



Wee Wednesdays - Food



Songs to sing

I Like Veggies!

(Tune: Frere Jacques)

I like veggies, I like veggies.
Do you too? Do you too?
I like corn and carrots,
I like corn and carrots.
And peas too! And peas too!

Strawberries, Bananas, Watermelon

(Tune: Twinkle, Twinkle Little Star)

Strawberries, bananas, watermelon too;
Good for me and good for you!
They are tasty; they are sweet.
All are such a yummy treat.
Strawberries, bananas, watermelon too;
Good for me and good for you.



Offer new foods to your child with familiar foods. Try small amounts at first. It can take 10 to 15 times before your child accepts a new food.

Fingerplay Fun

Five Bananas

(hold up 5 fingers)

Five bananas in the grocery store.
A boy bought one, and then there were four.

Four bananas, yellow as can be.
A girl bought one, and then there were three.

Three bananas, sweet and juicy, too.
A boy bought one, and then there were two.

Two bananas, ripened by the sun.
A girl bought one, and then there was one.

One banana, last one in the bunch.
A boy bought it, and ate it for his lunch.

No bananas in the grocery store.
“Hey, Ms. Grocer, please order some more!”



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