

**Sunshine Childcare Center III**  
**阳光幼儿园 III**  
**T/P Class March Newsletter**  
**学步学前班 3月份学习纲要**

Dear Parents,

In March, our themes were "Ants" and "Nutrition" respectively.

In the theme of "Ants", we introduced various types of ants through their unique colors, body parts, and life cycle of the ant. Through pictures, the children got to see a visual example of what an ant looked like, and we shared with them the way ants are reproduced every time from a Queen Ant. In our second week, we introduced what food ants eat, and the habitat in which they live in. What the children found interesting was the places ants live in, and the way food is being eaten. We used arts and crafts with the children to understand the body structure of an ant and the way each Ant consists of a head, a thorax, and an abdomen by drawing them out. The children also danced to a new song about ants, using their fingers to imitate the movement of an Ant.

In the theme of "Nutrition", we introduced what nutrition is, and the sorts of food that provide sufficient nutrition for our body and gave a few examples such as eating fruits, vegetables, and protein that will provide nutrition and nourishment for our bodies in our health and growth. Through this theme, we encourage children not to be picky as much as possible because of the importance of having nutritious food for our bodies and what it means to have a balanced diet. We also made "Healthy Food Plates" to enhance their understanding of fruits and vegetables and the children got to learn the importance of eating healthily and full of nutrition.

With the encouragement of the teachers, some children are willing to try foods that they do not regularly eat, so that they can change their food diets and improve on their eating habits as they continue to grow.

亲爱的家长：

3月份的主题分别是“蚂蚁”和“营养”。

在“蚂蚁”的主题中，我们第一周介绍了蚂蚁的种类，蚂蚁的颜色，蚂蚁身体的组成部分，以及蚂蚁的成长阶段，孩子们通过介绍知道蚂蚁有红色、黄色、咖啡色、和黑色；通过图片看到了放大了小蚂蚁的身体构造，我们也用简单的方式告诉孩子们蚂蚁的爸爸叫雄蚁，蚂蚁的妈妈叫蚁后。我们在第二周介绍了蚂蚁的食物、蚂蚁的居住地、蚂蚁的属性以及重要性，孩子们最感兴趣的还是蚂蚁吃的食物，我们还通过手工做各种各样的蚂蚁，让孩子们对小蚂蚁的身体构造有了充分的了解，孩子们还用手指跟随着歌曲模仿着蚂蚁向前进的动作。

在“营养”周的主题中，我们介绍了什么是营养，我们每天应该吃什么才有营养，我们还让孩子知道哪些食物属于水果类，哪些食物属于蔬菜类的，哪些食物属于蛋白质类的，哪些食物属于谷物类的，以及哪些食物属于乳制品，我们告诉孩子们这些食物都有营养，能够帮助他们健康成长。通过这个主题，我们教育孩子们不可以挑食，要什么食物都要吃，这样才能营养均衡。我们还做了手工“食物健康盘”，通过这些手工，孩子们意识到每天吃一些健康食物的重要性，有些孩子在老师的鼓励下开始尝试一些食物，我们也通过歌曲增加孩子对吃健康食物的兴趣，孩子们也会尝试平时不爱吃的食物，让孩子们尽量做到不偏食的好习惯。

### Mǎ yǐ

#### 1、词汇 (Words): Ants

Kind	Antenna	Larva	Pupa
种 类	触 须	幼 虫	蛹
Zhǒng lèi	Chù xū	Yòu chóng	Yǒng

Plant	Underground	Insect
植 物	地 下	昆 虫
Zhí wù	Dì xià	kūn chóng

### Yíng yǎng

#### 2、词汇 (Words): Nutrition

Food	Milk	Chicken	Fish	Bread	Rice
食 物	牛 奶	鸡 肉	鱼	面 包	米 饭
Shí wù	niú nǎi	jī ròu	yú	miàn bāo	mǐ fàn

Fruit	Vegetable	Health
水 果	蔬 菜	健 康
Shuǐ guǒ	shū cài	jiàn kāng

Ms. Bin、 Ms. Linda

3/31/2021