

TODDLER

Food We Eat

Early Childhood Distance Learning Materials

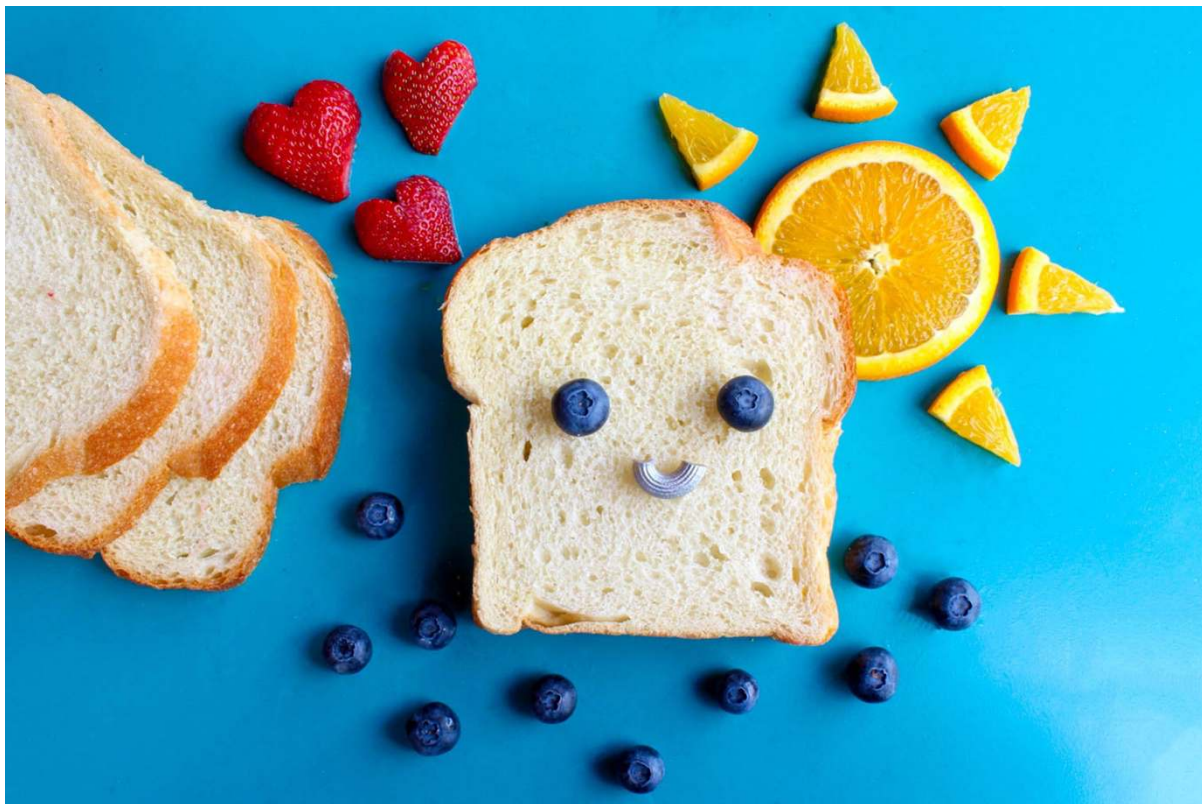


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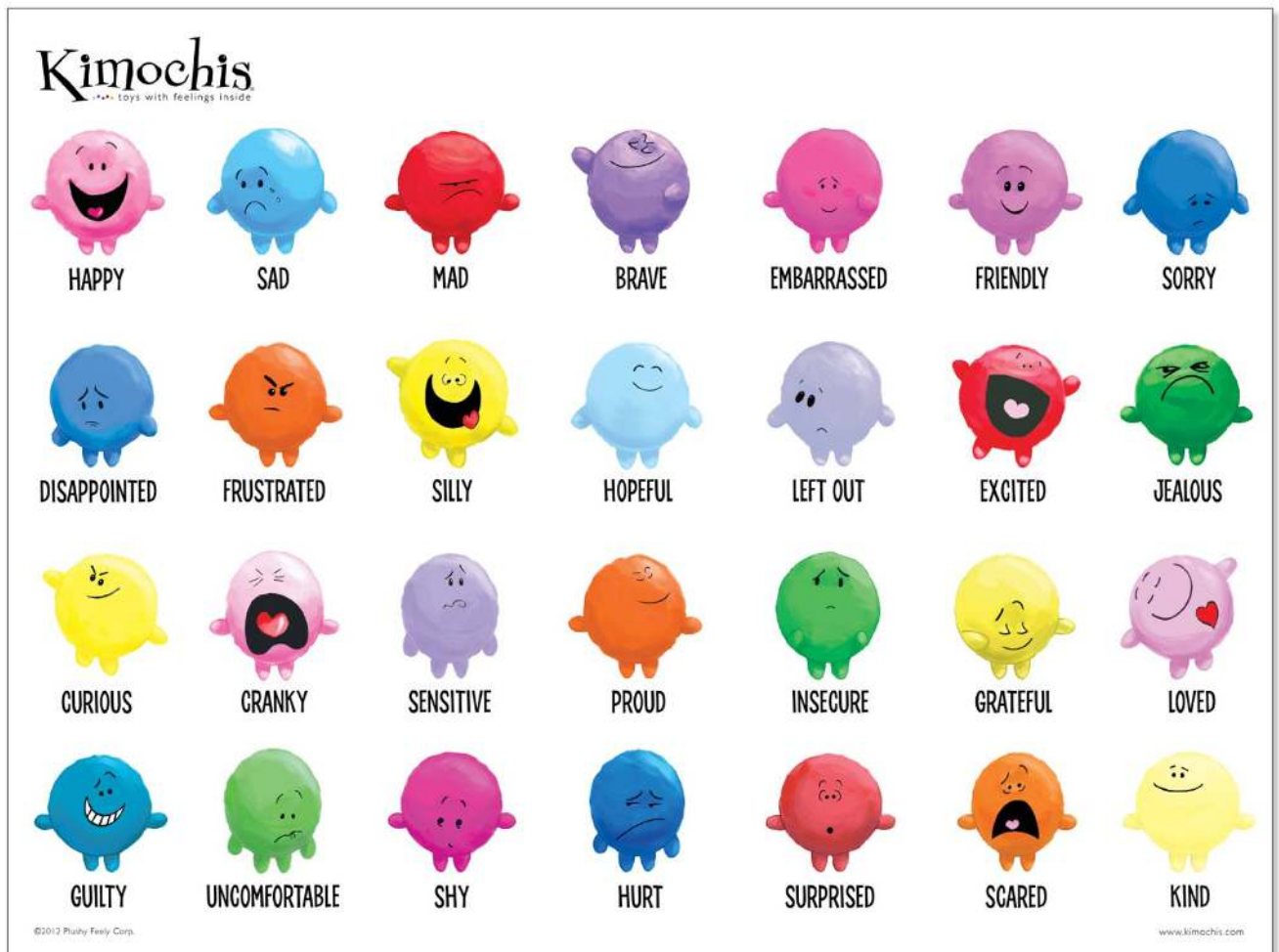
HOME LEARNING BABY BINGO BOARD

DIRECTIONS FOR EACH DAY THIS WEEK: The goal is to do 5 activities in each area. After you complete an activity, color in the box and show it is done. The goal is to have a blackout by the end of the week with every box colored in!

L Literacy	E Exercise	A Arts	R Regulation	N Numbers
Read 15 minutes with your child <div>M T W R F</div>	Have a family dance party	Draw a picture of what you are doing today	Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times.	Count 1 to 20
Use handwriting sheet to write name	Create an obstacle course in your home and run it 5 times	Make up a new song	What did you do to show kindness? Draw a picture.	Find items in your house you can make patterns with. Can you make an AB pattern?
Retell main events in your favorite book	Find color freeze dance on YouTube and dance to it	Use objects around your house to create a new art project	Choose a job that you can do today to help your family	Complete one lesson from the math packet
Complete one lesson from the literacy packet	Go outside and practice skipping, hopping on two feet, galloping and running	Complete one lesson from the Arts packet	Help your child make a daily schedule that you can put up in your house	Find shapes in your house and draw them on paper
Name some words that rhyme with: cat, dog, bed, map	Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down dog, tree pose	Use scissors to practice cutting paper in straight lines and zig zag lines	Help your child identify a space to go to help them feel calm	Find a block and use it to measure your bed, a table and a chair. How many blocks tall are they?
Use a magazine to cut out the letters of your name and glue them to a piece of paper	Draw a picture of what foods give you energy	Play your favorite song and clap to the beat	What toy or animal help you calm down when you're feeling upset? Draw how they help you.	Count how many forks and how many spoons are in your house. How many all together?

