

Grab-n-Go: Early Childhood Colors-Food

READ

Looking for Colors with Lily and Milo by Pauline Oud

Tip: This story encourages interaction with the pictures – look for the different colors and items. You can easily extend this later by looking for more things with your child of this color, or that color.

Eat Your Colors by Rookie Toddler

Tip: This factual book also is interactive, where children can look at and name all the different fruits and vegetables, while also reinforcing knowledge of colors. Repetitive reading of this book will build your child’s vocabulary, memory and confidence in being able to know the names of all the foods!

SING

“Green Zucchini” -- tune of “Alouette”

Green zucchini, I like green zucchini.

Green zucchini, That’s what I like best!

Would you like it on your head? Yes, I’d like it on my head!

On your head? On my head! Ooooooooooh!

(Repeat first two lines)

Would you like it on your shirt? Yes, I’d like it on my shirt!

On your shirt? On my shirt! Ooooooooooh!

Tip: Sing it again with other colors, foods, and parts of your body! Try yellow bananas, or red tomatoes ... on your sock, or on your tummy. Ask your child to come up with foods and parts!

~ From Jbrary.com: <https://www.youtube.com/watch?v=hNoTMo5gMHM&feature=youtu.be>

PLAY

Borrow one of these toys to play with at home from Cuyahoga County Public Library:

Color Fun Fruit Pie



Soft Sorting Food Bags



Food & Dishes Baking Set



Developed by Michelle Todd, Children’s Supervisor, Garfield Heights Branch (CCPL)



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TALK

During guided play, describe what you and your child are making, baking, doing. Use the words your child used, and add more similar words, descriptive words, fun words. The more words your child knows *before* learning to read, the easier it will be when he or she is sounding out words later.

WRITE

Let your child scribble and draw his or her favorite foods, and make up a story together about eating those favorite foods – where do you want to eat them? At the park? On a picnic? Under a tree? With a bunny? With a bear?

FINGERPLAY

“Bananas Unite!”

Bananas, Unite! (stretch hands high above your head, bring together)

Peel bananas, peel, peel bananas! (“peel” your hands down each side of your body)

Peel bananas, peel, peel bananas!

Chop bananas, chop, chop bananas! (hold out hand palm up, “chop” with the other) -Repeat

Chop bananas, chop, chop bananas!

Mash bananas, mash, mash bananas! (‘mash’ palms together, turning both hands) -Repeat

Eat bananas, eat, eat bananas! (pretend to eat) -Repeat

Gooooooooooooo Bananas! (wiggle-shake hands from down low to high over your head!)

~ From Jbrary.com Bananas Unite: <https://www.youtube.com/watch?v=k93Yunycm28&feature=youtu.be>

Tip: This can be a lot of silly fun for you and your child! Change the fruit or vegetable to sing it again – apples, corn, potatoes ... What else can your child think of? Can he or she think of silly movements too?

