



Paula Preston Quincy, Michigan

Biography

Paula Preston Daycare has been in operation from our home for the past twenty five years; fifteen of those have been as a Group Home. I am grateful to my husband, Keith, of 35 years, and my four awesome children for their support and encouragement. I received a degree as a Registered Nurse, worked a short time and then we began our family. I made a decision to stay home and raise our children. I began daycare for a friend and soon found my joy in teaching and providing learning opportunities for the children. After our children had graduated from High School I learned about the T.E.A.C.H. Program and enrolled in college. My own children enjoyed teaching me computer skills! I now have my Associates Degree in Early Childhood Development. I enjoy spending time with my family, especially my soon to be six grandchildren. I also enjoy gardening (I am a hosta collector), walking, cooking, and teaching the children at our church.

Project-"NUTRITION, Cooking up Recipes for a Healthy Body!"

My project combines a need of our classroom and a major problem in America. Research shows over 40% of U.S. children are overweight or obese. I will use the new KITCHEN CENTER to educate the children about healthy and non-healthy food choices. The children will learn the life skills of cooperative play, organization, logical reasoning, and build self esteem as they role play in our new dramatic play area. The kitchen center will provide many literacy and math experiences as they play house, grocery store, or perhaps restaurant. We will use our ethnic food in to help teach about multicultural lifestyles of other countries. The children will learn about healthy food choices and then have the opportunity to plan, prepare, and serve their families at a "Good for You Dinner". After dinner there will be planned activity time of family fun exercising together. I'm excited about the new opportunities the kitchen center will bring to our classroom as the children have their world enlarged through learning about good nutrition and healthy bodies.

