

Upgrading for Parents with Preschoolers

Children's Program Plan

Healthy Eating—Part A

Word of the Day: "Ingredient"

Art or Special Activity

- Baking: Make tea biscuits and serve them at lunch. Children help make and roll the dough. Cut out with round cookie cutters.
- Play dough: Use play dough and rolling pins and pretend to make baked goods.
- Didactic Reading (see "Parent/Child Time")

Books

- *Bread, Bread, Bread*, by Ann Morris
- *The Very Hungry Caterpillar*, by Eric Carle
- *Maisy Makes Gingerbread*, by Lucy Cousins
- *Duck Cakes for Sale*, by Janet Lunn
- *If You Give a Moose a Muffin*, by Lara Joffe Numeroff
- *How Many Ways Can You Cut a Pie*, by Jane B. Moncure
- *Little Red Hen*, by Paul Galdone
- *Goldilocks and the Three Bears* (traditional)
- *The True Story of The Three Little Pigs*, by Jon Scieszka

Pre-Literacy Skills

- New Vocabulary: Teacher interacts during sensory play in order to label new words such as "measuring cup," "slotted spoon," "spatula," and "½ cup" etc.
- Fine Motor: see Art (play dough)

Poems

- "Alligator Pie," by Dennis Lee
- "The Queen of Hearts"
- "Pat-a-Cake"
- "Pease Porridge Hot"
- "Humpty Dumpty"
- "Little Jack Horner"
- "1,2,3,4, Mary at the Kitchen Door"

Gross Motor Skills

- Pretend Play: Children pretend to bake in the kitchen. Use props, such as aprons, oven mitts, wooden spoons, rolling pins and muffin pans. Make a pretend stove from a cardboard box.

Songs

- "Do You Know the Muffin Man"
- "Sing a Song of Sixpence"
- "Peanut Butter Sandwich," by Raffi
- "Oats, Peas, Beans and Barley Grow"
- "If All the Raindrops Were...Lemon Drops"

Numeracy Skills

- Sensory Play: Put uncooked rice or water in the sensory bin. Add measuring cups, measuring spoons and other cooking utensils. Children stir and pour while teacher introduces cooking terms and math language, for example: "You will need 3 tablespoons of rice for your casserole," or "one cup equals two half cups."

Parent / Child Time

- Parents join children for circle. Read *Maisy Bakes Gingerbread* (or any book about baking) and model didactic reading. Take lots of time for discussion of the book and allow children to relate their own experiences.
- Surprise Nursery Rhymes: Print several nursery rhymes onto separate cards. Teacher holds cards up backwards so children cannot see the rhyme. One child picks a card. Teacher turns card around to promote print awareness. Group recites rhyme.

Notes/Other

At snack time taste baked goods and recite the poem, "1, 2, 3, 4, Mary at the Kitchen Door. 5, 6, 7, 8, Eating cherries off her plate." Substitute each child's name for "Mary" and whatever you are eating for "cherries."

Alligator Pie by Dennis Lee

Alligator pie, alligator pie,
If I don't get some I think I'm going to die.
Give away the green grass, give away the sky,
But don't give away my alligator pie.

Alligator stew, alligator stew,
If I don't get some I don't know what I'll do.
Give away my furry hat, give away my shoe,
But don't give away my alligator stew.

Alligator soup, alligator soup,
If I don't get some I think I'm going to droop.
Give away my hockey stick, give away my hoop,
But don't give away my alligator soup.

The Queen of Hearts

The Queen of Hearts she made some tarts all on a
summer's day;
The Knave of Hearts he stole the tarts and took
them clean away.
The King of Hearts called for the tarts and beat the
Knave full sore
The Knave of Hearts brought back the tarts
and vowed he'd steal no more.

Pat-a-Cake

Pat-a-cake, pat-a-cake, baker's man,
Bake me a cake as fast as you can.
(Clap your baby's hands or your hands to beat)
Pat it and roll it and mark it with a "B,"
(Do actions with hands)
And put it in the oven for baby and me.
(Clap hands)
(You can change "Baby" to your child's name)

Pease Porridge Hot

Pease porridge hot,
Pease porridge cold,
Pease porridge in the pot,
Nine days old.

