Museum of the World](#) includes a digital art collection brought to you by the team of the British Museum and the Google Cultural Institute. [Click here](#) to travel through time all the way to 2,000 BC and explore how the various art pieces are historically interwoven.
- ◆ [The Vatican Museums](#), take a trip to Italy to see the historic Sistine Chapel right from your home! You can also virtually tour the Raphael Rooms, the Chiaramonti Museum, and much more. [Click here](#) to discover the history that awaits.
- ◆ [The Benaki Museum](#), travel to Greece and explore art pieces from the prehistoric ages! Not only can you see artwork, but there are also audio tours for some of the larger exhibits. [Click here](#) to see European and Asian pieces you won't want to miss.
- ◆ [The Los Angeles County Museum of Art \(LACMA\)](#), the LACMA has completely made itself available to you online. You can watch videos, do a museum walkthrough, listen to soundtracks and live recordings! [Click here](#) to learn with online teaching resources and courses, sources to read, explore their assortment of art, and so much more.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Underwood Family Farms

Our farmers have continued to work rather hard to produce food and ensure that we are all fed during this pandemic. Let's explore how the Underwood Family Farms manage their farm and keep food growing and thriving.



[Click here](#) to explore the website and see:

- A virtual pumpkin tour, learn how pumpkins are planted and how they grow!
- A virtual fruit and vegetable tour, learn how fruits and veggies grow!
- A virtual animal show, get to know the animals on the farm and their responsibilities.
- Learn what it is like on the Underwood Family Farm!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Farm Food 360

Food is an essential need, but have you ever wondered how it gets to your plate? Ever wondered how milk becomes cheese or how eggs come from chickens? Let's learn about the essential food we eat and how it makes it from the grocery stores to our plates.



[Click here](#) to discover the various foods and ways animals provide us nourishment through a Canadian farm!

● **Take a virtual tour of:**

- Dairy Cow farms
- Egg farms
- Mink Farms
- Pig Farms
- Oat Farms and much more!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Growing a Family Garden

There are many benefits to growing a garden together. Some of these benefits include: engaging all 5 senses, encouraging healthy eating, enhancing motor development, diving deep into science questions such as why are leaves green and why do plants need sunlight, and it also teaches responsibility.



[Click here](#) and explore this site for:

- ☺ Steps on how to build and start your at home garden
- ☺ Learn further why gardening is beneficial
- ☺ 10 tips for gardening with kiddos
- ☺ \*This activity does require parent/guardian supervision

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Easy Pumpkin Recipes

With the arrival of fall we are experiencing an abundance of pumpkins fill our grocery store's produce isles. Let's explore new and fun recipes that incorporate a good source of vitamin A and potassium.



[Click here](#) for the following delightful pumpkin recipes, enjoy!

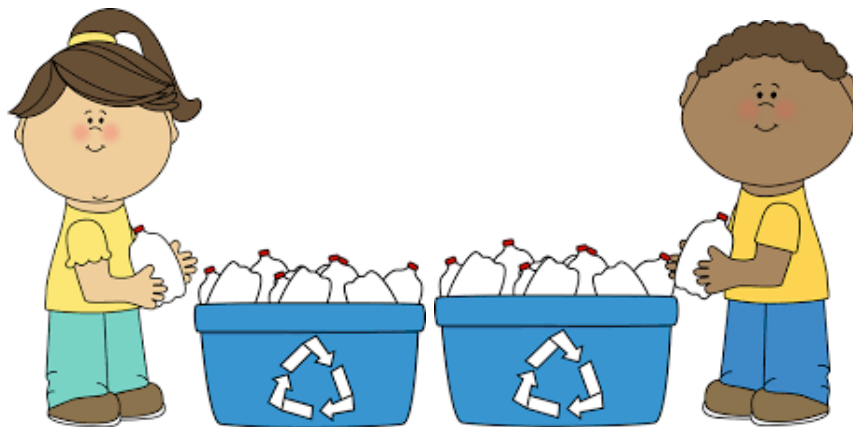
- Pumpkin parfait
- Sugar-and-spice Pumpkin Seeds
- Pumped-up Pancakes
- Mousse Head
- Pumpkin Snowballs and more!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Recycle!

