

Munching on Lunch!

Tips, Songs, and Rhymes for Parents and Caregivers

Here are ideas and activities to try this week with your child. Each activity is based on one of the **7 Days • 7 Ways** principles of early literacy development and is designed to engage your child, stimulate his or her literacy skills, and enhance the bonds between you.

- **SHARE BOOKS** Find several times during the day to read books. Even a few minutes at a time is fine. Try sharing a book right before or after lunch.
- **SHARE WORDS** When at the supermarket, point out some vegetables and fruits that have unusual names. This introduces your child to new words.
- **SHARE RHYMES** Share some other nursery rhymes that involve food: “Do You Know the Muffin Man?”; “Little Jack Horner”; “Peter, Peter, Pumpkin Eater”; “Jack Sprat”; and “Little Miss Muffet.” The benefits of sharing nursery rhymes with young children are many. Improved memory, as well as listening, cognitive, verbal, language, and future reading skills, are just a few.
- **SHARE SONGS** Singing songs is great for your young child’s phonological skills. Sing songs about food, such as “On Top of Spaghetti” and “Apples and Bananas,” or recite chants, such as “Who Stole the Cookies from the Cookie Jar?”
- **SHARE STORIES** Have your child help you make up stories about unusual foods or strange foods that animals eat.
- **SHARE PLAYTIME** Read aloud a simple recipe (such as trail mix or mini pizzas), and have your child help with making it (putting cheese on pizzas, etc.). Even reading recipes helps your child realize that words have meaning.
- **SHARE WRITING** Working with play dough is great for strengthening the small muscles in the fingers that children will use for writing. Use play dough to make “cookies” and mini “pizzas” for stuffed animals guests.

Here are the words to the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with your child throughout the week, you will help him or her make sense of the new information and concepts introduced at storytime.

Songs

It’s Time for Storytime

(sung to the tune of “The Farmer in the Dell”)

It’s time for storytime, *(Clap hands to beat)*
It’s time for storytime,
Heigh-ho, the derry-o,
It’s time for storytime.

We listen to some stories, *(Two fingers point to ears)*
We listen to some stories,
Heigh-ho, the derry-o,
We listen to some stories.

We sing some songs and rhymes, *(Two fingers point to mouth)*
We sing some songs and rhymes,
Heigh-ho, the derry-o,
We sing some songs and rhymes.

And now we’ll have some fun, *(Pat knees or legs)*
And now we’ll have some fun,
Heigh-ho, the derry-o,
And now we’ll have some fun!

Lunchtime

(sung to the tune of “The Farmer in the Dell”)

It’s time to eat my lunch.
What shall I eat for lunch?
I’ll have a cheesy pizza piece, *(Hold hands as if holding a pizza)*
That’s what I’ll eat for lunch. *(Pretend to eat pizza)*

What shall I drink for lunch?
What shall I drink for lunch?
I’ll have a glass of chocolate milk,
(Pretend to pour a glass of milk)
That’s what I’ll drink for lunch. *(Pretend to drink milk)*

And what about dessert?
And what about dessert?
An apple and a cookie, too,
(Pretend to munch an apple and eat a cookie)
I’ll eat them for dessert—YUM!

Tips, Songs, and Rhymes for Parents and Caregivers

Bread and Jelly

(sung to the tune of “London Bridge Is Falling Down”)

I like jelly on my bread, *(Pretend to spread jelly on bread)*

On my bread, on my bread.

I like jelly on my bread

Bread and jelly! *(Pretend to eat)*

I like ice cream with my cake *(Pretend to scoop ice cream)*

With my cake, with my cake.

I like ice cream with my cake

Cake and ice cream! *(Pretend to eat)*

I like ketchup on my fries *(Pretend to pour ketchup on fries)*

On my fries, on my fries.

I like ketchup on my fries.

Fries and ketchup! *(Pretend to eat)*

I like chocolate in my milk *(Pretend to pour chocolate)*

In my milk, in my milk.

I like chocolate in my milk

Chocolate milk! *(Pretend to drink)*

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Rhymes/Chants

Chant: Peanut Butter and Jelly

Chorus:

Peanut, peanut butter—jelly!

Peanut, peanut butter—jelly!

First you take the peanuts and *(Pretend to dig peanuts)*

You dig 'em, you dig 'em,

Dig 'em, dig 'em, dig 'em.

Then you crush 'em, you crush 'em, *(Pretend to crush peanuts)*

Crush 'em, crush 'em, crush 'em.

Then you spread 'em, you spread 'em,

(Pretend to spread the peanuts)

Spread 'em, spread 'em, spread 'em.

Chorus

Then you take the berries and *(Pretend to pick berries)*

You pick 'em, you pick 'em,

Pick 'em, pick 'em, pick 'em.

Then you smash 'em, you smash 'em, *(Pretend to smash berries)*

Smash 'em, smash 'em, smash 'em.

Then you spread 'em, you spread 'em,

(Pretend to spread berries)

Spread 'em, spread 'em, spread 'em.

Chorus

Then you take the sandwich and

You bite it, you bite it, *(Pretend to bite sandwich)*

Bite it, bite it, bite it.

Then you chew it, you chew it, *(Pretend to chew)*

Chew it, chew it, chew it.

Then you swallow, you swallow. *(Pretend to swallow)*

Swallow, swallow, swallow it!

Chorus

Go Bananas

Ready. Okay!

Bananas unite. *(Put hands together overhead)*

Bananas split. *(Move hands down at sides)*

Go bananas! *(Clap to the beat)*

Go, go bananas!

Go bananas!

Go, go bananas!

Bananas to the left. *(Point left)*

Bananas to the right. *(Point right)*

Now peel bananas and—mmm—take a bite.

(Pretend to peel and eat a banana)

Go bananas! *(Clap to the beat)*

Go, go bananas! Go!

Pease Porridge Hot

Pease porridge hot, *(Clap, clap, open on “hot”)*

Pease porridge cold, *(Clap, clap, open on “cold”)*

Pease porridge in the pot, *(Clap, clap, open on “in the pot”)*

Nine days old. *(Clap, clap, open on “old”)*

Some like it hot, *(Repeat motions)*

Some like it cold,

Some like it in the pot,

Nine days old!

Hot-Cross Buns!

Hot-cross buns! *(Pat knees twice to beat, then clap once)*

Hot-cross buns! *(Pat knees twice to beat, then clap once)*

One a penny, two a penny, *(Clap to beat for entire rhyme)*

Hot-cross buns! *(Pat knees twice to beat, then clap once)*

If you have no daughters, *(Repeat all motions as given above)*

Give them to your sons.

One a penny, two a penny,

Hot-cross buns!

Wave Goodbye

Wave high. Wave low. *(Suit motions to words)*

I think it's time, we gotta go.

Wave your elbows. Wave your toes.

Wave your tongue and wave your nose.

Wave your knees. Wave your lips.

Blow a kiss, with fingertips.

Wave your ears. Wave your hair.

Wave your belly and derriere.

Wave your chin. Wave your eye.

Wave your hand and say “goodbye.”

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