

Sunshine Childcare Center

阳光幼儿园

T/P Mix Class March Newsletter

学步学前班混合班三月份学习纲要

Dear Parents,

We learned three themes in March: Nutrition, Farm Animals and Wild Animals.

In the nutrition theme, we introduced food plates and colors for different categories in the food pyramids. We showed pictures of different foods to help children to understand what foods go in each group. We also explained the importance of each food group. Children created the food plates that are grains, proteins, fruits, vegetables and dairy. Finally, we showed healthy food and unhealthy food to the children. Some children in the class do not like to eat fruits and vegetables. We encouraged the children to eat more fruits and vegetables at lunch time.

In the animals theme, we learned about farm animals and wild animals. The children can identify familiar with the names, sounds, foods, homes and habits of many animals. The children were very interested in this topic. Everyone asked lots of curious questions and we used many pictures and stories to talk about the fun in animal methods.

Next month, we will learn about the Spring and Plants. April is the springtime. All of us had a long winter. We are looking forward to having nice weather in April.

本月词汇(Vocabulary):

Shí wù	yíng yǎng	niú nǎi	Jī ròu	yú ròu	shuǐ guǒ	shū cài
食 物	营 养	牛 奶	鸡 肉	鱼 肉	水 果	蔬 菜
Food	Nutrition	Milk	Chicken Meat	Fish Meat	Fruit	Vegetable

Miàn bāo	mǐ fàn	jiàn kāng	nóng chǎng	yáng	zhū	jī
面 包	米 饭	健 康	农 场	羊	猪	鸡
Bread	Rice	Health	Farm	Sheep	Pig	Chicken

Lǎo hǔ	hóu zi	dà xiàng	bān mǎ
老 虎	猴 子	大 象	斑 马
Tiger	Monkey	Elephant	Zebra

At School

Some of the learning activities included:

- Creating, chick, sheep and elephant
- Creating each food group on paper plates.
- Enjoying stories about nutrition and animals.
- Singing the songs about nutrition and animals.

At Home

- Visiting nutrition website [www. ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- Letting your child help you prepare nutritious meals and snacks.
- Taking children to grocery shopping.
- Talking with children about the food groups.
- Showing your child pictures of animals from books or magazines.

Classroom Teaching Team: Su / Qing

亲爱的家长们：

这个月我们学习的内容有：“营养”，“农场动物”和“野生动物”三个主题。

在“营养”这一主题里，我们学习了食物盘和食物盘里不同颜色所代表的食物类别。我们通过图片展示不同的食物帮助孩子们明白不同的食物类别。我们同时解释了每个食物组别的重要性。孩子们分别创作了谷物，蛋白质，水果，蔬菜和奶类食品的图画。最后，我们展示了不同颜色和不同种类的健康食物和不健康的食物。并根据大部分孩子不喜欢吃水果和蔬菜的习惯，鼓励孩子们尝试吃不同的食物，并且多吃水果和蔬菜。

在“动物”这一主题，我们学习了农场动物和野生动物。我们通过讲故事，图片展示让小朋友认识各种动物的名称，外形，叫声和生活习惯。孩子们十分喜欢学习这一主题，大家都提出了很多有趣的问题。

下个月我们将迎接春天的到来，我们会学习春天和种植两个主题。

在学校

主要活动包括：

- 在艺术角用不同的材料制作鸡，羊和大象。
- 粘贴不同组别的食物在纸盘上。
- 听有关营养和动物的故事。

在家里

- 看营养的网站：[www. ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- 与你的孩子一起准备营养的饭菜和小吃。
- 与你的孩子一起到超市买菜。
- 与你的孩子讲解食物的分类。
- 与你的孩子一起从书本或杂志里找动物的图画。

苹果班全体教师：Su / Qing