

Dear Families:

I am sending home this duotang that is filled with Healthy Start activities. This is to be used as your November Family Day. Please choose some Food Flair activities to do as well as some Hop activities. For example: In the past I would do the following activities during a Family Day: Bean Bag Golf; Bocce; Bounce It; Freeze Dance; Head, shoulders, knees and toes; Helicopter; and Wriggly Ribbons. There are also great activities under the Food Flair section.

(Please send me some pictures of the fun that you are having so that I can print them off and put them in your child's portfolio.)

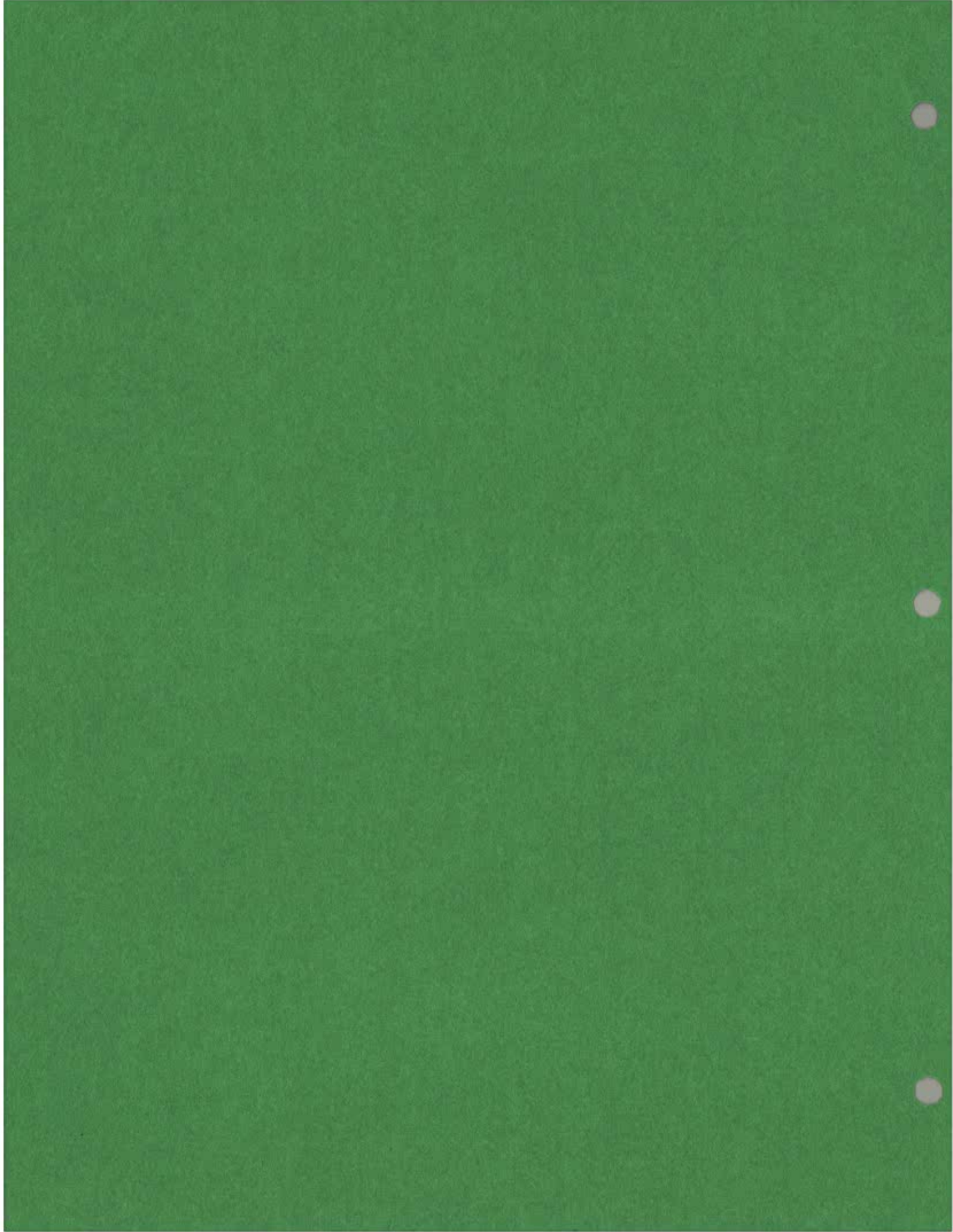
Please save this duotang for the year so that you can use it again.

Take care and have fun with these activities,

Cheryl Friday



Food Flair



All about seeds

Let's play and talk together

- ❖ Talk with your child about where fruits and vegetables come from and how they grow from seeds.
- ❖ Show your child some examples of seeds from your kitchen, e.g. dried beans or peas, poppy seeds, and pumpkin or sunflower seeds. Notice their different shapes and sizes.
- ❖ When you are eating together, look for seeds in fresh fruits and vegetables, e.g. tomatoes, grapes, apples, plums, avocados.
- ❖ Help your child make a space for a small garden outdoors or in a container.
- ❖ Decide which seeds you will plant. If the seeds are small, make a seed strip together.
- ❖ Plant and water the seeds.
- ❖ Water the garden regularly and watch for seeds to sprout.

A good read-together book

The Carrot Seed by Ruth Krauss

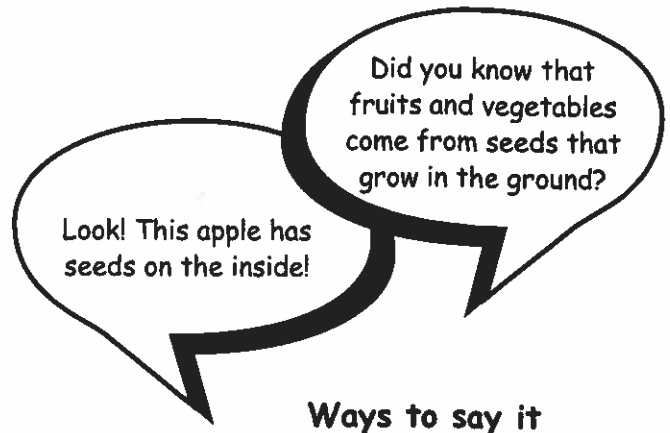
This activity helps children learn where foods come from and introduces them to new fruits and vegetables. Children are more likely to try fruits and vegetables if they have helped to grow and prepare them.

You will need some seeds that are easy to grow, some rich soil, small gardening tools and a garden space or container.



Hints for success

- ❖ Choose seeds that grow easily, e.g. sunflowers, lettuce, beans, peas or radishes. Lettuce and radishes are ready to pick in about 3 to 4 weeks.
- ❖ Use child-sized tools and a child-friendly space for the garden.
- ❖ If you use containers, choose ones with drain holes.
- ❖ Help your child water regularly but not too much.



Ways to say it

More ideas for All about seeds

Try this way

- ❖ Make a citrus garden. Save seeds from oranges, tangerines, lemons or grapefruit and soak them overnight. Plant two or three seeds about 2.5 cm (1 in) deep in containers with drainage holes, e.g. egg cartons, milk cartons or peat pots. Keep them in a warm, sunny spot.
- ❖ Explore the seeds of fruits and vegetables to find out where they grow, e.g. under or above the ground, on vines or bushes or trees.



Let's make—a seed strip

What you need:

- A paper towel with dots marked to show where seeds will go
- A packet of seeds
- Seed glue made from 1 cup flour and $\frac{1}{2}$ cup water
- A small dish or squeeze bottle for the glue
- Popsicle sticks for dabbing the glue

How to:

1. Show your child how to put a dab of glue and a seed on each dot on the paper towel.
2. Fold the paper towel over.
3. Allow the paper towel to dry for a few hours.

Early literacy and numeracy

Make a chart with your child to record the number of days it takes for a seed to grow into a vegetable or fruit. Mark off each day and add words to describe what you see.

Book links

Up, Down, and Around by Katherine Ayres
From the Garden: A Counting Book about Growing Food by Michael Dahl

Safety tip

Mung bean and alfalfa seeds sprout very easily but they are a source of bacteria. These sprouts must be very well cooked for children to eat them safely.

Let's make! Bean burritos

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!

Recipe for Bean burritos

What you need:

$\frac{1}{2}$ cup	Cooked rice (brown or white)	125 mL
$\frac{1}{2}$ can	(14 oz/398 mL) kidney, black or pinto beans, drained and rinsed	7 oz/ 200 mL
$\frac{1}{2}$ cup	Corn kernels, canned or frozen	125 mL
$\frac{1}{4}$ cup + 2 tbsp.	Mild salsa	87.5 mL
5	10-inch (25 cm) whole grain flour tortillas	5 x 25 cm
$\frac{2}{3}$ cup	Cheddar cheese, shredded	167 mL

How to:

1. In a non-stick pan, stir together rice, beans, corn and salsa.
2. Cook on medium heat for three to four minutes until warmed through.
3. Put some of the bean mixture on each tortilla.
4. Sprinkle with cheese.
5. Roll up the tortillas.
6. Cut each tortilla in half to serve.

Book link

The Food We Eat by Paul Humphrey

You will need the foods listed in the recipe, a large non-stick pan to heat the burrito filling, and a cheese grater.



Hints for success

- ❖ Toddlers can help bring the ingredients to the counter and sprinkle the burrito with cheese.
- ❖ Younger preschoolers can help measure and pour the salsa and put the filling onto the tortillas.
- ❖ Older preschoolers may be able to grate the cheese.
- ❖ Warm the tortillas before rolling to prevent them from cracking or breaking.

What other vegetables could we put in these burritos?

How many burritos have we made now?

Ways to say it

More ideas for Bean burritos

Try this way

- ❖ Talk with your child about where burritos come from and how they are made. Explain that burritos are made with tortillas and are a favourite food in Mexico. The word burrito means little donkey in Spanish.
- ❖ Burritos can be filled with meat or beans, as well as other foods such as rice, lettuce, tomatoes, onions, salsa, guacamole, cheese, sour cream or plain yogurt.
- ❖ Make a large pot of rice and freeze in portions to use in this recipe for a quick lunch or family dinner.
- ❖ Use lean ground beef or turkey instead of the beans. Be sure to cook the meat well in a frying pan before adding the rice.
- ❖ Add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of one of these spices to give your child a new taste experience: chili powder, paprika, cumin, oregano, garlic powder and/or onion powder.



Activity links

Use this recipe card with other Food Flair activity cards:

- Eating around the world—Chopsticks
- Eating around the world—Tasting passports

Safety tips

- Help children wash their hands before cooking or eating.
- Refrigerate or discard leftovers right away to prevent spoiling.
- Supervise your child when using sharp tools such as a cheese grater.

Bread

Let's play and talk together

- ❖ Talk with your child about how bread is made.
- ❖ Play bakery with your child. Make pretend products out of playdough using rolling pins, measuring cups, bread pans, muffin tins and plastic knives.
- ❖ Pretend to make breads, cakes and cookies to sell to "customers."



A good read-together book



Bread, Bread, Bread by Ann Morris and Ken Heyman

You will need some kitchen tools such as measuring cups, a rolling pin, bread pans, muffin tins and plastic knives. You will also need some playdough, either from the store or made at home.

This activity is good for learning how different foods are made, exploring raw foods, and developing imagination, cooperative play and vocabulary.

Hints for success

- ❖ Encourage your child to use imagination and think of different ideas for baked goods.
- ❖ Let your child set the scene and take the lead in pretend play.
- ❖ Play with your child. Pretend you are a customer or a helper in the bakery.



Ways to say it

More ideas for Bread

Try this way

- ❖ Have a bread tasting party. Choose three or four different kinds of bread, e.g. oatmeal, whole grain, rye, corn, raisin, pumpernickel, pita, bagels, chapattis, bread pretzels, hard rolls, bannock, bread sticks, French baguettes, hamburger buns, naan, and corn or flour tortillas.
- ❖ Show your child the different types of bread.
- ❖ Cut each type of bread into bite-sized pieces and put them on separate plates.
- ❖ Practice passing the plates around so you can try the different types of bread.
- ❖ Talk about different breads and how they are made.
- ❖ Make bread at home with your child.