Recycling is an excellent way to save energy and reduce greenhouse gas emissions. It also reduces the amount of waste that is sent to the landfills and prevents pollution by reducing the need to collect new raw materials. Here are some fun activities to do together that can teach your children about recycling! \*Some of these activities do need parental supervision.



- **Build a robot**, instead of throwing away the cardboard boxes and food containers! [Click here](#) to build a robot with these materials.
- **Make seed paper**, instead of tossing out shredded paper from the shredding machine bin. [Click here](#) to learn how to make seed paper.
- **Play a recycling game**, incorporating recycling into a game can help kids practice which items can be recycled and which items are waste. [Click here](#) for fun games!
- **Make a bird feeder**, it is much more affordable to use recycled materials than to buy something brand new. [Click here](#) for a fun way to recycle and save.
- **Watch a video**, [click here](#) for a short and simple video that can help break down recycling and its importance.
- **Go on a recycling scavenger hunt**, go to the local park with a parent or guardian and see how much you can collect from the environment that can be recycled. Make it a race and see who can collect more!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Dive Deep into Wonderful Nature

Nature is all around us and often we are consumed with other duties that we forget to look up and explore all of the lovely nature around us. It's a bit hard due to having to stay indoors right now to explore all that nature has to offer, but here are some nature driven activities to do right from home!



- **Let's play nature bingo!** [Click here](#) for a simple game of nature bingo, the whole family can join in the nature fun.
- **Coloring** is an easy way to relax and can be educational with this printout. [Click here](#) to color the Tule Elk, print out a few and make it a contest!
- **Oh deer game**, let's play a fun educational game! This game is suitable for middle school age and high school level students. [Click here](#) to learn about deer and the types of food they eat.
- **Scavenger hunt** at home! Look around your home for these items, [click here](#) for the directions. This scavenger hunt also includes a printable nature scavenger hunt.
- **Nature sound map**, draw a nature map. [Click here](#) for instructions on how to draw a simple map of the noises you hear sitting in your yard.



# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Enrich Your Mind Musically

Learning an instrument at an early age can give your kiddos an advantage at getting an early start at learning a lifelong skill. Learning how to play an instrument also teaches discipline and the effectiveness of hard work at reaching a goal.



- ★ **Take a few music lessons** from trusting musicians for free! [Click here](#) for high quality music lesson videos and other activities that will help lead you on the path to becoming a great musician.
- ★ **Ballantyne School of Music** is offering virtual music lessons. [Click here](#) for guitar, piano, vocals, and ukulele lessons offered at various times and at reduced rates.
- ★ **World music with Daria** is a website that offers children the ability to color, hear, and find instructions on how to make world music instruments. [Click here](#) to engage in the Parent's Choice Award site to dive into a family friendly introduction to music!
- ★ **Serious young musicians** have access to the vast site that offers multiple resources. [Click here](#) for the green room, hall of fame, answer zone, student lounge, and a reference room for parents and teachers.
- ★ Play some **musical educational games**, learn about music theory, and ear training. [Click here](#) to challenge your musical ear.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Geology Rocks!

Exploring geology allows for learning about some of the major issues like energy sources and sustainability, climate change, water management, and mineral resources. Let's adventure into some geology fun!



- **Groundwater Movement**, let's bust some common myths about ground water and learn where ground water is found. [Click here](#) for an interactive and educational activity about how water moves through sand, gravel, and clay!
- **The Earth's Hydrologic Cycle**, aka the water cycle involves the vast ocean! [Click here](#) for an activity that will include constructing a simple model of the hydrologic cycle to help visualize the movement of liquid water and heat.
- **What is a Wetland?** Let's learn about the importance of a wetland and how seasons play a role in their ecology. [Click here](#) to understand the wetlands and how precious these ecosystems are.
- **Wasting water**, how about trying an experiment to find out if you are wasting water. [Click here](#) to find out if you are a water waster!
- **Let's explore some caves**, this activity is K-3 grade level friendly. [Click here](#) to explore caves with some reading and activities.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Discovering Natural Resources

Natural resources are essential to life. It is our duty to conserve and protect our natural resources. Water, soil, and iron are all required for life so let's explore some educational activities about our natural resources.