DAILY CHECK-IN

Tell me how you're feeling today?



MONDAY	Make a CIRCLE with a BLUE crayon
TUESDAY	Make a TRIANGLE with a RED crayon
WEDNESDAY	Make a SQUARE with an ORANGE crayon
THURSDAY	Make a CLOUD with a PURPLE crayon
FRIDAY	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

SOCIAL EMOTIONAL DEVELOPMENT & SOCIAL SYSTEMS COGNITIVE ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Visit a Grocery Store	Being to show social etiquette while watching adults around them	N/A/
ACTIVITY/LESSON DESCRIPTION		
Go to the grocery store - look at all the foods and talk about what you see. Talk about who you see working at the grocery store.		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Going on a Picnic	Imitates Adults	Blanket, Food for whatever meal you want to take on your picnic
ACTIVITY/LESSON DESCRIPTION		
Take your meal outside! Have fun eating outside, relaxing in the outdoors. Talk about what you see around you in nature.		

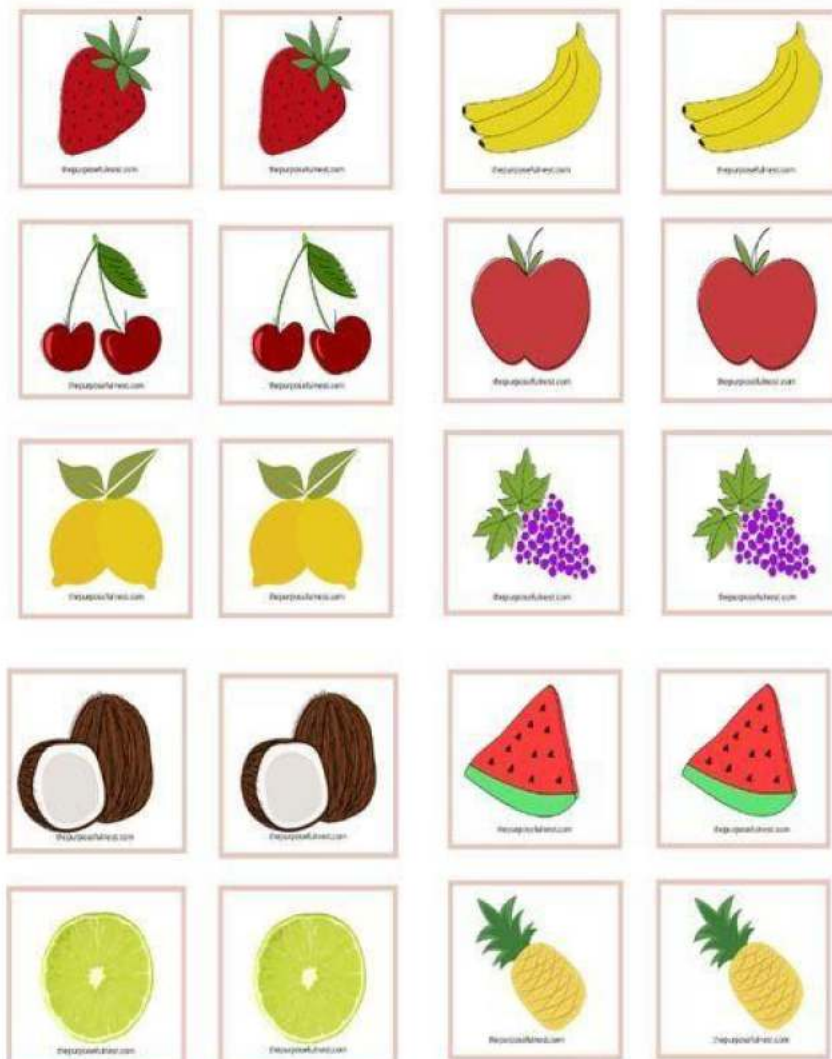
ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
What I Like, What I Don't Like	Making Decisions, Learning Names of Food, Makes Decisions of What They Like and Don't Like	Food Magazines and Book that have food pictures
ACTIVITY/LESSON DESCRIPTION		
While looking at pictures of food ask, "Do you like this?" "What do you like about it?" "The color, shape, size, taste?" While eating foods at any meal, continue to talk to your child and ask questions about what they do and do not like about foods.		

LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Read Books About Foods	Turns pages in book Sits for story time Enjoys being read to Finds details in different book	Find books around your home or search the internet using the title of the books below and watch the book video: <i>The Very Hungry Caterpillar</i> , <i>How Do Dinosaurs Eat Their Food</i> , <i>Eating the Alphabet</i> , <i>Green Eggs and Ham</i> , <i>If You Give A Pig a Pancake</i>
ACTIVITY/LESSON DESCRIPTION		
Read books from your home or find the stories on the list on the internet putting the name of the book in the search. Talk about the illustrations in the book. Ask them questions about what you read.		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Fruit Themed Matching Game	Matching Learn Names of Fruit Follow Directions	Below Activity Sheet Scissors
ACTIVITY/LESSON DESCRIPTION		
Cut out the fruit pictures. Play a game of matching a picture of fruit that looks like another picture of fruit Ask your child, "Can you find the strawberry?" "Banana?" Etc. Talk about making matches.		

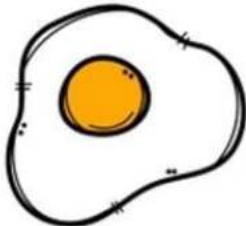











FRUIT- THEMED MATCHING GAME FOR PRESCHOOLERS



































ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Food Words	Build on Vocabulary Use Descriptive Words	Use the activity packet sheet. You can also use food you have in your home and have your child learn the words for each food item.
ACTIVITY/LESSON DESCRIPTION		
Show your child the pictures of food and/or food you have around your home. Talk about the name of the food. Have your child practice telling you what the word for each food is.		

ACTIVITY #4 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
What Foods Do You Like? What Foods Don't You Like?	Have a Discussion Think about What Food You Like To Eat Graphing Vocabulary Growth	The book, "The Very Hungry Caterpillar" Cut out pictures of food. You can use magazines or the food worksheets in this packet. Large paper to draw caterpillars on, scissors and glue.
ACTIVITY/LESSON DESCRIPTION		
Before the activity: Have a bunch of food pictures already cut out. Draw two caterpillars. One happy (likes the food), one sad (doesn't like the food). Show each food picture to your child. Tell them the name of the food. Ask them if they "like" or "don't like" the food. Then after they answer, glue the food onto the right caterpillar and continue on with the activity. Read the book "The Very Hungry Caterpillar" to tie it all together.		

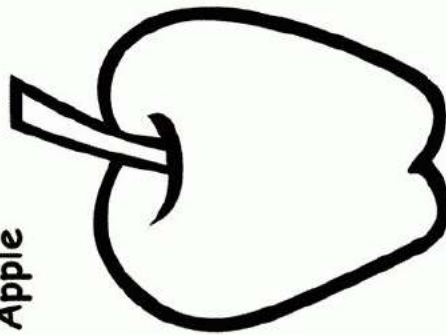
ACTIVITY #5 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
The Food Alphabet	Beginning Letter Knowledge Working Together	Food you have in your home
ACTIVITY/LESSON DESCRIPTION		
Using the food you have in your home and put your foods in alphabetical order. A for apple, B for bagel, C for cookie/cucumber/carrot, D for donut, E for egg, F for fish, G for goldfish crackers, H for hamburger, etc.		

