



## Croc Crunch

### Good Foods

Milk, meat, bread, and fruit,  
These will help me grow.

When I eat good food each day,  
I'm healthy head to toe!

*(Show arm muscles and stand tall.)*



▶ Parents are children's first teachers.

Children are trying to be independent and may show it by choosing whether to eat or not. As a parent it is your job to offer nutritious food and model good eating habits. Put a positive spin on healthy eating by encouraging your child to participate in food preparation.

Early Years Literacy



**Ontario**  
Early Years



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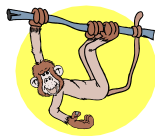
**Ontario**  
Early Years

## Five Little Monkeys Swinging in a Tree

Hold up and swing five fingers. Make the crocodile mouth with the other hand to "snap" up the monkeys.

Five little monkeys swinging in a tree,  
Teasing Mr. Crocodile — "Can't catch me."  
Along comes Mr. Crocodile, happy as can be  
And **SNAP!** Four little monkeys!

Four little monkeys ...  
Three little monkeys ...  
Two little monkeys ...  
One little monkey ... **SNAP!**



No more monkeys



## Crunchy Crocodile Cuke Snack Craft

Cut a slit about 1/3 the length of an English cucumber to make the crocodile's mouth.

Use a slice of red pepper for the tongue.

For eyes, attach stuffed olives with toothpicks.

Cut legs from dill pickles, attach with toothpicks.

Cover crocodile's back with cubes of cheese on toothpicks.

Adapted from :  
"Making Your Own Traditions"

Be cautious when using toothpicks with young children.

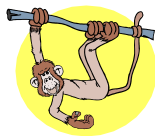
**Nutrition Tip** Meal planning saves time, money and energy. Choose dishes that are nutritious such as casseroles and stews. These dishes can be made ahead of time, frozen and reheated.

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