



# Did You Know.....



**Unit:** Nutrition, Healthy Habits

**Letter:** I, i

**Number:** "4"

**Bible Story:** Exile and return.

**Vs.:** The Lord, the God of Heaven,...has appointed me to build a temple in Judah.

Ezra 1:1

**Thank you to those who have brought cans for God's Pantry. WE need more!!!!**



### Dates To Remember

11/8-Election Day- Don't forget to VOTE!

11/6-Daylight Saving Time Ends

11/22-Thanksgiving Feast

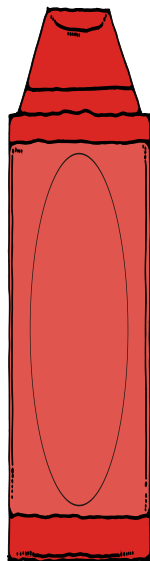
11/23 -11/25 No School-Thanksgiving Break



Trunk or Treat and making yummy

fruit salad—Thank you parents for all the good food you donated.

# LCA Preschool-Crim



### This week the class will:

1. Name some healthy habits such as playing outside, brushing teeth, getting enough sleep, and eating foods that are good for them.
2. Name four foods that are good for you.
3. Learn that you eat some foods once in a while, such as junk food and sweets.
4. Make recipes with food that is good for you.
5. Learn it is important to wash their hands.