		
egg	broccoli	cupcake
		
pizza	chips	apple
		
almonds	french fries	soda
		
cookie	banana	donut

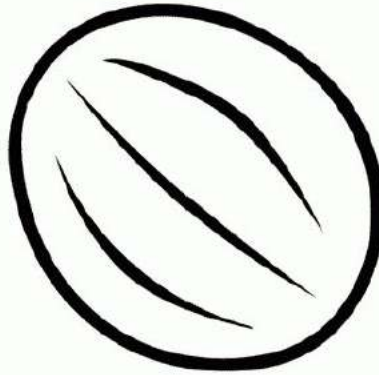
 EGG	 CORN FLAKES	 WATERMELON	 GRAPES
 PASTA	 BREAD	 KIWI	 LEMON
 POPCORN	 RICE	 ORANGE	 STRAWBERRIES
 CRACKERS	 QUINOA	 PEAR	 APPLE
 PUMPKIN	 SPINACH	 BEEF	 HAM
 ONION	 LETTUCE	 FISH	 BEANS
 TOMATO	 CORN	 CHICKEN	 LENTILS
 BROCCOLI	 SWEET POTATO	 NUTS	 SEEDS

Fruits Food Images for Kids

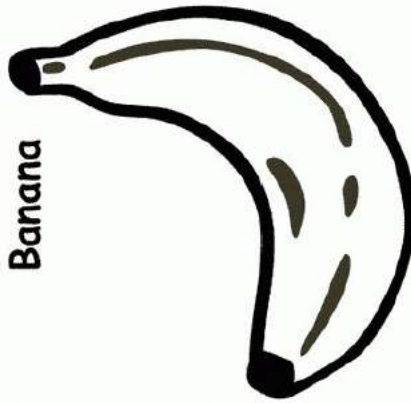
Apple



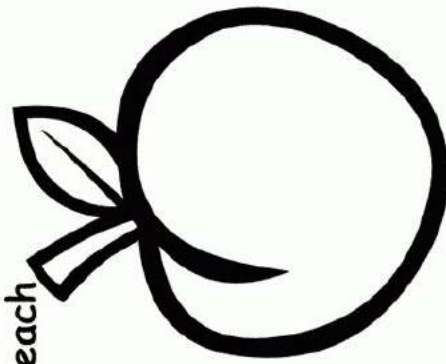
Cantaloupe



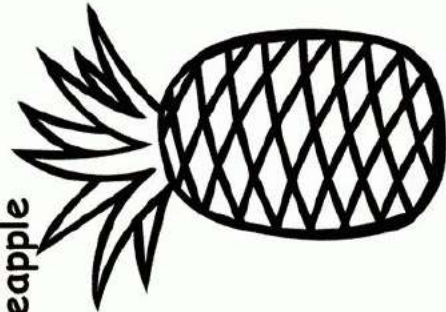
Banana



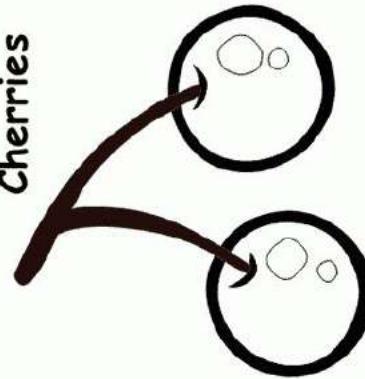
Peach



Pineapple



Cherries



THE ARTS & SENSORY ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Rainbow Milk Toast	Color Recognition Creativity	<ul style="list-style-type: none"> • Bread • Sweetened Condensed Milk • Food Coloring • Clean Paint Brush
ACTIVITY/LESSON DESCRIPTION		
<p>All you need for this activity is bread (any kind will do – white bread, wheat bread, nut bread, fresh bread, sourdough bread – you pick your kids favorite bread), some small dishes filled with sweetened condensed milk and food coloring. If you are staying away from artificial dyes you can buy natural food coloring using natural ingredients derived from fruits and vegetables. Start by mixing sweetened condensed milk and food coloring in little bowls.</p> <p>Using a clean paint brush or pastry brush, have your child paint their bread to make rainbows or pictures. Next, blot the bread with a paper towel to remove any excess ‘paint’ so you don’t make a mess on your toaster. Now pop your painted bread into the toaster. This step is optional, you can just have milk bread if you like, but we enjoyed ours toasted. It was super yummy, pretty and such a fun rainbow activity for the whole family. It is so easy and quick – only about 5 minutes!</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Pasta Play	Fine Motor Eye-Hand Coordination Pincher Grasp Matching Shapes	<ul style="list-style-type: none"> • Dried pasta (including spaghetti) • Cups/Pots/Pans/Spoons (whatever you have available) • Colander • Large Container
