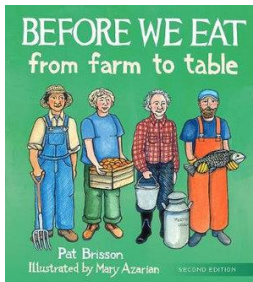
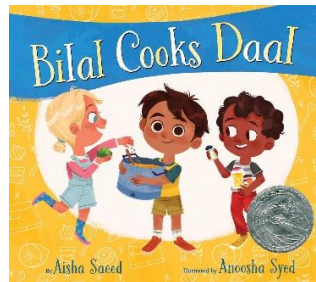


Storytime Cooking Kit Contains

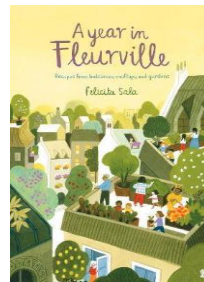
Books



Before We Eat from Farm to Table by Pat Brisson



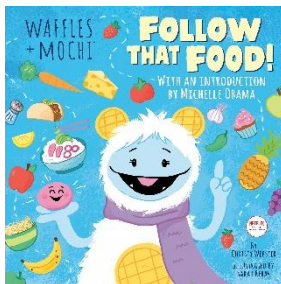
Bilal Cooks Daal by Aisha Saeed



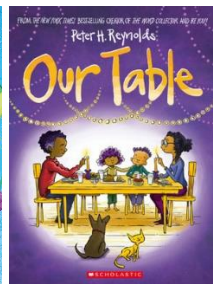
A Year in Fleurville by Felicita Sala



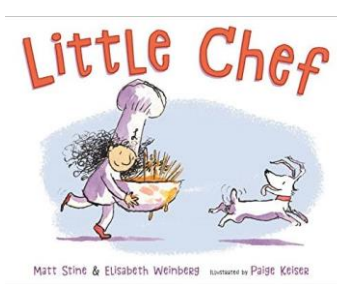
Lunch at 10 Pomegranate Street by Felicita Sala



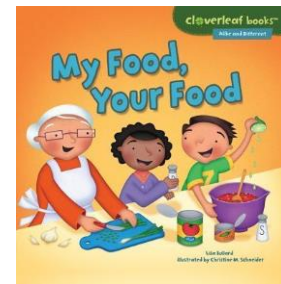
Follow That Food! by Christy Webster



Our Table by Peter Reynolds



Little Chef by Matt Stine and Elisabeth Weinberg



My Food, Your Food by Lisa Bullard

Songs and Rhymes

5 Currant Buns in a Baker's Shop
A Birthday
Chop, Chop, Chippity, Chop
Fruit Salad
I'm a Little Teapot
Let's Make a Cake
Little Jack Horner
Little Miss Muffet
Magical Rainbow Stew
Making Cookies
Pat-A-Cake
Peanut Butter and Jelly
Ten Fat Sausages
The Muffin Man
This is the Pizza Sally Made

Activities



Songs and Rhymes

5 CURRANT BUNS IN A BAKER'S SHOP

Five currant buns in a baker's shop,
fat and round with a cherry on top.
Along came a boy with a penny one day,
bought a currant bun and took it away!

Four currant buns in a baker's shop,
fat and round with a cherry on top.
Along came a girl with a penny one day,
bought a currant bun and took it away!

Three currant buns in a baker's shop,
fat and round with a cherry on top.
Along came a boy with a penny one day,
bought a currant bun and took it away!

Two currant buns in a baker's shop,
fat and round with a cherry on top.
Along came a girl with a penny one day,
bought a currant bun and took it away!

One currant bun in a baker's shop,
fat and round with a cherry on top.
Along came a boy with a penny one day,
bought a currant bun and took it away!

Reference song: <https://youtu.be/-mi79hRcSXI>

A BIRTHDAY

Today is everyone's birthday!
Let's make us a cake.
Mix and stir, stir and mix (mixing motion).
Then into the oven to bake (push hands out).
Here's our cake so nice and round (make circle with hands).
We frost it pink and white (spreading motion).
We put 5 candles on it (hold up 5 fingers),
to make a birthday bright!

CHOP, CHOP, CHIPPITY, CHOP

Chop, chop, chippity chop.
Cut off the bottom,
cut off the top.
What there is left,
we'll put in the pot.
Chop, chop, chippity chop.

FRUIT SALAD

Fruit Salad, yummy yummy.
Fruit Salad, yummy yummy.
Fruit Salad, yummy yummy.
Yummy yummy
Yummy yummy
Fruit Salad!

Let's make some fruit salad today (Uh huh uh).
It's fun to do it the healthy way (Uh huh uh).
Take all the fruit that you want to eat.
It's gonna be a fruit salad treat!
Peel your bananas.
The second step,
toss in some some grapes.
The third step,
chop up some apples,
chop up some melons,
and put them on your plate.

