



# Luck o' the Irish

## Happy St. Patrick's Day

*(Hold up one finger at a time as you say the rhyme.)*

Five little leprechauns dressed in green,  
 They're the happiest that I've ever seen.  
 This leprechaun has a big gold ring.  
 This leprechaun has a song to sing.  
 This leprechaun wears a funny wig.  
 This leprechaun likes to dance a jig.  
 This leprechaun nods his head to say,  
 "We wish you a happy St. Patrick's Day!"



▶ Parents are children's first teachers.

Leprechauns, magical guardians of treasure, have something in common with parents. Parents too have valuable treasure in their care — their children. Have some fun together with these St. Patrick's Day ideas.

Early Years Literacy



Ontario  
Early Years



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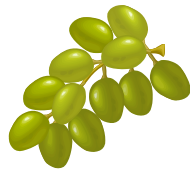
## Green

*A colour sorting rhyme.*

My favourite colour is **green**, I think,  
But **yellow** is pretty too.  
It's one or the other unless I discover,  
I'm suddenly partial to **blue**!

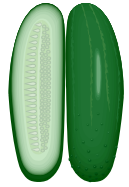
Help your child count the green foods he ate today:

peas, beans, grapes  
lettuce, celery, kiwi  
cucumber, apples,  
cabbage, spinach pasta, pears



## Cucumber Canoes

2 cucumbers  
 $\frac{1}{2}$  tomato  
 $\frac{1}{2}$  carrot  
3 radishes  
2 tablespoons mayonnaise  
1 teaspoon lemon juice



Wash cucumbers (peel if desired). Cut in half lengthwise. Hollow out the pulp. Wash other vegetables. Peel carrot. Chop finely tomato, carrot and radishes. Mix chopped vegetables with mayonnaise and lemon juice. Fill the four cucumber canoes with the vegetable mixture. Put skewer through lettuce leaf and attach to canoe as mast.

**Nutrition Tip** – Offer your children foods from all four food groups at each meal. Variety is the spice of life.

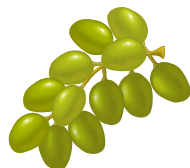
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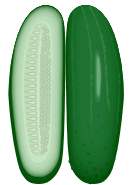
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