Exploring grains

Put different types of grain in bowls for your child to explore. Try corn, rice, wheat, barley and oats. Use a magnifying glass, some measuring cups, large and small spoons and a sieve or sifter to encourage exploration.

Book link

The Little Red Hen, by Diane Muldrow and J. P. Miller

Community connections

Take your child to a bakery. Look at all the different kinds of baked goods. Ask whether you and your child can visit the kitchen to see how breads are made there.

Safety tips

- Always begin activities in the kitchen by helping children wash their hands.
- Always supervise your child around sharp kitchen utensils and hot surfaces.

Eating around the world

Chopsticks

Let's play and talk together

- ❖ Talk with your child about how people around the world use different utensils for eating. Explain that chopsticks are used in China and Japan instead of forks and spoons.
- ❖ Give your child some chopsticks and a bowl of one or two different foods cut into cubes, e.g. buttered whole grain toast, banana pieces, broccoli flowerets or cheese.
- ❖ Invite your child to try using the chopsticks to pick up the food. Let your child experiment for a while before showing how to use the chopsticks.



A good read-together book




Let's Eat: What Children Eat Around the World
by Beatrice Hollyer

You will need some chopsticks, a rubber band, a small piece of cardboard, and some small (about 1 cm or $\frac{1}{2}$ inch) cubes of food that are easy to pick up.

This activity is good for developing finger dexterity and eye-hand coordination and learning about different ways to eat.

Hints for success

- ❖ Chopsticks can be tricky to use. To make it easier for your child, try wrapping a strong elastic around the square ends of the sticks. Then slide a piece of folded paper up to the elastic to help wedge the chopsticks in an open position. 
- ❖ Children are more likely to try new foods if they have a chance to learn about them and explore them in a fun way.

People use many different tools for eating. Which ones can you think of?

Chopsticks are like little pinchers to pick up food. Would you like to try them?

Ways to say it

More ideas for Chopsticks

Try this way

- ❖ With younger children, begin by talking about countries that use their fingers as tools. Compare eating with fingers to using forks and spoons.
- ❖ With older children, try eating foods that are harder to pick up with chopsticks, e.g. leafy greens such as spinach or gai lan (Chinese broccoli). Compare eating with chopsticks to using a fork.

Learning about the world

Talk about different ways people eat around the world—e.g. sitting on the ground or on a mat or at a table; eating with their hands, spoons, skewers or chopsticks.

Use the Internet or books from the library to learn about mealtime customs and utensils from different countries. Have a tasting party with foods, utensils and seating styles from each country.

Early literacy

Make a chart with your child showing mealtime customs from different countries. List the utensils used for eating, how people sit for meals and one or more special foods from each country.

Mark off each country as you try their customs. For instance, in Japan many people eat sushi with chopsticks while they sit on pillows on the floor or at a low table.



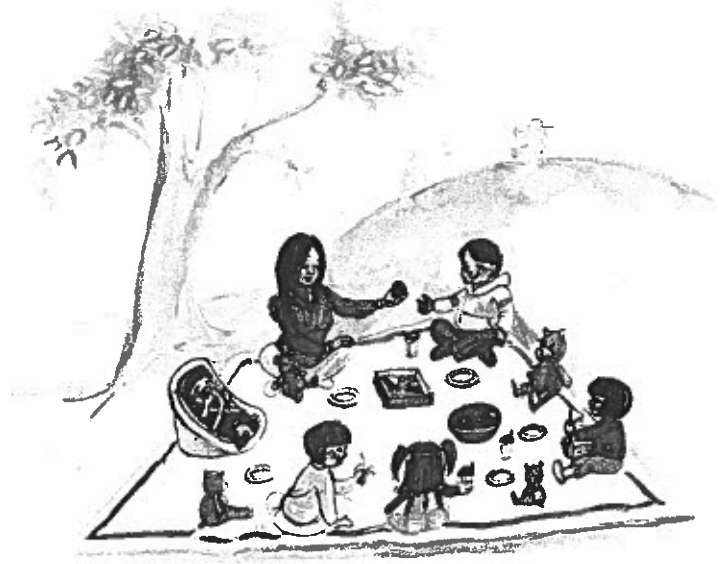
Safety tips

- Cut foods into 1 cm or ½ inch pieces for children 1-4 years old to avoid choking.
- Chopsticks can be sharp. Keep an eye on your child when using new utensils.

Going on a picnic

Let's play and talk together

- ❖ Plan a picnic with your child. Choose a place to go where you can eat outdoors.
- ❖ Talk about what kinds of food would be easy to pack and easy to eat with fingers.
- ❖ Talk about what foods need to be kept cold (e.g., milk, meat, salad). Show your child how you will keep these foods cold until it is time to eat.
- ❖ Let your child help you pack the picnic basket or cooler.



A good read-together book



The Best Picnic Ever by Clare Jarrett

Hints for success

- ❖ Choose foods and drinks that are healthy and easy to carry (e.g., raw vegetables, fruits, sandwiches, water, etc.).
- ❖ Before you start packing, make a list together of what you will take.
- ❖ Invite your child to choose a snack to carry in his or her own bag or backpack.

What shall we put in the cooler?

What else do we need for our picnic?

Ways to say it

You will need pencil and paper to make a list, a picnic cooler or basket, some healthy picnic foods, an ice pack to keep foods cool, and a cloth or blanket.

This activity is good for choosing healthy picnic foods, and learning how to make a list.

More ideas for Going on a picnic

Try this way

- ❖ Walk to a park, playground, community centre, nature trail or beach.
- ❖ Bring a ball, a flying disc or a jump rope to play with.
- ❖ Think of activities to do that everyone can enjoy.
- ❖ Have a "pretend" picnic using pictures, empty food packages, plastic containers, plastic fruits and vegetables, etc.

Music

Learn the song **Teddy Bears' Picnic** and sing it together.

Sing the song **The Ants Go Marching** while you march to your picnic.

Book links

Mother Bear's Picnic by Maurice Sendak
The Teddy Bears' Picnic by Jimmy Kennedy



Blackberries, Blackberries on the Hill

Blackberries, blackberries on the hill
How many pails can you fill?
Briers are thick and briers scratch,
But we'll pick all the berries
in the blackberry patch.

Author unknown

Safety tip

Remember to use ice or cooler packs if you take foods such as milk, salad dressing or meat.

Five senses

Pretend grocery shopping

Let's play and talk together

- ❖ Plan a pretend grocery-shopping trip with your child. Make a shopping list together of foods you both like to eat.
- ❖ Make up a story about going to the grocery store. Act out the story together.
 - Walk, drive or take the bus to the grocery store.
 - Get your basket or shopping cart.
 - Choose some ripe tomatoes. They're orangey-red. Look for spots.
 - Find some nice apples—red and green. Don't bruise them!
 - Choose some yogurt. What flavour would you like to try?
 - Pick up a carton of plain milk. Watch out, it's heavy. Brrr! It's cold - let's keep these foods cold so they don't spoil and make us sick.
 - Choose some whole grain bread. Let's get brown. Don't squish it!
 - Take the groceries to the checkout and put them on the counter.
 - Pay the cashier.
 - Load the food into some bags.
 - Take the groceries home.



Hints for success

- ❖ Invite your child to suggest some groceries to buy.
- ❖ Encourage your child to describe the actions you are doing, e.g. "I'm going to open the box of eggs and check for cracks."

My favorite fruit is apples. Let's put them on the list. What's your favorite fruit?

What groceries do we need to make your favourite snack? Let's make a list!

Ways to say it

You will need pencil and paper to make a list.

This activity will help your child develop imagination, plan ahead and learn how to make a list.

More ideas for Pretend grocery shopping

Try this way

- ❖ For toddlers, take the lead and encourage them to follow along with the actions.
- ❖ For older children, make shopping lists together for different foods. For instance:
 - What groceries will we need for pizza?
 - What foods will we need for a long hike in the forest?
 - What groceries should we get for our breakfast?
- ❖ Invite your child to help you on a real trip to the grocery store. Talk about how to act in the store, such as taking care to drive the cart safely.
- ❖ On your next trip to the store, invite your child to choose an interesting new fruit or vegetable to try together.



Music and movement

Choose some music with a good beat and without any words. Find a space where you can move around and do the actions together. Move to the beat while you act out your trip. Give cues and actions for your child to follow. Stay active and encourage lots of movement.

Play the song *Corner Grocery Store* by Raffi and learn to sing it together.

Book links

Eating the Alphabet by Lois Ehlert

I Will Never Not Ever Eat a Tomato
by Lauren Child

Safety tip

Find an open space to act out your shopping trip safely.

Let's make! Hummus

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!



Recipe for Hummus

What you need:

1	19 oz/540 mL can garbanzo beans (chickpeas), drained and rinsed	540 mL
1	Lemon	1
1	Clove garlic	1
1 cup	Plain yogurt	250 mL
1½ tsp.	Olive oil	7 mL
¼ cup	Tahini (sesame butter)	60 mL

Note: Possible allergen

How to:

1. Drain and rinse the garbanzo beans.
2. Use a hand juicer to get the juice out of the lemon.
3. Mince or finely chop the garlic.
4. Put the garbanzo beans in a bowl and mash them with a potato masher.
5. Stir in the lemon juice, garlic, yogurt and olive oil.

You will need all the foods listed in the recipe, as well as a mixing bowl, a potato masher, a fork or spoon for stirring and a hand juicer. A blender or food processor is also useful.

Hints for success

- ❖ A toddler can help mash the beans.
- ❖ A young preschooler can help measure, pour and stir.
- ❖ Older preschoolers can also crush the garlic and use the hand juicer.
- ❖ As you prepare the hummus, read the recipe with your child. Talk about what you are doing in each step.

Hummus makes a good dip for vegetables. Let's try it with celery.

Would you like to try some pita bread with hummus?

Ways to say it

More ideas for Hummus

Try this way

- ❖ Try peanut butter (unsalted and unsweetened) or almond butter instead of tahini.
- ❖ Try mixing all the ingredients in a blender or food processor. Make the recipe both ways, and talk with your child about the difference in texture.
- ❖ Make and try a variety of dips, e.g. fruit dip made from $\frac{1}{4}$ cup plain yogurt, $\frac{1}{4}$ cup granola and 2 tablespoons of coconut; vegetable dip made from $\frac{1}{4}$ cup plain yogurt, 2 tablespoons mayonnaise and $\frac{1}{4}$ cup dried vegetable soup mix; etc. Give everyone their own portions to avoid "double-dipping."
- ❖ Explain that people in several countries of the Middle East like to eat hummus. Talk about how good foods come from many different places in the world.



Safety tips

- Help children wash their hands before cooking or eating.
- Refrigerate or discard leftovers right away to prevent spoiling.
- If there is a family history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy—such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp

Activity links

Use this recipe card with other Food Flair activity cards:

- Eating around the world—Chopsticks
- Eating around the world—Tasting passports

Five senses Mystery food

Let's play and talk together

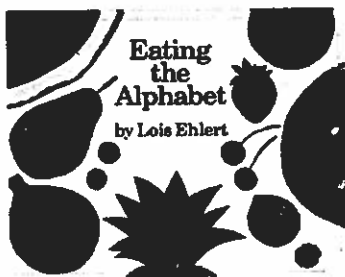
- ❖ Put a mystery food in a container without showing it to your child. Use a bag, an ice cream pail or a shoebox with a hole cut in the lid.
- ❖ Invite your child to feel the mystery food without peeking.
- ❖ Encourage your child to use words to describe what the food feels like.
- ❖ Invite your child to guess what it is.
- ❖ Show the food and let your child feel it again. Talk about its shape, colour, how it grows and how to prepare it.
- ❖ Cut up the food and prepare it for eating.
- ❖ Invite your child to taste the food with you. Talk about how it smells and how it feels in your mouths.



