

Time to Eat—Yum! Yum!

Presenter Tip Sheet

About This Storytime

There are so many foods in the world to discover, and babies and toddlers are just beginning their exploration. This storytime builds vocabulary related to the things we eat and drink—the names of foods as well as their flavors, textures, and colors. It also introduces several traditional rhymes.

Books

For books to share in this storytime, pick three from the list below, or choose other board books or picture books in your collection that reflect the theme and are developmentally appropriate for babies and young toddlers. Always share your longest book first. For your second, choose a participatory book that engages the child or both the caregiver and child. For the third and last story, share a book told through the use of a flannel board or magnetic board, or use a prop or other visual. The examples provided in the storytime program fit these guidelines. If most children are restless and you feel the program is too long for that day, skip the last story and concentrate on the rhymes and songs.

Book Suggestions:

- *The Carrot Seed*, by Ruth Krauss (HarperCollins, 2004)
- *Crunch Munch*, by Jonathan London (Harcourt, 2001)
- *Eat! (Babyfaces)*, by Roberta Grobel Intrater (Scholastic Cartwheel, 2002)
- *I Like Fruit*, by Lorena Siminovich (Templar, 2010)
- *I Like Vegetables*, by Lorena Siminovich (Templar, 2011)
- *I'm a Little Teapot*, by Annie Kubler (Child's Play International, 2007)
- *Jamberry*, by Bruce Degen (HarperCollins, 1983)
- *Lunch*, by Denise Fleming (Henry Holt, 1992)
- *My Food*, by Rebecca Emberley (Little, Brown, 2002)
- *My Very First Book of Food*, by Eric Carle (Philomel, 2007)
- *Noodle Loves to Eat*, by Marion Billet (Nosy Crow/Candlewick, 2011)
- *Now I Eat My A B C's*, by Pam Abrams (Cartwheel, 2004)
- *Orange Pear Apple Bear*, by Emily Gravett (Simon & Schuster, 2007)

- *Pat-a-Cake*, by Annie Kubler (Child's Play International, 2012)
- *Strawberries Are Red*, by Petr Horacek (Candlewick, 2001)
- *Tickle Tum!* by Nancy Van Laan (Aladdin, 2005)
- *The Very Hungry Caterpillar's Finger Puppet Book*, by Eric Carle (Grosset & Dunlap, 2011)
- *What Can I Taste?* by Annie Kubler (Child's Play International, 2011)
- *Yummy Yucky*, by Leslie Patricelli (Candlewick, 2003)

Songs

This storytime includes five songs. The same opening and closing songs should be used each week if you are holding a series of storytime programs. Always provide movements or motions to accompany each song, but keep these simple, such as the caregiver rocking the baby back and forth, bouncing the baby in time to the music, or clapping the baby's hands. Using recorded music during the storytime is fine, although it's best to sing the songs with a live voice, or sing along with simple recordings, so that very young children can hear the words and the sounds making up each word. Recorded music is often sung too fast for this purpose. For your reference or to play during storytime, *The Very Ready Reading Program* includes a CD of songs recorded at an appropriate tempo. Track numbers for each recording are provided in the songlist below and on the storytime program card.

Songs for This Storytime:

- Opening Song: "If You're Happy to Be Here" (sung to the tune of "If You're Happy and You Know It") 🎧 22 🎵 23
- "Apple Tree" (sung to the tune of "Twinkle, Twinkle, Little Star") 🎧 2
- "Pease Porridge Hot" 🎧 36
- "Do You Know the Muffin Man?" 🎧 11
- Closing Song: "The More We Get Together" 🎧 28 🎵 29

Rhymes

This storytime includes three rhymes, with movements to accompany them. Caregivers perform the movements with the child, depending on the child's ability. For babies, the caregiver can move the child's hands, fingers, and body, or otherwise help

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the baby execute the movements. Young toddlers may be able to do the movements themselves, or may need a little help. Keep in mind that children up to 24 months of age have not developed fine motor skills to the same degree as older toddlers and preschoolers; open and close motions are better than, say, putting one finger down at a time. The Very Ready Reading Program storytimes include different types of movement rhymes for variety, such as bounce/lift, finger/hand, and toe/foot rhymes.

Rhymes for This Storytime:

- “Pudding on the Plate” (bounce/lift)
- “Pat-a-Cake” (finger/hand)
- “Hot Cross Buns” (finger/hand)

Activities

This storytime includes an optional theme-related activity, to be completed after the closing song. Below are three to choose from, including at least one that is suitable for the youngest babies. The activity you choose might depend on the size or predominant age of your audience, the amount of time you have to prepare, your space or environment, and the materials needed. The activities are designed with safety and the very limited attention spans of babies and young toddlers in mind. However, always keep in mind and remind caregivers: **Any time an activity involves materials such as paint, sand, string, or small pieces, close adult supervision is required.** Although each activity has a learning aspect, the emphasis should be on fun!

Activity Suggestions:

Rolling Pin Fun. Talk about the phrase “pat-a-cake,” and recite the rhyme with families. Give children play dough that is safe for babies (many recipes are available on the Internet), and let them “roll it and pat it and mark it.” Caregivers can mark it with a B—or the first letter of baby’s name.

Artful Eats. Mix baby cereal or baby oatmeal with water (around three tablespoons to one half cup of cereal), or use strained food from baby food jars. Place a blob of the food on a clean paper plate or piece of colored construction paper for each child. Encourage them to touch and taste the cereal, while spreading it and creating a picture. This is a wonderful sensory activity.

Fruit or Vegetable Puzzles. Use an Ellison die-cut or AccuCut machine, and cut out large colorful pieces of fruits or vegetables, such as apples, pears, and oranges. Laminate them (or cover with contact paper). Cut each fruit or vegetable into two or three large pieces, and give each family a set of puzzles to assemble on the floor. Adults can talk about the type of fruit or vegetable, the color, what it tastes like, and so forth. Then the family can take the puzzle home to use.

Early Literacy Tips

Promote the **7 Days • 7 Ways** principles with parents and caregivers by emphasizing the three early literacy tips found in the yellow boxes in the storytime program.