



Early Literacy Extras:

Parents and caregivers are a child's first and best teachers. Here are some ideas and activities to try this week with your child. These five practices are designed to help your child develop literacy skills, engage your child, and enhance the bonds between you. Storytimes at the Adams County Library support Pennsylvania Early Learning Standards.

This week's theme was: **Vegetables**

Read: Watch Miss Theresa read *How Martha Saved Her Parents from the Green Beans* by David LaRochelle on our Youth Services Facebook page.

Talk: Talk with your child about the difference between healthy and unhealthy food. Explain how some food may taste good but is not healthy and some food while healthy, may not be their favorite thing to eat

Sing: Rhymes To Do At Home

Play: Involve your child in planning meals, going grocery shopping, and preparing food. Even toddlers too young to make grocery lists can help you make choices (pears or nectarines? cheddar or swiss?) along the way. Simple, no-cook recipes like frozen yogurt popsicles or fruit parfaits are an excellent way to get young chefs interested in healthy cooking and eating.

Write: Use the chart from www.nourishinteractive.com on the next page to keep track of your healthy eating.

Rhymes To Do At Home

10 Vegetables

I have ten little vegetables,
And they all taste yummy to me.
They grow everywhere,
Would you like to see?
I can pick them from up high,
I can pick them from down low.
I can chop them and put them in a
pot,
And cook them nice and slow.

Picked a Green Bean (Tune: Clementine)

Picked a green bean,
picked a green bean (*picking motion*)
That was growing in the sun (*circle arms above head*)
Then I washed it and I ate it (*pretend to eat*)
And I picked another one



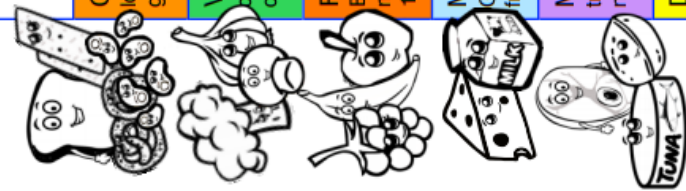
The Five Food Groups

I'm
an Eat-Smart Kid!

I eat
foods from all the food
groups



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color the star you eat each day	★	★	★	★	★	★	★
Grains look for whole grains	★	★	★	★	★	★	★
Veggies choose different colors to eat	★	★	★	★	★	★	★
Fruits Eat more fruit, make sure juice is 100% fruit	★	★	★	★	★	★	★
Milk - Dairy Go low fat or fat free	★	★	★	★	★	★	★
Meat/ Beans try some fish and nuts	★	★	★	★	★	★	★
Don't forget to Move It	★	★	★	★	★	★	★



More Nutrition Fun www.ChefSolus.com
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