Hints for success

- ❖ Use familiar foods the first few times you play this game. Gradually introduce new foods to the game.
- ❖ Have an extra sample of the mystery food in case it gets damaged or bruised during the activity.
- ❖ Allow your child to choose which foods he will try from the foods you offer. Avoid making comments if your child does not want to try a food. Never force a child to eat.

A good read-together book



Eating the Alphabet by Lois Ehlert

You will need some mystery foods such as kiwi, rutabaga, snow peas, avocado, jicama, pear, string beans, etc.

This activity is good for developing curiosity, learning new words and exploring unfamiliar tastes and textures in a fun way.

Would you say this mystery food is hard or soft?

Look! This kiwi is brown on the outside. What colour do you think it will be inside?

Ways to say it

More ideas for Mystery food

Try this way

- ❖ For a younger child, put three foods outside a mystery container, e.g. an apple, a pear and a peach. Hide another sample of one of the foods inside the mystery container. Invite your child to feel inside the mystery container and guess which of the three foods is inside.
- ❖ With an older child, play a guessing game by thinking of mystery foods. Describe a food by its shape, colour, texture, taste, etc. and invite your child to guess what it is. Invite your child to take a turn thinking of mystery foods for you to guess.
- ❖ Play "Guess what's for dinner" using the cooking smells from the kitchen.



Book link

Crunch Munch by Jonathan London

Over the lips

Over the lips,
Through the gums,
Watch out stomach,
Here it comes!

Author unknown

Eating around the world

Tasting passports

Let's play and talk together

- ❖ Talk with your child about how different countries have different foods.
- ❖ Try exploring foods from different countries. For instance:
 - exotic fruits like mango, tangelo, avocado, Asian pear and eggplant
 - breads such as French bread, pita, tortillas, chapattis, naan and Portuguese buns
 - cooked grains such as rice (Asia), couscous (North Africa) or bulgur (Middle East).
- ❖ Make a "tasting passport" and use it to keep track of different countries you "visit" as you try their foods.



A good read-together book



How My Parents Learned to Eat
by Ina R. Friedman

You will need small amounts of foods from other cultures that your child has not tried before. You will also need materials to make passports such as paper, a stapler or ribbon, old stamps, old magazines, scissors, glue and crayons or markers.

This activity is good for learning about different cultures, new foods and different ways to eat.

Hints for success

- ❖ Try only one or two new foods at a time.
- ❖ Allow your child to choose which foods to try from the foods you offer. If your child doesn't want to try a food, avoid making comments.
- ❖ Never force a child to eat.
- ❖ Talk about the polite way to spit out food if your child tries something and doesn't like it (e.g. spit it quietly into a napkin).

This is a tortilla from Mexico. Would you like to try some?

This fruit is called a mango. I think it tastes sweet and also a little sour

Ways to say it

More ideas for Tasting passports

Try this way

- ❖ Try a bit of plain cooked grain, then taste it when it is used in a recipe, e.g. in rice pudding.
- ❖ Make recipe cards together of foods or dishes that your child really likes. Decorate the cards with pictures of the ingredients and the flag or shape of the country where it is popular.

Let's make—a passport

What you need

- Small blank books (you can make books by stapling paper sheets together or punching holes in paper and tying the sheets together with ribbon)
- Old magazines
- Old postage stamps
- Glue
- Your child's picture or a drawing; crayons or markers; stickers (optional)

How to

- Give your child a blank passport. Decorate the cover using the materials.
- For each country you "visit," decorate a new page with drawings, pictures, stamps or stickers.

Physical activities

Explore some music and dances from around the world. Dress up and move around! Try the Salsa and the Conga (South America) or a stomp dance (Africa) to get started.

Book link

Let's Eat: What Children Eat Around the World
by Beatrice Hollyer



Safety tips

- If your family has a history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp.

Pizza pizzazz!

Let's play and talk together

- ❖ Play "pizza delivery" with your child. Let your child lead the pretend play.
- ❖ Choose who will order the pizza and who will deliver the pizza. Talk about what kind of pizza you want to eat and who will be making it.
- ❖ Pretend to eat pizza together. Sit down and enjoy a conversation while you eat.



A good read-together book



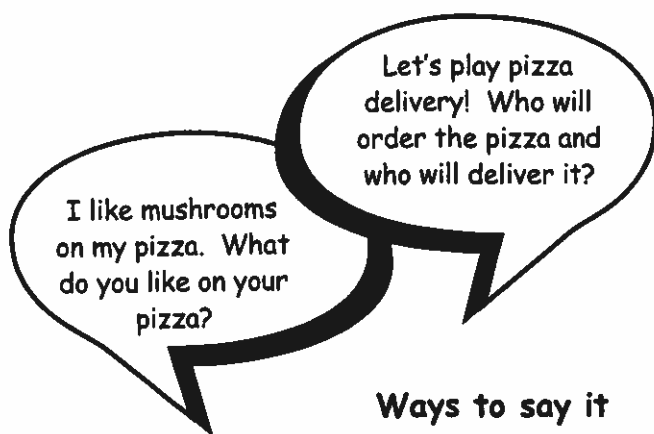
Pizza at Sally's by Monica Wellington

Hints for success

- ❖ Get down to your child's level when you pretend together. Sit down so you can have a conversation eye-to-eye.
- ❖ Help your child lead the pretend play by asking questions that encourage imagination, e.g. "What kind of car does the delivery person drive?"
- ❖ Add some props, e.g. a menu for take-out pizza and a telephone to order the pizza.

This activity is good for developing imagination, learning about where food comes from and practising meal-time conversation.

Pizza is a healthy meal because it includes all food groups. Children are more likely to try fruits and vegetables if they have a chance to learn about them in a fun way.



Let's play pizza delivery! Who will order the pizza and who will deliver it?

I like mushrooms on my pizza. What do you like on your pizza?

Ways to say it

More ideas for Pizza pizzazz!

Try this way

- ❖ Make pizza menus with pictures of foods that go on pizzas.
- ❖ Make individual pizzas using different breads as bases, e.g., English muffins, pitas, bagels or tortillas.
- ❖ Encourage your child to choose her own toppings.
- ❖ For special days, make pizza treats.
 - Cookie cutter pizzas: for Halloween cut pita bread or English muffins with a jack-o-lantern cookie cutter. Add peppers, mushrooms and ham cut into shapes for eyes, nose and mouth.
 - Holiday pizzas with dough shaped into a heart for Valentine's Day or an evergreen tree for a winter celebration.
 - Fruit pizzas: use biscuit dough as a base, yogurt for "sauce" and slices of apple, banana, pineapple chunks, and other fruits as toppings. Sprinkle with cinnamon.



Physical activity

Mark a line several meters from a hoop or other round object that could be a pretend pizza crust. Place a variety of objects (e.g. bean bags, playing cards, small balls or toys) behind the line. Invite your child to decorate the pizza with "toppings" by carrying one item at a time and putting them on the pretend pizza crust.

Dramatic play

Read *Pete's a Pizza* - and together act out the pizza making, with your child as the "pizza."

Music

I am a Pizza by Charlotte Diamond.

Book link

Pete's a Pizza by William Steig

Safety tips

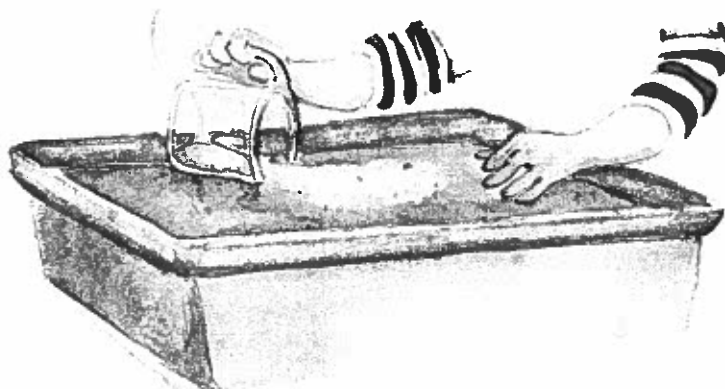
- Help your child to wash her hands with soap and water before and after preparing food.
- Supervise your child when using knives or other kitchen utensils.
- For active play, make sure the area is clear of obstacles before playing.

Ready, set, eat!

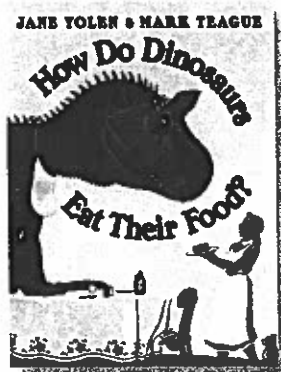
Pouring and serving

Let's play and talk together

- ❖ Help your child practice pouring drinks. Talk with your child as he practices.
- ❖ Mark cups with lines at different levels and practice pouring close to the lines.
- ❖ Wash hands before and after every meal. Sing a song or say a poem for at least 20 seconds while you wash, e.g. Happy Birthday, Twinkle Twinkle Little Star or the Alphabet Song.
- ❖ Practice table talk and manners while you have a snack together.



A good read-together book



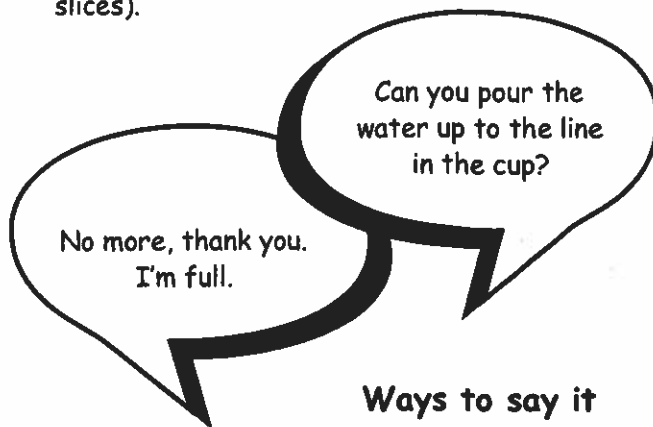
How Do Dinosaurs Eat Their Food? by Jane Yolen

You will need containers and water or sand to practice pouring.

This activity develops fine motor skills. It also helps children learn to serve themselves and to practice table talk and manners.

Hints for success

- ❖ Practice pouring during bath time using water, plastic cups and pitchers. Let your child play in her own way.
- ❖ Practice pouring sand in the sandbox or use a dishpan filled with sand.
- ❖ Encourage children to serve themselves at meals and snack time with foods that are okay to spill (e.g. dry cereal, shredded cheese, fruit slices).



Can you pour the water up to the line in the cup?

No more, thank you.
I'm full.

Ways to say it

More ideas for Ready, set, eat! Pouring and serving

Try this way

- ❖ Add some sponges to the bath when practicing pouring. Talk about how the sponges soak up water and show your child how to wring them out.
- ❖ Learn some other songs or poems to say while you wash your hands.
- ❖ Sit down with your child for snacks as well as meals, to show that eating can be a time to enjoy one another's company.

Language development

Table manners go together naturally with serving and pouring. This is an excellent time for your child to learn and practice the right words to say.

Physical activity

Encourage children to practice pouring and serving while playing. This will help them be successful at meals and snack time.

Book link

How Are You Peeling? Foods with Moods
by Saxton Freymann and Joost Elffers

Safety tip

Use unbreakable utensils and serving dishes for practicing pouring and serving.



Oh, Before I Eat My Meals

(Sung to the tune of
If You're Happy and You Know It)

Oh, before I eat my meals, I wash my hands,
(scrub, scrub)

Oh, before I eat my meals, I wash my hands,
(scrub, scrub)

Oh, it's very smart I think,
Sends those germs right down the sink.
Oh, before I eat my meals, I wash my hands.
(scrub, scrub)

Oh, before I eat my meals, I pass the food,
(pass the plate)

Oh, before I eat my meals, I pass the food,
(pass the plate)

'Cause we know it's only fair
For us all to have our share
Oh, before I eat my meals, I pass the food.

