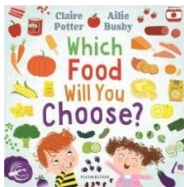
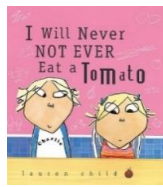


Storytime Food Choices Kit Contains

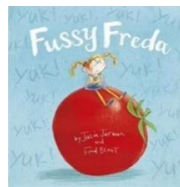
Books



Which Food Will You Choose? by Claire Potter



I Will Never Not Ever Eat a Tomato by Lauren Child



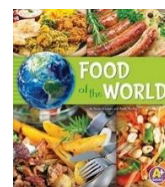
Fussy Freda by Julia Jarman



Choose Good Food by Gina Bellisario



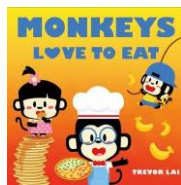
Healthy Foods from Around the World by Beth Bence Reinke



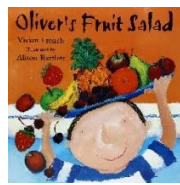
Food of the World by Nancy Loewen



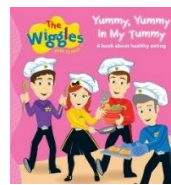
The Healthy Harvest by Emma Martin



Monkeys Love to Eat by Trevor Lai



Oliver's Fruit Salad by Vivian French



Yummy, Yummy in my Tummy by The Wiggles

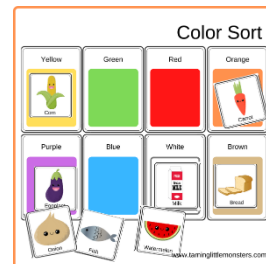
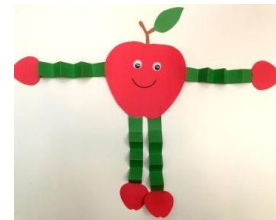


How Do Dinosaurs Eat Their Food? by Jane Yolen & Mark Teague

Songs and Rhymes

- An Apple a Day
- Apple Roll
- Bananas in Pyjamas
- Eat an Apple
- Five Red Strawberries
- Fruit Salad
- Go Bananas
- Here We Go On a Picnic
- Hot Potato
- Hungry Ants
- I Ate a Rainbow
- One Potato, Two Potato
- Peanut Butter & Jelly
- Picnic Time
- Vegetable Song
- Vegetable Song (variation)
- Vegetable Soup
- Vegetable Soup (variation)
- Veggie Boogie
- Yellow Butter

Activities



Songs and Rhymes

AN APPLE A DAY

An apple a day, sends the doctor away.
Apple in the morning, doctor's warning!
Roast apple at night, starves the doctor outright.
Eat an apple going to bed, knock the doctor on the head. x2

Three each day, seven each week,
ruddy apple, ruddy cheek. x2

An apple a day, sends the doctor away.
Apple in the morning, doctor's warning!
Roast apple at night, starves the doctor outright.
Eat an apple going to bed, knock the doctor on the head. x2

Three each day, seven each week,
ruddy apple, ruddy cheek. x2

Reference song: <https://www.youtube.com/watch?v=7fbCb6J8H2U>

APPLE ROLL

Five little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

Four little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

Three little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

Two little apples in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
How many apples left to eat?

One little apple in a bowl,
one fell out and started to roll.
It bumped the table and hit my feet.
No more apples left to eat!

BANANAS IN PAJAMAS

Bananas, in pajamas, are coming down the stairs.
Bananas, in pajamas, are coming down in pairs.
Bananas, in pajamas, are chasing teddy bears,
because, on Tuesdays, they all like to catch them unawares.

Reference song: <https://www.youtube.com/watch?v=EqPT80Skq9Q>

EAT AN APPLE

Eat an apple (right hand to mouth).
Save the core (right hand into fist).
Plant the seeds (scatter over ground),
and grow some more (extend arms up)!

FIVE RED STRAWBERRIES

Five red strawberries, sweet to the core.
Bear came and ate one so then there were four.
Four red strawberries, growing near a tree.
Bear came and ate one so then there were three.
Three red strawberries, for you and you and you.
Bear came and ate one so then there were two.
Two red strawberries, sitting in the sun.
Bear came and ate one so then there was one.
One red strawberry, left all alone.
Bear came and ate it so then there was none!

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>

GO BANANAS

Peel bananas,
Peel-peel bananas!
Peel bananas,
Peel-peel bananas!

