

Kids Korner

Kids Participate In Nutrition Fair

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Lancaster Farming Staff

LANCASTER (Lancaster Co.)

— Happy things to do, good things to eat, funny things to see, and lots of things to learn were at the Nutrition Fair held last week at the Girls and Boys Club, Lancaster.

Providing entertainment were 20 students from the Washington Elementary School. Students from the learning support class dressed as clowns and twisted balloons into animals shapes and helped preschoolers complete spin art projects and other activities.

Mary Lou Cook, teacher, has had great success in incorporating clowning into teaching students with learning problems.

Students who show cooperation in the classroom, demonstrate social skills, and follow directions are rewarded by being allowed to participate in clowning activities outside the classroom. The Nutrition Fair is only one of many events that Cook and the clowns are invited to perform.

"Clowning has really helped the students to do well in the Soar to Success Reading Program we have at school," Cook said.



Children color Easter eggs at the one station.

In the program, students develop reading skills by learning to question, predict, sound out phonetics, and summarize stories. The students try harder in the classroom when they know the reward is clowning.

Consequences are given to students who do not follow directions or who cause classroom disturbances. Happy the Clown reported that he had to miss 30 minutes of the clowning program because he was given a consequence for misbehavior.

He said, "I think it is good to be given consequences because it helps me learn to pay attention. I love clowning and I don't want to miss it."

Student teachers Babs and Buster led some of the clowns in magic tricks, such as catching rain in a container despite no raindrops falling.

While the clowning tricks were not nutrition related, they provided an atmosphere of fun and encouraged children to participate in learning more about nutrition.

Children were taught to select foods that build strong, healthy bodies. At one table, children made Butterfly Bites (see picture with directions).

It may be a bit early for Easter, but children colored Easter eggs and found out that eggs are a nutritious food to eat.



Children are never too young to learn about nutrition.



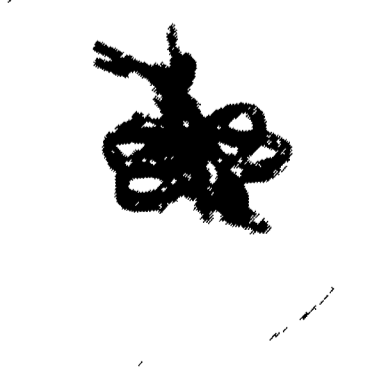
Lancaster County Alternate Dairy Princess Jamie Horning handed out "I Love Milk" stickers.



Children line up for face painting at the Nutrition Fair.



National Brown Swiss Queen Elizabeth Smith encourages children to drink milk.



To make Butterfly Bites, spread a stick of celery with peanut butter or cream cheese for the body of the butterfly. Add a pretzel twist to each side for its wings. Two pretzel sticks can be used for antennae. Decorate with raisins.



Spin art demonstrated by Bozo the Clown fascinates this little guy.