Author unknown

Let's make!

Apple cheddar quesadillas

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!

Recipe for Apple cheddar quesadillas

What you need:

- 1 or 2 Apples
- 6 10-inch (25 cm) whole wheat tortillas
- 1½ cups Shredded cheddar cheese 375 mL
- 2 tbsp. Non-hydrogenated margarine 30 mL

How to:

1. Grate the cheese.
2. Thinly slice the apples into 24 slices that are about ¼-inch (0.5 cm) thick.
3. Sprinkle two tablespoons of cheese over one half of a tortilla.
4. Place four apple slices on top of the cheese to fill half the tortilla.
5. Then sprinkle two more tablespoons of cheese on top of the apples.
6. Fold the tortilla.
7. Heat one teaspoon of margarine in a large skillet over medium-high heat.
8. Cook the quesadilla until the cheese melts and the tortilla is golden brown on both sides (about two minutes per side).
9. Repeat with the other five tortillas.

You will need the foods listed in the recipe, as well as a large skillet, a cheese grater, some serving plates, and a lifter to move the tortillas onto plates after they are cooked.

This recipe is good for learning about how some foods change when they are heated.

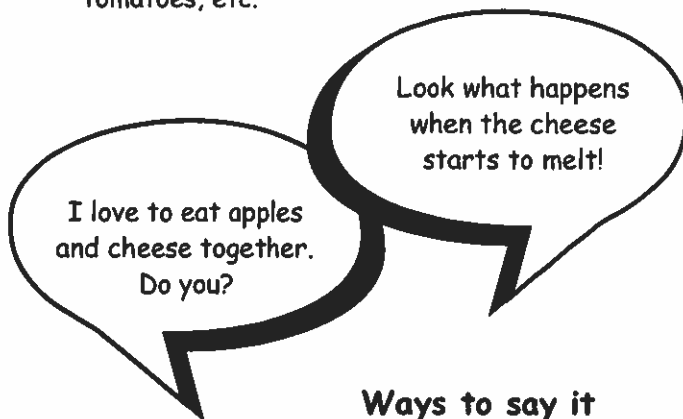
Hints for success

- ❖ Encourage your children to help make the quesadillas. For example:
 - Toddlers can sprinkle the tortillas with cheese and put on some apple slices.
 - Younger preschoolers can help fold the tortillas.
 - Older preschoolers can also help grate the cheese with a child-safe grater.
- ❖ Let your child taste an apple slice with a slice of cheese while you are cooking the tortillas.
- ❖ Watch what happens when you put the tortillas into the hot skillet, and talk about what you see.

More ideas for Apple cheddar quesadillas

Try this way

- ❖ Add natural, unsweetened peanut butter to the apple and cheese quesadilla for a new flavour.
- ❖ Try other quesadilla combinations like chicken and cheese or natural peanut butter and sliced banana.
- ❖ Explain to your child that a quesadilla (kaysah-DEE-yah) is a dish from Mexico. Queso is Spanish for cheese, and Quesadilla means cheesy little thing.
- ❖ Talk about other vegetables and fruit that you could put into quesadillas with cheese, e.g. pear slices, thin slices of green bell pepper or tomatoes, etc.



Ways to say it

Activity link

Use this recipe card with other Food Flair activity cards:

- All About Apples
- Sandwiches

Book link

Ten Apples Up on Top! by Dr. Seuss

Safety tips

- If this is the first time you are introducing peanuts, and especially if there is a family history of allergies, watch your child for signs of allergy - such as vomiting, hives, swelling, itchy lips or throat, or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp.
- Help children wash their hands before cooking or eating.
- Refrigerate or discard leftovers right away to prevent spoiling.

Ready, set, eat! Placemats

Let's play and talk together

- ❖ Invite your child to make a placemat for snacks and mealtimes.
- ❖ Talk about how people get ready for mealtimes—making a table decoration, putting out placemats, choosing which kinds of dishes will be needed, setting each person's place at the table, etc.
- ❖ Talk about other ways people get ready for meals, e.g. washing hands, saying a blessing, etc.



A good read-together book



How Do Dinosaurs Eat Their Food? by Jane Yolen

You will need some large pieces of paper, some coloured markers or crayons, a magazine or flyer with pictures of food in it and some scissors and glue.

This activity will help your child develop a positive attitude towards eating at the table and participating in family meals.

Hints for success

- ❖ Encourage your child to decorate his or her own placemat.
- ❖ Use pictures of healthy foods from grocery flyers or magazines to make colourful placemats.



Ways to say it

More ideas for Placemats

Try this way

- ❖ Make a placemat with your child showing outlines of a plate, a cup and some cutlery. Help your child set the table using the outlines on the placemat as a reminder.
- ❖ Help your child say the name of each item as you match it with the outline on the placemat.

Let's make—a placemat

What you need

- Heavy paper rectangles or ready-made paper placemats
- Crayons, markers or colored pencils
- Colourful pictures, e.g. of your child, some healthy foods, or the season
- Glue and scissors

How to

- Give your child a paper placemat and some art materials.
- Encourage your child to decorate the placemat using imagination and creativity.
- Add your child's name.
- Protect the placemat with clear adhesive plastic.



Language activities

If you have a toddler, play "I can find the...". Put some foods on a plate. Describe one of the foods by its colour, shape or taste. Ask your child to find it. Then ask your toddler to say what it is. If your child does not know the word, say "Yes, that is a red fruit and it is an apple."

If you have a preschooler, play "I eat my... with a" Using a knife, fork, spoon, and chopsticks, ask your preschooler to fill in the words as you say, "I eat my cereal with a _____". Try other foods, like meat, peas, lettuce, rice, sandwich, milk, etc.

Book link

Eat Your Dinner, Please: A Pop-Up Book
by Allia Zobel-Nolan

Safety tip

Make a habit of washing hands before each meal. Sing a song for at least 20 seconds while you are washing.

Let's make! Sunomono salad

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!



Recipe for Sunomono salad

What you need:

1	Cucumber	1
$\frac{1}{2}$ cup	Vinegar	125 mL
$\frac{1}{4}$ cup	Honey* or sugar	60 mL
1 tbsp.	Soy sauce	15 mL
1 cup	Cooked rice noodles	250 mL

* Do not serve honey to children under 12 months.

How to:

1. Wash a cucumber and slice it as thin as possible. Do not peel.
2. In a small bowl, mix vinegar, honey or sugar and soy sauce.
3. Add cucumber slices.
4. Let mixture sit for 10 minutes to mix the flavours. Stir frequently.
5. Put some cooked rice noodles into small serving bowls.
6. Add some cucumber mixture to each bowl.

You will need the foods listed in the recipe, a bowl for mixing, a spoon for stirring and some small bowls for serving.

Hints for success

- ❖ Toddlers can put the cucumber slices into the vinegar mixture.
- ❖ Younger preschoolers can mix the vinegar mixture.
- ❖ Older preschoolers can also help measure the vinegar, sugar and soy sauce and stir the cucumbers.
- ❖ Encourage children to taste some raw cucumber as you are making the salad.

Did you know that many pickles are made from cucumbers?

What are some other ways to eat cucumbers?

Ways to say it

More ideas for Sunomono salad

Try this way

- ❖ Explain that sunomono salad is a favourite recipe in Japan. Talk about other Japanese foods that your child might enjoy, such as sushi or miso soup.
- ❖ To eat in a traditional Japanese manner, remove your shoes and sit on flat pillows or mats at a low table.
- ❖ Try using chopsticks!



Activity links

Read the book *My Mom Loves Me More Than Sushi* by Filomena Gomes with your child.

Use this recipe card with other Food Flair activity cards:

- Eating around the world—Chopsticks
- Eating around the world—Tasting passports

Safety tips

- Help children wash their hands before cooking or eating.
- Always supervise your child around sharp kitchen utensils and hot surfaces.
- Refrigerate or discard leftovers right away to prevent spoilage.

Five senses Tasting party

Let's play and talk together

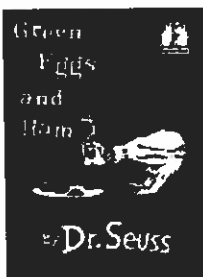
- ❖ Invite your child to a tasting party.
- ❖ Offer several different foods to explore.
- ❖ Explore a new food one step at a time!
 - look at it
 - touch it
 - talk about it
 - lick it to taste it
 - put it in your mouth
 - chew it
 - swallow
- ❖ As you try each new food, talk about its colour and shape, how the food feels, how the food sounds and how it tastes.



Hints for success

- ❖ Include some foods that are familiar to your child. Try only one or two new foods at each tasting party.
- ❖ Allow your child to choose which foods to try from the foods you offer. If a child doesn't want to try a food, avoid making comments. Never force a child to eat.
- ❖ Show your child how to try a new food by taking small bites and slowly enjoying the feel and taste in your mouth.
- ❖ Teach your child a polite way to spit out a food he doesn't want to swallow!

A good read-together book



Green Eggs and Ham by Dr. Seuss

You will need small amounts of a few new foods that your child might enjoy.

This activity is good for exploring tastes and textures and learning new words about food.

What does this food smell like to you?

How does that feel in your mouth?

Ways to say it

More ideas for Tasting party

Try this way

- ❖ Try foods in different forms, e.g. fresh and frozen bananas, grapes and raisins, cherry tomatoes and sun-dried tomatoes. Pick a theme for your tasting party - things that grow underground (like potatoes, carrots, turnips and beets), foods that cool you off on a hot day (like watermelon, cantaloupe or honeydew melon), or foods with similar names (like spaghetti and spaghetti squash).
- ❖ Try yogurt or salad dressing as dips for new foods.
- ❖ Invite some friends to come to the tasting party. Talk about which food each person likes best.



Early literacy

Make a chart showing the crunch range for different vegetables or fruit from most quiet to loudest.

Safety tips

- To prevent choking, cut foods into $\frac{1}{4}$ inch pieces for children under 12 months, and into $\frac{1}{2}$ inch (1 cm) pieces for children 1 to 4 years old.
- If your family has a history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp.

Eating around the world

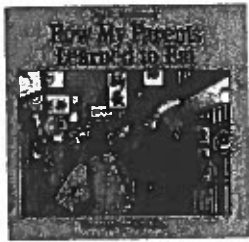
Tasting passports

Let's play and talk together

- ❖ Talk with your child about how different countries have different foods.
- ❖ Try exploring foods from different countries. For instance:
 - exotic fruits like mango, tangelo, avocado, Asian pear and eggplant
 - breads such as French bread, pita, tortillas, chapattis, naan and Portuguese buns
 - cooked grains such as rice (Asia), couscous (North Africa) or bulgur (Middle East).
- ❖ Make a "tasting passport" and use it to keep track of different countries you "visit" as you try their foods.



A good read-together book



How My Parents Learned to Eat
by Ina R. Friedman

You will need small amounts of foods from other cultures that your child has not tried before. You will also need materials to make passports such as paper, a stapler or ribbon, old stamps, old magazines, scissors, glue and crayons or markers.

This activity is good for learning about different cultures, new foods and different ways to eat.

Hints for success

- ❖ Try only one or two new foods at a time.
- ❖ Allow your child to choose which foods to try from the foods you offer. If your child doesn't want to try a food, avoid making comments.
- ❖ Never force a child to eat.
- ❖ Talk about the polite way to spit out food if your child tries something and doesn't like it (e.g. spit it quietly into a napkin).

This is a tortilla from Mexico. Would you like to try some?

This fruit is called a mango. I think it tastes sweet and also a little sour

Ways to say it

More ideas for Tasting passports

Try this way

- ❖ Try a bit of plain cooked grain, then taste it when it is used in a recipe, e.g. in rice pudding.
- ❖ Make recipe cards together of foods or dishes that your child really likes. Decorate the cards with pictures of the ingredients and the flag or shape of the country where it is popular.

