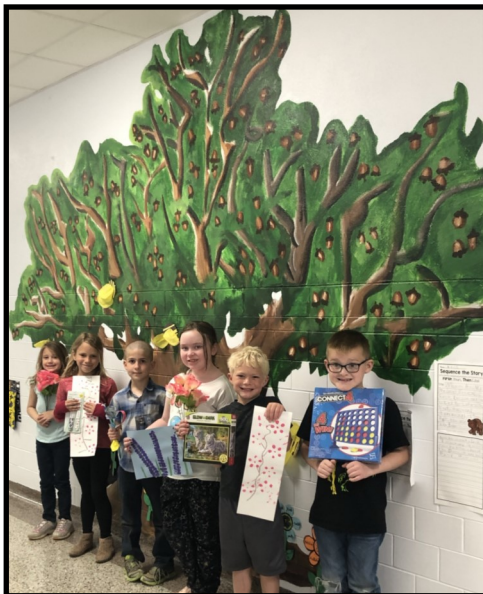


## 1st Grade Teachers Adapt Project Based Learning Due to COVID

Due to COVID, the First Grade Project Based Learning (PBL) *Acorns to Oaks* project had to be adapted this year. Instead of the monthly trips the *Acorns* (students) were making to the Golden Wheel and weekly visits to the school by the *Oaks* (adults), bi-monthly art projects were created by the students and shared with residents of the Minneapolis Health and Rehabilitation Center (MHRC) and long term care unit at the Ottawa County Health Center (OCHC).

For their final project, students made May baskets which contained paper flowers they had made, and numerous other items for the residents. These items were donated by MGS students, families and staff. Donations included large-print books, stationary, magazines, puzzles, board games, artificial flowers, CD's, DVD's, and lotion. The baskets were assembled and delivered by first grade students to residents at OCHC and MHRC on Friday, May 7, 2021.



# parent tips

## Healthy Snacks—100 Calories or Less

Snacking is good when you feel hungry between meals. Choosing *healthy* snacks will help you and your family stay at a healthy weight.



Here are some healthy snacks—all 100 calories or less.

### Fruits

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)
- ½ cup orange juice

### Vegetables

- 1 cup cherry or grape tomatoes
- 2 cups raw mixed veggies with  
2 tablespoons fat-free dressing
- 12 baby carrots
- 18 small celery sticks
- 1 cup raw cauliflower
- 1 cup low-sodium vegetable juice



### Breads, Cereals, Rice, and Pasta

- ½ cup oat circles cereal
- 2 graham cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers, unsalted
- 2 brown rice and multigrain rice cakes

### Fat-free or Low-fat Milk, Cheese, and Yogurt

- 6 ounces cup fat-free plain yogurt
- ½ cup low-fat cottage cheese
- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

### Other Snacks

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

Source: USDA National Nutrient Database for Standard Reference, Release 19

**We Can!** is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

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