

LUNCH BITES

How to use Herbs and Spices - for Kids!

Did you know that both herbs and spices come from plants but herbs are the fresh part of the plant while a spice is the dried root, dried stalk, dried fruit or seed of the plant and is almost always dried not fresh. Learn more about herbs and spices and follow along with Dillan and Nathan having fun in the kitchen.

Hey Kids!

Check out this video>>>>



(Open the camera on your iPad and hold over QR code)



**I prefer to add basil to soups.
They are soup-herb!**

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LUNCH BITES

Ducks by the Deschutes River

Ducks are one of the many animals that live near the Deschutes River. Here are some fun facts about ducks!

- Ducks have water proof feathers and web feet that help them swim fast and strong.
- Ducks are omnivores which means they eat both plants and animals.
- Ducks like to live near water, such as the Deschutes River right here in Central Oregon.

Hey Kids! Next time you walk by a river, count how many ducks you see!

Check out this video>>>>

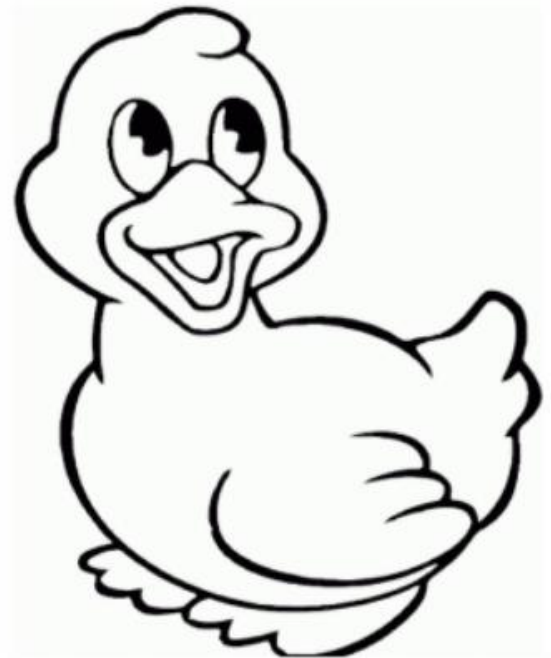


(Open the camera on your iPad and hold over QR code)



**What time does a duck wake up?
At the quack of dawn!**

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LUNCH BITES

Become Part of the No Litter Generation!

There's hardly any part of the world that isn't affected by litter – on the ground and in lakes and seas. If we don't do anything about it, our oceans could end up containing more plastic than fish by the year 2050! But you and other children and young people around the world can make a difference and become the No Litter Generation.

Watch this video and learn how you can become a part of the No Litter Generation.

Check out this video>>>>



(Open the camera on your iPad and hold over QR code)



What has four wheels and flies?
A garbage truck!

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LUNCH BITE

PIZZA FUN FACTS

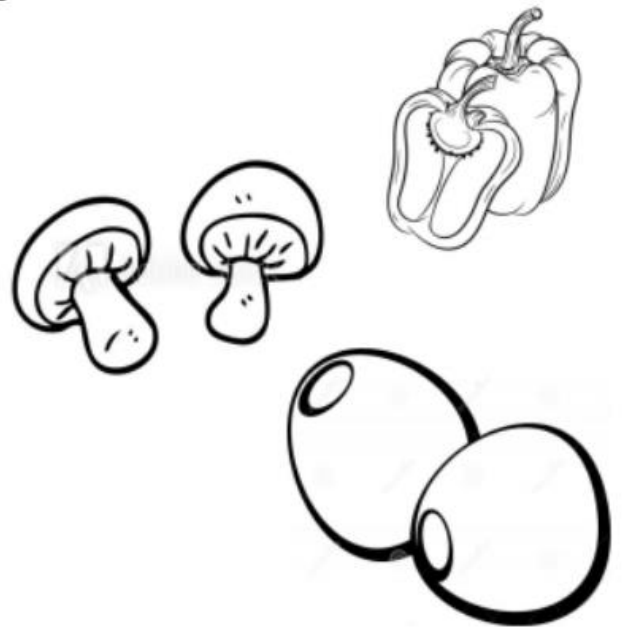
- Pizza originated in Italy.
- Every second, Americans order 350 slices pizza.
- Pepperoni is the most popular pizza in America.

What are your favorite toppings?

Hey Kids!

Check out this video about a girl who helps make her own pizza!

(Open the camera on your iPad and hold over the QR code)



What do you call a sleeping pizza?

A piZZZZZa!

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BOCADILLOS PARA EL ALMUERZO

Cómo Usar Hierbas y Especies - para niños

¡Hey niños!

Sigue a Dylan y Nathan en la cocina.

Mira este video >>>>>



(Abra la cámara en su iPad y mantenga presionado el código QR)



Las escuelas de Bend-la Pine son un proveedor que ofrecen igualdad de oportunidades.



BOCADILLOS PARA EL ALMUERZO

Patos por el río Deschutes

¡Hey niños!



Mira este video >>>>>

(Abra la cámara en su iPad y mantenga presionado el código QR)



Las escuelas de Bend-la Pine son un proveedor que ofrecen igualdad de oportunidades.



BOCADILLOS PARA EL ALMUERZO

Por favor no tirar basura

¡Hey niños!

Mira este video >>>>>



(Abra la cámara en su iPad y mantenga presionado el código QR)



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Bocadillos para el almuerzo

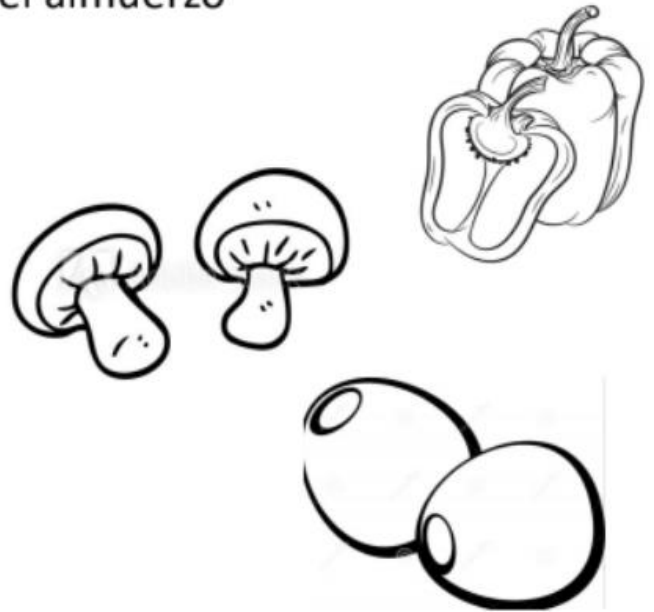
PIZZA

(Abra la cámara en SU iPad y mantenga presionado el código QR)



¿Cómo se llama una pizza para dormir?

A piZZZZZZa!



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