Let's make—a passport

What you need

- Small blank books (you can make books by stapling paper sheets together or punching holes in paper and tying the sheets together with ribbon)
- Old magazines
- Old postage stamps
- Glue
- Your child's picture or a drawing; crayons or markers; stickers (optional)

How to

- Give your child a blank passport. Decorate the cover using the materials.
- For each country you "visit," decorate a new page with drawings, pictures, stamps or stickers.

Physical activities

Explore some music and dances from around the world. Dress up and move around! Try the Salsa and the Conga (South America) or a stomp dance (Africa) to get started.

Book link

Let's Eat: What Children Eat Around the World
by Beatrice Hollyer



Safety tips

- If your family has a history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp.

What is this for?

Let's play and talk together

- ❖ Let your child explore the drawers where you keep cooking, serving and eating tools.
- ❖ Talk about how you use different tools for cooking, serving and eating, e.g. spoons, forks, chopsticks, ladles, etc.
- ❖ Mix up some cutlery on a clean, flat surface and encourage your child to sort it into groups, e.g. large spoons, small spoons, knives, forks, etc. Talk about how the groups are different, and which foods you could eat with each group.
- ❖ Show your child how to set the table for a meal. Choose tools that go with the food you will be eating.



A good read-together book



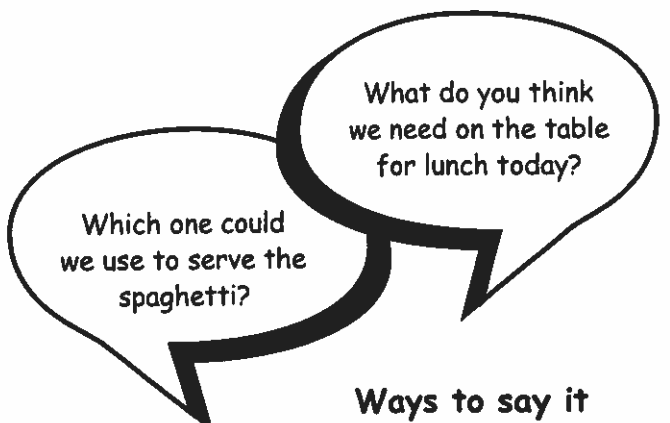
Cooking Tools by Inez Snyder

You will need kitchen tools used for cooking, serving and eating.

This activity helps children learn about how to cook and eat different foods, and how to set the table.

Hints for success

- ❖ Encourage your child to ask questions about what different cooking tools might be used for.
- ❖ Think of healthy foods that you could eat with each kind of cutlery.



Ways to say it

More ideas for What is this for?

Try this way

- ❖ Ask your child to fill in the word "knife," "fork," "spoon" or "chopsticks" as you say, "I eat my _____ with a _____," e.g. "I eat my cereal with a _____." If your child is being playful (e.g. "I eat my cereal with a fork"), try to eat the food that way and see how it works!
- ❖ Invite children to create a make-believe restaurant. Decide who will set the table, take orders and serve the food. Take turns. Switch for breakfast, lunch and dinner. Encourage children to order healthy foods such as fruits, vegetables and milk with each meal.



Drawing

Help children make place mats with outlines of cutlery, a plate and a cup. Decorate the place mats. Invite children to help set the table using the outlines as a reminder.

Book link

Eat Your Dinner, Please: A Pop-Up Book
by Allia Zobel-Nolan

Safety tip

Put sharp knives and other dangerous kitchen tools out of reach.

Oh, Before I Eat My Meals

(Sung to the tune of
If You're Happy and You Know It)

Oh, before I eat my meals, I set my place,
(set, set)
Oh, before I eat my meals, I set my place,
(set, set)
I set everything I need,
I feel very proud, indeed.
Oh, before I eat my meals, I set my place.
(set, set)

Author unknown

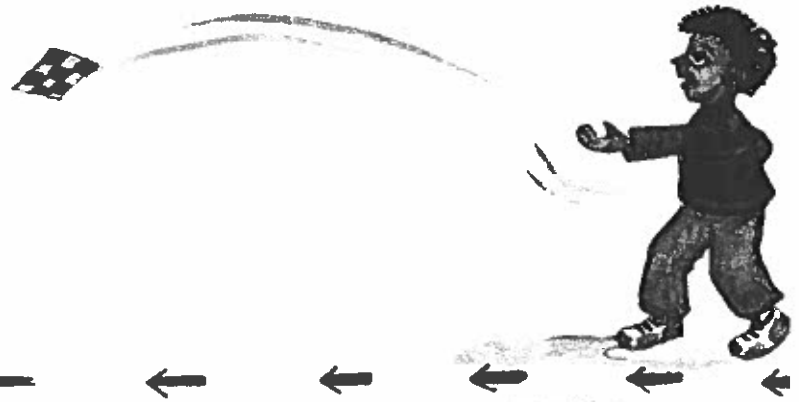
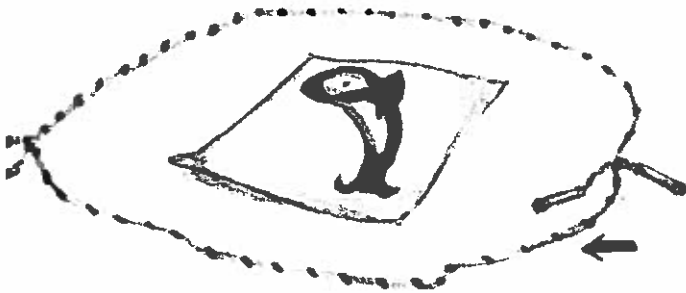
Hop

10/10

Bean bag golf

Let's play and talk together

- ❖ Make a golf course using large containers, hoops, old tea towels or rope circles for the "holes." Make as many different holes as you wish.
- ❖ Put a "tee" or start marker about three to four metres away from each hole. Lay out the tees and holes so they follow a path through your play space.
- ❖ Start the golf game by inviting your child to throw a bean bag or rolled-up sock from the first tee toward the first hole. Count how many throws it takes to get the bean bag or sock into the hole.
- ❖ Join the game with your child. Take turns throwing until you have both landed in the hole.
- ❖ Move to the next hole. Continue taking turns throwing and counting at each hole.



Hints for success

You will need large containers, hoops, old tea towels or pieces of rope to make golf holes, and small objects such as stones to make tees. You will also need some easy-to-throw objects such as bean bags or rolled-up socks.

This activity is good for developing eye-hand coordination, counting, learning to take turns and learning new words.

- ❖ Set up your golf course in a large outdoor play space.
- ❖ Try throwing underarm and overarm. Talk with your child about which way is easier.
- ❖ In each round of play, start with the person whose bean bag or sock is furthest away from the hole, then the next furthest, etc. Others wait behind the throwers until their turn comes.

More ideas for Bean bag golf

Try this way

- ❖ Vary the distances from tees to holes. Encourage your child to predict how many throws it will take to land in each hole. Compare the predictions with the actual number of throws.
- ❖ Set out a tea towel or sheet to make a hazard or "trap." If a bean bag lands in a trap, it can only be picked up while standing on one foot.
- ❖ Number the holes with signs, or label them with names for each day of the week. Play the holes in order (i.e. starting with 1, 2, 3... or going from Monday through Sunday).



Drawing

Have children draw pictures of sea creatures they might see in an aquarium. Ask them to put some pictures they have drawn into each hoop. Invite the children to imagine they are feeding the fish and mammals at the aquarium. Throw some different objects into each hole to feed the creature.

Creative play

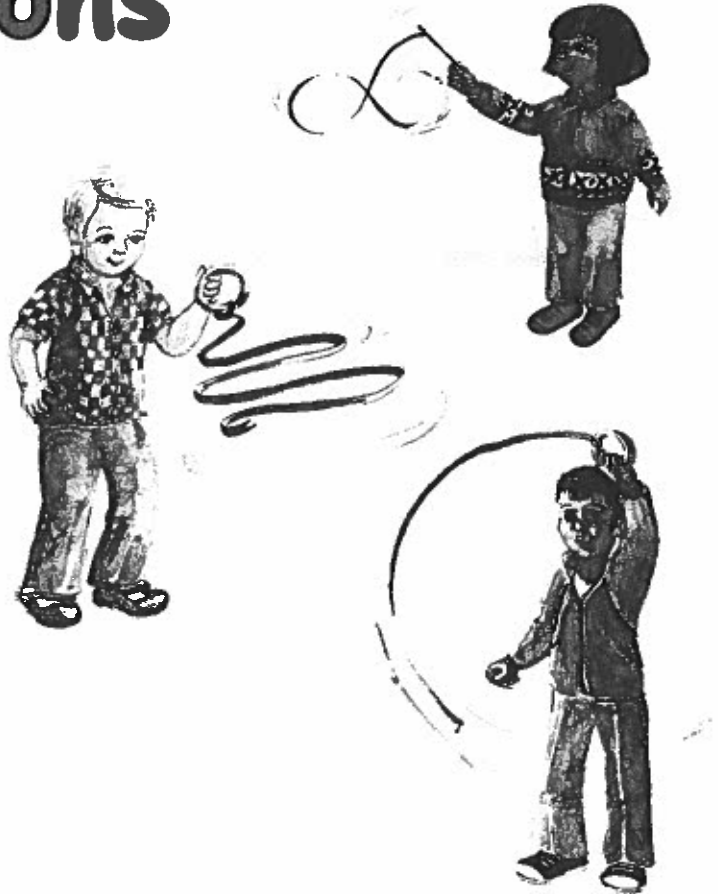
Encourage children to design their own golf course.



Wriggly ribbons

Let's play and talk together

- ❖ Give your child a length of ribbon fastened to a stick or a canning ring.
- ❖ Show your child how to hold the end of the stick or the canning ring and move his or her arm to make patterns with the ribbon.
- ❖ Encourage your child to move the ribbon around in different ways, e.g. with the whole arm, just from the elbow or just from the wrist. Change hands and try moving the ribbon with the other arm.
- ❖ Invite your child to make the ribbon move like different objects, e.g. a windshield wiper, a tornado, a bicycle wheel, a wiggly snake, etc.



A good read-together book



Baby Beluga by Raffi

You will need some pieces of ribbon about 1 m (1 yard) long, and some smooth sticks or old canning rings.

This activity helps children develop body and space awareness, rhythm and timing, and helps them learn to describe movements with words. It also encourages imagination and creativity.

Hints for success

- ❖ Encourage your child to experiment with the ribbon before making suggestions.
- ❖ Join the fun with your own wriggly ribbon.

Let's pretend we're inside a washing machine swishing back and forth.

Look! I can make a BIG circle by using my whole arm.

Ways to say it

More ideas for Wriggly ribbons

Try this way

- ❖ Play "Copy Cat." Make a pattern with your ribbon and invite your child to copy it. Then let your child make a pattern for you to follow. Take turns inventing new patterns for one another to try.
- ❖ Read *Baby Beluga* or listen to the song sung by Raffi. Make up actions with your ribbons to show different parts of the story, e.g. a wave action for "swim so wild and swim so free" or a spiral above your head for "the water squirtin' out of your spout."

Language development

Read the poem "Washing Machine" out loud together. Learn the words and create the movements with your wriggly ribbons.

Imagination

Pretend the ribbon has magic powers if it is used in certain ways, e.g. if it never touches the ground, or never stops moving, or if the person holding it stands on tiptoe. Imagine what you could do with a ribbon that had magic powers, and act out the possibilities.



The Washing Machine

Washing in the washing machine,
going round and round.

Washing in the washing machine,
moving up and down.

Round and round and up and down,
it makes a noisy sound.

Faster, faster, faster,
round and round and round.