Humpty Dumpty

Humpty Dumpty sat on a wall,
(bounce child on your lap)

Humpty Dumpty had a great FALL!
(have child fall back onto your outstretched legs)

All the King's horses and all the King's men,
(slowly bring child back to the sitting position)

Couldn't put Humpty together again.
(bounce child on your lap)

Little Jack Horner

Little Jack Horner sat in the corner
Eating his Christmas pie,
He put in his thumb and pulled out a plum
And said "What a good boy am I!"

1,2,3,4, Mary at the Kitchen Door

1,2,3,4,
Mary at the kitchen door.
5,6,7,8
Eating cherries off her plate.

Do You Know the Muffin Man?

Oh, do you know the muffin man,
The muffin man, the muffin man,
Oh, do you know the muffin man,
Who lives in Drury Lane?

Oh, yes, I know the muffin man,
The muffin man, the muffin man,
Oh, yes, I know the muffin man,
Who lives in Drury Lane.

(Alternate second verse)

Oh, two of us know the muffin man,
The muffin man, the muffin man,
Oh, two of us know the muffin man,
Who lives in Drury Lane.

A few of us know the muffin man,
The muffin man, the muffin man,
A few of us know the muffin man,
Who lives in Drury Lane.

Now we all know the muffin man,
The muffin man, the muffin man,
Now we all know the muffin man,
Who lives in Drury Lane.

Sing a Song of Sixpence

Sing a song of sixpence,
a pocket full of rye.
Four and twenty blackbirds,
baked in a pie.
When the pie was opened,
the birds began to sing.
Wasn't that a dainty dish
to set before the king?
The king was in his counting house,
counting out his money.
The queen was in the parlour,
eating bread and honey.
The maid was in the garden,
hanging out the clothes,
When down came a blackbird
and pecked off her nose!

Oats, Peas, Beans and Barley Grow

Chorus:
Oats, peas, beans, and barley grow,
Oats, peas, beans, and barley grow,
Can you or I or anyone know
How oats, peas, beans, and barley grow?

Verse 1:
First the farmer sows his seed,
Stands erect and takes his ease,
He stamps his foot and claps his hands,
And turns around to view his lands.

Chorus:

Verse 2:
Next the farmer waters the seed,
Stands erect and takes his ease,
He stamps his foot and claps his hands,
And turns around to view his lands.

Chorus:

Verse 3:
Next the farmer hoes the weeds,
Stands erect and takes his ease,
He stamps his foot and claps his hands,
And turns around to view his lands.

Chorus:

Verse 4:
Last the farmer harvests his seed,
Stands erect and takes his ease,
He stamps his foot and claps his hands,
And turns around to view his lands.

Chorus:

Peanut Butter Sandwich by Raffi

A peanut butter sandwich made with jam,
One for me and one for David Amram.
A peanut butter sandwich made with jam,
Stick, stick, sticky stick, stick!

I can think of witches good and bad,
But the best witch that I've ever had
Was a peanut butter sandwich made with jam,
Yum, yum, yummy yum yum!

If All the Raindrops Were...Lemon Drops

If all the raindrops were lemon drops and gum drops,

Oh, what a rain it would be.

Standing outside with my mouth open wide,

Ah, ah-ah, ah ah-ah, ah ah-ah, ah.

If all the raindrops were lemon drops and gumdrops,

Oh, what a rain it would be.

If all the snowflakes were chocolate bars and milkshakes,

Oh, what a snow it would be.

Standing outside with my mouth open wide,

Ah, ah-ah, ah ah-ah, ah ah-ah, ah.

If all the snowflakes were chocolate bars and milkshakes,

Oh, what a snow it would be.

If all the sunbeams were bubblegum and ice cream,

Oh, what a sun it would be.

Standing outside with my mouth open wide,

Ah, ah-ah, ah ah-ah, ah ah-ah, ah.

If all the sunbeams were bubblegum and ice cream,

Oh, what a sun it would be.