- ☺ **Cupcake core sampling**, a fun activity to show that instead of digging up massive amounts of land to expose an oil field you can sample core parts of the land and examine it to determine its interior. [Click here](#) to make a model using a cupcake to explore core sampling techniques.
- ☺ **Water filtration**, clean water is vital for cooking, drinking and maintaining health! [Click here](#) to design a water filtration system!
- ☺ **Drill site dilemma**, The Integrated Ocean Drilling Program (IODP) discovers the history and structure of Earth as it relates to the seafloor sediments and rock. [Click here](#) to learn about how challenging it can be to survey the seafloor!
- ☺ **Develop a well model**, we can access a ground water source by drilling wells. [Click here](#) to discover the relationship of groundwater to wells.
- ☺ **Gold panning**, some gold remnants can be found in the veins of fractured rock! Since the 1800s and even till now people have panned for gold. [Click here](#) for a hands on activity.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Go on A Hike!

Hiking is a fun way to disconnect from technology, enjoy nature, and engage in physical activity. Sometimes we don't always have the time to hike or we don't know where to go! \*With adult supervision let's explore some local hiking trails and attend a virtual hike.



- ❖ [Click here](#) to discover the beautiful Bryce Canyon National Park via a virtual hike in Utah!
- ❖ [Click here](#) to see Potato Chip Rock in Poway, California it's a popular tourist destination that you can see right from your home.
- ❖ [Click here](#) to go on a hike to the South Kaibab Trail at the Grand Canyon National Park. It's about a 7.1 mile trail into the Grand Canyon, don't miss out on this view!
- ❖ [Click here](#) to engage in a historic Railroad Hiking Trail in Lake Mead, Nevada. In the 1930s when the Hoover Dam was being built there were also tunnels created to reach the surrounding mountains take a look!
- ❖ [Click here](#) to find the local hiking trails in your area! Get moving with \*some adult supervision and enjoy a nice hike.

For more on learning about hiking, finding national park educational books, and interactive activities [click here!](#)

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Time to Exercise our Brain

It's important we keep our brains engaged! Below is an assortment of links that can offer some educational activities and videos. Learning can be fun, enjoy!



- ◆ [Click here](#) to make some art. Let's watch this art tutorial and get those creative juices flowing!
- ◆ **Scholastic** is offering virtual learning at home! [Click here](#) to discover all the educational opportunities they have to offer such as reading, games, and much more.
- ◆ [Click here](#) for a super useful link that offers free courses to expand your knowledge!
- ◆ **PBS** is offering free links that explore history and take you back in time. [Click here](#) to engage in some history learning fun.
- ◆ [Click here](#) and learn about animals! Watch, play, and engage in different activities that will help you dive deeper into the world of animals.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Explore These STEM Links!

With the help of these numerous sites you can keep your mind sharp and not worry about being bored! Click on any of these links to dive deep into science, technology, English, and math enrichment.



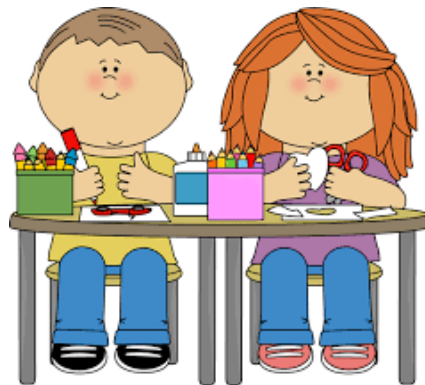
- ✓ **NuMinds Enrichment** has an activity for all age groups in science, technology, English, arts, and math. They also include a Spanish option and have resources for parents. [Click here](#) to channel your inner artist, create your own science project, and so much more!
- ✓ **Rasmussen College** offers 11 engaging STEM activities that will foster curiosity and engagement. [Click here!](#)
- ✓ **National Inventors Hall of Fame**, here anyone can be an inventor. This site offers science, technology, English, and math (STEM) based activities. [Click here](#) to engage in some hands-on learning about wildlife, space, build a robot, and much more!
- ✓ **You Can Do the Cube** uses the Rubik's Cube to teach science, technology, English, arts, and math! Little did we know that the Rubik's Cube is rooted in learning. [Click here](#) to learn how to solve the Rubik's Cube, explore math challenges, and tons of activities you can do right from your home!
- ✓ **NASA + STEM**, sign up here for NASA webinars on STEM education at no cost! [Click here](#) for learning opportunities for all ages and earn a badge while doing so!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Create Some Arts & Crafts

Art can be quite beneficial and relaxing. Studies have shown that art can improve memory, reasoning, and help with anxiety. Here are some fun arts and crafts that can bring out your inner artist. Have fun!



