



Egg-cellent!

This Little Pig Went to Market

This little pig went to market,
(Wiggle child's little finger)

This little pig bought an egg,
(Wiggle ring finger)

This little pig cooked it,
(Wiggle middle finger)

This little pig peeled it,
(Wiggle first finger)

This little rascal ran to the house and ate it,
(Wiggle thumb and run all your fingers up child's arm)

And all the others went after him and...

Tickle, tickle, tickle! *(Tickle under arm)*



▶ Parents are children's first teachers.

Eggs are economical, versatile and they are interesting to look at. Store bought brown eggs can have lots of striking dark dots. Robins' eggs are a lovely blue colour. Some birds' eggs have beautiful patterns. Talk with your child about the oval shape and the colours of eggs.

Early Years Literacy



Ontario
Early Years



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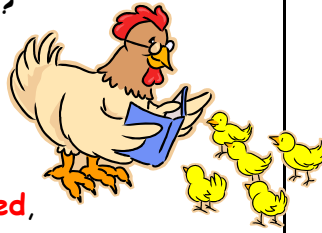
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Chook, Chook, Chook, Chook, Chook

Good Morning, Mrs. Hen,
How many chickens have you got?
Madam, I've got ten.
Four of them are **yellow**,
And four of them are **brown**,
And two of them are speckled **red**,
The nicest in the town.



How many ways can you prepare eggs?



Fried, scrambled,
soufflé, boiled, poached,
custard, devilled, egg
salad, omelette, quiche,
homemade egg muffins!!

Egg Muffin

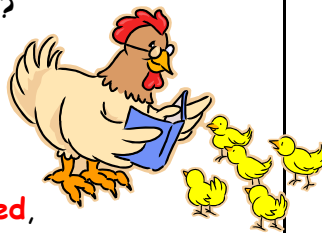
1 English muffin
1 egg
3 Tablespoon of milk
1 slice of cheese *
(cheddar, marble, mozzarella)
1 slice of ham *
Red or green pepper strips *

Beat the egg and milk in a dish. Put in microwave on high for 1 to 2 minutes. Toast the English muffin. Add cheese, ham and peppers to make a sandwich. (* optional)

Nutrition Tip — Pressuring children to eat doesn't work. Children benefit from opportunities to learn but not from pressure. Never force a child to eat.

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