Upgrading for Parents with Preschoolers

Children's Program Plan

Healthy Eating—Part B

Word of the Day: “Healthy / Unhealthy”

Art or Special Activity

- **Cooking:** Make mini pizzas. Cut English Muffins in half. Children spread tomato sauce on one half and add sliced pepperoni and grated cheese. Bake in oven or microwave until cheese melts.
- **Gluing:** Cut out pictures of food from newspaper flyers. Glue onto paper plates. Increase children’s vocabulary by identifying each food item.

Books

- *Lunch*, by Denise Femming
- *Still-Life Stew*, by Helena Clare Pittman
- *Food is Sharing*, by Fahlman, Graeme, Henderson
- *Eating the Alphabet: Fruits and Vegetables from A to Z*, by Lois Elhert
- *Chicken Soup With Rice*, by Maurice Sendak
- *Green Eggs and Ham*, by Dr. Seuss

Pre-Literacy Skills

- **Memory Skills – Food Concentration game:** Make a concentration game by cutting out pictures of foods from newspaper flyers. Use two of the same flyers so you can cut out two of the same food item. Turn the pictures upside-down and place on the table. Children take turns turning two pictures over at a time and trying to find matching pairs. As you play, discuss whether foods are healthy or unhealthy.

Poems

- “Jack Sprat”
- “Little Miss Muffet”
- “Alligator Pie,” by Dennis Lee
- “1, 2, 3, 4, Mary at the Kitchen Door”
- “Pease Porridge Hot”
- “Humpty Dumpty”

Gross Motor Skills

- **Pretend Play:** Children pretend to cook in the kitchen. Use props, such as aprons, oven mitts, wooden spoons, pots and pans. Include sensory play with uncooked rice and measuring cups.

Songs

- “Oats, Peas, Beans and Barley Grow”
- “Down By the Bay”
- “If All the Raindrops Were ...Lemon Drops”
- “Aiken Drum”

Numeracy Skills

- **Classification Skills:** Use the concentration game from above and ask children to categorize pictures. Which foods are fruits? meats? Include a “junk food” category.
- Talk about “half,” “quarters” and “whole.” Use the pizzas at snack time to demonstrate

Parent/Child Time

- Parents bring in last weeks flyers and everyone makes their own concentration game to take home.

Notes/Other

- At snack time try new healthy foods and recite the poem, “1, 2, 3, 4, Mary at the Kitchen Door. 5, 6, 7, 8, eating cherries off her plate.” Substitute each child’s name for “Mary” and whatever you are eating for “cherries.”

Jack Sprat

Jack Spratt could eat no fat,
His wife could eat no lean,
And so, between them both you see,
They licked the platter clean.

Little Miss Muffet

Little Miss Muffet,
Sat on a tuffet,
Eating some curds and whey.
Along came a spider,
And sat down beside her,
And frightened Miss Muffet away.

Down by the Bay

Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
“Did you ever see a fly
Wearing a tie?”
Down by the bay.

Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother will say
“Did you ever see a bear
Combing his hair?”
Down by the bay.

Down by the bay...
“Did you ever see a moose
Kissing a goose?”

Down by the bay...
“Did you ever see a whale
With a polka dot tail?”

Down by the bay...
“Did you ever see some llamas
Eating pajamas?”

Down by the bay...
“Did you ever have a time
When you couldn’t make a rhyme?”

Aiken Drum

Verse 1:

There was a man lived in the moon,
lived in the moon, lived in the moon,
There was a man lived in the moon,
and his name was Aiken Drum.

Chorus:

And he played upon a ladle,
a ladle, a ladle,
And he played upon a ladle,
and his name was Aiken Drum.

Verse 2:

And his hat was made of good cream cheese
of good cream cheese, of good cream cheese,
And his hat was made of good cream cheese,
and his name was Aiken Drum.

Repeat Chorus.

And his coat was made of good roast beef...
and his name was Aiken Drum.

Repeat Chorus.

And his buttons made of penny loaves...

Repeat Chorus.

And his breeches made of haggis bags...
and his name was Aiken Drum.

Repeat Chorus.