- ❖ **Design a Character**, many play video games, but have you ever wondered where the characters in video games come from? [Click here](#) for the steps and guidance to create your own character. Happy designing!
- ❖ **DIY Holiday Sweater** the holidays are right around the corner. How about creating your own light-up holiday sweater? [Click here](#) to light up your holidays!
- ❖ **DIY Memory Book** many of us have some extra time on our hands so how about we make a memory book! Remember that trip you took ages ago? I think it's time to put together those memories in something you can cherish forever. [Click here](#) to start creating.
- ❖ **Creating a Pop-Up-Card** let us not forget that the holidays are right around the corner. A special gift doesn't always need to be bought, but a home-made card can be more meaningful! [Click here](#) to begin crafting your card!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Minecraft

Minecraft can be an educational tool! There are multiple benefits such as creativity, collaboration, and problem solving associated with playing Minecraft. Here are some useful links that can help you explore the educational side of Minecraft.



- **Minecraft is Educational** this could be a useful tool to provide to your peers the next time they say “all you do is play Minecraft”. [Click here](#) to learn about the educational benefits to playing Minecraft. Happy gaming!
- **What are Minecraft Mods?** These mods define the process of creating custom items and blocks on Minecraft. Modding allows the users to increase the open-ended game, including new tools, blocks, and more! [Click here](#) to learn about Minecraft mods.
- **How to make a Minecraft server**, here’s how to set up your Minecraft server. This calls for \*parental guidance. [Click here](#) to create your Minecraft server and by doing so you can play with your friends and begin collaborating and building together.
- **What is adventure mode in Minecraft?** Adventure mode is a great way to challenge yourself or perfect for building. This process engages your creativity in building the map you desire. [Click here](#) to begin the adventure.
- **Minecraft modding for kids**, modding includes personalizing your Minecraft world. Allowing the player to expand even further. Minecraft can really expand your child’s creating and building capabilities. [Click here](#) to start building and learning!

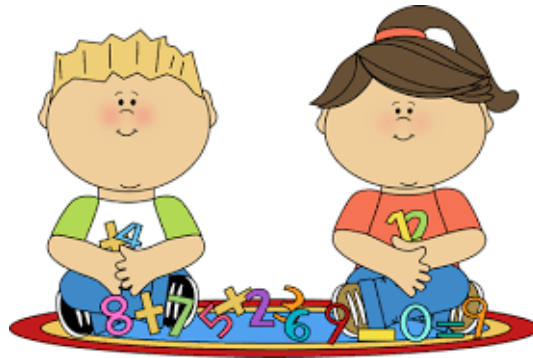


# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Math Can Be Fun!

Math can be quite the challenge, but it can also be fun once you get the hang of those pesky problems. Here are some resources to help with math practice, ways to make your time spent on math enjoyable, and fun!



- [Click here](#) for 8 ways to make math fun for kids and teens! Sometimes not understanding a math problem can be frustrating, but here are some ways to make your math experience enjoyable.
- [Click here](#) for 15 fun ways to practice math. The only way we'll get better at something is if we practice. Here are 15 ways to practice, practice, practice. Happy learning!
- [Click here](#) for 30 ways to make math fun for elementary kids. Making math fun seems impossible, but that isn't the case! Here are some ways that math can certainly be fun along with some interactive activities.
- [Click here](#) for some enriching math activities. These activities will help you make sense of some math problems, make models, and effectively solve problems.
- [Click here](#) for access to the Khan Academy! Offered here are some useful interactive exercises, videos, and articles to help with some subject areas you are having trouble in.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Practice Our Typing Skills

Typing is a valuable skill! Here are some useful resources to help you keep your typing sharp and how to master the keyboard. It's useful to be comfortable typing on a computer, helps you communicate, and aids you when trying to find information or creating important things. Happy typing!



