

In the Mood

for Food



At Toddlerific

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Some Food Stories:

E CARLE	The Hungry, Hungry Caterpillar
E EHLERT	Eating the Alphabet
E FREYMANN	Fast Food
E KARMEI	I Can Eat a Rainbow: A Fun Look at Healthy Fruits and Vegetables
E SATTLER	Sylvie
E WILSON	Bear Wants More
E YOLEN	How Do Dinosaurs Eat Their Food?

Some "Food" Activities:

- * Discuss different types of food and which part of the "my plate" they fall on. You can find more information about the my plate at <http://www.choosemyplate.gov/>.
- * Have your toddler "cook" with you, such as putting peanut butter on bread, washing fruits and vegetables, or even picking out the cookie cutters and pushing them into the dough. Talk about what kinds of things you need for a certain meal: peanut butter, jelly, bread, knife for a peanut butter and jelly sandwich.
- * Have a discussion at the grocery store about what you will need to make certain foods at home. Give your toddler some choices on things like which box of spaghetti or cookies. You can also have your toddler help you put things away and discuss why certain things go in certain places.
- * When at the grocery store, discuss the colors of different foods with your child. You can also discuss sizes and shapes.

On Top Of Spaghetti ("On Top of Old Smokey")

On top of spaghetti, all covered with cheese
I lost my poor meatball, When somebody sneezed.
It rolled off the table and onto the floor
And then my poor meatball rolled out of the door.

It rolled in the garden and under a bush
And now my poor meatball is nothing but mush.
So next time you eat spaghetti, All covered with cheese
Protect your poor meatball, and don't ever sneeze.