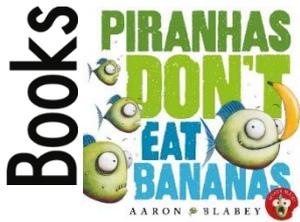


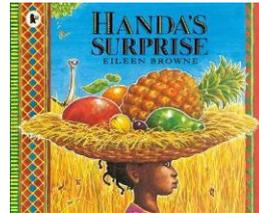
Tinies Time Food Choices Kit Contains



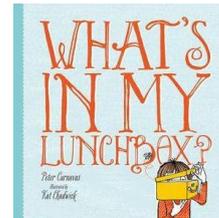
Piranhas Don't Eat Bananas by Aaron Blabey



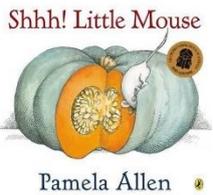
Are You Hungry? by Janik Coat



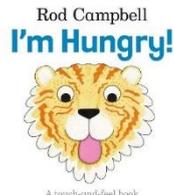
Handa's Surprise by Eileen Browne



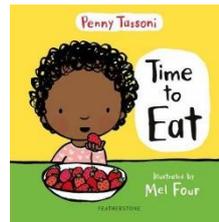
What's in my Lunchbox? by Peter Carnavas



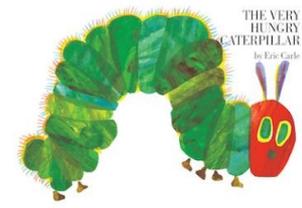
Shhh! Little Mouse by Pamela Allen



I'm Hungry by Rod Campbell



Time to Eat by Penny Tassoni

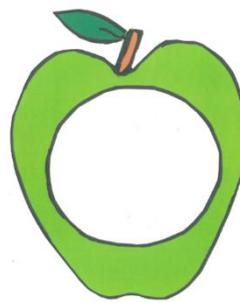


The Very Hungry Caterpillar by Eric Carle

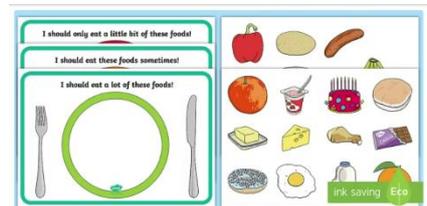
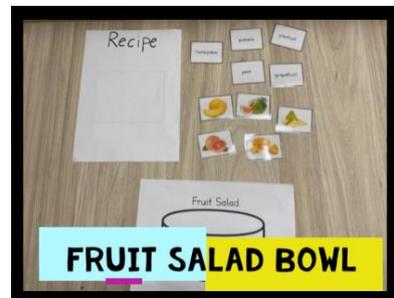
Songs and Rhymes

- An Apple a Day
- Apple Roll
- Bananas in Pyjamas
- Eat an Apple
- Five Red Strawberries
- Fruit Salad
- Go Bananas
- Here We Go On a Picnic
- Hot Potato
- Hungry Ants
- I Ate a Rainbow
- One Potato, Two Potato
- Peanut Butter & Jelly
- Picnic Time
- Vegetable Song
- Vegetable Song (variation)
- Vegetable Soup
- Vegetable Soup (variation)
- Veggie Boogie

Activities



The very hungry caterpillar by Eric Carle
1 Apple



Songs and Rhymes

AN APPLE A DAY

An apple a day, sends the doctor away.
Apple in the morning, doctor's warning!
Roast apple at night, starves the doctor outright.
Eat an apple going to bed, knock the doctor on the head. x2

Three each day, seven each week,
ruddy apple, ruddy cheek. x2

An apple a day, sends the doctor away.
Apple in the morning, doctor's warning!
Roast apple at night, starves the doctor outright.
Eat an apple going to bed, knock the doctor on the head. x2

Three each day, seven each week,
ruddy apple, ruddy cheek. x2

Reference song: <https://www.youtube.com/watch?v=7fbCb6J8H2U>

APPLE ROLL

Five little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

Four little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

Three little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

Two little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

One little apple in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
No more apples left to eat!

BANANAS IN PAJAMAS

Bananas, in pajamas, are coming down the stairs.
Bananas, in pajamas, are coming down in pairs.
Bananas, in pajamas, are chasing teddy bears,
because, on Tuesdays, they all like to catch them unawares.