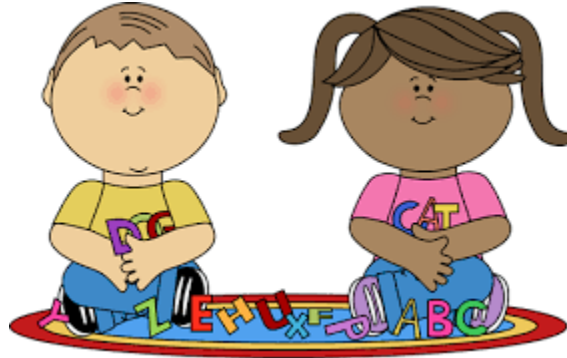
- ✓ [Click here](#) for endless options of fun typing games, lessons to improve your typing, and also test your typing skills.
- ✓ [Click here](#) for typing lessons and neat typing games all to challenge your typing skills and improve them!
- ✓ [Click here](#) for all the more typing games! What better way to have fun and expand your typing abilities?
- ✓ How many words can you type per minute? [Click here](#) to find out!
- ✓ [Click here](#) for typing.com which offers an extensive keyboarding curriculum, literacy, and coding.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Spell it Out

Working on our vocabulary will help us be better communicators, listeners, speakers, and writers! Here are some resources that can help better your vocabulary so that you can be more successful in reading and writing.



- [Click here](#) for seven useful vocabulary-building activities! That will keep you engaged and help you expand your vocabulary.
- [Click here](#) for twelve vocabulary development activities for high school level students. Practicing your vocabulary at every age is important!
- [Click here](#) for crossword puzzles you can print at home. Make this a competition with someone at home, print a few out and see who can complete the cross word puzzle first!
- [Click here](#) for fun games and activities that will help build your vocabulary. Scholastic offers ideas and ways to better your vocabulary for grades 1-5.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### A Blast From The Past

Understanding history is a helpful way to understand the world in which we live. It allows us to appreciate the current events that are happening around us by taking a look at what occurred in the past. Here are some resources that will help you dive deep into history and avoid being bored.



- ❖ Learn all about Ruby Bridges and her act of courage. [Click here](#) to learn about her inspiring role in the civil rights movement by watching a video, reading an article, and looking at pictures.
- ❖ [Click here](#) for tons of videos about history and moments in time!
- ❖ How much do you know about the United States? [Click here](#) for an educating website full of resources and take a quiz to test your knowledge.
- ❖ [Click here](#) for lots of articles to read about many different topics in history. Happy learning!
- ❖ The amount to learn about history is endless! [Click here](#) for more useful tools to explore all that history has to offer.
- ❖ [Click here](#) for Junior Scholastic offering resources to learn about how teens have made a difference in history! Learn more here.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Take A Virtual Field Trip

Don't let having to stay at home stop you from seeing wonderous sites around the world. Here are some resources to take field trip right from your home.



- ☺ **San Diego Zoo** is offering videos, activities, and games. [Click here](#) to enjoy a tour and all that the site has to offer.
- ☺ Ever been to the **Yellowstone National Park**? Well now you can take a trip virtually, [click here](#) to see the Mud Volcano, Mammoth Hot Springs and so much more!
- ☺ Now we can see **Mars** right from our homes! [Click here](#) to explore the surface of Mars on the Curiosity Rover.
- ☺ Let's go to **China!** [Click here](#) to see the beautiful Great Wall of China and allow history to come to life right from your screen.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Fun With Wild Critters

These awesome zoos are offering live cams of their lovely animals. Going to the zoo right now can be a bit hard, but you don't have to miss out! Below are some resources so you can explore some wild critters from home.



- **Polar Bears and the Tundra!** [Click here](#) to explore the annual polar bear migration and the Artic habitat. See these exquisite bears on the tundra, visit the Q&A, and various activities!
- **Live cams at the San Diego Zoo!** [Click here](#) to see the panda cam, the hippo cam, the platypus cam, the baboon cam and various other animals.
- **Visit the Atlanta Zoo,** [click here](#) for the best view of pandas in their habitat. Watch and read about the assortment of animals at the Atlanta zoo!
- **Tune into the Houston Zoo!** [Click here](#) to see giraffes, gorillas, elephants, and more live in Houston, Texas. Don't worry about traveling watch them from your home.
- **Visit the Georgia Aquarium!** [Click here](#) to voyage across the ocean, see gators, sea lions, and more.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Read This!

Reading can help engage our imagination, vocabulary, and language skills. Reading can also improve our concentration and exercises our brain. Let's have some fun reading through these resources below.



