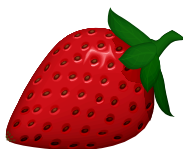




Berry Nice

(Sung to the tune of "Oh Where Oh Where Has My Little Dog Gone")

Oh where oh where do the strawberries grow?
Oh where oh where do they grow?
They are red and sweet
And so good to eat
Oh where oh where do they grow?



Sing about blueberries, raspberries or other berries too. Pause half-way through the third line for your child to fill in the berry colour.

▶ Parents are children's first teachers.

Help your child notice similarities and differences among varieties of berries. Blueberries, strawberries and raspberries all have a star-shaped stem at the top, but they are different colors, shapes and sizes. Where are the seeds in blueberries, strawberries and raspberries?

Early Years Literacy



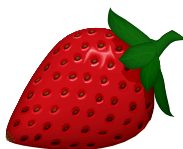
Ontario
Early Years



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Strawberry Play dough

Measure and mix together in a bowl:



- 2 $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ cup salt
- 2 packages strawberry Kool-Aid

Boil 2 cups of water. Add to dry ingredients with 3 tbsp. of oil. Knead together until well mixed and let cool. Store in covered container.

Using play dough is fun. It also helps children with pre-writing skills. Rolling, cutting and forming shapes increases muscle control in children's hands and fingers.

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BANANA-BERRY SHAKE

- 1 CUP FRESH OR FROZEN BERRIES
- 1 BANANA
- 1 CUP MILK
- $\frac{3}{4}$ CUP VANILLA YOGURT

BLEND UNTIL SMOOTH.



Nutrition Tip: Cereal is a favorite breakfast item among children. Look for cereals with less than 5 g of sugar. Try adding strawberries, blueberries, bananas or raisins to add sweetness.

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