



College of San Mateo

Mary Meta Lazarus Child Development Center

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Children enjoying fruit pizza with apples, cheese, and kiwi.



Children make quesadillas with homemade tortillas and cheese.



Small Prints

Developing Healthy Eating Habits

The early years are a crucial time for establishing healthy eating habits for young children. Through the introduction of a variety of fresh fruits and vegetables children learn to enjoy and appreciate new foods, textures, tastes, and smells. It is important not to be discouraged if young children refuse new foods. Fear of new foods is common in young children. It may take many tries before a child will taste a new food and up to 20 exposures for children to decide whether they like or

dislike a food. Food jags –when a child chooses only to eat one food item meal after meal- are also common. They usually do not last long.

Embedded in our weekly curriculum experiences staff will plan weekly nutrition activities that involve tasting and discussing new fruits and vegetables. They will also incorporate cooking projects and the “farm to table” approach of picking fresh vegetables from our garden and creating fresh salads. Children learn through hands on explorations and “digging in the dirt”.



Families and staff planting vegetables together during our Fall Staff/Family Dinner.

Healthy Eats, Active Feet: Our comprehensive health and nutrition program funded by Sequoia Healthcare District's Healthy Schools Initiative



Our Fall Staff/Family Dinner was a great success. Families participated in creating their own family flags and gardening activities followed by a delicious healthy meal including fresh fruits and vegetables.

We invite families to continue to share their healthy recipes with us and each other!



Classroom A—History and Social Science (Marketplace/Civics)

Children's interest in community organizations, community helpers, and businesses led to the development of our Marketplace/Civics curriculum. Children drew on their own past experiences of visits to the carwash, pet store, bank, farmer's market, hospital, and interactions with police officers and firefighters. Teachers scaffold children's learning by providing a variety of books and props to extend learning. Children had the opportunity to learn about voting and the importance of having a voice. Children, families, and staff decided which community organizations they wanted to create and include in their "city" using recycled materials.



Michelle, Addison, and Hunter visit our Pet Store.

New Vocabulary Words

community, collaborate, ecology, recycle, vote, occupation, currency, exchange, cooperation, problem solving, conflict resolution



Children wait for services at our carwash.

Tyler prepares his lunchbox before fighting fires.



Room A Family Engagement

"To plant a garden is to believe in tomorrow."
-Audrey Hepburn



Officer Jim Salomaa (Samantha's dad) talks to the children about how he keeps our community safe.

Bic (Everest's mom) reads "Pete the Cat and His Four Groovy Buttons."



Our Garden

Gardening provides children with a great opportunity to learn about science. The children talk about the nutrients in the soil, habitats for insects, ground dwellers, and what plants need to grow. This science also involves trial and error, and sometimes not all the plants survive. In the Fall, the children planted spinach, kale, and herbs. They enjoyed making fresh

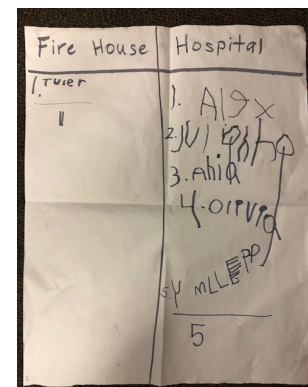


kale chips. Stay tuned for Spring planting!

Aria plants kale with Teacher Michelle in the garden.



James helps to water the garden.



Children have the opportunity to vote on which community organizations and businesses to create.



Abigail and Anica Sol prepare the bird cage for a bird rescue.

Classroom B—History and Social Science (Ecology)

Some of the areas we are investigating:

- comparing/contrasting living and non-living, natural and manmade objects
- natural ecologies different from ours (arctic, rainforest, jungle)
- where certain animals live in the world (geography)

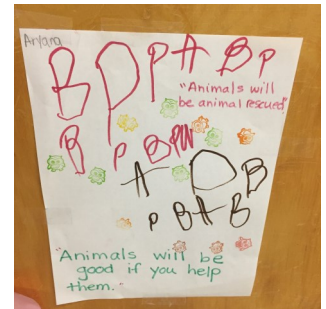
Our Animal Rescue and Sanctuary was born from the children's natural interest in living things and caring for animals. Staff provided stuffed animals, brushes, food bowls, bottles, blankets, small cages, telephones, and clip boards. In addition the CSM Nursing program donated gowns, stethoscopes, and bandages. Children participated and created a variety of social dramatic play scenarios that included veterinarians, groomers, office managers, and rescue vehicle drivers.



Giovanni, Penelope, and Julien care for an injured lion.

New Vocabulary Words

habitat, arctic, jungle, rainforest, sanctuary, rescue, manmade, geography, earth, veterinarian, ecology, ice, melt, bandages, surgery



Room B Family Engagement

Shaun (Brennans's dad), Mike and Dave (Kalea's dad and papa) help to build garden boxes on our yard for the children to plant and grow fresh vegetables.



Sahbiye (Rozerin's mom) shares Turkish dancing with us.



e·col·ogy
the study of the relationship between plants, animals, people and their environment, and the balances between these relationships



Brennan, Kalea, and Gianluca collect fallen leaves together.

Autumn Leaves

As Summer turned to Autumn, children began to notice environmental changes such as the falling leaves. Each day as they went outside, they noticed more and more leaves had fallen on the ground. With rakes and a wheelbarrow in hand, they worked together to collect all the fallen leaves. Children used the leaves in their nature collections, in play scenarios (campfire), for art projects, and in scientific investigations.



Children sort through objects and classify them as natural or manmade.

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Enjoying a healthy snack of oranges and pretzels at our Middle College Fall Festival.



Calendar of Events

February 13— Lunar New Year Celebration

(Year of the Pig) 3-4:30pm

February 14 - Pancake Breakfast 8-10am

February 15, 18 — Holiday

February 22 — Star Vista Workshop: Healthy Communication 2-4pm

Children have the opportunity to taste and talk about different fruits. They describe the taste and smells.



Butternut Squash Soup from our Winter Party

- 1 Butternut Squash: cubed
- 3 Cloves of garlic
- 10 Sage leaves ; chopped
- 1 Tbsp. olive oil
- 1 Tsp salt
- 1 Tsp pepper
- 3-4 Cups chicken or vegetable broth

Preheat oven to 400 degrees

Mix in a bowl

- Minced garlic, chopped sage, olive oil, salt, pepper
- add in butternut squash and mix together

Roast butternut squash for 50-55 minutes or until tender.

Blend roasted butternut squash with broth in blender.

Serve and enjoy!!!



Weekly yoga sessions with
Yoga Certification Students

Healthy pumpkin butter snack
with the Associated Students.

