



Food

Suggested Supplementary Activities

Pat-A-Cake

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Baker's man.

Bake me a cake as fast
as you can.

Roll it,

And pat it,

And mark it with a "B"

And put it in the oven
for baby and me!

Way Up High

Way up high, in the apple tree
(raise hands over head)

Two red apples smiled at me
(smile)

So I shook that tree as har-r-d as
I could (Pretend to shake tree)
Down came the apples, mmm,
they were good!!!! (Rub tummy)



Picked a Strawberry

(Can be sung to the Tune: Clementine)

Picked a strawberry,

Picked a strawberry,

That was growing

In the sun,

Then I washed it,

And I ate it,

And I picked another one.

I Am Making Cookie Dough

Round and round the beaters go! (arms
go round)

Add some flour from a cup (pretend to
pour)

Stir and stir the batter up (pretend to
stir)

Roll them, and cut them, nice and neat
(roll hands, pretend to cut)

Put them on a cookie sheet (lay out
cookies)

Bake them and count them 123 (count
with fingers)

And serve them to your friends with
tea!

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Pasta Necklace

Items Needed:

- Assortment of uncooked pasta: macaroni, rigatoni, penne, etc.
- Paint or food coloring
- 1/2 cup vinegar for each cup of water
- 1 jar or bowl filled with 2 cups water for each color
- Cookie sheet or tray
- String
- Scissors
- Paint brush (optional)
- Colander (optional)



Directions:

1. Add 1/2 Cup vinegar to the 2 cups of water.
2. Add the pasta to the water and vinegar mixture
3. Add 4 to 5 drops of paint or food coloring to the mixture
4. Soak the pasta in the mixture for at least 20 minutes
5. Drain the pasta into a strainer or colander
6. Dry the pasta on a cookie sheet for about 30 minutes or until the pasta is dry.
7. Use scissors and cut a piece of string to the desired length
8. Tie a knot through one piece of pasta.
9. Thread the remaining pieces of pasta on the string
10. Finally tie the two ends of the string together.



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Apple Star Stamping

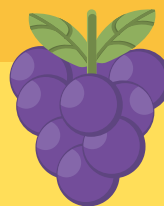
Items Needed:

- Apples, cut horizontally
- Tempera Paints in different colors
- Paper Plates
- White Construction Paper
- Corn Cob Holder (Optional)



Directions:

1. Take an apple and cut it horizontally. You should see a star shape in the middle. (You can place a corn cob holder into the apple for easier control)
2. With the cut side of the apple, place the apple in one of the paint colors
3. "Stamp" the apple with the paint on to the construction paper
4. Try different colors and have fun!



Extra Enrichments

Sing and Dance along with these fun songs!

Sing and Dance with The Wiggles as they perform Fruit Salad, Yummy, Yummy! Scan the QR Code Below



Sing and Dance with Bounce Patrol as they perform the Ice Cream Song! Scan the QR code below