Reference song: <https://www.youtube.com/watch?v=EqPT80Skq9Q>

EAT AN APPLE

Eat an apple (right hand to mouth).
Save the core (right hand into fist).
Plant the seeds (scatter over ground),
and grow some more (extend arms up)!

FIVE RED STRAWBERRIES

Five red strawberries, sweet to the core.
Bear came and ate one so then there were four.
Four red strawberries, growing near a tree.
Bear came and ate one so then there were three.
Three red strawberries, for you and you and you.
Bear came and ate one so then there were two.
Two red strawberries, sitting in the sun.
Bear came and ate one so then there was one.
One red strawberry, left all alone.
Bear came and ate it so then there was none!

FRUIT SALAD

Fruit Salad, yummy yummy.
Fruit Salad, yummy yummy.
Fruit Salad, yummy yummy.
Yummy yummy
Yummy yummy
Fruit Salad!

Let's make some fruit salad today (Uh huh uh).
It's fun to do it the healthy way (Uh huh uh).
Take all the fruit that you want to eat.
It's gonna be a fruit salad treat!
Peel your bananas.
The second step,
toss in some some grapes.
The third step,
chop up some apples,
chop up some melons,
and put them on your plate.

Now we've made it, It's time to eat it (Uh huh uh).
It tastes so good that you just can't beat it (Uh huh uh).
Give everyone a plate and a spoon,
we'll all be eating it very soon!

The first step,
eat up the banana.
The second step,
eat up some grapes.
The third step,
eat up some apples,
eat the melons.
Now there's nothing on your plate.
Now we've had our fruit salad...

Reference song: <https://www.youtube.com/watch?v=CeDIXJAaPyI>

GO BANANAS

Peel bananas,
Peel-peel bananas!
Peel bananas,
Peel-peel bananas!

Chop bananas,
Chop-chop bananas!
Chop bananas,
Chop-chop bananas!

Smash bananas,
Smash-smash bananas!
Smash bananas,
Smash-smash bananas!

Mix bananas,
Mix-mix bananas!
Mix bananas,
Mix-mix bananas!
Eat bananas,
Eat-eat bananas!
Eat bananas,
Eat-eat bananas!

GO BANANAS!
GO-GO BANANAS!
GO BANANAS!
GO-GO BANANAS!

HERE WE GO ON A PICNIC

To the tune of 'Here We Go Round the Mulberry Bush'

Here we go on a picnic today,
picnic today, picnic today.
Here we go on a picnic today,
on such a beautiful Friday.

This is the way we spread our cloth,
spread our cloth, spread our cloth.
This is the way we spread our cloth,
on such a beautiful Friday.

This is the way we eat our lunch,
eat our lunch, eat our lunch.
This is the way we eat our lunch,
on such a beautiful Friday.

This is the way we play our games,
play our games, play our games.
This is the way we play our games,
on such a beautiful Friday.

This is the way we clean it up,
clean it up, clean it up.
This is the way we clean it up,
after a delightful picnic!

We had fun on our picnic today,
picnic today, picnic today.
We had fun on our picnic today,
on such a beautiful Friday!

HOT POTATO

Hot potato, hot potato (hot potato, hot potato).
Hot potato, hot potato (hot potato, hot potato).
Hot potato, hot potato (potato), potato (potato).
Potato, potato, potato.

Cold spaghetti, cold spaghetti (cold spaghetti, cold spaghetti).
Cold spaghetti, cold spaghetti (cold spaghetti, cold spaghetti).
Cold spaghetti, cold spaghetti (spaghetti), spaghetti (spaghetti).
spaghetti, spaghetti, spaghetti.

Whooo, wiggly wiggly wiggly.
Whooo, wiggly wiggly wiggly.
Gimme that, gimme that, gimme that, food.

Whooo, wiggly wiggly wiggly.
Whooo, wiggly wiggly wiggly.
Gimme that, gimme that, gimme that, food.

Mashed banana, mashed banana (mashed banana, mashed banana).
Mashed banana, mashed banana (mashed banana, mashed banana).
Mashed banana, mashed banana (banana), banana (banana).
Banana, banana, banana.
Whooo!

Reference song: <https://www.youtube.com/watch?v=0v4-eAefurY>

HUNGRY ANTS

Five hungry ants, marching in a line.
They came upon a picnic, where they could dine.
They marched into a salad,
they marched into a cake.
They marched into the pepper....
UH-OH! That was a mistake!

