

LEARNING TIME

Food, Me and ABC By Raising Literacy Australia

Food, Me and ABC is full of delicious illustrations with bold, bright colours. There's lots of fun to be had exploring hundreds of different foods; develop early alphabet awareness at the same time. With so much to see this book can be shared again and again. A wonderful provocation to stimulate discussion and learning.



Key Message for Parents | Good nutrition, health and exercise are critical

Reading books provides an opportunity to share important factual information about health and wellbeing with parents and children. Some ideas to share with parents/carers are:

- Nutrition impacts brain development
- Regular healthy choices support healthy brain development and growth
- Children may need to try a food many times before they begin to like the taste
- A child's diet affects their behaviour, their ability to learn and their memory.

Australian Early Years Learning Framework | Outcome 3: Children have a strong sense of wellbeing

Educators are able to provide children with support in:

- learning about healthy lifestyles, which is integral to wellbeing and self-confidence
- discovering how good nutrition is essential to healthy living
- learning how good nutrition allows children to be active participants in play

Welcome

Ask carers to write nametags for themselves and their children.

Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

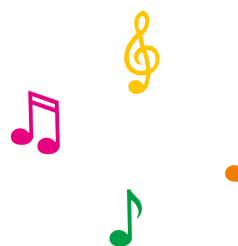
Good Morning

Good morning to you

Good morning to you

Good morning everybody

and welcome to you!



Song

Five Little Peas

This rhyme can be said out loud as a finger rhyme, or sung to music available on iTunes or Spotify

Five little peas in a pea pod pressed (Hold up a closed fist)

One grew, two grew and so did all the rest, (Put up 1 finger, then 2 fingers, then all 5 fingers.)

They grew...and grew...and did not stop (Use both hands to mime a ball getting bigger and bigger)

Until one day the pod went POP! (Clap hands)

Free resource sheet <https://k-3teacherresources.com/teaching-resource/five-little-peas-rhyme/>

Before Reading

Ask the children what they can see on the front cover of the book and lead a discussion about foods and colours. Encourage the children to say the names of the food (or colours) as you point to them. Ask the children if they like to eat the foods they can see. Some children might like to share what other foods they like to eat. You might like to also count the foods on the front cover together as you point to them. Read the title of the book and begin.

During Reading

There is so much to talk about in this book. Sometimes, it may be necessary to say, "Let's look at the next page," to redirect attention back to the book. Some of the discussion points might include:

- Naming the foods
- Counting the foods
- Animals as foods
- Letter names and the letter sounds
- Colours
- Foods we like/don't like

- How we cook the food
- How we grow food
- Buying food
- Different countries & different foods
- Tastes & textures (sweet, salty, yummy, crunchy, juicy, sour etc.)

Not every page needs to be considered in detail during every reading. This book can be revisited again and again. Follow the children's lead and interests.

After Reading

Sing about the focus foods on each page to the tune of *Skip to My Lou*. Turn the pages randomly for a surprise selection or ask the children to choose. You can also use the alphabet chart in the back of the book. (Try to avoiding the letters L, O, U, X.) You don't need to do all of the pages.

After singing a few letters ask the children to stand up and skip around the room as you sing. (They will probably be ready to move around!) If you will be using the pea pod craft, finish with the letter P.

Song

Alphabet Foods

B is for broccoli b b b
B is for broccoli b b b
B is for broccoli b b b
The letter B says b

J is for jackfruit j j j
J is for jackfruit j j j
J is for jackfruit j j j
The letter J says j

P is for peapod p p p
P is for peapod p p p
P is for peapod p p p
The letter P says p



Pea Pod crafts and activities

SAFETY NOTE: Always check for allergies, food sensitivities or preferences with parents/carers BEFORE offering the children any food. Also consider all food and small items for choking hazards.

Show children real peas in a pod and let them taste and touch. You could use Sugar Snap Peas, Snow Peas or if this is not possible then use some large pictures printed out (A4 or larger).

Support children to paint/colour one side of a paper plate green. Fold the plate in half and staple/tape the edges to create a 'pod' with an opening. Use circular discs as peas to post into the pod. You might like to use green cardboard circles, felt pieces, scrunched paper balls, or the lids from jars of pasta sauce. Be sure to check the size of any lids/items to ensure they don't present a choking hazard.

Support children to put peas in and out of the pod, and once they have mastered the task they may like to count the peas as they put them in and out. How many can fit inside their pod?

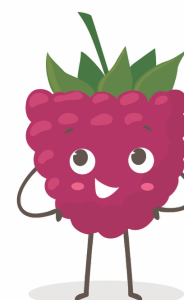
Tasting Plates – Present children with a range of safe foods from the story to touch and taste.

Make sandwiches – Support children to spread bread with butter. Assist children to select and add salad ingredients such as cucumber, lettuce, avocado, tomato, grated carrot and avocado. Yum!

Tube Stamping – make a picture of some grapes using a stamping technique.

Tip one cm of paint into the bottom of a shallow dish. Use the end of an empty cardboard toilet roll as the stamp. Dip the end of the tube into the paint then press down on a piece of paper to create a circle stamp. Repeat until you have made a bunch of grapes!

Play and sing along to the Wiggles *Food, Food Food* song (From the Toot Toot album) or the *Fruit Salad Yummy Yummy* song.



Extension Ideas

SAFETY NOTE: Always check for allergies, food sensitivities or preferences with parents/carers BEFORE offering the children any food. Also consider all food and small items for choking hazards.

Food Feast – Prepare some of the hot foods from the book, to be served warm or cool for the children to touch, taste and enjoy (couscous, dumplings, falafel, rice, lentils, naan bread etc.). If possible, allow children to join in and participate with the food preparation. Children can also help to set the table and serve the food. Encourage your child to try new foods but don't insist they eat all of everything. Let them explore the textures of food by touching and squishing. This can be a great opportunity to celebrate different cultures and families.

Play dough food – Support children to make 'food' with play dough. Provide additional props such as plates, bowls, cookie cutters, spoons, and child-safe forks and knives.

Food Role Play – Provide toy foods, cooking pots, colanders, crockery and cutlery for children to explore food through their play in the home corner, the sandpit or the mud kitchen.

Smoothie - Make a berry and banana smoothie using fresh ingredients. Or encourage children to choose and try other fruits, vegetables or flavours to invent their own smoothie.

Make a placemat – Support children to decorate an A4 or A3 sheet of paper with images of food they enjoy, then laminate the page to create a special placemat.

More songs

- *Fruit Salad - Yummy Yummy* (The Wiggles)
- *The Alphabet Song* (In the back of the book)

Apples and Bananas

<https://www.youtube.com/watch?v=r5WLXZspD1M>

I like to eat, eat, eat apples and bananas
I like to eat, eat, eat apples and bananas

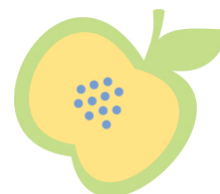
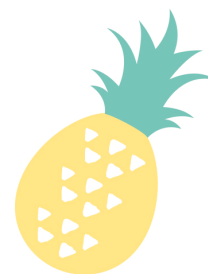
I like ate, ate, ate epples and benenes
I like ate, ate, ate epples and benenes

I like to eat, eat, eat eepples and beeneenees
I like to eat, eat, eat eepples and beeneenees

And I like to ite, ite, ite ipples and bininis
I like to ite, ite, ite ipples and bininis

I like to ote, ote, ote, oplles and bononos
I like to ote, ote, ote, oplles and bononos

And I like to ute, ute, ute upples and bununus
I like to ute, ute, ute upples and bununus



STEM Focus

Growing Food for Birds – Birdseed grows quickly so children remain interested in the experiment. Growing birdseed supports discussion about where food comes from, how seeds grow, why seeds grow, what seeds need and what foods different animals eat and why people and animals need to eat.

- Cover a plate with a layer one layer of cotton wool balls. Support children to pour water over the cotton wool balls to dampen them. (Make them quite wet but drain off any excess water.)
- Spread commercial wild birdseed over the plate. Talk about the different sizes, colour and shapes of the seeds.
- Ask the children what they think is going to happen.
- Place in a sunny spot like beside a window. Keep moist by watering one or three times throughout the day. Keep damp and drain off too much water.
- Watch the seeds sprout!
- Place the plate outside and watch the local birds can enjoy a treat.

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. The Little Big Book Club suggests the following books to support learning in this area. If your library has copies, make them available for families to borrow or include them in your story time session.

For more stories to share, we recommend the following titles:

- ***I'm A Hungry Dinosaur*** by Janeen Brian and Ann James
- ***The Very Hungry Caterpillar*** by Eric Carle
- ***Green Eggs and Ham*** by Dr Seuss
- ***Budburra's Garden*** <https://budburrabooks.com.au/product/budburras-garden/>

An Activity Time for this book is available to download for FREE from our website. This is a great resource to share with families, you are welcome to print and distribute as necessary.

Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (Here We Go Round the Mulberry Bush) or your preferred choice.

Goodbye

This is the way we say goodbye (use a waving action) Say goodbye, say goodbye

This is the way we say goodbye

To all our library friends (or) (to our friend.....)!

