

# ★ DECEMBER

## Phases of the Moon

Have your kiddo decorate a paper plate with crayons or sponge paints to create their favorite phase of the moon: full, gibbous, half or crescent. It's never too early to introduce learning during craft time so be sure to check your calendar with your children to see when each phase will happen this month and debunk that myth about the man in the moon!

### Chicken, Broccoli and Tomato Bake

- 8 ounces whole-grain cavatappi pasta
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 3 tablespoons pesto
- 1 can (14 oz) diced tomatoes
- 1 cup marinara sauce
- 4 ounces low-fat cream cheese
- 1 pound boneless chicken breast, cubed
- 4 ounces skim-milk shredded mozzarella cheese

Preheat oven to 375°. In a large pot, cook cavatappi pasta until al dente and drain. Saute minced garlic and pesto in olive oil for two minutes, add in chicken and cook on medium for eight minutes. Add in diced tomatoes, marinara sauce, pasta, and cream cheese. Stir until cheese is melted. Spoon into casserole dish, sprinkle with mozzarella cheese. Bake 20 minutes or until bubbly and cheese is melted. Serve with a side of steamed broccoli for all the MyPlate food groups!

### Jump Cow Jump!

Have your kids lay out an obstacle course using the moons they crafted and take turns jumping over them in single file while chanting "Jump, Cow, Jump!" This fun physical activity builds kids' cardiovascular health, gross motor skills, and helps teach rhythm.

### ChooseMyPlate.gov

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Make half your plate fruits and veggies and a quarter of your plate each protein and grains. Add a glass of milk for dairy and you've got a balanced meal.

## DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday