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# Preschool Theme Kits

# FOOD



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**FOR YOU:** a copy of these activities is available in back of this notebook.

Welcome to the *Food* Theme Kit. Our target age group is 2 to 5 year olds but we have included at least one board book for babies to use. All these books read aloud well, and there are activities, finger plays, and teacher guides to help you. Also, take a look at the general information sheet on the inside cover of this notebook. ENJOY!

## *Related Activities*

### *-Fun and Games-*

#### GIANT MUSICAL SANDWICH GAME\*

This is a variation of musical chairs. Begin play with two children facing each other. They are the "slices of bread". Leave enough space so the other children can pass through the bread slices. Play music and have children go through bread in a line. When the music stops, the child who is between the slices stays and tells what kind of sandwich filling he or she is adding to the sandwich.

Music continues as the children move through the sandwich and filling. When the music stops again, another filling is added. Continue music and play until you have one giant sandwich with everyone in it!

#### SUBMARINE SANDWICH SOCIAL\*

Assemble a variety of ingredients

- loaf of French bread
- meats
- cheeses
- lettuce, tomato, olives, pickles

Cut the bread in half lengthwise and spread with mayonnaise and mustard (or whatever your children like).

Let the children arrange the ingredients on one half of the bread. Put the loaf back together and cut into smaller sandwiches. Serve.

*Variation:* use individual bread rolls or slices to make sandwiches.

#### FOOD FAVORITES

After reading from **Good Enough to Eat**, do this activity. Cut out pictures from magazines of the major food groups:

- 1) Breads, pasta, cereals
- 2) Meat, eggs, cheese, milk, nuts
- 3) Fruits and vegetables
- 4) Fats, sweets

Let children choose a picture from each group and glue it on a paper plate or piece of colored paper.

Talk about how each food group supplies nutrition that our bodies need.



#### TELL IT AGAIN AND AGAIN CD

Listen to the audio tape in this kit. Then use the felt pieces to "tell" the *Little Red Hen* and *Gingerbread Boy* stories. Collect props to use with the other stories and act them out too.

## WHO STOLE THE COOKIES?

Traditional

*Sit in a circle. This can be played as a chant or a song, with hands alternately slapping thighs and clapping.*

**All:** Who stole the cookies from the cookie jar? (*Repeat 3 times*)

**Leader:** (Names a child) stole the cookies from the cookie jar.

**Child 1:** Who, me?

**All:** Yes, you!

**Child 1:** Couldn't be.

**All:** Who stole the cookies from the cookie jar? (*Repeat 3 times*)

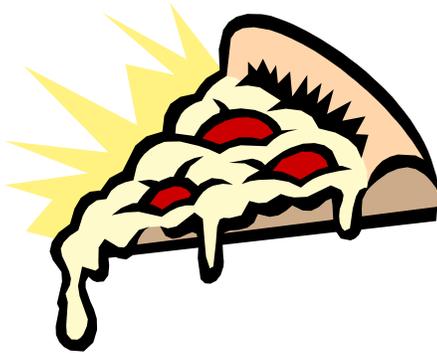
**Child 1:** (Names another child) stole the cookies from the cookie jar.

**Child 2:** Who, me?

**All:** Yes, you!

**Child 2:** Couldn't be.

*Continue through the group.*



## MAKE A FLANNEL BOARD FROM A PIZZA BOX \*

Don't have a flannel/felt board to use with felt pieces? Personal size flannel boards can be made from an unused pizza box or other shallow box. You can often gather these from a local store. Cut felt to fit the inside of the box and glue with white glue or craft glue.

The children can use this size easily and it will store well. Make your own felt pieces for favorite stories or songs.

*\*Used with permission from King County Library System.*

Food Theme Kit

### Questions or Suggestions:

Call the Youth Services Dept.  
at (360) 384-3150

## -Fingerplays and Action Rhymes-

### MIX THE BATTER

Mix the batter, stir the batter  
Shake some flour in.  
Mix the batter stir the batter,  
Place it in a tin.  
Sprinkle little raisins on,  
Pop the batter into bake.  
Open wide the oven door  
And out comes a cake!

*Make stirring motion  
Make shaking motion  
Stir some more.  
Make motions of pouring  
Sprinkle  
Place cake in 'oven'  
Bend, open oven door  
Put cake to nose and sniff – yum!*

### APPLE TREE

Way up high in the apple tree  
Two red apples smiled at me.  
I shook that tree as hard  
as I could!  
Down came the apples,  
Mmmmm they were good!

*Stretch up, with arms over head  
Make two fists, over head  
Shake the trunk of the tree!*

*Bring fists down to the floor.  
Pretend to take a bite, and rub your  
tummy – mmmm!*

### TWO FAT SAUSAGES

Two fat sausages sizzling in the  
pan  
One went POP  
And the other went BAAAAAM!

*Hold thumbs up like hitchhiking  
Put 1 thumb in mouth to pop out, or  
smack lips- POP!  
Clap hands together BAM!*

### PIZZA

Five leftover pizza pieces  
From the night before,  
Dad came and ate one,  
Gulp! Then there were

Four leftover pizza pieces  
One with pepperoni  
Mom came and ate one.  
Gulp! Then there were

Three leftover pizza pieces,  
Cheese like sticky glue.  
Brother came and ate one,  
Gulp! Then there were

Two leftover pizza pieces  
Not having any fun.  
Sister came to take one,  
Gulp and then there was

One leftover pizza piece  
But I don't wanna be a hog.  
So I went and got it  
And shared it with the dog!

### I LIKE TO EAT

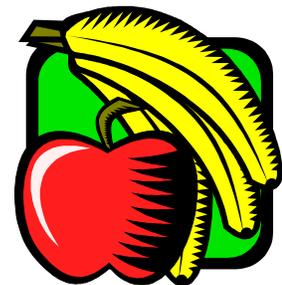
Traditional song

I like to eat, I like to eat,  
I like to eat apples and bananas.  
I like to eat, I like to eat,  
Eat apples and bananas.

*Now the fun begins. Substitute each of  
the long vowels "a", "e", "i", "o", "u"  
wherever there is a vowel in the song:*

*A lake tay ate, A lake tay ate,  
A lake ta ate ayyples and baynaynays  
Etc.*

*It becomes really silly!*



### How You Can Help

- Use and return kits promptly so that they are available for others.
- Please check box contents before returning.
- Do not use the book drop. Please return kits inside an open library.