



Naknek/King Salmon Head Start Newsletter January 5—8, 2010

Last week the children learned the proper clothing to wear when outside in the winter, when it's cold. We also worked on patterning and letter matching . This week we will be talking about Nutrition and Fitness. I will be talking about fruits, vegetables, and showing the children all kinds of ways to keep fit. Some of the activities will include: Cutting pictures of healthy and unhealthy foods and putting them in the right categories. Talking about the different meats we eat, as well as all the many different fruits and vegetables there are.