

# discovery time

## A Trip to the Grocery Store

Parents and caregivers, extend Discovery Time into your home. Share these fingerplays and activities with young children. **The letter for this theme is F.**

### Pat-A-Cake

Pat-a-cake, pat-a-cake

*(Pat hands together)*

Baker's man.

Bake me a cake as fast as you can.

Roll it, and pat it,

*(Roll and clap hands)*

And mark it with a B,

*(Trace B on palm)*

And put it in the oven

*(Extend both hands)*

For baby and me.

*(Point to baby and self)*

### I Eat

*(Pretend to eat the foods as described)*

I eat apples—

Crunch, crunch, crunch.

I eat sandwiches—

Munch, munch, munch.

I eat lollipops—

Lick, lick, lick.

But I eat ice cream—

Quick, quick, quick.

### Are You Eating?

*(Tune: "Are You Sleeping?")*

Are you eating, are you eating,

Healthy foods, healthy foods?

For your body needs them.

For your body needs them.

Every day, every day.

### Happily We Eat Our Food

*(Tune: "Mary Had a Little Lamb")*

Happily we eat our foods.

Eat our foods.

Eat our foods.

Happily we eat our foods.

To grow up big and strong.

Happily we drink our milk.

Drink our milk.

Drink our milk.

Happily we drink our milk.

To grow up big and strong.

*Additional verses:*

*Happily we eat our veggies.*

*Happily we eat our bread.*

### If You Love Spaghetti

*(Complete actions at end of each line)*

If you love spaghetti, smack your lips.

If you love hamburgers, shake your hips.

If you love onions, cry, cry, cry.

If you love chicken, fly, fly, fly.

If you love ice cream, tap your toes.

If you love applesauce, touch your nose.

If you love zucchini, wiggle around.

If you love bananas, touch the ground.

If you love spinach, jump up high.

If you love pizza, touch the sky.

If you love apples, stand up tall.

Now say which food you love best of all!



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**Help your child get ready to read with these simple activities.**

- **Talking:** Invite your child to grocery shop with you. Discuss the various types of fruits and vegetables found in the produce section, or the colors of the boxes on the cereal aisle. Show him your grocery list and encourage him to help search for the next item.
- **Singing:** Sing one of the songs on the reverse of this handout with your child as you shop or prepare a meal together.
- **Reading:** Read a cookbook with your child. Discuss the pictures and read the instructions for preparing the recipe with her. The Library has a variety of cookbooks for children.
- **Writing:** Use items you have purchased at the grocery store for a creative writing activity. Place a cup of flour or sugar in a shallow pan and encourage your child to write with his finger. Alternatively, try using dry spaghetti or macaroni to form letters of the alphabet.
- **Playing:** Make simple picture shopping lists, which show three to five food and drink items. Take turns with your child pretending to be the customer, the cashier, or the bagger at the grocery store.

## family literacy tip

### **Meal Preparation and Literacy**

You can help your child hone basic math skills by doing something as simple as counting eggs or pouring water into a measuring cup. You can ask what comes first, second, and third or count together as you spoon dough onto a cookie sheet. When you read a recipe together, you're introducing new words to your child's vocabulary and promoting literacy. Following steps in the recipe can work on listening skills.

“Cooking With Preschoolers.” Edited by Mary L. Gavin, MD, *KidsHealth*, Nov. 2014, [www.kidshealth.org/en/parents/cooking-preschool.html](http://www.kidshealth.org/en/parents/cooking-preschool.html). Accessed 29 Oct. 2018.



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