

Time to Eat—Yum! Yum!

Tips 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.

- 1. SHARE BOOKS** Read as many books as possible each day. Read at different times of the day, and don't be surprised if your child asks to hear a story over and over again. Children love the repetition because it helps increase their understanding of the story.
- 2. SHARE SOUNDS** Emphasize and exaggerate the syllables in the names of foods you and your child are eating. For example, say “banana” slowly, exaggerating each syllable: ba-na-nah. If your child is able, have him repeat the word after you and then say it again with you.
- 3. SHARE WORDS** When in the grocery store, share the names of all the different fruits and vegetables that you see with your child, including the unusual ones. Name the foods you're eating at meals (“Mom is eating...”). While in the car, call attention to restaurants and fast food establishments, and name the various types of foods served by each.
- 4. SHARE RHYMES** Continue to recite the rhymes from today's storytime. As you share them with your child this week, categorize the foods mentioned in the rhymes. For example, point out that apples are fruit and muffins are bread.
- 5. SHARE SONGS** This week, sing today's storytime songs about foods. Also, teach your child songs that you know about foods, or use familiar tunes to make up songs about some of your child's favorites. Songs you might know from childhood include “I'm a Little Teapot” and “Shortnin' Bread.”
- 6. SHARE STORIES** Make up a serious or silly story about foods you're eating or about your child's favorite foods (Adam Apple, Mighty Milk, Chewy Cheese). Use a recent picnic or dining out experience as an opportunity to discuss food. Re-tell the experience in story form. Include the participants (people, animals such as pets) and the specific foods that were eaten.
- 7. SHARE PLAYTIME** Make pretend fruits and vegetables out of play dough. Hop around with young toddlers like popcorn popping. Have your child “paint” with foods such as baby cereal or oatmeal on a tray or plate (and lick fingers—yum yum!).

Songs and Rhymes for Time to Eat—Yum! Yum!

Here are the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with them every day, you will help your child make sense of the new information and concepts introduced at storytime.

Songs

If You're Happy to Be Here

(sung to the tune of "If You're Happy and You Know It")

If you're happy to be here, clap your hands, *(Clap hands)*
If you're happy to be here, clap your hands, *(Clap hands)*
If you're happy to be here, then place a smile there, *(Point to mouth)*
If you're happy to be here, clap your hands. *(Clap hands)*

If you're ready to have some fun, clap your hands, *(Clap hands)*
If you're ready to have some fun, clap your hands, *(Clap hands)*
If you're ready to have some fun, then join in everyone,
(Motion hands to join in)
If you're ready to have some fun, clap your hands. *(Clap hands)*

Apple Tree

(sung to the tune of "Twinkle, Twinkle, Little Star")

Way up high in the apple tree, *(Shake both fists up high)*
Two red apples smiled at me.
I shook that tree as hard as I could. *(Shake child gently)*
Down came the apples, *(Hold fists up, then move down fast)*
Mmm-mmm good! *(Rub tummy)*
Way up high in the apple tree, *(Shake both fists up high)*
No more apples smiling at me. *(Shake head "no")*

Pease Porridge Hot

Clap child's hands in front of his body for two beats, then open hands out to the side. Repeat this pattern throughout the song.

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.

Do You Know the Muffin Man?

Do you know the muffin man, *(Sway child from side to side)*
The muffin man, the muffin man?
Do you know the muffin man
Who lives in Drury Lane?
Yes, I know the muffin man, *(Nod and bounce child in lap)*
The muffin man, the muffin man.
Yes, I know the muffin man,
Who lives in Drury Lane!

The More We Get Together

The more we get together,
(Sway child from side to side in time to music)
Together, together,
The more we get together,
The happier we'll be.
For your friends are my friends, *(Point to child, then to self)*
And my friends are your friends, *(Point to self, then to child)*
The more we get together,
The happier we'll be.

Additional Verse

The more we play together...

Rhymes

Pudding on the Plate

Pudding on the plate, *(Rock child from side to side)*
Pudding on the plate,
Wibble, wobble, wibble, wobble,
Pudding on the plate.

Candies in the jar, *(Bounce child up and down)*
Candies in the jar,
Shake them up, shake them up,
Candies in the jar.

Candles on the cake, *(Rock child from side to side)*
Candles on the cake,
Blow them out, blow them out,
Puff, puff, puff! *(Pretend to blow out candles)*

Pat-a-Cake

Pat-a-cake, pat-a-cake, baker's man, *(Clap child's hands)*
Bake me a cake as fast as you can.
Roll it, *(Roll child's hands)*
And pat it, *(Pat hands twice)*
And mark it with a "B," *(Draw a "B" on child's chest)*
And put it in the oven *(Pat child's tummy)*
For baby and me. *(Hug child!)*

Hot Cross Buns

Hot cross buns, hot cross buns,
(Clap child's hands in front of body)
One a penny, two a penny, *(Clap hands to the left, then to the right)*
Hot cross buns. *(Clap hands in front of body)*
If you have no daughters, *(Fold hands over chest)*
Give them to your sons. *(Hold hands out again in front of body)*
One a penny, two a penny, *(Clap hands to the left, then to the right)*
Hot cross buns. *(Clap hands in front of body)*