

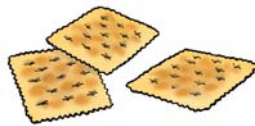


Soup's On

Acka Backa Soda Cracker

(Use as a bouncing rhyme for babies. Have an older child clap to the beat of the words.)

Acka backa soda cracker
Acka backa boo
Acka backa soda cracker
Up goes you.
Acka backa soda cracker
Acka backa boo
Acka backa soda cracker
I love you!



▶ Parents are children's first teachers. Include your child in preparing meals. Talk about how food looks, smells and tastes. Notice shapes, sizes and colours of food. How does food change when it is mixed or cooked? The child who helps in the kitchen is learning much more than how to be a chef!

Early Years Literacy

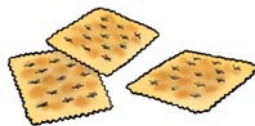


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Early Years Literacy



Stir The Soup

(Tune: "Row, Row, Row Your Boat")

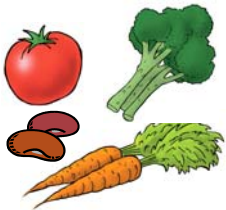
Make real or pretend soup.

Stir and sing:

Stir, stir, stir the soup

Stir it all day long

Add some... (Let your child choose a healthy food)



Healthy food ideas:

carrots, peas, broccoli
onions, celery, potatoes
corn, tomatoes, beans,
meat, pasta, rice, barley.



VEGETABLE SOUP

4 cups of water

1 beef bouillon cube

2 potatoes, chopped

3 carrots, sliced thinly

1/2 rutabaga, peeled and cubed

1 celery stalk, diced

1 onion, chopped

1 can tomatoes

1 can kidney beans, drained and rinsed

1/2 tsp. oregano, garlic powder and paprika

Bay leaf

Salt and pepper (to taste)

Variety of raw vegetables

In a large saucepan, combine all ingredients. Bring mixture to a boil and then reduce the heat to simmer. Cover and let cook for 1 hour.

Nutrition Tip — Parents are responsible for what, when and where children eat. Children are responsible for how much and whether they eat.

Stir The Soup

(Tune: "Row, Row, Row Your Boat")

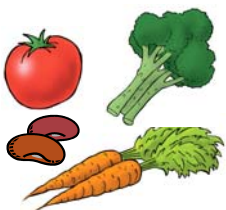
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