

Pre-School Pages

A newsletter for parents of preschoolers
packed with food, facts & fun
from your extension office



Cooperative
Extension Service

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Let's Eat

Brunch Bunny

- 1 egg
- 1-2 slices of bacon
- 1 Tablespoon cream cheese
- 2 blueberries
- 1 raspberry
- 4 long strands of mozzarella cheese
- 1 zip-lock bag
- 1 3x3 square dish 2-3 inches deep



Cook bacon and scramble 1 egg. Pour eggs into the decorative container. Cut bacon in half and position in container along the edge of eggs for ears. Put cream cheese into one corner of the baggy. Zip it closed and snip the end of that corner. Squeeze dime sized amount on top of eggs for the whites of the eyes. Put blueberries on top for the eyes. Add raspberry for the nose. Make a hole under the nose for a mouth. Put 2 long strands of cheese on either side of the nose for whiskers.



Life Savers

Egg Safety

Store fresh eggs in their carton in the inside shelf of the refrigerator at 40° F or below. Egg shells are oiled with an edible coating to prevent bacteria from entering the egg and to reduce moisture loss from the egg. Raw shell eggs refrigerated in their cartons will keep for about 4 weeks beyond the pack date without significant loss of quality. The pack date is usually a number from 1 to 365. Each number represents the day of the year starting with January 1 as 1 and ending with December 31 as 365; however, it is best, both quality and safety wise, to use eggs within one week of purchase. Hard cooked eggs should be used within three days.



If you won't be decorating your eggs right after cooking them, store them in their carton in the refrigerator. When dyeing the eggs, use water warmer than the eggs and return them in their carton to the refrigerator immediately after coloring. Refrigerate the eggs again after they have been used in your hunt, but don't eat cracked eggs or eggs that have been out of the refrigerator for more than two hours. This includes the time it takes for you to decorate them.

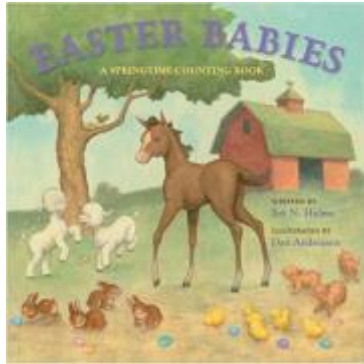
*Contributed by: Sandra Bastin, PhD, RD
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Let's Celebrate

From one newborn foal walking on wobbly legs and five open-billed nestlings eager for food to eleven children playing in the park and twelve church bells ringing, this lovely picture book celebrates spring, Easter, and new life.

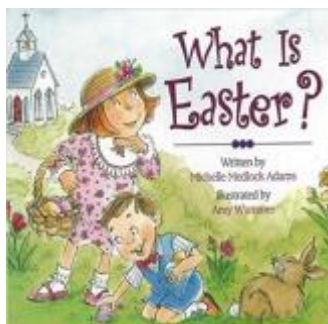
Joy N. Hulme and Dan Andreasen, who created the beautiful Stable in Bethlehem, once again capture the spirit of a holiday and a season. Hulme's gentle rhyme and Andreasen's softly-hued, charming pictures work in perfect harmony, and the adorable bunnies, fuzzy yellow chicks, and frolicking lambs will enchant children.



It's springtime, and Grandpa Pig has set up an Easter egg hunt for Peppa Pig and her friends! Join Peppa, Rebecca Rabbit, and Freddy Fox as they search for delicious chocolate eggs and even see baby chicks hatching in the yard!



Here is a book for toddlers that resolves the dilemma many parents have as they attempt to reconcile their religious faith with the secular celebration of Easter. The author first asks the question: Is this what Easter means? By the end of the story, even the youngest child will agree with the author, 'Now I get it, the eggs are fun and the Easter bunny is okay, but Easter's not about that stuff. It's about God's son.' Ages 2-5.



Play Time

Easter Chick Card



- 1 Piece of White Cardstock Paper
- 1 Paper Plate
- Washable Yellow Paint
- 1 Paintbrush
- 1 Googly Eye
- Dab of Glue
- 1 Orange Felt Tip Marker
- Your Child's Foot
- Towel
- Disposable wipes

Prepare the area by laying down the towel and have the disposable wipes ready. Now you are ready to begin by folding the piece of paper in half so it opens from the bottom, making a 5x8½ inch card. Next, pour some yellow paint onto a paper plate. Spread it out to about the size of your child's foot. Have your child place their bare foot on top of the paint. Next, have them step onto the card parallel with the long side. Use the disposable wipe to clean the paint from their foot. Now your child can add a few lines to the chicks back for wings. Leave it to dry for an hour or so then glue on the googly eye and add legs and a beak with the orange marker. Finally help your child add a message to the inside of the card.

Released by:

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