

Pre-School Pages

April 2025

Breakfast Pizza

Pizza for breakfast? Why not?! This quick and easy recipe will have your kids jumping out of bed in the morning.



Ingredients:

Cooking spray

2 (8 ounce) tubes reduced-fat crescent rolls

1/2 pound breakfast sausage

1 cup (4 ounces) mushrooms, chopped or sliced

1/2 cup onion, chopped

1/2 cup green pepper, chopped

1/2 cup tomatoes, chopped

4 eggs, well beaten

1 cup shredded cheddar cheese

Directions:

Preheat oven to 375 degrees F.

Spray a cookie sheet.

Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.

Pinch up the edges to hold toppings.

In a skillet, brown sausage and drain.

Sprinkle sausage, mushrooms, onion, green pepper, and tomatoes evenly over the dough.

Pour eggs over top and sprinkle with cheese.

Bake for 20 minutes or until lightly browned.

Cut into squares with a pizza cutter and serve.

Notes

Option: Fat and cholesterol content can be reduced by using low-fat cheese and 6 egg whites instead of 4 eggs.

Source: Megan Finney, former student, University of Kentucky, PlanEatMove.com

Get Outdoors this Spring

With the temperatures beginning to warm up, now is a great time to encourage children to put down their electronic devices and go outside to enjoy nature. Getting outdoors has many advantages, including increased vitamin D levels, more physical activity, improved mood, better concentration and faster healing, according to research from Harvard Medical School.

Here are some ideas to encourage children to go outside. Offer enjoyable activities.

- Bubbles and sidewalk chalk are both excellent low-cost incentives for outdoor play.
- Let your kids walk the dog outside
- Kickball can be enjoyable games to play with your family or with neighbors.
- Conduct an insect safari to teach children to listen and look for insects.
- Introduce children to nature's wonders. As a family, observe sunrises, sunsets, or the night sky. Take a stroll and observe the buds on the various tree species.



Source: <https://exclusives.ca.uky.edu/2023/4-h/ideas-get-youth-outdoors-spring>

Source: Ashley Osborne, extension specialist for 4-H youth development



HOW LONG WILL IT LAST?

1-2 DAYS



BANANAS
Store on counter



CHERRIES
Store in fridge



MUSHROOMS
Store in fridge



STRAWBERRIES
Store in fridge



CORN
Store in fridge



BROCCOLI
Store in fridge

2-4 DAYS



LETTUCE
Store in fridge



PINEAPPLE
Store on counter



CUCUMBER
Store in fridge



GRAPES
Store in fridge



ZUCCHINI
Store in fridge



EGGPLANT
Store in fridge



AVOCADOES
Ripen on counter
then store in fridge

4-6 DAYS



PEPPERS
Store on counter



BLUEBERRIES
Store in fridge



CAULIFLOWER
Store in fridge



TOMATOES
Store on counter



ORANGE
Store in fridge



LEMON
Store on counter



PARSLEY
Store in fridge



GRAPEFRUIT
Store on counter



BRUSSELS SPROUTS
Store in fridge



SPINACH
Store in fridge



PEACH
Store in fridge



WATERMELON
Store on counter



PLUM
Ripen on counter
then store in fridge



PEAR
Ripen on counter
then store in fridge

7+ DAYS



APPLES
Store on counter
(store in fridge if >7 days)



BEETS
Store in fridge



CELERY
Store in fridge



POTATO
Store on counter
(store in dark to
prevent greening)



ONIONS
Store on counter
(store in dark to
prevent greening)



CARROTS
Store in fridge



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Denise Wiley
County Extension Agent for Family
& Consumer Sciences

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Abril de 2025

Pizza de desayuno

Pizza para el desayuno? ¡¿Por qué no?! Esta receta rápida y fácil hará que sus hijos salten de la cama por la mañana.



Ingredientes:

Spray de cocción

2 (8 onzas) Tubos Rollos de luna de luna de grasa reducida

½ libra salchicha de desayuno

1 taza (4 onzas) champiñones, picados o en rodajas

½ taza de cebolla, picado ½ taza de pimienta verde, picada

½ taza de tomates, picado

4 huevos, bien batido

1 copa cogida cebada

Instrucciones:

Precaliente el horno a 375 grados F.

Rocíe una bandeja para galletas.

Presione los rollos de media luna sobre la bandeja de galletas con los dedos para crear una hoja de masa uniforme.

Pellizque los bordes para sostener las coberturas.

En una sartén, salchicha marrón y drenaje.

Sproching Sausage, Mushroom, Onion, Pepper y Tomates, uniformemente sobre el Dough. 20 minutos o hasta que estén ligeramente dorados.

Corte en cuadrados con un cortador de pizza y sirva.

Notas:

Opción: El contenido de grasa y colesterol se puede reducir mediante el uso de queso bajo en grasa y 6 claras de huevo en lugar de 4 huevos.

Fuente: Megan Finney, ex alumno, Universidad de Kentucky, Planeatmove.com

Lleva al aire libre esta primavera

Con las temperaturas que comienzan a calentarse, ahora es un buen momento para alentar a los niños a dejar sus dispositivos electrónicos y salir a disfrutar de la naturaleza. Llegar al aire libre tiene muchas ventajas, que incluyen niveles de vitamina D, más actividad física, mejor estado de ánimo, mejor concentración y curación más rápida, según la investigación de la Facultad de Medicina de Harvard.

Aquí hay algunas ideas para alentar a los niños a salir. Ofrecer actividades agradables.

- Las burbujas y la tiza de la acera son excelentes incentivos de bajo costo para el juego al aire libre.
- Deje que sus hijos caminen al perro afuera
- Kickball puede ser juegos agradables para jugar con su familia o con vecinos.
- Realice un safari de insectos para enseñar a los niños a escuchar y buscar insectos.
- Introducir a los niños las maravillas de la naturaleza. Como familia, observe los amaneceres, las puestas de sol o el cielo nocturno. Dé un paseo y observe los brotes en las diversas especies de árboles.



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Fuente: Ashley Osborne, especialista en extensión para desarrollo juvenil 4-H



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