



Basic Info (date, branch, age range, time, title or theme, if applicable):

Fruits and Vegetables

## READ:

Growing Vegetable Soup by Lois Ehlert

The Watermelon Seed by Greg Pizzoli

### TALK:

Fruits and Vegetables/Healthy Eating Why do we eat fruits and vegetables? What is your favorite?

#### SING:

Take an apple Put it in the pot Stir it, stir it, stir it a lot. Take it out now. What will it be? The prettiest red you ever did see! (Repeat for all fruits/colors until you make a rainbow.)

# PLAY: Flannel Board:

Magical Rainbow Stew with Fruit - Use different colored fruits that are the colors of the rainbow made of felt and colored strips to make a rainbow (apple-red, orange-orange, banana-yellow, peargreen, blueberries-blue, grapes-purple). Put fruit in a pot and pull out strips of rainbow to put on the flannel board.

## WRITE:

Watermelon bags- Fill up sandwich sized Ziploc bags with clear gel, a squirt of red food coloring, and black watermelon seeds (if available; if not, cut out black fun foam pieces). Seal with green tape and squish away!

## Early Literacy Tip:

One of the most important ways that your toddler is tuning in to his/her creativity is by experimenting with art materials. As children grab that chunky crayon and get to work, you will eventually see their art and writing change and become more controlled and complex.