- **Storyline Online** offers videos of celebrities reading popular books and you can also find curriculum that goes along with each story. [Click here](#) to enjoy some stories read aloud!
- **Common Lit** has an extensive variety of fiction and nonfiction texts. [Click here](#) for grades 3-12 friendly reading and options that are also in Spanish!
- **Dolly Parton's Imagination Library**, parents if you have children 0-5 years old [click here](#) to sign up for a free book sent to you monthly!
- **State Library of Kansas** has resources for elementary students that include e-books, animated picture books, and much more. [Click here](#) to explore!
- **State Library of Kansas** also has resources for middle school and high school students. [Click here](#) for research, skill builders, social studies, and more.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Get Creative

Camp by Walmart is offering all kinds of exciting and enriching activities for all ages. From painting, to creating, and so much more inventive activities to do. Below are some resources brought to you from Camp by Walmart to discover the artist in you.



- ☺ **Slime time!** Welcome to the slime lab where science and imagination meet, [click here](#) to choose from lots of slimy options.
- ☺ **Make a cool Candle!** Grab a parent or guardian and let's make a fun candle. [Click here](#) to see what materials you'll need to light your creative spark.
- ☺ **Create an Origami Lantern!** You can create a hanging lamp or one for your table. [Click here](#) to shine light on your imagination!
- ☺ **Build a Train** from recycled cardboard, [click here](#) for lots of fun options to choose from and get building and creating!
- ☺ **Milk carton Bird House!** Seeing tons of bird flying around your home? [Click here](#) to make them a creative recycled home.



# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Brain Food

It's extremely important we feed our brain lots of insightful information so we can think quickly and continue learning! Here is an assortment of resources for all ages that will help exercise your brain, grab your thinking cap!



- Learn about the **food chain, spring ecosystems, and wildlife!** [Click here](#) for webinars by the Texas Wildlife Association.
- [Click here](#) for webinars from the Prufrock Press featuring experts in the field of gifted education, Q&A, and valuable skills.
- The **Khan Academy** is offering templates for scheduling at home learning for ages 4-18. [Click here](#) and explore all that Khan Academy has to offer!
- **Ology** is a science website brought to you by the American Natural History Museum. [Click here](#) for hands-on activities, stories, and videos about various science topics and learn more about Ology!
- **TIME** magazine for kids! [Click here](#) to enjoy TIME magazine's edition geared for children.
- **25 free online education sites** for high school students. [Click here](#) for educational resources to help you thrive.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Get Moving!

Staying at home can mean that our bodies are not getting the necessary exercise it needs. We are growing and it's important that we keep our muscles healthy. Let's get moving with the resources below and stay healthy.



- ✓ [Click here](#) for some sample activities for grades 6-12 that you can do at home!  
You can still be active while staying at home.
- ✓ [Click here](#) for activities that will get your kiddo from grades k-5 moving!  
Offered are tons of ways to get moving and activities for Monday-Sunday.
- ✓ [Click here](#) for Go Noodle, a site that has exercises that will get the whole family moving their bodies!
- ✓ [Click here](#) to workout with personal trainer Traci. She'll help you reach your fitness goals and get you moving!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Let's Make Something Awesome

Camp by Walmart has an endless variety of crafts that can keep you busy and practicing your creativeness. Below are more artistries you can invent and help you explore the creativity in you.



- ★ [Click here](#) to make a magical puppet! From a paper bag or a sock you can create a unicorn puppet.
- ★ [Click here](#) for more puppets! Make a three eyed sock puppet, a cyclops from a paper bag, or other monsters you'll find here.
- ★ [Click here](#) to create a tie-dye notebook. Spruce up your notes and get decorating!
- ★ [Click here](#) to make a three-dimensional habitat for critters and crawlers! From a rock fish aquarium to a sand garden terrarium.
- ★ [Click here](#) to create a pop-up card for any occasion. Give someone a hand-crafted creation to remind them that they are important!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Taking a Trip to Space

NASA Science has a variety of activities to offer. There are tons of information about space that we don't know and have yet to explore. Learn the history of our solar system! Without space exploration we wouldn't have GPS navigation, accurate weather prediction, and the ultraviolet filters in our sunglasses and cameras.