Now we've made it, It's time to eat it (Uh huh uh).
It tastes so good that you just can't beat it (Uh huh uh).
Give everyone a plate and a spoon,
we'll all be eating it very soon!

The first step,
eat up the banana.
The second step,
eat up some grapes.
The third step,
eat up some apples,
eat the melons.
Now there's nothing on your plate.
Now we've had our fruit salad...

Reference song: <https://www.youtube.com/watch?v=CeDIXJAaPyI>

I'M A LITTLE TEAPOT

I'm a little teapot,
short and stout.
Here is my handle.
Here is my spout!
When I get all steamed up then I shout,
"Tip me over, pour me out!"

Reference song: <https://youtu.be/DibjyhN6TC8>

LET'S MAKE A CAKE

Let's bake a cake, let's bake a cake.
Putting in all the things that we like best.

A little bit of this and a little bit of that.
What shall we put in next?

Flour.

And we will mix in the flour, mix in the flour.
Stir and stir and stir and stir.

REPEAT AS MUCH AS DESIRED; CHANGE INGREDIENTS FOR EACH VERSE.

LITTLE JACK HORNER

Little Jack Horner, sat in a corner,
eating his Christmas pie.
He put in his thumb and pulled out a plum,
and said, "What a good boy I am!"

Reference song: https://youtu.be/Ymv_NV_alQc

LITTLE MISS MUFFET

Little Miss Muffet,
sat on a tuffet,
eating her curds and whey.
Along came a spider,
who sat down beside her,
and frightened Miss Muffet away!

Reference song: https://youtu.be/4XoJ5CW_44s

MAGICAL RAINBOW STEW

Take an apple, put it in a pot.
Stir it, stir it, stir it a lot.
Take it out. What will it be?
The prettiest red you ever did see.

MAKING COOKIES

I am making cookie dough, round and round the beaters go (make round motions).
And some flour from a cup, stir and stir the batter up (pour and stir).
Roll them and cut them, nice and neat (roll and cut motions),
put them on a cookie sheet (run 1 hand over the other hand).
Bake them and count them – 1, 2, 3 (use fingers to count).
And serve them to your friends for tea!

PAT-A-CAKE

Pat-a-cake, pat-a-cake, baker's man,
bake me a cake as fast as you can.
Mix it and roll it and mark it with a B,
put it in the oven for baby and me!

PEANUT BUTTER AND JELLY

First you take the peanuts and you crunch 'em, you crunch 'em.
First you take the peanuts and you crunch 'em, you crunch 'em.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

Next you take the grapes and you squish 'em, you squish 'em.
Next you take the grapes and you squish 'em, you squish 'em.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

Now you take the bread and you spread it, you spread it.
Now you take the bread and you spread it, you spread it.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

Then you take the sandwich and you eat it, you eat it.
Then you take the sandwich and you eat it, you eat it.
For your peanut, peanut butter and jelly.
Peanut, peanut butter and jelly.

TEN FAT SAUSAGES

Ten fat sausages, sizzling in a pan.
Ten fat sausages, sizzling in a pan.
One went POP and the other went BANG!
Now there's eight fat sausages sizzling in a pan.

Eight fat sausages, sizzling in a pan.
Eight fat sausages, sizzling in a pan.
One went POP and the other went BANG!
Now there's six fat sausages sizzling in a pan.

Six fat sausages, sizzling in a pan.
Six fat sausages, sizzling in a pan.
One went POP and the other went BANG!
Now there's four fat sausages sizzling in a pan.

Four fat sausages, sizzling in a pan.
Four fat sausages, sizzling in a pan.
One went POP and the other went BANG!
Now there's two fat sausages sizzling in a pan.

Two fat sausages, sizzling in a pan.
Two fat sausages, sizzling in a pan.
One went POP and the other went BANG!
Now there's no fat sausages sizzling in a pan.

Reference song: https://www.youtube.com/watch?v=pBjFM-Di7_M

THE MUFFIN MAN

Do you know the muffin man, muffin man, muffin man?
Do you know the muffin man?
Who lives on Drury Lane!

Yes I know the muffin man, muffin man, muffin man!
Yes I know the muffin man!
Who lives on Drury Lane.

Reference song: <https://youtu.be/fXFq5QsTcLQ>

THIS IS THE PIZZA SALLY MADE

This is the crust that Sally made.
This is the sauce, so red and sweet,
that goes on the crust that Sally made.
These are the olives, so black and salty,
that goes on the sauce, so red and sweet,
that goes on the crust that Sally made.

This is the crust that Sally made.
This is the sauce, so red and sweet,
that goes on the crust that Sally made.
These are the peppers, so green and crunchy,
that goes on the sauce, so red and sweet,
that goes on the crust that Sally made.

This is the crust that Sally made.
This is the sauce, so red and sweet,
that goes on the crust that Sally made.
This is the pineapple, fresh from Hawaii,
that goes on the sauce, so red and sweet,
that goes on the crust that Sally made.

This is the crust that Sally made.
This is the sauce, so red and sweet,
that goes on the crust that Sally made.
This is the pepperoni, so hot and spicy,
that goes on the sauce, so red and sweet,
that goes on the crust that Sally made.

This is the crust that Sally made.
This is the sauce, so red and sweet,
that goes on the crust that Sally made.
This is the cheese, so gooey and chewy,
that goes on the sauce, so red and sweet,
that goes on the crust that Sally made.

Activities

5 SENSES IN THE KITCHEN

Materials:

- Brown paper bags
- 3 physical fruits, vegetables or herbs

Method:

1. Place each ingredient in its own bag.
2. Explain to children that we are going to use our eyes to identify an ingredient we can cook with.
3. Hold up ingredient and ask a volunteer to tell us its name.
4. Explain to children that we will use our nose for the next ingredient.
5. Allow each child to smell the ingredient in the bag, but make sure they cannot see the ingredient.
6. Ask for a volunteer to guess what the ingredient is.
7. Explain that we will be using our ears to guess the next ingredient. This one works well when identifying an ingredient that comes from an animal – eg: if children are trying to guess an egg, you would make a chicken sound.
8. Make a sound that gives children a clue to the ingredient. Ask for a volunteer to guess the ingredient.
9. Explain that we will be using our hands for the next ingredient. Allow children to touch the item in the bag but be careful that they cannot see the item.
10. Ask a volunteer to guess what the ingredient is.
11. Finally, ask for someone to tell us which sense we haven't used yet (taste).
12. Ask for parents/carers to think of something they can cook using at least 2 of the ingredients. Encourage families to go home tonight and make that suggestion so they can taste some of our ingredients.

BUILD A PIZZA

Materials:

- Coloured paper or felt
- Scissors
- Glue

Method:

1. Cut out triangle shape from light coloured paper/felt. This will be the pizza dough.
2. Cut out a slightly smaller triangle from yellow paper/felt. This will be the cheese.
3. Each family must decide what ingredients they want to put on their pizza.
4. Children will need to get coloured pieces/felt of paper that match the ingredients they want to put in their salad.
for example, lettuce would require a green piece of paper/felt.
5. Parents/carers can assist their child to cut out the ingredient from their pieces of paper/felt.
6. Glue all ingredients onto top of each other.

Example:



BUILD A SALAD

Materials:

- Coloured paper
- Paper plate
- Scissors
- Glue

Method:

1. Each family must decide what ingredients they want to put in their salad.
2. Children will need to get coloured pieces of paper that match the ingredients they want to put in their salad.
for example, lettuce would require a green piece of paper.
3. Parents/carers can assist their child to cut out the ingredient from their pieces of paper.
4. Glue all salad ingredients to the paper plate.

Example:



JUNIOR CHEFS

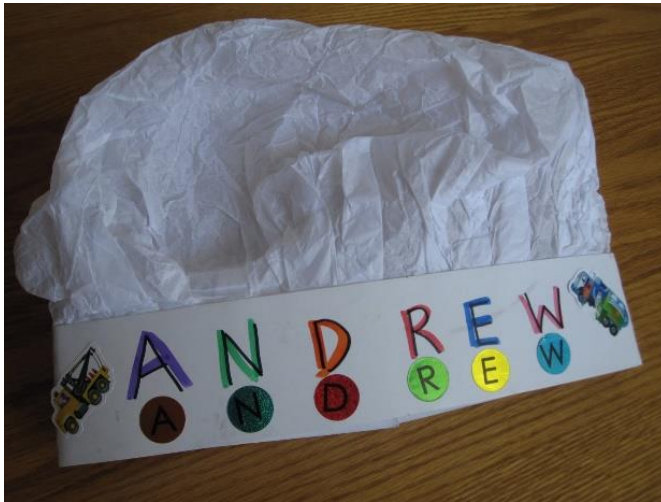
Materials:

- Chef hat
- Textas/pencils

Method:

1. Ensure each child gets a chef's hat.
2. Ask children to draw their favourite fruits and veggies on their chef's hat.
3. Encourage parents/carers to help.
4. Suggest children wear their hats while helping in the kitchen.

Example:



WATERMELON PIZZA

Materials (fruits to be precut):

- Watermelon
- Yogurt
- Assortment of fruit
- Paper plates
- Plastic spoons

Method:

1. Children start making their pizza by spreading yogurt over a slice of watermelon.
2. Children can then choose their toppings and place onto their pizza.
3. Eat and enjoy!

Example:

