



Soup Day by Melissa Iwai
Yummy YUCKY by Leslie Patricelli
Every Color Soup by Jorey Hurley
The Pizza That We Made by Joan Holub
The Cow Loves Cookies by Karma Wilson
Brownie & Pearl Grab a Bite by Cynthia Rylant
We're Going To the Farmers' Market by Stefan Page
GO, GO, Grapes! A Fruit Chant by April Pulley Sayre
RAH, RAH, Radishes! A Vegetable Chant by April Pulley Sayre



Nursery Rhyme: I'm a Little Teapot

Songs & Fingerplays to Share



CD: "All Around the Kitchen" from *Best of the Land of Nod* by Dan Zanes & Friends



Make a Sandwich

First I take two pieces of bread,
(hold each hand out flat)

Then, carefully I spread

(spreading motion, first one hand, then other)

Strawberry jam and peanut butter.

First one and then the other.

Put them together nice and neat ...

(make sandwich with hands)

Here's a sandwich for you to eat.

(hold out hands with "sandwich")

This is the Way We Make the Soup

(tune: *The Mulberry Bush*)

This is the way we *wash* our vegetables,
Wash our vegetables, *wash* our vegetables.

This is the way we *wash* our vegetables,
When we make our soup!

Continue with:

peel, chop, add, stir, serve, eat

adapted from: preschoolexpress.com

The Apple Tree

(tune: *Rock-a-Bye Baby*)

Here is a tree with leaves so green.

(forearms together, elbows to wrists, hands spread)

Here are the apples that hang between.

(clench fists for apples)

When the wind blows
the apples will fall.

(wave arms in the wind and let apples fall suddenly)

Here is a basket to gather them all.

(make basket with both hands, fingers interlocked)



Up, Down, Fast, Slow

recite this chant

as children follow the directions



Gingerbread, gingerbread,
reach up high.

See if you can touch the sky.

Gingerbread, gingerbread,
ready to go?

See if you can crouch down low.

Gingerbread, gingerbread,
oh, so sweet,

Take a bow; then have a seat.

Gingerbread, gingerbread,
in a crowd,

Clap your hands very loud.

Gingerbread, gingerbread,
quietly clap.

Now fold your hands
into your lap.

Mailbox Magazine, Preschool Edition Dec/Jan 02-03

Rollin' In Dough

Baker, baker,
Roll that dough.

Roll it fast,
And roll it slow.

Roll it fat,
And roll it thin.

Roll it out,
And back again.



Your next visit will be: March _____

Next month's theme will be: "Spring Peepers"



More Books to Share:

What's So Yummy? All About Eating Well and Feeling Good by Robie H. Harris

1 Big Salad: A Delicious Counting Book by Juana Medina

Edible Colors: See. Learn. Eat. by Jennifer Vogel Bass

YUM! A Book About Taste by Dana Meachen Rau

On the Farm, At the Market by G. Brian Karas

Can I Eat That? by Joshua David Stein

Don't Eat That! by Drew Sheneman

Rainbow Stew by Cathryn Falwell

Harry Hungry! by Steven Salerno



Activity Ideas:

Alphabet Soup: Provide each child with a sturdy paper plate with a deep rim (such as "Chinet®"). Instruct them to paint the inside of their "bowls" with red paint—try not to slosh it on the rim! Once the paint dries, provide alphabet stamps and tan paint. Encourage the children to name the letters as they stamp them into their bowls. Older children may wish to spell out words or their names.

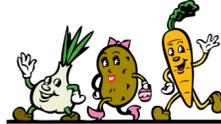
adapted from: creativeclassroom.com



Banana Snowman: Kids will love assembling and eating these adorable snowmen. This is also a very good group recipe that encourages following directions as the children assemble their own snack while you share the instructions aloud. For each snowman you will need 3 banana slices, 5 mini chocolate chips, a sliver of carrot, a quarter of a strawberry, and one pretzel stick. Once the children have washed their hands, encourage them to count and assemble the ingredients on their plate:

- Take three banana slices and line them up as shown.
- Use two mini chocolate chips for the eyes.
- Use the other three for the buttons on the snowman.
- Take a sliver of carrot and poke it into the top banana slice under the eyes for your snowman's nose.
- Place one of the strawberry quarter slices above the top banana slice for a hat.
- Break the pretzel stick in half and poke the pieces into the middle banana slice for arms.

Book of the Month:



Achieving a Healthy Weight for Your Child: An Action Plan for Families by Sandra G. Hassink

PTC 618.92398 H

An essential guide to help parents take action to support their child's healthy nutrition and physical activity at home, in school, and in the community. Whether your child struggles with weight issues or you are working on obesity prevention, this book will help you understand childhood obesity and take an informed approach to your child's eating, activity, screen time, and physical and emotional health. Included in this highly readable guide are sensible, nutritional guidelines emphasizing balanced and nourishing meals, suggestions for encouraging your child to become more physically active, advice on how to partner with your pediatrician, extended family members, schools and child care to help ensure success, guidance for dealing with emotional turmoil, setbacks and detours along the way and interactive questions to help you individually tailor your approach to the needs of your child and family.



Road to Reading Tip:

Say how much you enjoy reading together.

Tell your child how much you enjoy reading with him or her. Look forward to this time you spend together. Talk about "story time" as the favorite part of your day.

getreadytoread.org



**Harford County
Public Library**

Questions or Suggestions? Call Melinda Chase, Bel Air Branch, 410-638-3151, ext. 6351
If you have an urgent message for me, please speak with the operator, 410-638-4800 (starting at 8am)
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