Storytime at Home
Fabulous Food

Even the very youngest children have favorite and not-so-favorite foods. Let’s celebrate those foods and learn about healthy eating. Each book is available online and can be accessed on a computer or device. Bonus points if you have one or two at home! Enrich the experience by doing the activities and singing the songs. Songs without a well-known tune have a link to a video to help.

READ

(Overdrive: You will need a Gretna barcode and your phone number to log in. Please return Overdrive books promptly so others can enjoy them.)
Little Pea by Amy Krouse Rosenthal (TumbleBooks, Overdrive)
The Very Hungry Caterpillar by Eric Carle (Brightly Storytime)
My Stomach by Rena Korb (Abdo Digital)
Clever Jack Takes the Cake by Candace Fleming (Overdrive)
Curious George: From Farm to Table by H.A. Rey (Overdrive)
Pizza for Sam by Mary Labatt (Overdrive)
The Little Red Hen by J. P. Miller (Brightly Storytime)
Tops & Bottoms by Janet Stevens (TumbleBooks)

WRITE & TALK

Cut up magazines or print pictures of food and glue them to a picture of a plate. Make sure to include all of the five food groups. Talk about the types of food in each group.

If possible, prepare a meal, letting your child pick from each group.
**SING & PLAY**

### The Ravioli Song
*(to the tune of "Alouette")*
Ravioli, I like ravioli.
Ravioli, it's the stuff for me
Do I have it on my sleeve?
Yes, I have it on my sleeve.
On my sleeve. On my sleeve. Oh...

*(Sing again with different clothing or body parts. Wipe off each body part as you sing about it.)*

### In the Apple Tree
Way up high in the apple tree,
*(stretch arms up high)*
Two red apples smiled at me.
*(make two fists high)*
I shook that tree as hard as I could.
*(make a shaking motion)*
Down came the apples,
*(make a downward motion)*
And mmm, they were good!
*(smile and rub stomach)*

### Patty Cake
Patty cake, patty cake, baker's man,
*(Alternating clapping your hands and patting your thighs.)*
Bake me a cake as fast as you can.
*(pat hands)*
Roll it *(roll hands)* and pat it *(pat hands)*
and mark it with B *(make a B in the air)*
And put it in the oven for baby and me.
*(Sing different letters for different friends and family.)*

### Apples & Bananas *(YouTube)*
I like to eat, eat, eat apples and bananas.
I like to eat, eat apples and bananas.

— I like to AYt, AYt, AYt AY-pples and ba-nAY-nAYs.
— I like to EEt, EEt, EEt EE-pples and ba-nEE-nEEs.
— I like to EYEt, EYEt, EYEt EYE-pples and ba-nEYE-nEYEses.
— I like to OHt, OHt, OHt OH-pples and ba-nOH-nOHs.
— I like to OOt, OOt, OOt OO-pples and ba-nOO-nOOs.

*(There are more vowel sounds! Try them all!)*