I ATE A RAINBOW

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I ate a rainbow, yes I did.
It was colourful and it tasted good.
Red. Red.
Tomatoes, cherries, chillies, peppers,
strawberries, beets, rhubarb and berries.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Green. Green.
Broccoli, beans, celery and apples.
Spinach, pears and peas and lettuce.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I am on my way to the pot of gold at the end of my vegetable rainbow.
I ate a rainbow, yes I did.
It was colourful and it tasted good.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Yellow. Yellow.
Mango, corn, squash, pineapple,
bananas, lemon and rockmelon.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Orange. Orange.
Oranges, pumpkins, apricots,
nectarine, cantaloupe, peach, carrot.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I am on my way to the pot of gold at the end of my vegetable rainbow.
I ate a rainbow, yes I did.
It was colourful and it tasted good.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
White. White.
Brown. Brown.
Mushrooms, onions, cauliflower,
garlic, parsnip, potatoes.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Purple, purple.
Blueberries, blackberries, plums and grapes,
eggplant, raisins, cabbage and dates.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I am on my way to the pot of gold at the end of my vegetable rainbow.
I ate a rainbow, yes I did.
It was colourful and it tasted good.
I ate a rainbow, yes I did.
It was colourful and it tasted good.

Reference song: <https://www.youtube.com/watch?v=JXzyizJuMu8>

ONE POTATO, TWO POTATO*

**can be used with one potato, two potato activity or by having kids stack their fists as they sing.*

One potato, two potatoes, three potatoes, four.
Five potatoes, six potatoes, seven potatoes, more.

REPEAT AS MUCH AS DESIRED.

PEANUT BUTTER AND JELLY

First you take the peanuts and you crunch 'em, you crunch 'em.
First you take the peanuts and you crunch 'em, you crunch 'em.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

Next you take the grapes and you squish 'em, you squish 'em.
Next you take the grapes and you squish 'em, you squish 'em.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

Now you take the bread and you spread it, you spread it.
Now you take the bread and you spread it, you spread it.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

Then you take the sandwich and you eat it, you eat it.
Then you take the sandwich and you eat it, you eat it.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

PICNIC TIME

Going on a picnic, gonna pack a lunch.
What should we bring to munch, munch, munch?
(kids to suggest different foods).
Ready for a picnic, ready with a lunch.
Now we're ready to munch, munch, munch!

VEGETABLE SONG

To the tune of 'Head, Shoulders, Knees and Toes'

Sprouts, carrots, peas and beans,
peas and beans.

Sprouts, carrots, peas and beans,
peas and beans.

And onions and corn and potatoes too,
sprouts, carrots, peas and beans,
peas and beans.

VEGETABLE SONG

To the tune of 'Twinkle Twinkle Little Star'

Carrots, peas and broccoli,
vegetables are good for me.

For my snack and in my lunch,
veggie sticks are great to munch.

Carrots, peas and broccoli,
vegetables are good for me.

VEGETABLE SOUP

To the tune of 'London Bridge'

We are making vegetable soup,
vegetable soup, vegetable soup.

We are making vegetable soup,
now put in the (vegetable of your choice).

Take the (vegetable) and stir it up,
stir it up, stir it up.

Take the (vegetable) and stir it up,
while making vegetable soup.

REPEAT AS MUCH AS DESIRED WITH ANY VEGETABLES OF YOUR CHOOSING.

VEGETABLE SOUP

Carrot (carrot).

Cabbage (cabbage).

Broccoli (broccoli).

One, two, three.

Let's chop some carrots (carrots),
na na na.

Let's chop some cabbage (cabbage),
na na na.

Let's chop some broccoli (broccoli),
na na na.

Some vegetables for you and me.

Carrot, cabbage, broccoli (carrot, cabbage, broccoli).

Some vegetables for you and me.

And we sing na na na (na na na).

And we sing na na na (na na na).
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.

Potato (potato).
Spinach (spinach).
Celery (celery).
One, two, three.
Let's chop potatoes (potatoes),
na na na.
Let's chop some spinach (spinach),
na na na.
Let's chop some celery (celery),
na na na.
Some vegetables for you and me.
Potato, spinach, celery (potato, spinach, celery).
Some vegetables for you and me.
And we sing na na na (na na na).
And we sing na na na (na na na).
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.

Garlic (garlic).
Onion (onion).
Leek (leek).
One, two, three.
Let's chop garlic (garlic),
na na na.
Let's chop some onion (onion),
na na na.
Let's chop some leek (leek),
na na na.
Some vegetables for you and me.
Garlic, onion, leek (garlic, onion, leek).
Some vegetables for you and me.
And we sing na na na (na na na).
And we sing na na na (na na na).
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.
Vegetables for you (you!)

