

# January 2021 CACFP Enrichment Activities

Monday


Tuesday

Wednesday


Thursday

Friday


**4**  
**Learn about Nutrition!**  
Help your friend identify each food group on the way to MyPlate! (Answer Key)




**11**  
**Time for Arts!**  
Do you want to have your own farm someday? Color your own farm and make it pop-open!




**18**  
**Let's Learn About Science!**  
Do you want to experience winter at the North Pole? Check it out!




**25**  
**Let's Sing Along!**  
Toys are the best friends ever! Sing along "You've Got a Friend In Me" with Woody from Toy Story!




**5**  
**Learn about the World!**  
Let's visit London to discover double decker buses, Big Ben, and the London Eye!




**12**  
**Let's Sing Along!**  
Sing "Making Today a Perfect Day" with Anna and Elsa to make today a perfect day!




**19**  
**Learn about the World!**  
Want to learn about the history of the Vikings? Let's visit Viking village in Iceland!




**26**  
**Let's Learn About Science!**  
Playing with magnet can be fun! Jessi teaches us about how magnets work!



**6**  
**Let's Move!**  
Dance along to the fruit song, "Shake Shake It" and learn how to make fruit juice too!




**13**  
**Learn about Nutrition!**  
Time to cook a healthy snack, Peanut Butter and Apple Wrap! Simple and Easy!




**20**  
**Virtual Field Trip!**  
Visit Goldenrust Farm near Dover, Minnesota. Meet farmer Jessica and her chickens, cattle, pigs, and sheep!


**27**  
**Let's Move!**  
Do you want to be like Spiderman? Follow these moves to mimic Spiderman!




**7**  
**Let's Sing Along!**  
It's 2021, a new year! Sing along with Troy and Gabrielle "Start of Something New"!




**14**  
**Learn about the World!**  
Let's visit Russia to go ice skating, watch ballet, and learn moves from Ballerina, Gabriela!



**21**  
**Time for Arts!**  
It's 2021! Let's create our own January calendar! Plan and mark specials days too!



**28**  
**Learn about Nutrition!**  
Eggs are healthy and delicious! Where are eggs from? Let's find out how!




**1**  
**HAPPY New Year**


**8**  
**Let's Learn About Science!**  
Learn about Bald Eagles: why they are called bald and why they are endangered!



**15**  
**Let's Move!**  
It is Yoga time! Learn how to do Winter Wonderland poses to a beat!



**22**  
**Learn about Nutrition!**  
Let's sing along to a song about eating veggies!



**29**  
**Learn about the World!**  
Let's visit a Medieval Renaissance village in Hungary! Watch the video to learn about their culture!

