



FOOD

*The opposite of play is not work.
It's depression.*
Brian Sutton-Smith

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Baby Signs for Mealtime by Linda Acredolo

Baby Signs for Mealtime uses real photographs of babies learning to use sign language. Babies have a lot to say, even before they can actually speak.

Ages: 0 to 3 Years

Explore the Book Ideas:

- Do the signs as you read the words.

Playful Activity Ideas:

- 1) Practice the signs during snack time.

Kit Supplies: flip cards





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Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.

Fred Rogers

The Very Hungry Caterpillar by Eric Carle

The Very Hungry Caterpillar is a great book to use in predicting what comes next. The way the book has holes to show where the different foods have been eaten is fascinating to children. Beautiful colors and sequencing!

Ages: 0 to 6 years

Explore the Book Ideas:

- Count along with the story and ask kids to predict what comes next.
- Ask kids if they've ever eaten the same foods as the caterpillar. Talk about how they feel if they eat too much junk food. Talk about what foods are healthy and what are not.

Playful Activity Ideas:

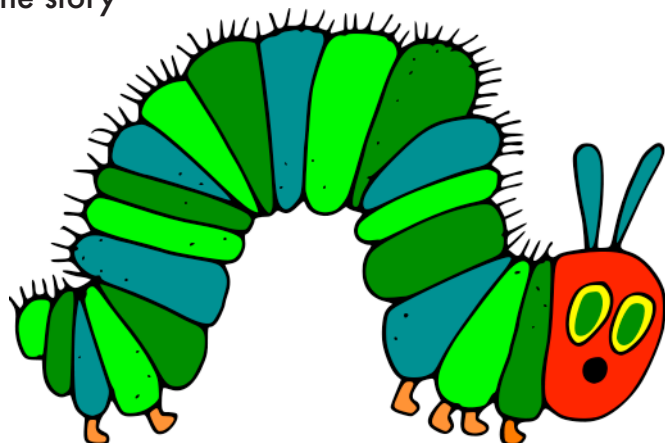
- 1) Act out the story with a fabric tunnel shaped as a caterpillar and food models. Have the children crawl through the tunnel to "feed" the caterpillar as the different foods are eaten.

Kit Supplies: Caterpillar tunnel

- 2) Make fruit skewers for snacks using the fruits from the story.

- 3) Move the food on the string as you read the story to show what the caterpillar has eaten.

Kit Supplies: wooden food on string





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People tend to forget
that play is serious.
David Hockney

Growing Vegetable Soup by Lois Ehlert

Growing Vegetable Soup is a story about a father and child growing their own vegetables to make soup. It's a great story to talk with kids about where their food comes from and a simple introduction to gardening.

Ages: 0 to 3 years

Explore the Book Ideas:

- Vocabulary: When possible introduce children to the vegetable words in both English and Spanish.

Playful Activity Ideas:

- 1) Make your own vegetable soup! Before the day you want to do this activity, make a trip to the grocery store to purchase all the fresh vegetables you and the children need to prepare your own vegetable soup.

Kit Supplies: shopping list; soup recipe

Supplies You Need to Provide: soup pot, ingredients

- 2) Grow beans in a bag! This very simple way to grow a seed is fun for kids! Using a few simple supplies, you can store your beans in a Ziploc baggie taped to a window and watch them change and grow.

Kit Supplies: cotton balls, plastic baggies, lima beans, activity directions with step-by-step photos

- 3) Play with the realistic vegetables to role-play planting and harvesting a pretend garden.

Kit Supplies: Playtime produce vegetables