Vegetables for me (me!)
Vegetables for you and me.

Reference song: <https://www.youtube.com/watch?v=RE5tvaveVak>

VEGGIE BOOGIE

Come on, come on,
do the veggie boogy.
Come on, come on,
do the veggie boogy.

We like our vegetables,
yes we do.
We like our vegetables,
they are good for you.
We like our vegetables,
they make us strong.
We like our vegetables,
come on, sing along!

YELLOW BUTTER

Yellow butter, purple jelly, red jam, black bread.
Spread it thick. Say it quick.

Yellow butter, purple jelly, red jam, black bread.
Spread it thicker. Say it quicker.

Yellow butter, purple jelly, red jam, black bread.
Now repeat it. While you eat it.

Yellow butter, purple jelly, red jam, black bread.
Don't talk with your mouth full!

Activities

FOOD SORTING

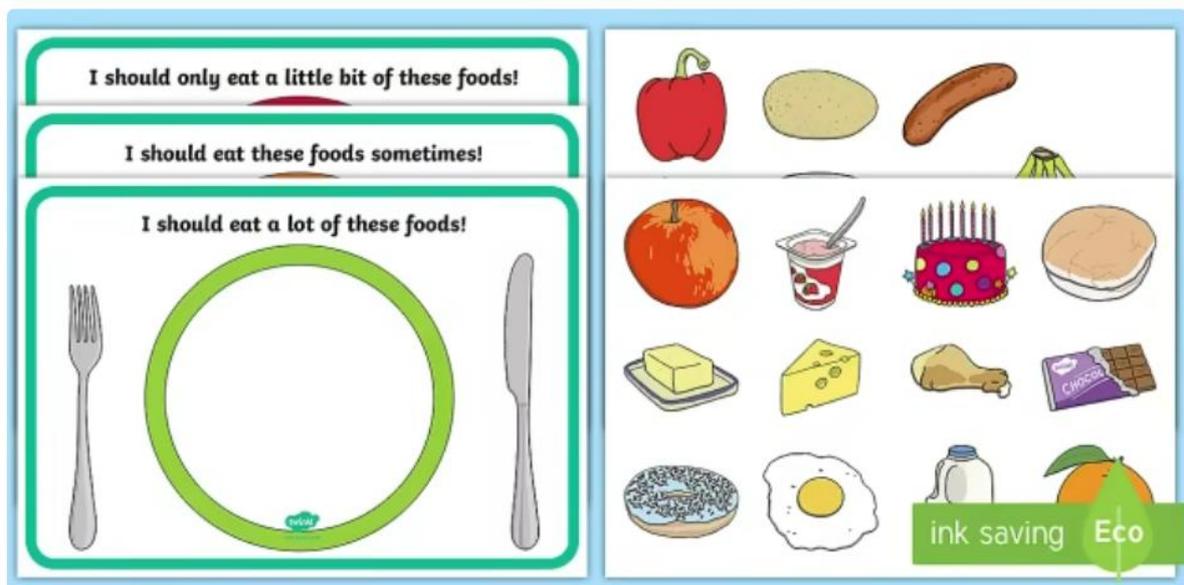
Materials:

- Paper plates
- Food images
- Glue

Method:

1. In a pack, have an everyday and sometimes plate template and a range of food images/range of plastic food.
2. Children – with the help of adults – need to sort the food and stick/place it onto the correct plate.
3. Put different foods into each pack so families can share some of the items with the rest of the people attending the storytime.

Example:



OLIVER'S FRUIT SALAD GAME

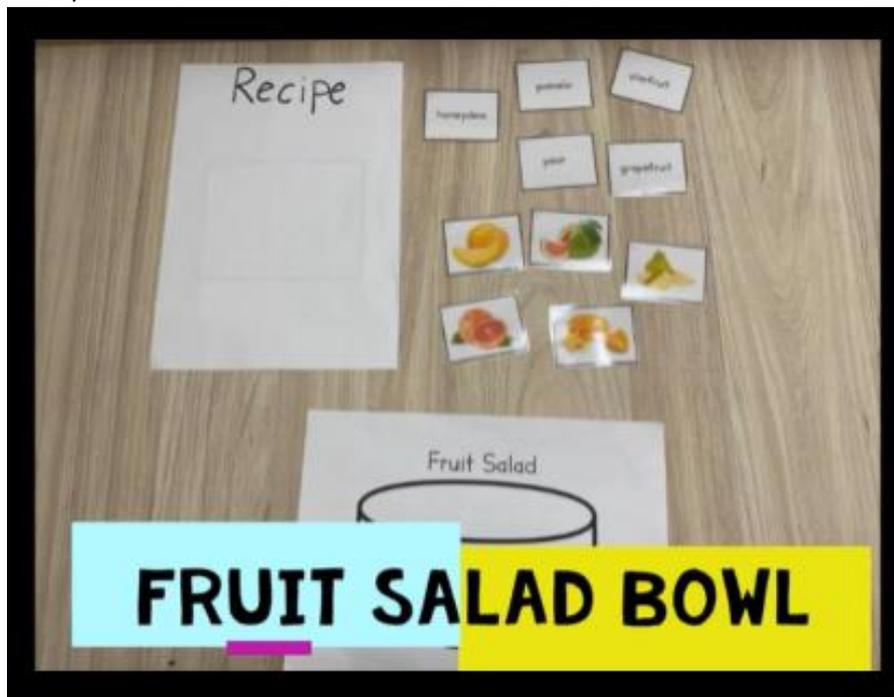
Materials:

- Fruit bowl – actual or picture
- Fruit cards – words and pictures
- Recipe card

Method:

1. Place the recipe card on display.
2. Ask children what fruits we should put in our fruit salad.
3. Place the name of the fruits on the recipe cards.
4. Children must find the image of the fruits from the recipe card and place the fruit image into the fruit bowl.

Example:



ONE POTATO, TWO POTATO

Materials:

- Brown paper bags
- Texta

Method:*

**to be used in conjunction with the One Potato, Two Potato song*

1. Have the potatoes pre-cut and numbered.
2. Before starting the song, lay the potatoes on the ground.
3. Ask for volunteers to jump on the potatoes in the correct order.

SILHOUETTE SCAVENGER HUNT

Materials:

- Food toys
- Paper
- Textas

Method:

1. Have the toys traced onto different sheets of paper already. You will need a variety of food toys so that there is enough for all children to find some.
2. Scatter the food items around the room as children collect a piece of paper.
3. Children must find a food item and match it to the silhouettes on their paper.
4. Once finished, the children can colour in their silhouettes.

Example:



VEGGIE GUESSING BAG

Materials:

- Vegetables – real or plastic
- Bag

Method:

1. Place vegetables into a bag.
2. Ask children to reach inside the bag to feel a vegetable. What are they feeling?

Alternative method – Blindfold children and place a vegetable in their hands. If using real vegetables, you can ask the child to identify the vegetable by touch, smell and taste.

THE VERY HUNGRY CATERPILLAR

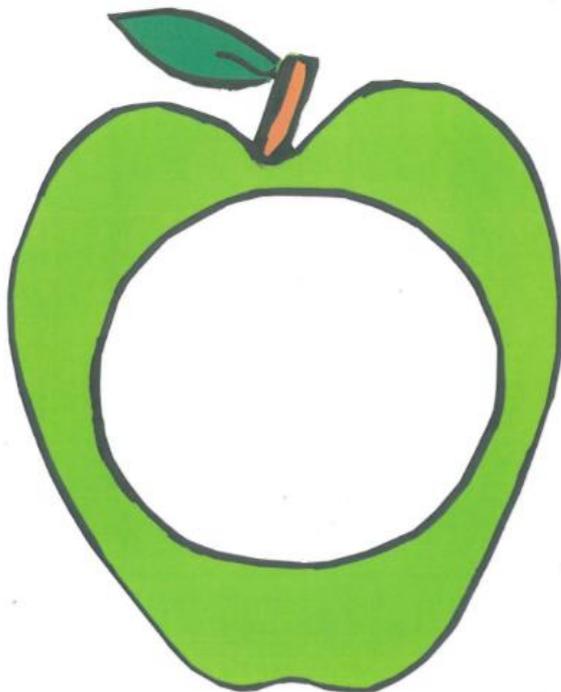
Materials:

- Green sock
- Food images

Method:

1. Place the green sock on your hand and introduce the children to the caterpillar.
2. Hand out a food image to eat child attending the storytime.
3. As you read the story of The Very Hungry Caterpillar, move your arm – the caterpillar – through the same food.

Example:



The very hungry caterpillar by Eric Carle
1 Apple