- **NASA Science** is offering a place for space where you can explore the earth and space!
- [Click here](#) to discover the sun, earth, solar system, universe, and more. There's all kinds of science activities that will keep you busy and enrich your mind. Happy learning!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Practicing Math Can Make Perfect Math

Math can be a tough subject for us all, but the more we practice the better we will get! Here are some resources to help keep your math skills sharp. Practicing math can only help us get better.



- [Click here](#) for Mathantics! A YouTube channel with videos you can watch to help learn those pesky math problems.
- [Click here](#) for Number Rocks! Another YouTube channel that will help you learn math with songs.
- [Click here](#) for Breakout EDU! Free games that can assist in making learning fun.
- [Click here](#) for Open Middle! This website offers by grade level enriching math problems.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Many Places to See

Here is a website that offers many sites you can access to see all sorts of live webcams, virtual tours or trips, and other educational sources! You can visit the pyramids of Egypt, educational sites, zoos, and much more.



- ❖ [Click here](#) for museums, places you don't want to miss, and great learning opportunities!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Computer Science

Practicing computer science skills also enhances our problem-solving skills and critical thinking skills. Technology related jobs are growing especially right now as we do most things from our homes on our computers. Let's expand our technology skills with the resources below!



- [Click here](#) for code.org which is a free opportunity to learn to make your own game, app, or computer drawing. On this site you can learn computer science from your home for all grade levels! Offered here is also helpful tutorials to engage your computer science skills.
- **Khan Academy** also offers helpful computer science skills for assisting your needs and expanding your knowledge. [Click here!](#)

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Discovery Enrichment

The Discovery Education is offering numerous engaging activities and resources to help you continue learning! Encouraging lifelong learning with math, social studies, STEM, and experience. [Click here](#) and see below for much more!



- ★ [Click here](#) to take a virtual field trip to any destination of any subject you wish to see and discover, such as taking a tour of the White House! Learn about geckos, play educational games, and much more.



## YCJUSD Child Nutrition Services

### Student Enrichment Programs

#### Science with Bill Nye the Science Guy

Bill Nye the science guy is offering all sorts of science projects you can do at home. The science fun doesn't have to stop because you are not in the classroom. See below to bring the science experiments to your home and begin the fun.



- ★ [Click here](#) to create a science experiment at home! Try various demos from life science, physical science, and planetary science. Have some scientific and educational fun with Bill Nye the Science Guy.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Reading Resources

Below are some resources for research, reading expansion, and learning development sites that can help enrich your knowledge.



- ❖ [Click here](#) for an early reading resource called Between the Lions helping build early literacy skills from preschool to elementary.
- ❖ [Click here](#) for a trusted source in reading and language arts for all grade levels! Included is afterschool resources for parents and students.
- ❖ [Click here](#) for all about primary sources! Find out exactly what a primary source is, how to find them, and how to cite primary sources.
- ❖ [Click here](#) for access to Hogwarts from your home! Banishing boredom, Harry Potter style with puzzles, quizzes, and magical craft videos.
- ❖ [Click here](#) for Smithsonian's History Explorer which offers free resources for all ages to learn about American history.
- ❖ [Click here](#) for Crash Course! A YouTube channel that is providing educational videos in multiple subjects such as history, science, and more.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Creating Creativity!

Creating is fun and can also release some stress in a healthy way! Below are some resources to get creative by making something fun and exciting. Happy creating!



- ★ Let's make some **edible soil**! We can learn while we cook. Check out this tutorial for an educational recipe. [Click here](#) for a yogurt parfait—edible soil that shows the different layers found in soil! Made with ingredients already in your kitchen.
- ★ Grab your paint brushes and **let's paint** something! [Click here](#) for tutorials for some fun paintings.
- ★ Ever heard of a **dream catcher**? Grab your parents and let's make one! [Click here](#) to get started catching those dreams.
- ★ Let's shake things up with these crafty shakers! [Click here](#) make some noise with a **homemade tambourine**.
- ★ How about creating some nifty sand art? No sand there's an alternative that will also work! [Click here](#) to make some fun sand art.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Knowledge is Power

Below are a variety of different sources to keep you thinking on your toes. Problem solving, games, reading, and more can all be found in the sources below. Learning is vital, enjoy the sites provided to keep nurturing your mind and expanding your knowledge.