ACTIVITY/LESSON DESCRIPTION		
Poking spaghetti through a colander is brilliant for a toddler's fine motor and concentration skills. Separate pasta into piles, making matches with the ones that look the same!		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Cool Whip Painting in the Tub	Explore and Create Process Art and Sensory	<ul style="list-style-type: none"> • Cool Whip • Food Coloring • Paint Brushes • Cupcake Tin
ACTIVITY/LESSON DESCRIPTION		
This can be done in a bathtub for extra sensory fun and easy clean up. Place a scoop of cool whip in each separate section of the cupcake tin. Add some food coloring. Let your child create, paint, explore and have fun!		

ACTIVITY #4 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Ice Cube Painting	Sensory: Touch and Feel Color Mixing	<ul style="list-style-type: none"> • Ice Cubes or Freeze a Big Chunk of Ice • Paint, any colors • Paint brushes
ACTIVITY/LESSON DESCRIPTION		
<p>Have your child explore with the paintbrushes (paint on the ice) provided for a little while and let them primarily focus on handling the ice cubes. You can also swirl the paint around until it is all mixed.</p> <p>Please this activity under strict supervision – don't let your child put the ice cubes in their mouths as they are potential choking hazards. If you are at all worried, try freezing a large clock of ice instead.</p>		

ACTIVITY #5 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Painting with Food	Make Prints and Patterns Create Exploration Use Trial and Error to Figure Things Out	<ul style="list-style-type: none"> • Various Fruits and/or Vegetables • Various colors of paint • Trays or Paper Plates
ACTIVITY/LESSON DESCRIPTION		
<p>Cut any fruit of vegetable you have: corn on the cob, cut pepper, apple, orange, lemon, etc. in half. Put the object in the pan of paint and make a vegetable/fruit print onto the paper. Continue on making food prints and/or painting with the food until your child loses interest.</p>		

