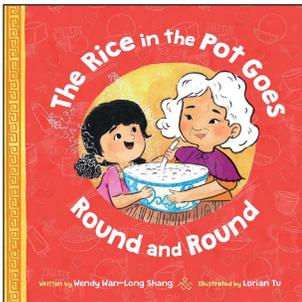
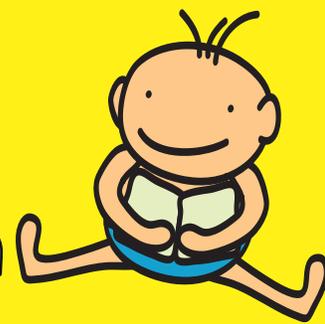




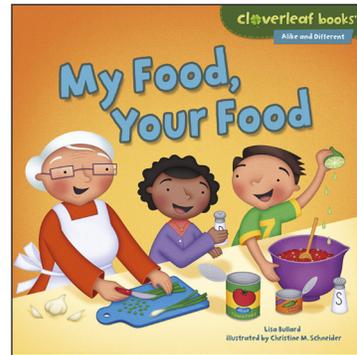
Early Learning Books, Rhymes & Fun



The Rice in the Pot Goes Round and Round by Wendy Won-Long Shang

This fun variation on “The Wheels on the Bus” song features a loving family gathering at their round table to eat. The illustrations are bright and inviting, perfectly

capturing the joyful family mood. A glossary includes featured foods as well as information about a traditional Chinese family and table etiquette. This is a wonderful book for preschoolers and anyone who likes to sing!



*My Food, Your Food, Our Food by Emma Carlson Berne

A story/song about how people’s food may differ, but it keeps us all alive and we love it! The repeating phrase in this book will be fun

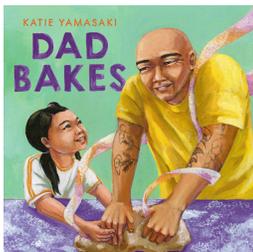
for children to chant during the reading. The lyrics and the melody are included at the end, so you may sing this book as well! Preschool.

Other books about food

All books that have an asterisk are available to read as an e-book on OverDrive.

*Bilal Cooks Daal by Aisha Saeed

A fun book about a boy and his friends occupying themselves as the Daal they are cooking takes all day. Includes a recipe for Daal. Preschool, young school age.



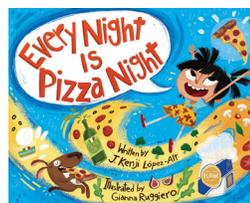
Dad Bakes by Katie Yamasaki

Beautifully illustrated with very spare text, this book features a father and daughter and a day of baking bread. That the father was once incarcerated is not wholly evident until you read the note

at the end. The sweetness of the day and the love in the relationship are the true stars in this gorgeous book. Highly recommended for all ages.

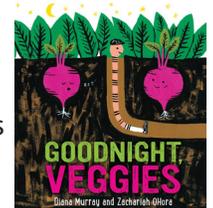
*Every Night is Pizza Night by J. Kenji López-Alt

A young girl who eats pizza every night, begins to try the different foods her neighbors eat in this hilarious book. Includes a recipe for Pipo’s Pizza. Young school age.



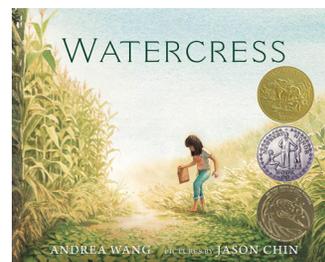
Goodnight Veggies by Diana Murray

A sweet goodnight book about veggies in the garden going to sleep. All ages.



The Last Marshmallow by Grace Lin

(Storytelling Math Series board book) This simple and wonderful book uses food to introduce beginning math concepts. Infants and toddlers.



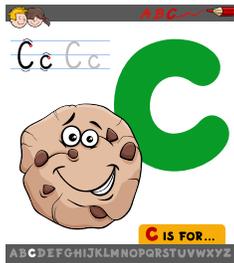
Watercress by Andrea Wang

When her family stops by the roadside to gather watercress, a young girl ponders why they are doing this, which ends up bringing her closer to her

Chinese heritage. A lovely book for young school age. (Winner of the Caldecott Medal for most distinguished American picture book of 2022!)

C is for Cookie

C is for Cookie, that's good enough for me.
C is for Cookie, that's good enough for me.
C is for Cookie, that's good enough for me.
Oh! Cookie, cookie, cookie starts with C!



Variant:

Adapt for any letter of the alphabet, such as "A is for apple" or "Z is for Zucchini."

Alligator, Alligator

Alligator, alligator
(open and close hands like an alligator's mouth)

Alligator pie.

If I don't get some,

I think I'm gonna cry. (pretend to cry)

You can take away the grass,
(wiggle fingers like grass blowing)

Take away the sky,
(hands over head)

But don't take away
(do alligator's mouth again)

My alligator pie.



Fun Learning Activities

Fruit Kebabs

Supplies:

- Fruit of different colors
- Kebab sticks

Cut the fruit into pieces and separate the different fruit. Demonstrate for the children how to thread a piece of fruit onto the skewer.

Use this activity as a math activity – how many pieces of fruit did they use? How many pieces of each fruit? Which fruit did they use more of? What patterns do they see?

Then eat the fruit kebabs as snack!



Different Tastes

Supplies:

Snack foods that are:

- Salty
- Spicy
- Sweet
- Sour
- Tangy

(for example, pretzels, spicy crackers, M&Ms or berries, lemon slices, orange slices)

Together, taste each snack one at a time and talk about its taste. What is sweet? What does sour taste like? What taste is their favorite? What other types of food taste like that? Talk about the fact that taste is one of our five senses.



Did you Know?

The Family Support Partnership features all sorts of free resources and classes for families. You may read about them here: <https://www.tpchd.org/healthy-people/family-support-partnership>