- [Click here](#) for PBS learning that covers a variety of topics. Select a subject and get exploring!
- **Highlights** is an educational magazine! [Click here](#) to check out their magazines, activities, bilingual features, and more.
- Check out **Omni Calculator** an assortment of calculators in tons of topics! [Click here](#) for a calculator in not just math, but chemistry, conversions, statistics, and many others.
- **CBC Canada** is offering games in strategy, puzzles, and action, watch videos, and explore various topics. [Click here](#) to join in on the educational fun!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Space Exploration

Exploring all that space has to offer is a lifelong journey and can happen right from your home! NASA is offering an assortment of activities that you can do as a family. They are also offering e-books, podcasts, videos, and virtual tours. Take the never ceasing adventure through space.



- Here is another **NASA** site for the whole family. [Click here](#) for fun activities like the Carbon Cycle game, the Hubble Space telescope, enjoy some creative activities, and more learning!
- **Chris Hadfield** a retired astronaut has some insightful information about staying healthy in space, [click here!](#)

## YCJUSD Child Nutrition Services

### Student Enrichment Programs

#### National Geographic

National Geographic Kids is offering educational games, videos, animal exploration, as well as exploring other topics about the world. Learn how you can fight pollution, see photos and tours from all over the world, and much more!



- ✓ [Click here](#) to enjoy all that the National Geographic Kids edition is offering! Any topic from mammals, birds, amphibians, ways to contribute to saving the planet, and fun quizzes.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Staying Home & Staying Fit

With learning from home that means more screen time and less physical activity.

Youth aged 6-17 are encouraged to get at least 60 minutes of moderate-to-vigorous physical activity each day. With that being said, let's get our bodies moving! Below are some useful resources to help you engage in those 60 minutes of physical activity.



- ✓ Get active with P.E. Joe. [Click here!](#)
- ✓ Recess has been moved to indoors! [Click here](#) for an assortment of indoor recess activities!
- ✓ It's time to dance! [Click here](#) for some awesome dance moves that will get you exercising.
- ✓ Build some strength. [Click here](#) for some strength training with Adrian Daly!

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Educational Games

Below are some fun games that can help expand your knowledge in math, science, and reading.

Click on any of the sources below and enjoy the educational fun!



- **ABCmouse** is an early learning academy for ages 2-8 years old. [Click here](#) for online courses in reading, math, science, arts, and colors!
- **Adventure Academy** is an online learning source full of games and videos in reading, math, science, and more! [Click here](#) for educational tools for ages 8-13.
- **ABCYa** offers games in math, reading, and strategy for grades pre-K through 6+! [Click here](#) to begin the games and learning.
- **Starfall** has a variety of games for kindergarten and grades 1-3. [Click here](#) for reading and mathematical fun!
- **PBS Kids** has fun games that are tactical as well as educational videos. [Click here!](#)



# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Staying Busy at Home

Sometimes staying home can be tough when you cannot think of what to do. See below for fun resources to keep you busy and keep you learning. Can't think of anything to do? Not to worry here's some ideas! \*Some of these activities may require adult supervision



- ☺ [Click here](#) for Space Rangers! Lots of fun and enriching activities; explore the solar system, space, stars, and more.
- ☺ [Click here](#) to make a strengths chain! It's time to start identifying some strengths. (Child supervision may be needed for use of scissors)
- ☺ [Click here](#) to begin making an accomplishment box! It's important we recognize our accomplishments.
- ☺ [Click here](#) for science buddies! Offering all sorts of science projects you can make from home.
- ☺ [Click here](#) for the Feeling Words Game! Watch these videos and identify which feelings are being described.
- ☺ [Click here](#) to play Quandary! This site is engaging and builds decision making, critical thinking skills, evaluating facts, and more.

# YCJUSD Child Nutrition Services

## Student Enrichment Programs

### Staying Busy at Home

No Kid Hungry based in North Carolina is offering multiple nutrition and exercise related activities and learning opportunities. Check out the source below and explore nutrition education, physical activity, arts, crafts and more!



- ★ **Cooking Matters** includes recipes, tips, videos and more! [Click here](#) to begin exploring the kitchen in a nutritious way! \*For kitchen activities adult supervision is required
- ★ [Click here](#) for a variety of activity and educational ideas geared towards physical activity and nutrition!
- ★ The **USDA** is offering ideas for hands on activities for the whole family. [Click here](#) to explore this resource!
- ★ Explore the **No Kid Hungry** site to see all the activities they have to offer. [Click here!](#)