Anonymous

Bubble chase

Let's play and talk together

- ❖ Blow some bubbles and invite your child to chase them.
- ❖ Invite your child to pop the bubbles using different actions, e.g. clapping hands, a karate chop.
- ❖ Try to catch the bubbles using different body parts, e.g. knees, elbows, fingers.
- ❖ Try to catch some bubbles without breaking them.



A good read-together book



Pop! A Book About Bubbles
by Kimberly Brubaker Bradley

You will need some bubble soap and a bubble wand or a pipe cleaner shaped into a wand.

This activity is good for developing spatial awareness, eye-hand coordination, and using words to describe shape, size, colour and movement.

Hints for success

- ❖ Talk about the bubbles as you play. Use words to describe how they move, e.g., high, low, fast, slow, floating.
- ❖ Take turns being the bubble blower and the bubble chaser.



Here comes a really big bubble!

Can you catch that one before it pops?

Ways to say it

More ideas for Bubble chase

Try this way

- ❖ Sing **Pop Goes the Weasel** as you play.
- ❖ Do an experiment to see how the bubbles change when you blow different ways, e.g. hard, soft, steadily, in puffs. Encourage the children to talk about what they see and try to explain what happens.
- ❖ Read the book **Pop! A Book about Bubbles** to learn more ways to play with bubbles.



Let's make—Bubble recipe

What you need:

- 2.5 L (10 cups) of water
- 250 ml (1 cup) of soap detergent
- 30 ml (2 tablespoons) glycerine (from the pharmacy)

How to:

1. Put water in a pail or bucket and add the detergent and glycerine.
2. Stir slowly to avoid bubbling.
3. For best results let the mixture sit overnight.

Let's make—Bubble wands

- For a yogurt lid bubble wand, you will need a plastic lid, a thumb tack and a wooden chopstick. Cut the centre out of the plastic lid and tack it to the wooden chopstick.
- For a fly swatter bubble wand, you will need a plastic fly swatter. Dip the fly swatter into a plate of bubble mix and wave it around for lots of tiny bubbles.
- For a pipe cleaner bubble wand, you will need a pipe cleaner. Shape it into a circle, with an end to hold on to.

Pop Goes the Weasel

All around the cobbler's bench
The monkey chased the weasel.
The monkey thought 'twas all in fun—
Pop! Goes the weasel.

Johnny has the whooping cough,
Mary has the measles.
That's the way the money goes—
Pop! Goes the weasel.

A penny for a spool of thread
A penny for a needle.
That's the way the money goes—
Pop! Goes the weasel.

All around the mulberry bush,
The monkey chased the weasel.
That's the way the money goes—
Pop! Goes the weasel.

Traditional

Cloud catching

Let's play and talk together

- ❖ Read the poem *Clouds* with your child.
- ❖ Pretend you and your child are on a high hill among the clouds. Use some scarves or pieces of light cloth for clouds.
- ❖ Toss your clouds in the air and let them fall to the ground.
- ❖ Try catching the clouds with different body parts, e.g. head, knee, back, foot.
- ❖ Invite your child to suggest other body parts for cloud catching.



Clouds

White sheep, white sheep
On a blue hill,
When the wind stops
You all stand still.
When the wind blows
You walk away slow.
White sheep, white sheep,
Where do you go?

Christina G. Rossetti

A good read-together book

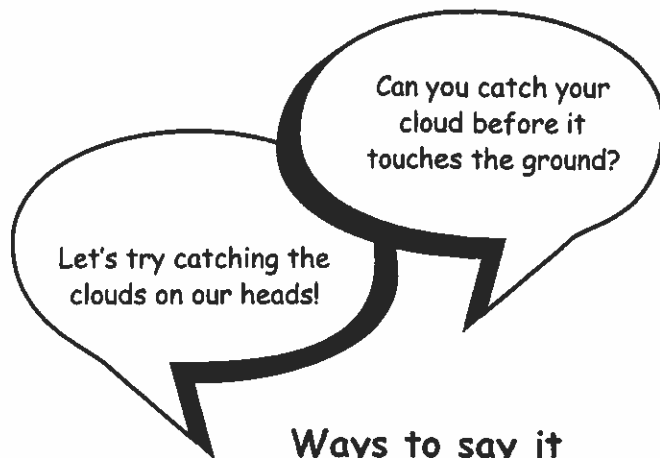
Cloud Dance by Thomas Locker

You will need some scarves or other pieces of lightweight cloth.

This activity is good for developing movement skills, learning the names of body parts and practicing imagination and creativity.

Hints for success

- ❖ Do this activity after looking at clouds with your child.
- ❖ Let your child experiment with different ways to toss the cloud.
- ❖ Talk about how your scarves float to the ground.



Ways to say it

More ideas for Cloud catching

Try this way

- ❖ Add actions before catching, e.g. clap hands then catch, squat down then catch, touch nose then catch, turn around then catch.
- ❖ Add a challenge by trying to do two or three actions before catching.
- ❖ Toss a scarf back and forth with a partner. Try throwing two scarves at the same time and catching one other's scarves.



Creative play

Read the poem *My Kite*, then play this game in pairs. Children take turns being the child with a kite and the "terrible tree." One child runs across a big space with the kite above her head and then lets it go. The other child runs behind and catches the kite in his "terrible tree branches."

Early Literacy

Read *Once Upon a Cloud* together. Talk about different shapes and colours of clouds, where clouds come from, what they are, etc.

Book link

Once Upon a Cloud by Rob D. Walker

My Kite

It was splendid,
My kite —
It flew and it flew
When we let out the string
In the wind,
And we knew
It would fly with the birds —
It would fly to the sea —
Then its tail
Tangled up in a
Terrible tree.

Myra Cohn Livingston

Creative balances

Let's play and talk together

- ❖ Show your child different ways to balance, e.g. stand on one leg, stand on tiptoes, balance on two knees and one hand, etc. Invite your child to copy your actions.
- ❖ Take turns showing one another ways to balance using different body parts, e.g. two hands and one foot, elbows and knees, etc.
- ❖ Play "Puzzle Balances." Invite your child to try and balance with different combinations of body parts, e.g. on your bottom and two elbows. Call out a number for how many body parts can touch the floor.
- ❖ Take turns thinking of balance challenges. Encourage your child to think of tricky balances for you to try.



Hints for success

- ❖ Start with easy balances and then move to harder ones.
- ❖ Say the names of different body parts as you play the game.

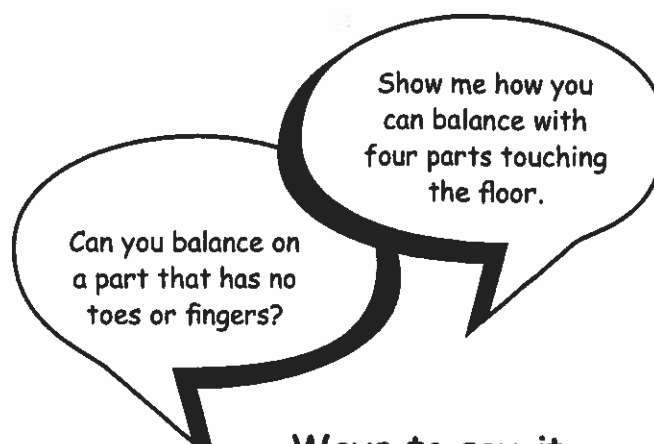
A good read-together book



The Little Red Hen and the Grains of Wheat
by L.R. Hen and Jago

You will need an open space for active play.

This activity is good for practicing body awareness, balance and creativity, learning the names of body parts and following directions.



Can you balance on a part that has no toes or fingers?

Show me how you can balance with four parts touching the floor.

Ways to say it

More ideas for Creative balances

Try this way

- ❖ Encourage children to discover new ways of balancing and describe what they've done.
- ❖ Invite children to try balancing with a partner by touching different body parts, e.g. touching hands, leaning on each other's backs, matching bottoms, etc.



Early Literacy

Read the **Upside Down** poem together. Talk about how other creatures balance and move on different body parts.

Read **The Little Red Hen and the Grains of Wheat**. Look at the pictures and talk about where balancing is happening in each picture.

Read **Make It Balance** and try some of the experiments shown in the book.

Book link

Make it Balance by David Evans
and Claudette Williams

Upside Down

It's funny how beetles
and creatures like that
can walk upside down
as well as walk flat.

They crawl on a ceiling
and climb on a wall
without any practice
or trouble at all.

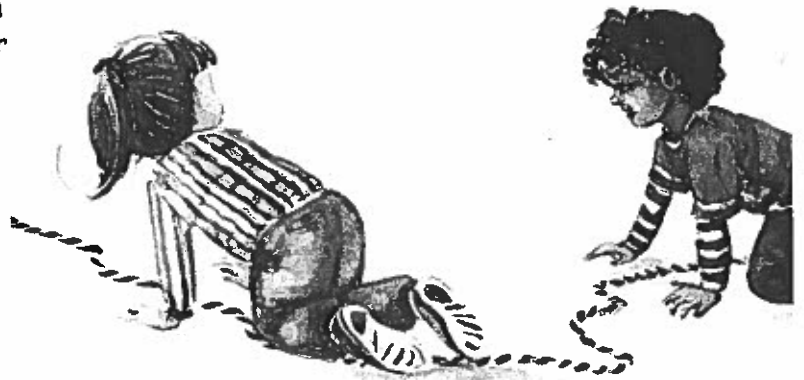
While I have been trying
for a year (maybe more)
and still I can't stand
with my head on the floor.

Aileen Fisher

Follow the trail

Let's play and talk together

- ❖ Use a string or rope to make a winding trail through your play space. It could be outdoors on a grassy area, or indoors around the furniture or down a hall.
- ❖ Invite children to follow the trail using crawling and creeping actions.
- ❖ Ask children to suggest other ways of moving along the trail, e.g. scampering like a squirrel, stalking like a cat, creeping backwards, etc.



A good read-together book



We're Going on a Bear Hunt by Michael Rosen and Helen Oxenbury

You will need a long stretch of space and 10 metres of string, wool or rope to mark the trail.

This activity is good for developing creativity, body control and awareness of space, and for learning words to describe positions, e.g. over, under, through, beside, between, along.

Hints for success

- ❖ Start the game by being the leader. Invite the children to follow your actions.
- ❖ If children have difficulty thinking of movements, talk about creatures they know and do some examples of their movements together.



Ways to say it

More ideas for Follow the trail

Try this way

- ❖ Arrange the trail to go over, under, between and around objects. As you move along the trail, describe where the trail goes and invite the children to do the same.
- ❖ Encourage children to design a trail using their imaginations. Ask them where it goes and what they might find along the way.
- ❖ Introduce number sequences, e.g. "creep three paces forward, crawl back four, shake like a wet dog, then crawl forward six more."
- ❖ Invite older children to try this activity in pairs, with one child leading the creeping/crawling while the other child holds on to the leader's ankles and follows behind. Children can take turns being the leader and follower.



Creative play

After reading *We're Going on a Bear Hunt*, pretend the rope is the trail to the bear's cave. Join the children in acting out the story along the way to the cave, and reverse the actions as you escape from the bear.

Caterpillar

"Who's that ticklin' my back?"
said the wall,
(crawl fingers up the child's back)
"Me," said a small caterpillar,
"I'm learning to crawl."

Anonymous

Language development

Read the *Caterpillar* poem together, and take turns doing snail tickles up one another's backs.

Book link

"Slowly, Slowly, Slowly," said the Sloth
by Eric Carle

Freeze dance

Let's play and talk together

- ❖ Choose some music to play or sing a song that your child will enjoy. Invite your child to move to the music, e.g. by walking, skipping, rolling, twirling or swaying.
- ❖ Explain that when you stop the music, it will be time to "freeze." This means trying to stay perfectly still until the music starts again.
- ❖ Stop the music and call "freeze." Encourage your child to hold the position that he or she is in when the music stops.
- ❖ Start the music again after three or four seconds.



A good read-together book



Animachines by Debora Pearson

You will need a large open space and you should be able to make music that is easy to start and stop, e.g. with a radio, CD player, musical instrument or your voice.

This activity develops large muscle movement skills, body control, balance, creativity and self-expression. It also helps children learn to listen and respond quickly.

Hints for success

- ❖ At first, call "freeze" at a point when your child is in an easy position to stop and balance. Make the game more challenging once your child is able to stop moving and hold simple positions.
- ❖ Begin by playing music without words so your child can easily hear you call "freeze."

Can you move like a butterfly?

I see that you can balance on one foot!

Ways to say it

More ideas for Freeze dance

Try this way

- ❖ Suggest different movements made by characters or objects. For example, invite your child to move like an ice skater, a puppy with a sore paw, a cat stalking a bird, a sleek racing car, an airplane, etc.
- ❖ While playing freeze dance, have your child interpret feeling words with movement, e.g. happily, sadly, solemnly, mysteriously, joyfully, energetically, etc.

Language development

Read the book *Animachines* together. Act out the movements in the pictures.

Take turns coming up with and calling out movement ideas when playing "Freeze Dance".

Book link

Slither, Swoop, Swing by Alex Ayliffe



Hit the target

Let's play and talk together

- ❖ Invite your child to help you set up some throwing targets to knock down, e.g. empty milk cartons, or put some paper targets on a wall at different heights.
- ❖ Give your child several objects to use for throwing, e.g. a bean bag or a paper or sponge ball for indoors; a tennis ball for outdoors.
- ❖ Invite your child to choose a target and try to hit it by throwing one of the objects.
- ❖ Teach your child how to throw a ball overarm. Learn the poem together, and practice the motions as you say it.



How to Throw a Ball Overarm

Stand side on,
Make a star,
Point your finger,
Throw it far.

Anonymous

A good read-together book

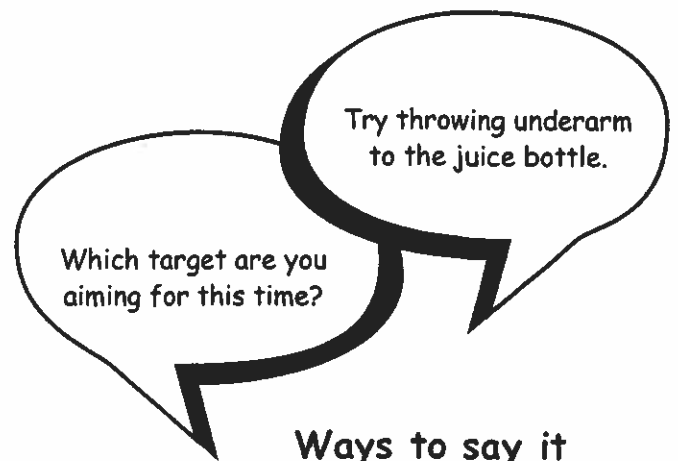
One Bright Monday Morning
by Arline and Joseph Baum

You will need some empty plastic or cardboard containers, some sheets of coloured paper, tape, markers, and some throwing objects such as bean bags, crumpled paper balls, sponge balls or tennis balls.

This activity helps children develop throwing skills and eye-hand coordination. It is also good for learning the names of letters and numbers, and for counting and measuring.

Hints for success

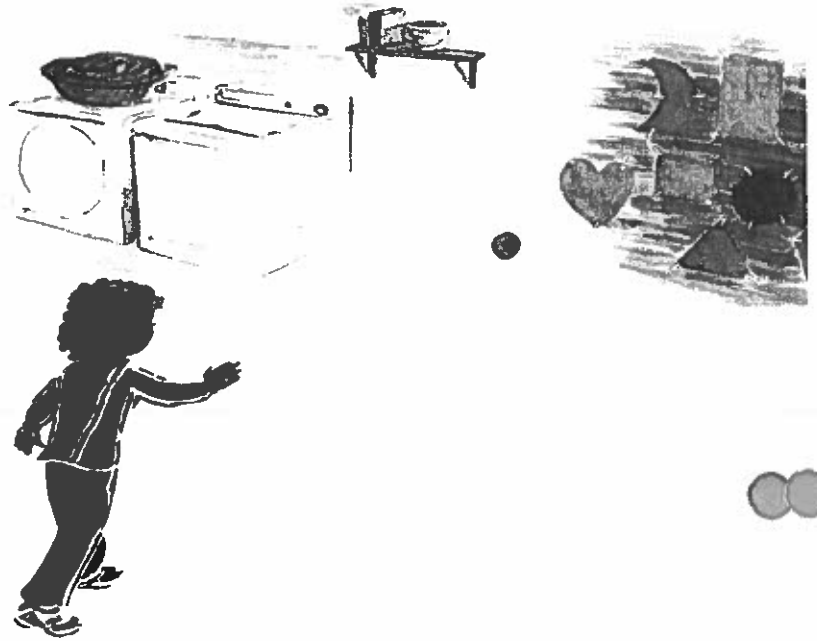
- ❖ When you first start the game, let your child decide which target to aim for, where to stand and whether to throw underarm or overarm.
- ❖ Encourage your child to practice aiming and throwing at different targets.



More ideas for Hit the target

Try this way

- ❖ Invite children to measure the distance to a target with their footsteps, and help them keep a record of how far they can throw to hit a target.
- ❖ Put up paper targets of different colours or shapes. Encourage children to call out the shape or colour each time they hit a target.
- ❖ Put up paper targets of different sizes and heights. Have children aim and throw from largest to smallest, lowest to highest, etc.
- ❖ Put numerals from 1 through 5 on targets. Try some of the following games:
 - Throw until you have hit each of the numerals.
 - Aim to hit each numeral in order.
 - Hit the Number 1 once, Number 2 twice, etc.
 - Take turns making three throws each. Count up your scores by adding the numerals that you hit, e.g. $1 + 4 + 2 = 7$.



Early literacy

Read the poem **Throw the Ball** together. Make targets that look like the sun and the moon. Say the poem aloud as you try to hit the targets.

Throw the Ball

Let's throw the ball at the sun,
Make it laugh and sigh,
See it hide and smile and run,
Then fall from the evening sky.

Let's throw the ball at the moon,
And watch it falling down,
Then catch it with a silver spoon
In the middle of the town.

Edwin Thumboo

Hot potato

Let's play and talk together

- ❖ Blow up some balloons for you and your child to play with.
- ❖ Show your child how to keep the balloon in the air by tapping it up.
- ❖ Talk about different ways to tap the balloon with your body so it stays up in the air.
- ❖ Try using one hand, the other hand and then both hands.
- ❖ Try other ways of hitting the balloon, e.g. soft, hard, high, low.



A good read-together book



Hot Potato: Mealtimes Rhymes
by Neil Philip

You will need some balloons filled with air.

- This activity is good for developing movement skills such as eye-hand coordination, and for naming and using different body parts.

Hints for success

- ❖ Participate with your child.
- ❖ Talk about what you are doing as you try different parts of your body.

Look! I can bounce it
with my elbow!

Let's see if we can
keep it off the ground
for five taps.

Ways to say it

More ideas for Hot potato

Try this way

- ❖ Use a paddle bat to tap the balloon up.
- ❖ Work in pairs to tap the balloon back and forth.
- ❖ Say the rhyme, *One Potato, Two Potato*, while you bounce the balloon.

Healthy eating

Show the children several kinds of potatoes. Talk about how they are different and how they are the same. Look at the colours on the outside and on the inside.

Make some oven-baked potato wedges and eat them.

Let's make—a paddle bat

What you need

Two knee-high stockings, some masking tape or duct tape and a metal coat hanger.

How to

1. Bend the coat hanger into a diamond or circular shape.
2. Squash the hanger hook closed a little to make a handle.
3. Insert the hanger into the stocking.
4. Pull the stocking tight around the hanger.
5. Tape the stocking onto the hanger just above the handle.
6. Put tape around the bottom to make a handle.



One Potato, Two Potato...

One potato,
Two potato,
Three potato, Four,
Five potatoes,
Six potatoes,
Seven potatoes. More!

Author unknown

Safety tip

Use a stocking to cover the balloon so that children cannot choke or swallow the pieces. Before you blow up the balloon, cover it with a knee high stocking so that both openings are at the same end. Blow up and tie off the balloon inside the stocking. Tie off the stocking and cut off the extra fabric.

Knock down

Let's play and talk together

- ❖ Invite your child to help you set up some targets such as empty milk cartons or shoeboxes. Stand the targets up like bowling pins.
- ❖ Draw a "foul line" 2 to 5 metres away for the "bowler" to stand behind. Show your child how to roll the ball without crossing the line.
- ❖ Invite your child to knock over the "bowling pins" by rolling a ball toward them.
- ❖ Take turns trying to knock over all the pins with one roll.



A good read-together book



Raccoon's Last Race by Joseph
and James Bruchac

You will need a large space, some targets such as milk cartons, juice bottles or shoeboxes, a ball for throwing, and a stick or rolled-up newspaper for hitting the ball.

This activity helps children develop movement skills such as rolling, kicking and throwing, as well as eye-hand and eye-foot coordination.

Hints for success

- ❖ Start with the foul line quite close to the bowling pins.
- ❖ Join the game and take turns with your child.
- ❖ Help children with vision impairment to sense the location of the pins by playing music behind the pins or by using a fan to blow air toward the child from the direction of the pins.

More ideas for Knock down

Try this way

- ❖ Move the targets further away as your child becomes more skilled at throwing or kicking the ball.
- ❖ Invite your child to show you different ways to knock down the targets, e.g. by kicking the ball or using a stick to push the ball toward the targets.



Early literacy

Decorate the targets with colours or shapes. Encourage your child to call out the colours or shapes as they are knocked down.

Put the letters in your child's name on a series of targets. Help your child spell out his or her name by trying to knock over the targets in sequence.

Problem-solving

Invite your child to suggest different ways to arrange the targets to make it easier or harder to knock them all down with one throw.

Try different ways of throwing or rolling the ball towards the targets to see which works best.



Ways to say it

My friend beanie

Let's play and talk together

- ❖ Invite your child to try balancing a beanbag on different parts of the body. Show your child some possibilities with your own beanbag.
- ❖ Encourage your child to explore different ways to balance the beanbag, e.g. on the head, shoulders, nose, ear or bottom.
- ❖ Try balancing the beanbag on different body parts while in different positions, e.g. standing on one foot, sitting with feet in the air, on hands and knees, etc.
- ❖ Try balancing the beanbag on different body parts while moving around, e.g. on the head while walking, on the back while crawling, etc.
- ❖ As you practice balancing, talk about what you are doing. Help your child learn the terms for different body parts and positions, e.g. between your legs, on the tip of your nose, under your chin, etc.



Hints for success

- ❖ Participate in this activity with your child.
- ❖ Invite your child to explore different ways to balance the beanbag before giving suggestions or challenges.

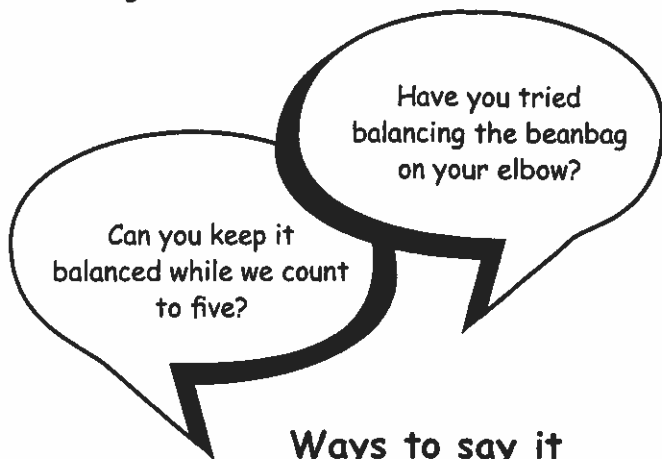
A good read-together book



Stretch by Doreen Cronin and Scott Menchin

This activity helps children develop awareness of body and space, balance and counting skills. It is also good for learning the names of body parts and different positions.

You will need an open space and some beanbags.



Ways to say it

More ideas for My friend beanie

Try this way

- ❖ Challenge your child to invent some tricky balancing positions for beanie. Ask your child to predict how many seconds they can hold the position before the beanbag drops. Then count the seconds together.
- ❖ Play "Pass the Package" by passing the beanbag back and forth from one person to another, e.g. with feet, elbows, under the chin, etc. Pretend the beanbag is magic and will break if it is dropped.
- ❖ Play "Copy Cat" together. Take turns showing different tricks for one another to try.

Let's make—a beanbag

What you need:

- Bird seed, dried beans or un-popped popcorn
- A funnel
- Some balloons
- A pair of scissors

How to:

1. Use the funnel to fill a balloon with birdseed (this can be a slow process).
2. Cut the neck off the balloon and place a second balloon over the hole. Completely cover the first balloon so that no birdseed can come out.
3. Cut the neck off another balloon, open it up and place it over the balloon, and repeat the process.
4. Add several more balloons. Make sure that the original hole is always covered by several layers of balloons.

Language development

Read the poem "Body Language" and do the movements together.



Body Language

Hips wiggle
Tummies sag
Shoulders shrug
Tongues wag
Feet patter
Scalps tingle
Teeth chatter
Chests heave
Backs ache
Hair curls
Nails break
Arms fold
Legs jump
Ankles sprain
Hearts pump
Noses twitch
Hands clap
Elbows bend
Fingers snap
Skin wrinkles
Knuckles crack
Knees knock
Lips smack
Thumbs twiddle
Eyes blink
Heads nod
Brains think!

Anonymous

Rainbow scatter

Let's play and talk together

- ❖ Scatter some cards, papers or felt pieces of different colours on the floor around an open area.
- ❖ Invite your child to play the game by moving to each colour as you call its name.
- ❖ Start by calling one colour at a time, e.g. "Now move to green." Once your child understands the game, call several colours in a sequence, e.g. "Move to red, then blue, then green."



A good read-together book

ELMER'S COLOURS

David McKee



Elmer's Colours by David McKee

You will need a large indoor or outdoor space, some felt, paper or cardboard pieces in different colours, and a marker to add letters, numbers or words to the coloured pieces.

This activity is good for building strong bones and muscles, developing body control during movement, and learning to follow directions in sequence. It can also be played with shapes, letters or numbers to develop early literacy and early numeracy skills.

Hints for success

- ❖ Before you start the game, walk from colour to colour with your child and say the colour names together.
- ❖ Start the game with colours that your child already knows. Add new colours once your child understands the activity and can easily follow the directions.

Can you think of a different way to move this time?

I see two yellow cards. Which one will you choose?

Ways to say it

More ideas for Rainbow scatter

Try this way

- ❖ Call out different ways to move from colour to colour, e.g. hop, skip, jump, leap, gallop, crawl or stay low.
- ❖ Use shapes as well as colours to play the game, e.g. "Now move to a red circle."
- ❖ Add an extra challenge by including negatives, e.g. "Run and touch four different colours but DON'T touch purple."



Spring Song

Have you ever seen
such green, such green?
Have you ever seen such blue
as the woods in April
when they blink
and a bit of the sky
looks through?
And the light — the light
is tiny and bright
in every blob of dew?
Have you ever seen
such green, such green?
Have you ever seen
such blue?

Jean Kenward

Language development

Mix poster paints to make a wide range of colours, or cut colour samples from pictures in magazines. Introduce new words such as "bright," "pale" or "dark" to describe unfamiliar colours, e.g. "pale pink," "bright turquoise," "navy blue." Learn the colour words with your child and play the game with them.

Read the poem "Spring Song" together. Talk about different colours that you see around you. Look for colours that are bright or pale, or winter, fall, summer and spring colours. Think of words that describe the unusual colours that you see around you.

Early literacy

Add letters or numbers to the coloured pieces. Call out letter cues, e.g. "Move to a letter that is in your name" or "Stand on the first letter in the word 'Dad'."

Early numeracy

Put numerals on the cards and invite your child to move to the different numerals as you call their names.

Book link

EyeLike Colors: See! Learn! Grow! by PlayBac

Safety tip

If you are playing the game with more than one child at a time, encourage children to watch where they are moving so they don't bump into one another. Use more than one card of each kind so every child can find a separate place to stand.

River bank jump

Let's play and talk together

- ❖ Use chalk lines or ropes to mark the banks of a pretend river. Make the river wide at one end and narrow at the other.
- ❖ Invite your child to try jumping across the river and then back again. Practice jumping at different widths. Move the river banks closer together or farther apart as needed.
- ❖ Experiment with different ways of jumping. Try jumping from a standing start, running and jumping, and jumping backwards.



A good read-together book



Where the River Begins by Thomas Locker

You will need a large indoor or outdoor space, and some ropes or a piece of chalk or a towel or scarf to mark the river.

This activity is good for building strong bones and muscles, developing movement skills such as jumping and leaping and learning to follow directions.

Hints for success

- ❖ Start by inviting your child to try jumping across the river wherever he or she chooses. Encourage longer jumps as your child's confidence grows.
- ❖ If your child has difficulty imagining a river between the chalk lines or ropes, use a towel or scarf on a carpet to make it look more real.
- ❖ If your child has difficulty jumping, encourage other ways to move that are easier or more comfortable.

That was a big jump!
You crossed the river
without getting your
feet wet.

Can you get across the
river a different way?

Ways to say it

More ideas for River bank jump

Try this way

- ❖ Play a game where your child jumps into, out of or over the river as you call out the following directions: "in the river," "on the bank" or "across the river." You may need to show your child what each of these directions means before you start the game.
- ❖ Pretend that the river has hungry alligators in it. Set the mood by reciting or acting out the "Three Little Monkeys" poem.



Early numeracy

Use chalk or other markers such as slips of scrap paper to show how far your child jumps each time. Measure the distance using your feet from heel to toe, e.g. "This time you jumped as far as eight of my feet." Try measuring with other tools, e.g. a ruler or yardstick, but do not be too fussy about the numbers. At this age it is more important for children to see how things can be measured in different ways.

Book link

Alligator Pie by Dennis Lee

Safety tip

If you use a scarf or towel to mark the river, put it on a non-slip surface such as a soft carpet.

Three Little Monkeys

Three little monkeys swinging from a tree,
Teasing Mr. Alligator, "Can't catch me!"
Along came Mr. Alligator slowly as can be
Then ... SNAP!

Two little monkeys swinging from a tree,
Teasing Mr. Alligator, "Can't catch me!"
Along came Mr. Alligator slowly as can be
Then ... SNAP!

One little monkey swinging from a tree,
Teasing Mr. Alligator, "Can't catch me!"
Along came Mr. Alligator slowly as can be
Then ... SNAP!

Anonymous

Teddy bear's picnic

Let's play and talk together

- ❖ Invite your child to plan a special picnic for teddy bears and favourite stuffed toys.
- ❖ Help your child make an invitation card for each of the teddy bears and other stuffed toys that might come to the picnic, and give them out to the toys.
- ❖ Decide on what kind of food will be needed for the people and the animals. Make a list of what you need and take it when you go shopping.
- ❖ Help your child prepare some real food for the people, and some pretend food for the bears and stuffed toys.
- ❖ Pack a picnic basket for the people and a bucket of imaginary snacks for the animals.



Hints for success

- ❖ Help your child count how many people and animals will be coming to the picnic. Count the same number of plates, spoons and napkins.
- ❖ Help your child prepare some easy-to-make, tasty snacks to take on the picnic.

A good read-together book



The Teddy Bears' Picnic by Jimmy Kennedy

You will need a picnic basket or carrying bag, some stuffed animals and picnic snacks.

This activity is good for planning, counting, writing, pretending and making food.

How many people are coming to our picnic?

What kind of snack do you think a teddy bear would like?

Ways to say it

More ideas for Teddy bear's picnic

Try this way

- ❖ Make two shopping lists—one list of food for bears (pretend) and one for people.
- ❖ Look at the book *Fast Food*. Create some "picnic creatures" from fruits and vegetables. Name your creatures. Be creative!
- ❖ Pretend you are bears on the way to a picnic. Make the rhythm match the pace of the bears lumbering along.



Research

Find out what bears really like to eat. Look in *Owl* magazine, on the Internet or in the library.

Book link

Fast Food by Gwenda Turner

Five Little Bears

Five little bears
Were dancing on the floor,
One fell down
And that left four.
Four little bears
Climbed up a tree,
One found a bee hive
And that left three.
Three little bears
Were wondering what to do,
One chased a
Bunny rabbit
And that left two.
Two little bears
Were looking for some fun,
One took a swim
And that left one
One little bear
Sitting all alone,
He looked all around
And then ran home!

Author unknown

Tread lightly, look closely

Let's play and talk together

- ❖ Invite your child on a nature walk through a field, park, patch of woods or backyard. Explain that you are going to stop and look closely at interesting things along the way.
- ❖ Talk about the saying, "Take only memories, leave only footprints" and explain that on your walk you will be looking and listening, but leaving everything just as you found it.
- ❖ On your walk, look and listen carefully. Take turns pointing things out and describing them to each other.
- ❖ Help your child learn new words for patterns, colours, shapes, textures and sounds.



A good read-together book

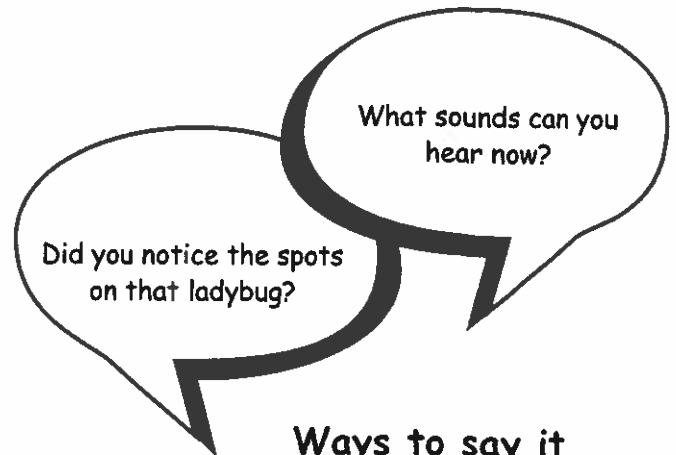


Look Closer by Brian and Rebecca Wildsmith

This activity is good for learning to enjoy outdoor physical activity, looking and listening carefully, observing details, and learning new words.

Hints for success

- ❖ Stop from time to time to look closely at plants, insects, rocks or other details.
- ❖ Listen for sounds made by birds, animals, machines and people.



Ways to say it



More ideas for Tread lightly, look closely

Try this way

- ❖ Take a camera on your walk, and photograph some of the interesting things you see. Encourage your child to find interesting details for you to photograph.
- ❖ Look at the pictures together when you get home. Try to find more details when you study the snapshots.

Healthy eating

When berries are ripe, go out together and gather enough to make a smoothie or a berry parfait. Chant the "Blackberries" poem as you pick. Change the words when you are picking different kinds of berries. When you get home, wash and sort the berries together.

Find the LEAP BC activity card for **Let's Make! Berry Smoothie** at www.2010legaciesnow.com/LEAP_BC/. Make the recipe together, and share and enjoy a Berry Smoothie.

Early literacy

Read **The Butterfly Alphabet**. Make a game of finding patterns in nature that have the shapes of alphabet letters and numbers.

Book links

The Butterfly Alphabet by Kjell B. Sandved
Green Fun: Plants as Play by Marianne Haug Gjersvik



Blackberries

Blackberries, blackberries on the hill.
How many pails can you fill?
Briers are thick and briers scratch,
But we'll pick all the berries in the blackberry patch.

Anonymous

