

Thème: Food Storage

Gross Motor (Indoor & Outdoor):

- Spoon/egg relay
- Tricycles, big wheels, etc.
- Climbing, running, jumping, etc.-I can do it all!
- Play “Hot Potato”

Math Activities:

- Count the apples faces
 - Sort the pears and bananas
 - Birthday Cake Counting Game
 - Math Muffin Tins
 - Bean Bag Fun
 - Ice Cream Cone Match Game
 - The Donut Shop Game
- The above games are from
<http://www.preschoolrainbow.org/counting-theme.htm>
- Count the jars, rings, flats before canning jelly.
 - Discuss shapes of foods; try to guess which food it is by looking at the shape.

Science Activities:

- Discuss what children need to be healthy:
- Food pyramid
- Put a sweet potato in a glass of water, sit it in a window, and watch beautiful leaves grow!

Small Motor/Manipulatives:

- Flannel board activity: count the number of potatoes, carrots and apples
- Lacing—lace around pictures of fruit and vegetables you draw or trace onto a larger sheet of cardstock

Snacks:

- Celery with cream cheese and raisins on top—i.e., ants on a log
- “Healthy” sandwiches—let children make their own (I can make choices)
- Apples, oranges, bananas, pineapple—healthy snacks + the number of servings of fruit needed daily
- Vegetables—serve raw veggies and dip; children can make choices here, too

Special Visual Aids/Room Set-Up/Field Trips:

- ✓ Take a field trip to see a farm
- ✓ Have someone come in to demonstrate breadmaking, etc., or to show off her home-canned fruits and vegetables.

Songs & Fingerplays:

“Five Fat Peas”
“One Potato, Two Potato”
“Five Cookies”
“Counting Apples”

These fingerplays are found at the following website:
<http://www.preschoolrainbow.org/preschool-rhymes.htm>

Books: The Little Red Hen by D. Muldrow and J. P. Miller
My Food Pyramid by DK Publishing
Food & You: Eating Right, Being Strong, and Feeling Great (American Girl)
The Berenstain Bears and Too Much Junk Food by Stan & Jan Berenstain
Baby Food by Saxton Freyman & Joost Elffers
Cody the Allergic Cow: A Children's Story of Milk Allergies by Nicole Smith
Showdown at the Food Pyramid by Rex Barron
Food by Laura Buller
Food! By Cookie Monster by Random House & Mike Pantuso
Rabbit Food by Susanna Gretz
I Know Where My Food Goes by Jacqui Maynard & Katharine McEwan
Grains by Carol Alexander

Dramatic Play:

- ✓ Include costumes, kitchen utensils, and examples of things your group of children like to do so they can “be themselves”
- ✓ Point out to children that they can make choices in their dramatic play activities; they can pretend to cook lunch and choose the menu from their “food book”

Art:

- ✓ Make a “food book” from a spiral bound notebook. Children glue pictures of food – one picture per page – of foods they love. Write the name of the food item on the page. Children can look through the book to choose the lunch menu for the day.
- ✓ Let the children decorate labels for your homemade jelly or preserves (see Circle Time activities).
- ✓ Make a collage from pictures of food cut from magazines.
- ✓ Paint fruit with finger paint.
- ✓ Decorate a pumpkin or squash with paint.
- ✓ Do a stamping activity with half an orange or lemon, half a bell pepper, half an apple.

Circle Time Activities:

Choose one of these categories per day. Read the story of the Little Red Hen. If we work hard and store some food for the winter months, we will have plenty to eat even when the gardens aren't producing anything during the winter months.

- Fruits – talk about healthy fruits; do a sample tray; make homemade preserves or jelly. Let children decorate the lids. Eat some jelly on toast for a snack.
- Vegetables – shuck corn and cook it for lunch. How would you store corn for the winter? Let the children help you make vegetable soup for lunch. Bring out a sample tray of slices of different vegetables and let children try them.
- Breads and Grains – What do we need to make bread? Where do we get these ingredients? How can we store them to use in the winter? Let the children help you make bread for a nice snack; serve with butter and honey.
- Dairy – Where do we get milk, butter, cream, etc.? Let the children churn butter or make it by shaking cream in a small jar. Close the lid tightly! Children can spread their butter on crackers for a snack.
- Meats, Poultry & Fish – Where do we get these? How can we preserve them for our food storage? Why are they good for us to eat? Open a can of tuna fish and make tuna salad as a class. Eat this for lunch with crackers.