Chop bananas,
Chop-chop bananas!
Chop bananas,
Chop-chop bananas!

Smash bananas,
Smash-smash bananas!
Smash bananas,
Smash-smash bananas!

Mix bananas,
Mix-mix bananas!
Mix bananas,
Mix-mix bananas!
Eat bananas,
Eat-eat bananas!
Eat bananas,
Eat-eat bananas!

GO BANANAS!
GO-GO BANANAS!
GO BANANAS!
GO-GO BANANAS!

HERE WE GO ON A PICNIC

To the tune of 'Here We Go Round the Mulberry Bush'

Here we go on a picnic today,
picnic today, picnic today.
Here we go on a picnic today,
on such a beautiful Friday.

This is the way we spread our cloth,
spread our cloth, spread our cloth.
This is the way we spread our cloth,
on such a beautiful Friday.

This is the way we eat our lunch,
eat our lunch, eat our lunch.
This is the way we eat our lunch,
on such a beautiful Friday.

This is the way we play our games,
play our games, play our games.
This is the way we play our games,
on such a beautiful Friday.

This is the way we clean it up,
clean it up, clean it up.
This is the way we clean it up,
after a delightful picnic!

We had fun on our picnic today,
picnic today, picnic today.
We had fun on our picnic today,
on such a beautiful Friday!

HOT POTATO

Hot potato, hot potato (hot potato, hot potato).
Hot potato, hot potato (hot potato, hot potato).
Hot potato, hot potato (potato), potato (potato).
Potato, potato, potato.

Cold spaghetti, cold spaghetti (cold spaghetti, cold spaghetti).
Cold spaghetti, cold spaghetti (cold spaghetti, cold spaghetti).
Cold spaghetti, cold spaghetti (spaghetti), spaghetti (spaghetti).
spaghetti, spaghetti, spaghetti.

Whooo, wiggly wiggly wiggly.
Whooo, wiggly wiggly wiggly.
Gimme that, gimme that, gimme that, food.

Whooo, wiggly wiggly wiggly.
Whooo, wiggly wiggly wiggly.
Gimme that, gimme that, gimme that, food.

Mashed banana, mashed banana (mashed banana, mashed banana).
Mashed banana, mashed banana (mashed banana, mashed banana).
Mashed banana, mashed banana (banana), banana (banana).
Banana, banana, banana.
Whooo!

Reference song: <https://www.youtube.com/watch?v=0v4-eAefurY>

HUNGRY ANTS

Five hungry ants, marching in a line.
They came upon a picnic, where they could dine.
They marched into a salad,
they marched into a cake.
They marched into the pepper....
UH-OH! That was a mistake!

I ATE A RAINBOW

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I ate a rainbow, yes I did.
It was colourful and it tasted good.
Red. Red.
Tomatoes, cherries, chillies, peppers,
strawberries, beets, rhubarb and berries.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Green. Green.
Broccoli, beans, celery and apples.
Spinach, pears and peas and lettuce.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I am on my way to the pot of gold at the end of my vegetable rainbow.
I ate a rainbow, yes I did.
It was colourful and it tasted good.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Yellow. Yellow.
Mango, corn, squash, pineapple,
bananas, lemon and rockmelon.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Orange. Orange.
Oranges, pumpkins, apricots,
nectarine, cantaloupe, peach, carrot.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I am on my way to the pot of gold at the end of my vegetable rainbow.
I ate a rainbow, yes I did.
It was colourful and it tasted good.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
White. White.
Brown. Brown.
Mushrooms, onions, cauliflower,
garlic, parsnip, potatoes.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
Purple, purple.
Blueberries, blackberries, plums and grapes,
eggplant, raisins, cabbage and dates.

I ate a rainbow, yes I did.
It was colourful and it tasted good.
I am on my way to the pot of gold at the end of my vegetable rainbow.
I ate a rainbow, yes I did.
It was colourful and it tasted good.
I ate a rainbow, yes I did.
It was colourful and it tasted good.

Reference song: <https://www.youtube.com/watch?v=JXzyizJuMu8>

ONE POTATO, TWO POTATO*

**can be used with one potato, two potato activity or by having kids stack their fists as they sing.*

One potato, two potatoes, three potatoes, four.
Five potatoes, six potatoes, seven potatoes, more.

REPEAT AS MUCH AS DESIRED.

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.

PICNIC TIME

Going on a picnic, gonna pack a lunch.
What should we bring to munch, munch, munch?
(kids to suggest different foods).
Ready for a picnic, ready with a lunch.
Now we're ready to munch, munch, munch!