MATHEMATICS & SCIENCE ACTIVITIES

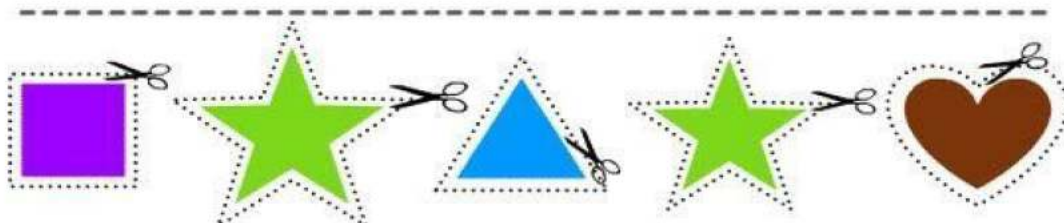
ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Tasting Activity	Explore the Five Senses Graph Likes and Dislikes	Various foods you have around the house that have different tastes, temperatures and textures. Sweet, sour, cold, warm....
ACTIVITY/LESSON DESCRIPTION		
<p>Talk about how the food tastes. Introduce words as to how they might taste. Is the lemon sour? Is the cookie sweet?</p> <p>You could make a list of what you child likes and what they didn't like, making a graph. Count what they liked. Count what they didn't like.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Ice Cream in a Bag	Working Together Trial and Error Sense of Taste	<ul style="list-style-type: none"> • Whole Milk, Heavy cream or half and half • Sugar • Vanilla • Ice • Kosher salt or ice cream salt • Plastic Freezer Bag • Plastic Container • Spoons and Bowls • Sprinkles (optional, but fun!)
ACTIVITY/LESSON DESCRIPTION		
<p>Fill the plastic container most of the way with ice. Invite the children to take turns sprinkling about 6 tablespoons of kosher salt or ice cream salt all over the ice. This recipe is amazing for scoop and pour practice for little hands!</p> <p>Pour one cup of whole milk, half and half or heavy whipping cream into the plastic freezer bag. We used whole milk. Add two tablespoons of white sugar. Invite the children to help to practice fine motor skills! Finally, add a teaspoon of pure vanilla extract.</p> <p>An adult should get most of the air out of the plastic bag and zip it closed. Be sure that the bag is sealed tightly!</p> <p>Put the freezer bag with the ingredients into the container with the ice. Top with more ice if needed. Put the lid on the container and allow the preschoolers to shake the container. You can also slide it back and forth on a flat surface such as the table or floor.</p> <p>Take turns shaking up the ice cream for about 10-15 minutes. This is a great activity for center time or recess! You can check the consistency of the ice cream periodically by opening the container and gently squeezing the bag.</p> <p>Once our ice cream was about the consistency of a thick milkshake, we divided it into bowls. Invite the children to add toppings, like sprinkles, if desired. Enjoy!</p>		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Cheerio Tower	Counting Fine Motor Pincher Grasp	<ul style="list-style-type: none"> • Box of Any Kind of Cheerio • Play'Doh • Uncooked Spaghetti Noodles
ACTIVITY/LESSON DESCRIPTION		
Put a spaghetti noodle into a ball of Play'Doh to make it stand tall. Have your child take each cereal piece that has a whole in the middle and slip it onto the spaghetti noodle. Let them place as many as they want to make their Cheerio Tower.		

ACTIVITY #4 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Erupting Lemon	Experiment and Explore using the Senses Cause and Effect	<ul style="list-style-type: none"> • Lemons • Baking Soda • Food Coloring • Dawn Dish Soap • Plate, Tray or Bowl • Craft Sticks • Lemon Juice (optional)
ACTIVITY/LESSON DESCRIPTION		
<p>Step One: First you need to place half of a lemon into a bowl or plate that will catch the mess when it erupts. You can juice the other half of the lemon to add to the erupting lemon volcano which you will read about below. Or you can set it up two at a time!</p> <p>Step Two: Next, take your craft stick and poke holes in the various sections of the lemon. This will help the reaction along a bit in the beginning.</p> <p>Step Three: Now you can place drops of food coloring around the different sections on the top of the lemon. Alternating with different colors of food coloring will give a fun effect. However, you can also stick with just a couple of colors of even one-color.</p> <p>Step Four: Next, you can pour some Dawn dish soap all over the top of the lemon. What does dish soap do? Adding dish soap to a reaction like this will also produce a bit of foam and bubbles! It's not necessary but a fun element to add if you can.</p> <p>Step Five: Now you can go ahead and sprinkle a generous amount of baking soda onto the top of the lemon. Then you can go ahead and use a craft stick to press some of the backing soda down into the different sections of the lemon to get the eruption.</p> <p>Wait a few minutes for the reaction to begin taking place. Slowly, your lemon will begin to erupt into a variety of colors. Additional, you can use the craft stick to make the lemon and baking soda around a bit more.</p>		

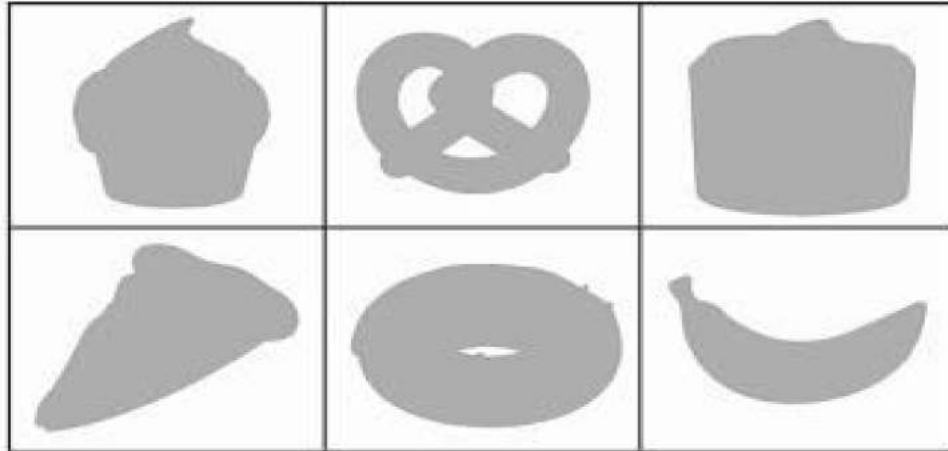
Cut and paste the shapes in the correct places.



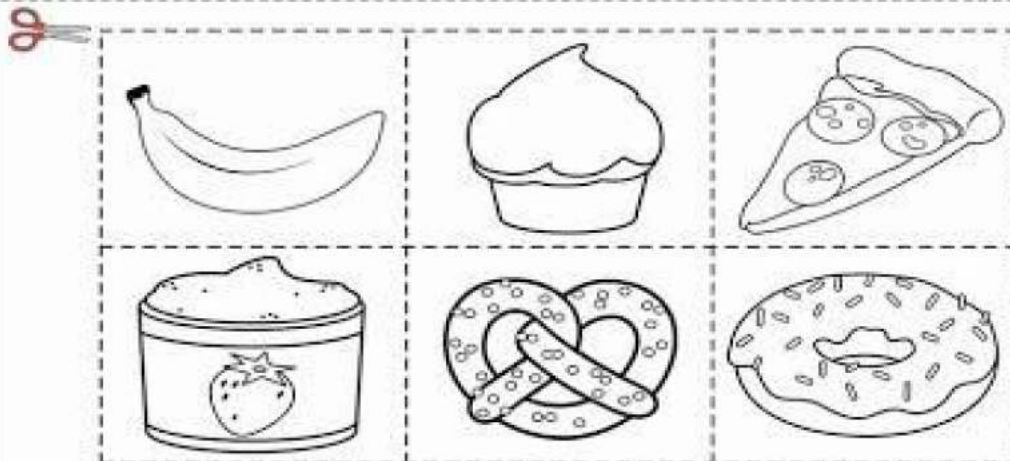
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Name:

Cut the pictures from the bottom of the page and glue them on top of their shadows.



By Lavinia Pop © 2014







There are many delicious choices on their menu.

MUSIC & MOVEMENT ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Sing Songs about Food	Learn New Words Singing Together	<ul style="list-style-type: none"> Words to Song are Included
ACTIVITY/LESSON DESCRIPTION		
<p style="text-align: center;">All Around the Apple Tree Sung to: "Mulberry Bush"</p> <p style="text-align: center;">Here we go around the apple tree, the apple tree, the apple tree Here we go around the apple tree On a frosty morning This is the way we climb the ladder Pick the apples Wash the apples Peel the apples Cook the apples</p> <p style="text-align: center;">Take Me Out For Some Ice Cream Sung to: "Take Me Out To The Ballgame:</p> <p style="text-align: center;">Take me out for some ice cream, Take me out to the store Buy me some trip scoop jump cone I won't share, I'll eat it alone! For it's scoop, scoop, scoop up the ice cream Give me three kinds I adore! For it's one, two three scoops to go At the ice cream store</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Pots and Pans Parade	Loud and Quiet Hard and Soft Fast and Slow	<ul style="list-style-type: none"> • Pots and Pans • Spoons
ACTIVITY/LESSON DESCRIPTION		
Use any of the pots, pans and spoons and hit them together and march around the room. Give directions like “Can you play fast?” “Slow?” “Loud?” “Quiet?” etc.		

ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
How Does Your Garden Grow	Following Directions Some food starts as a seed and goes through various growing stages before we can eat it.	<ul style="list-style-type: none"> • Quiet Music • Space to Move
ACTIVITY/LESSON DESCRIPTION		
Play some music. Talk out a scenario acting out how a seed gets planted and grows into a vegetable or fruit.		