Sweet Potato Fries

Preheat oven to 450°F

2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.

3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.

4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.

5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.


7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.
**MOVE YOUR BODY**

Creating your own obstacle course is an easy way to utilize movement skills indoors as well as outdoors. Whether it’s navigating your way over couch cushions and under blankets or kicking balls through hula hoops and climbing under jump ropes, you can make obstacle courses challenging for every age. The best part is that you don’t need specific materials; use what you have! Encourage problem solving, critical thinking and lots of coordination as you navigate your way through each obstacle.

**T.O.Y. (Teaching on Your) Time**

T.O.Y time provides exciting and engaging lessons for students of all ages focuses on topics such as the solar system to film making. Tune In to learn a new fact or skill! Be sure to check out this week’s featured videos below!

**Word Problems** (Pre K–3)

**Literacy Mystery** (4–8)

**Stock Market 101** (8–12)

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**Preschool Learning at Home: Teaching Literacy**

The most powerful ways to develop children’s literacy skills are also the simplest: talk to them, listen to them, read to them and write with them.

- **Teaching Letters**
  - Keep an alphabet set or two around the house that your child can touch and manipulate — such as alphabet blocks, foam letters for the bathtub, an ABC puzzle, refrigerator letters, or alphabet books.

- **Teaching Rhyming**
  - Rhyming helps children develop language and literacy by helping them pay attention to “end sounds” in words. Rhyming is also a lot of fun! Here are a few rhymes you can teach your child:
    - Twinkle, Twinkle Little Star
    - The Itsy Bitsy Spider

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**Wash Your Hands to Don’t Stop Believin’ by Journey**

Hand-washing technique with soap and water:

1. Wet hands with soap and water
2. Rub hands together
3. Rub between fingers
4. Rub around fingers
5. Rub under nails
6. Rinse thoroughly
7. Dry hands

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**Find Free, Healthy Meals for Kids During COVID-19 School Closures in NC**

- **Text FOODNC to 877-877** to find pick up and drive-thru locations near you.

- **Use the Map at NoKidHungryNC.org** to find pick up and drive-thru locations near you.

- **Find information on delivery meals** by visiting NoKidHungryNC.org/MealUpdates

- **Check with your local school district** for the latest updates on its website or social media.