



# Preschool Storytime - Food



## Additional songs to enjoy

### The Vegetable Song

(tune: 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.

### Are you Eating?

(tune: Are you sleeping?)

Are you eating, are you eating  
Healthy foods, healthy foods?  
For your body needs them, for  
your body needs them  
Every day, every day.

## Counting practice

- 1. Write numbers 1-12 in an empty egg carton. A muffin tin with liners works well too!**
- 2. Have your child put the correct number of Cheerios or Fruit Loops into the corresponding cup. Use tongs to practice fine motor skills.**



## Get moving with this action rhyme!

### Growing Garden Poem

You are a little seed that's just been planted. **(Tuck into a ball on the floor)**

Your tiny roots start growing down under the ground. **(Bend toes down toward the floor)**

When your roots find water, you can feel it helping you grow. **(Begin to uncurl)**

You are beginning to sprout! **(Pop up and hold your head high)**

You grow toward the shining sun. **(Stand up)**

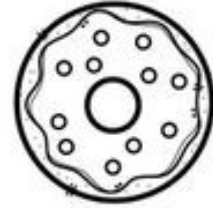
You are very tall and ready to be harvested. **(Stand tall)**

The farmer comes to pick you! **(Jump up high)**



Sharing books and stories is important to your child's brain development.

Name \_\_\_\_\_



# Healthy or Not Healthy?

Cross out the unhealthy foods. Color the healthy foods.

