



# The Winter Break Express

## Title I

### Family Fun during Winter Break

Try these activities at home with your child to continue learning during winter break.

Plan some family time to play word games. Scrabble and Hangman are old time favorites. Have your child list new words learned from these games in a vocabulary notebook.

Schedule outdoor activities every day: walking, bike riding, raking leaves etc.

Make up a story with your child. Have your child write the story. For younger children, write the story for them asking them what sounds they hear in the words. Have fun illustrating the book together.

This is the perfect time of the year to visit the library and get wonderful books for you and your child to enjoy during the winter break. Set aside twenty minutes every day for family reading time.



Encourage your child to keep a journal. She can write about things that happen at home and school. Have her write about what she saw, heard or felt on a trip. Drawing pictures and adding photos can be a real treat. Always offer positive feedback on her writing.

Play store with items in your cupboard. Older children can make change using play money. Younger children can sort food, fruits, vegetables, etc.

Have fun making a favorite recipe with your child. Let him measure all the ingredients. We have included some recipes on the back to enjoy with your child.

**Please see the back of this sheet for recipes.**

Have your child write the grocery list. Remember to include "Brain Food": apples, beans, berries, eggs, greens, oatmeal, yogurt, pumpkin walnuts and dark chocolate.



Have fun trying these recipes with your children. They can start their own recipe book by keeping the recipes they like in a folder, binder or album.

### Salad in a Jar: Ingredients

You can give your child complete control over what to put in the jar-as long as they pick at least 4 vegetables. You can also make a fun trip to the store and have him pick out ingredients, including the dressing, himself.

1. Your child can layer the ingredients in a Mason jar.
2. Start with the dressing first, 2-3 tablespoons, so it doesn't get the other ingredients too soggy.
3. Layer the ingredients from the heaviest to lightest foods ending with the salad greens, for example, carrots, ham (optional), peas corn avocados, strawberries, greens.
4. The strawberries naturally sweeten up the salad and make it more appealing. You may use other fruits like blueberries, raspberries, peaches or apples.
5. Optional: add some wonton crisps or croutons on top of the greens.
6. Shake the jar and dump the salad onto a plate.



### Baked Parmesan Zucchini

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Yield 4 servings

#### Ingredients:

4 zucchini, quartered lengthwise

$\frac{1}{2}$  cup grated Parmesan

$\frac{1}{2}$  teaspoon dried thyme

$\frac{1}{2}$  teaspoon oregano

$\frac{1}{2}$  teaspoon dried basil

$\frac{1}{4}$  teaspoon garlic powder

Kosher salt and freshly ground pepper, to taste

2 tablespoons olive oil

2 Tablespoons chopped fresh parsley leaves

#### Instructions:

- Preheat oven to 350 degrees, coat a cooling rack with nonstick spray and place on a baking sheet;
- In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder salt and pepper, to taste;
- Place zucchini onto the prepared baking sheet. Drizzle with olive oil and sprinkle with parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes or until crisp and golden brown.
- Serve immediately, garnished with parsley, if desired.



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Try these **reading tips** at home with your child to continue learning during winter break.

Create a home library to show how important books are in your home. Have your child pick a special bookshelf; decorate a box; etc. for her books.

When visiting the library, pick out some books on tape as well as books for your child to read.

Select a few of these questions to ask your child about a story:  
\*Who are the characters in the story?  
\*What is happening in the story?  
\*What happens in the beginning, middle and end of the story?

Let your child pick books that interest him. Magazines and newspapers are a great choice for reading, as well. Let your child see you read. Enjoy reading time together.



When your child is stuck on a word, give her help with strategies such as:  
Think about the story;

Check the picture;

Does the word you said make sense? and

Look for chunks, little words in bigger words.

Read different levels of books together. Choose books your child can read by himself as well as higher level books your child can enjoy listening to as you read to him.

When choosing books, make sure to include different genres-styles of books:  
\*Fiction, stories that are not real  
\*Non-Fiction, real events  
\* Poetry

**Read with your child EVERY day. No Exceptions.**

