I like to Eat

*I Like to Eat* class book is a ton of fun to make and great scissor skill work too. Gather some grocery store ads or collect wrappers from child's lunches (chip bags, applesauce lids, yogurt tops, etc.)

Food Group Plates

After talking about the food groups, have children choose food pictures (from grocery adds) from each food group and glue them onto paper plates or group them into piles. Which is more which is less.

Berry, Berry Funny

Preschool nutrition and fun! Absolutely! Where did a boysenberry or strawberry get its name? Hmmm...ask the children and record what they say! Bring a bunch of different types of berries to circle area and ask them! You could make a class book out of their answers!

I read somewhere that there are actually several theories about how strawberries got their name! It has been said that they got the name "straw" berries because they are grown in mulch made with straw or because they were once hung on pieces of straw for decoration.

Also, did you know there are berries that are WHITE when they are ripe? I've never seen one, but wouldn't that be cool to show the children?!!

Strawberry Song

Yummy, yummy strawberries,
So red and sweet and plump.
When I see them in my bowl,
It makes me want to jump!
I eat them very carefully,
I savor every one.
Sweet, delicious strawberries,
To me, they're number one!

One Potato, Two Potato

Lead the children in this rhyming poem, holding up the appropriate number of fingers as they go along:

One potato, two potato, three potato, four.
Five potato, six potato, seven potato, more!