

News Notes to Parents

November 2021

Teaching Children About the Fall Harvest

What Is The Fall Harvest?

Traditionally, the Fall Harvest is a time where people celebrate a successful and bountiful harvest of crops! Coming together, people give thanks for the crops they've gathered, share food and gifts, and celebrate a strong sense of community before they prepare for the winter season.

The Fall Harvest has diverse roots in many global cultures and is celebrated in a variety of ways today. For example, did you know that in the United States and Canada the Fall Harvest takes on the form of Thanksgiving celebrations? And in Asia, the Chinese Mid-Autumn Festival is one of the most widely celebrated harvest festivals in the world! Although our traditions may be different because of where we live, each of these celebrations focuses on the same values of celebrating with friends and family, expressing gratitude for crops and food, and building meaningful connections within our communities.

By exploring celebrations around the world and within their own community and homes, children will learn that their cultural differences make them special and that the Fall Harvest is a wonderful celebration that brings people together in the spirit of gratitude—something we can all share no matter where we're from!

Explore these Fall Harvest-themed lessons!

- **Go On A Field Trip**
- **Take Learning Outside**
- **Make Time For Mindfulness**



To read full article go to : <https://www.kaplanco.com/ii/teaching-fall-harvest>

Getting Children Involved in the Kitchen

There are many ways to engage children in the kitchen. All children can help with menu planning and grocery shopping. Younger children can assist with a variety of simple tasks, from setting the table to mixing ingredients. Older children can prepare simple snacks and dishes themselves. No matter what age your children are, working with them in the kitchen can motivate them to try new and healthier foods.

Tips for Involving Younger Children

- Pick out at least one new fruit or vegetable to try, when shopping
- Wash fruits and vegetables
- Rinse canned beans
- Measure dried pasta, beans, vegetables, etc.
- Add premeasured ingredients to recipes
- Stir ingredients
- Stuff ingredients into a pita pocket
- Assemble food for table presentation
- Crumble cheese for topping a side dish or salad



For full article and kid friendly recipes: <https://healthyeating.nhlbi.nih.gov/>

Vegetable & Stars Soup

Before you
begin:
Wash your
hands

Ingredients:

- 1½ cups tomato juice
- 2 cups low-sodium broth
- ½ teaspoon dried Italian seasoning
- 1 large garlic clove, finely minced
- 2 cups frozen vegetable blend (carrots, peas, green beans)
- 6 ounces stellini star-shaped pasta
- 3 tablespoons grated parmesan cheese

Instructions:

- Bring tomato juice, broth, Italian seasoning, & garlic cloves to a boil
- Add in the frozen vegetables & stellini pasta.
- Reduce heat to medium & simmer for 15 minutes until pasta is cooked & soup has thickened slightly.
- Stir in parmesan cheese & serve.

Serving size: 1¼ cup
Serves: 4
Calories: 250
Total fat: 2g
Saturated fat: 1g
Sodium: 736mg
Carbohydrate: 44g
Fiber: 7g
Sugars: 4g
Protein 12g

source: www.kidseatright.org

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