

EXPLORE A WORLD OF WONDER
WITH THIS BACKPACK!

Food

PRE-SCHOOL

BOOKS IN THIS KIT

- The Apple Pie Tree | Zoe Hall
- Eat Like a Bear | April Pulley Sayre
- Feast for Ten | Cathryn Falwell
- Plants Feed Me | Lizzy Rockwell
- Rah, Rah, Radishes! | April Pulley Sayre

MORE BOOKS AT MLCL

- Eating the Alphabet | Lois Ehlert
PICTURE PAPERBACK EHLERT
- From Wheat to Bread | Kristen Thoennes Keller
JUV NONFIC 664.7523 THO
- Kitchen Science Lab | Liz Lee Heinecke
JUV NONFIC 507.8 HEI
- Pretend Soup and Other Real Recipes | Mollie Katzen
JUV NONFIC 641.5 KAT
- Trout are Made of Trees | April Pulley Sayre
JUV NONFIC 577.16 SAY



IDEA

Talk about the different foods you've read about in these books. Are there some you haven't tried yet? Are there some you don't want to try? Any that are your favorite?

GET LOCAL

Visit a farmers market or go grocery shopping. Practice counting and adding as you put items in your basket. Talk together about where food comes from.





Bake Bread

ACTIVITY

Cooking is the ultimate home chemistry experiment! While preparing bread, your child will practice measuring and mixing liquids and solids together. They will also experience the satisfaction of eating something they made themselves.

WHAT YOU NEED

- 1½ cups all-purpose flour (more for shaping the dough)
- 1 tsp. salt
- 1 tsp. rapid-rise yeast (heaping)
- 2/3 cup water (lukewarm)
- 1 gallon plastic zip-top bag (or a bowl and spoon)
- Baking sheet or Dutch oven
- Parchment paper or oil • Oven (450 degrees)

TRY THIS

1. Help child measure flour, salt and yeast into the zip-top bag. Seal. Shake.
2. Open the bag and add water. Close; gently knead.
3. Open the bag; let sit at room temperature for two hours.
4. Cut open the bag. Sprinkle the dough and your child's hands with flour. Be generous!
5. Have your child shape the dough into a ball. Place the ball on a parchment-lined or oiled baking sheet. Preheat oven.
6. Slash the dough with a serrated knife. Bake for 25-30 minutes.

RHYME

The Food Chant

Apples on a tree
Apples on a tree
Pick them off
Eat them up
Apples on a tree
Carrots in the ground
Carrots in the ground
Pull them up
Wash them off
Carrots in the ground
Food in your tummy
Food in your tummy
Lick your lips
Mmm Mmm Mmm
Yum yum yummy

FIELD NOTEBOOK

Encourage your child to draw a picture or paste in a photo of their favorite food. Write down what they say they like about it.