VEGETABLE SONG

To the tune of 'Head, Shoulders, Knees and Toes'

Sprouts, carrots, peas and beans,
peas and beans.

Sprouts, carrots, peas and beans,
peas and beans.

And onions and corn and potatoes too,
sprouts, carrots, peas and beans,
peas and beans.

VEGETABLE SONG

To the tune of 'Twinkle Twinkle Little Star'

Carrots, peas and broccoli,
vegetables are good for me.

For my snack and in my lunch,
veggie sticks are great to munch.

Carrots, peas and broccoli,
vegetables are good for me.

VEGETABLE SOUP

To the tune of 'London Bridge'

We are making vegetable soup,
vegetable soup, vegetable soup.

We are making vegetable soup,
now put in the (vegetable of your choice).

Take the (vegetable) and stir it up,
stir it up, stir it up.

Take the (vegetable) and stir it up,
while making vegetable soup.

REPEAT AS MUCH AS DESIRED WITH ANY VEGETABLES OF YOUR CHOOSING.

VEGETABLE SOUP

Carrot (carrot).

Cabbage (cabbage).

Broccoli (broccoli).

One, two, three.

Let's chop some carrots (carrots),
na na na.

Let's chop some cabbage (cabbage),
na na na.

Let's chop some broccoli (broccoli),
na na na.

Some vegetables for you and me.

Carrot, cabbage, broccoli (carrot, cabbage, broccoli).

Some vegetables for you and me.

And we sing na na na (na na na).

And we sing na na na (na na na).
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.

Potato (potato).
Spinach (spinach).
Celery (celery).
One, two, three.
Let's chop potatoes (potatoes),
na na na.
Let's chop some spinach (spinach),
na na na.
Let's chop some celery (celery),
na na na.
Some vegetables for you and me.
Potato, spinach, celery (potato, spinach, celery).
Some vegetables for you and me.
And we sing na na na (na na na).
And we sing na na na (na na na).
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.

Garlic (garlic).
Onion (onion).
Leek (leek).
One, two, three.
Let's chop garlic (garlic),
na na na.
Let's chop some onion (onion),
na na na.
Let's chop some leek (leek),
na na na.
Some vegetables for you and me.
Garlic, onion, leek (garlic, onion, leek).
Some vegetables for you and me.
And we sing na na na (na na na).
And we sing na na na (na na na).
Vegetables for you (you!)
Vegetables for me (me!)
Vegetables for you and me.
Vegetables for you (you!)

Vegetables for me (me!)
Vegetables for you and me.

Reference song: <https://www.youtube.com/watch?v=RE5tvaveVak>

VEGGIE BOOGIE

Come on, come on,
do the veggie boogy.
Come on, come on,
do the veggie boogy.

We like our vegetables,
yes we do.
We like our vegetables,
they are good for you.
We like our vegetables,
they make us strong.
We like our vegetables,
come on, sing along!

YELLOW BUTTER

Yellow butter, purple jelly, red jam, black bread.
Spread it thick. Say it quick.

Yellow butter, purple jelly, red jam, black bread.
Spread it thicker. Say it quicker.

Yellow butter, purple jelly, red jam, black bread.
Now repeat it. While you eat it.

Yellow butter, purple jelly, red jam, black bread.
Don't talk with your mouth full!

Activities

APPLE PERSON

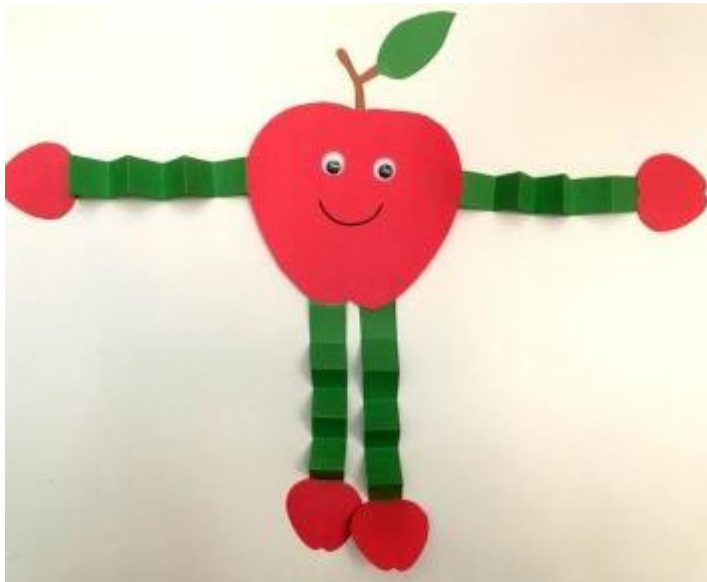
Materials:

- Apple template
- Green paper
- Red paper
- Brown paper
- Googly eyes
- Black texta
- Red textas/pencils
- Scissors
- Glue

Method:

1. Allow time for children to colour in their apple.
Alternative option is to print the template on red paper.
2. Cut out the apple template.
3. Cut strips from the green paper. These can be folded or not.
4. Glue the green strips – legs and arms – to the apple template.
5. Cut feet and hands from the red paper. Glue to the ends of the green strips.
6. Cut a stem from the brown paper. Cut a leaf from the green paper. Glue to the top of the apple.
7. Glue googly eyes and draw a mouth on the apple.

Example:



COLOUR SORTING RELAY

Materials:

- Coloured pieces of paper
- Food images or food props

Method:

1. Divide the children into 2 even teams and get them to line up.
2. Place the paper in a central space. Place the food images/props in between the 2 teams.
3. Children take it in turns to choose a food item and match it with the coloured paper.

Variation:

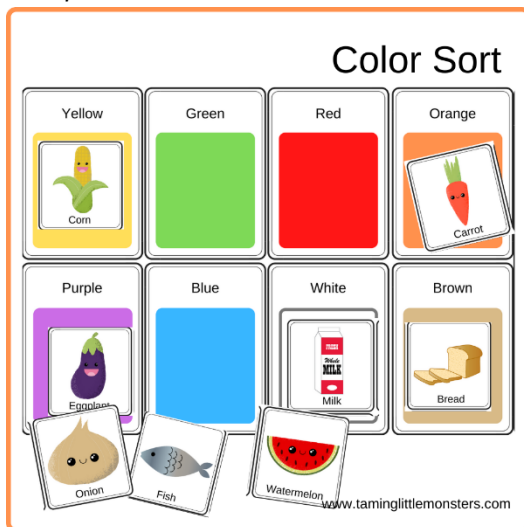
Materials:

- Board
- Food images
- Glue

Method:

1. Give each child a board, glue and pack of food images.
2. Children must match 1 item of food with each colour.
3. Stick the food item onto the colour and allow children to take their board home.

Example:



OLIVER'S FRUIT SALAD CRAFT

Materials:

- White paper
- Coloured paper
- Textas/pencils
- Glue
- Scissors

Method:

1. Children will draw their fruit on the white paper. Colour it in.
2. Cut out fruit shape.
3. Cut out strips from the coloured paper. Leave straight or fold them up. Glue the strips to make arms and legs for your fruit.
4. Cut out semi circles from coloured paper. Glue these to the end of the strips to make hands and feet.
5. Cut out eyes from the white paper. Glue these onto the fruit. Draw small black dots on the eyes.
6. Draw a mouth and nose or cut these from coloured paper.

Example:



PAPER PLATE MEALS

Materials:

- Magazines or images of food
- Paper plates
- Glue
- Scissors

Method:

1. Families will each need a magazine or images of food to cut out. They will also need 1x paper plate and glue.
2. Cut out pictures of food and glue them onto a plate to make a
 - a. Breakfast
 - b. Lunch
 - c. Dinner

Example:



VEGGIE PERSON

Materials:

- Images of vegetables
- Paper
- Glue
- Scissors

Method:

1. Allow families time to cut out the vegetables they want to use.
2. Each family will need to assemble their veggie person by gluing their images onto a piece of paper.

Optional substitution: Use real vegetables. Families would need to cut up their vegetables and assemble their person using toothpicks.

Example:



WE'RE GOING ON A PICNIC

Materials:

- Tablecloth or picnic rug
- Picnic basket
- Plastic cups
- Plastic plates
- Plastic cutlery
- Napkins
- Food props

Method:*

**This is a play based activity; there is flexibility in how it is run. Below are some ideas that could be used together or separately.*

1. Use the song "Here We Go On a Picnic" to set up the picnic.
2. Use the song "Picnic Time" to decide what we could take on our picnic.
3. When children are choosing foods, highlight if these are everyday or sometimes choices.
4. Children can pretend to be on a picnic and make a plate of food they could eat, using the food props. Encourage teamwork by getting children to work together to build their picnic plate.
5. Where possible, encourage children to have a variety of foods from the different food groups on their plate.
6. Children could share their plate with the class, highlighting the different food groups and why these foods are good for our bodies.

Example:

