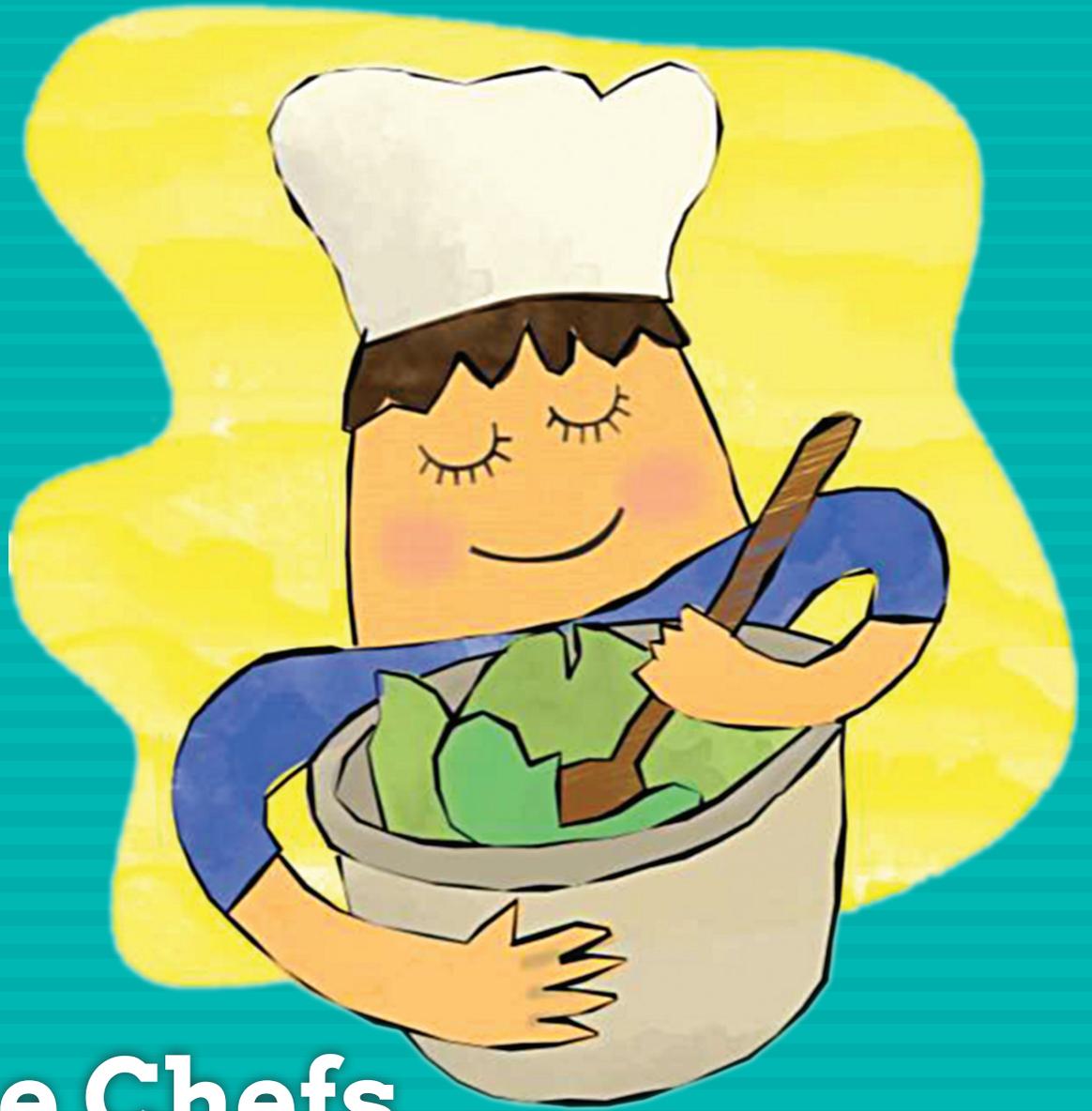


Family
Literacy



Little Chefs

Family Literacy Cooking Program

Acknowledgements

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The NWT Literacy Council is a territorial non-profit group that promotes and supports literacy in all official languages of the NWT. Our program areas include Aboriginal languages, family literacy, adult literacy and essential skills, youth literacy, and plain language.

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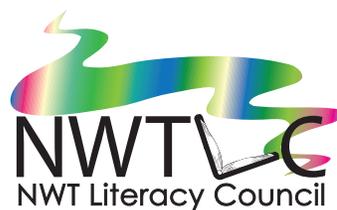
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Introduction

Little Chefs is a cooking program for family literacy groups. Cooking is a great activity to share with children. It is simple to organize and do, and VERY fun. Children gain other skills as they help with cooking: reading, counting, and measuring skills. And the food you cook together always tastes so good!

The Little Chefs program has 15 sessions and each session features a different book. We provide an outline of activities for that session, and all the information you need to carry out the activities.

- Choose a different session each week and run the sessions for 15 weeks.
- Use a whole session or individual activities. Add to the ideas in any way you want.

Preparing **any** recipe involves literacy. Any time you talk and do things with preschool children, you help them develop language skills. Older children may gain practice reading and writing recipes, following step-by-step instructions, weighing and measuring, and working with fractions.



Aprons and Chef Hats

To make cooking even more fun, make or buy an apron and chef hat for each child. See the following page for instructions to make a simple paper chef's hat.

For easy-to-use patterns for an apron and chef's hat, look to these Web sites:

- Apron: www.craftbits.com/toolbox/print_project/3220
- Hat: www.youcanmakethis.com/info/featured-products/free-child-and-adult-size-chef-hat.htm

If you have plain white (or coloured) aprons and hats, you can decorate them. Use permanent markers or fabric paint. Draw pictures and write each child's name on their apron. Be creative. Involve the children with the decorating if you feel comfortable doing that.



Tissue Paper Chef's Hat

Make a simple paper hat out of bristol board and tissue paper.

Supplies

- A piece of bristol board cut into strips 3 inches high and long enough to go around a child's head
- Tissue paper, any colour
- Markers

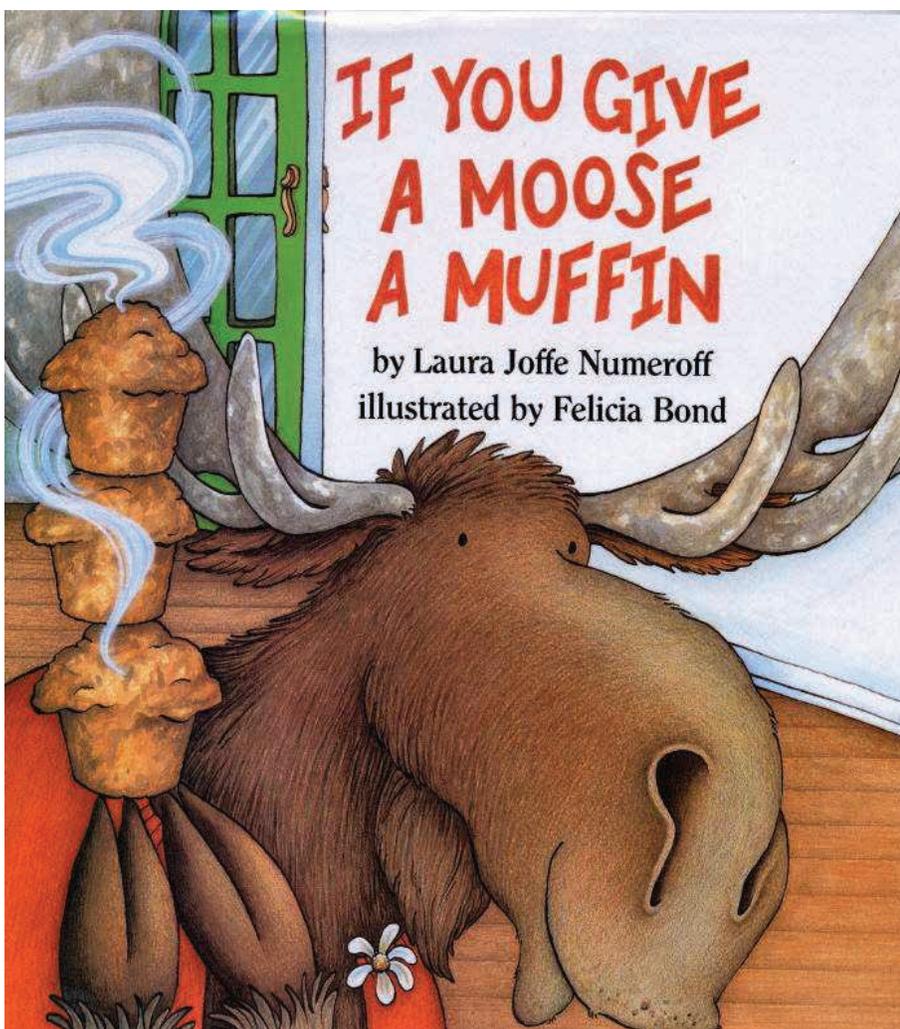
To make the tissue paper chef's hat

1. Measure a bristol board strip around each child's head to make the hat band. Cut the band a bit longer than needed to wrap around the head.
2. Ask each child to decorate the band. After they decorate the band, staple it together so it fits the child's head.
3. Take one sheet of tissue paper and staple the outer edges of it to the band.
4. Puff the tissue paper up on the top of the hat.



If You Give a Moose a Muffin

by Laura Joffe Numeroff



**If You Give a
Moose a Muffin**
by Laura Joffe Numeroff

Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.

- Sing a welcoming song.
- Take requests for favourite songs to sing.
- Try the “Moose Songs and Rhymes” on the following pages.



2. Read *If You Give a Moose a Muffin*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Basic Muffins”



4. Have craft time.

- See “Make a Moose”
- See “Sock Puppets”



Moose Songs and Rhymes

Enjoy these songs and rhymes about moose.

Bwaa, Bwaa, Black Moose¹

Bwaa, bwaa, black moose,
Have you any fat?

Yes sir, yes sir
Three packsacks.

One for your grandma,
One for your aunts,

And one for the skinny boy
Who falls through his pants.

Bwaa, bwaa, black moose,
Have you any fat?

Yes sir, yes sir,
Three packsacks.



¹ *Mother Raven Nursery Rhymes* by Peter Redvers. 1992. Hay River, NT Crosscurrents Associates

Little Miss Moosehump²

Little Miss Moosehump,
Sat on a tree stump,
Eating some tea and bannock.

But a raven flew near,
And cawed in her ear—
Caw! Caw!
And caused poor Miss Moosehump to panic!



² From: *Mother Raven Nursery Rhymes* by Peter Redvers. 1992. Hay River, NT
Crosscurrents Associates

Over in the Forest

Over in the forest in the bushes in the sun,
Lived an old mother moose
and her little moose calf one.
“Eat,” said the mother. “I’ll eat,” said the one.
So they ate and were happy
in the bushes in the sun.



Over in the forest where the tall trees grew,
Lived an old mother bear
and her little bear cubs two.
“Run,” said the mother. “We’ll run,” said the two.
So they ran and were happy
where the tall trees grew.



Over in the forest in a hole in a tree,
Lived an old mother woodpecker
and her little woodpeckers three.
“Peck,” said the mother. “We’ll peck,” said the three.
So they pecked and were happy
in their hole in the tree.



Over in the forest on the soft moss floor,
Lived an old mother rabbit
and her little rabbits four.
“Sleep,” said the mother. “We’ll sleep,” said the four.
So they slept and were happy
on the soft moss floor.



Over in the forest in a big gray hive,
Lived an old mother hornet
and her little hornets five.

"Buzz," said the mother. "We'll buzz," said the five.
So they buzzed and were happy
in their big gray hive.



Over in the forest in a nest made of sticks,
Lived an old mother raven
and her little ravens six.

"Caw," said the mother. "We'll caw," said the six.
So they cawed and were happy
in their nest made of sticks.



Over in the forest in a pond smooth and even,
Lived an old mother beaver
and her little beavers seven.

"Swim," said the mother. "We'll swim," said the seven.
So they swam and were happy
in their pond smooth and even.



Over in the forest as the day grew late,
Lived an old mother owl
and her little owls eight.

"Hunt," said the mother. "We'll hunt," said the eight.
So they hunted and were happy
as the day grew late.



Over in the forest in a tall green pine,
Lived an old mother squirrel
and her little squirrels nine.



“Chatter,” said the mother. “We’ll chatter,” said the nine.
So they chattered and were happy
in the tall green pine.

Over in the forest in a warm cozy den,
Lived an old mother wolf
and her little wolf cubs ten.



“Play,” said the mother. “We’ll play,” said the ten.
So they played and were happy
in their warm cozy den.

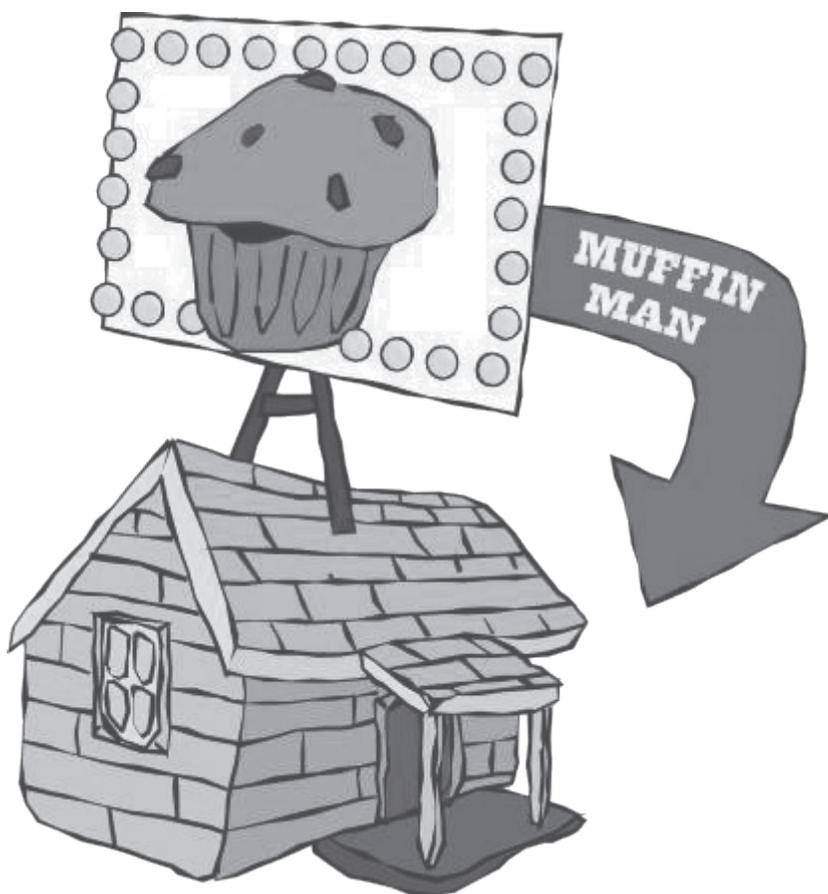
Do You Know the Muffin Man?

Oh, do you know, the muffin man,
The muffin man, the muffin man.

Oh, do you know, the muffin man,
Who lives on Drury Lane?

Oh, yes I know, the muffin man,
The muffin man, the muffin man,

Oh, yes I know, the muffin man,
Who lives on Drury Lane.



Snack Time Recipe: Basic Muffins

This recipe makes a dozen muffins. Consider one of the variations on the basic muffin recipe.

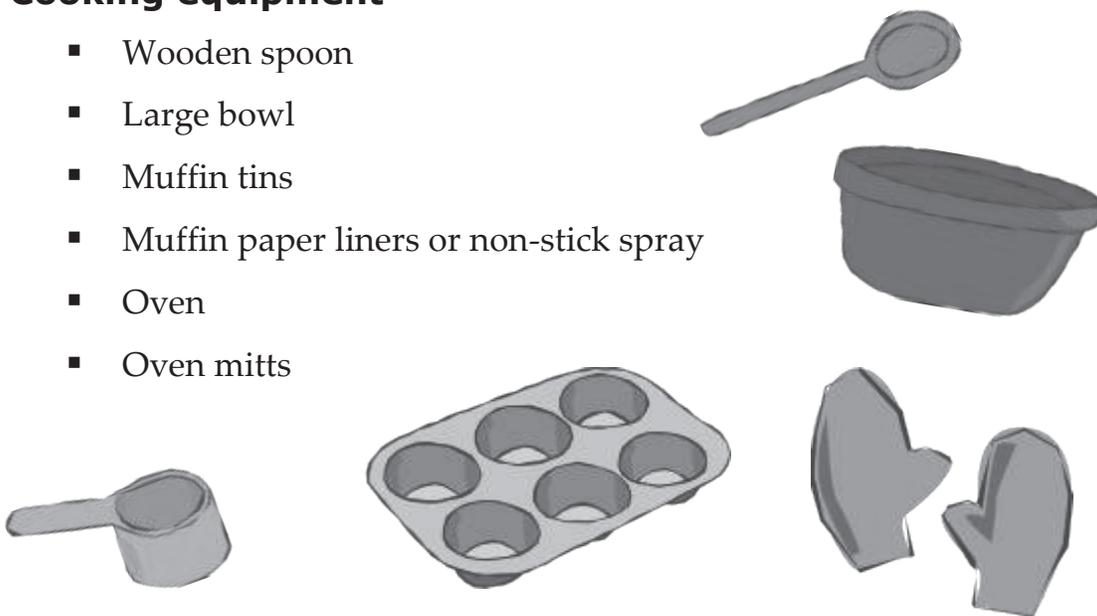
To introduce this activity

- Ask the children if they have ever made muffins. Explain that today they are making muffins. And everyone has a chance to take a turn and do something to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.

While one adult takes charge, other adults help the children participate as much as possible in cooking and clean-up. For example, children can take turns measuring ingredients or stirring things. Discuss different ingredients: their colour, texture, and amount.

Cooking equipment

- Wooden spoon
- Large bowl
- Muffin tins
- Muffin paper liners or non-stick spray
- Oven
- Oven mitts



Ingredients

- 2 cups (474 millilitres) flour
- 1 Tablespoon (15 millilitres) baking powder
- 1/2 teaspoon (2 1/2 millilitres) salt
- 3/4 cup (178 millilitres) white sugar
- 1 egg
- 1 cup (237 millilitres) milk
- 1/4 cup (59 millilitres) oil



To make basic muffins

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Coat the muffin tins with non-stick spray or use paper liners.
3. In a large bowl, mix together the dry ingredients:
 - 2 cups (474 millilitres) flour
 - 1 Tablespoon (15 millilitres) baking powder
 - 1/2 teaspoon (2 1/2 millilitres) salt
 - 3/4 cup (178 millilitres) white sugar
4. In a separate bowl, beat the egg. Then add 1 cup (237 millilitres) milk and 1/4 cup (59 millilitres) oil to the egg and mix together.
5. Make a hole in the middle of the dry ingredients. Pour the wet ingredients into the hole. Mix with a fork, just enough to get the dry ingredients wet. Do not mix too hard or beat. The batter may be a bit lumpy.
5. Scoop the batter into the muffin tins. Fill each cup about 2/3 full.
6. Bake for 15 to 20 minutes. When they are done, the muffins spring back when you tap them lightly.

Variations on the recipe

Add one of these choices to the basic recipe:

- 1 cup (237 millilitres) blueberries (fresh or frozen)
- 1 cup (237 millilitres) raisins
- 1 cup (237 millilitres) grated cheese
- 1 mashed banana and $\frac{1}{2}$ cup (118 millilitres) chopped walnuts
- 1 apple chopped or grated, $\frac{1}{4}$ teaspoon cinnamon, and a dash of nutmeg
- 1 cup (237 millilitres) cranberries and 1 teaspoon (5 millilitres) orange rind or orange juice



Craft Time: Make a Moose

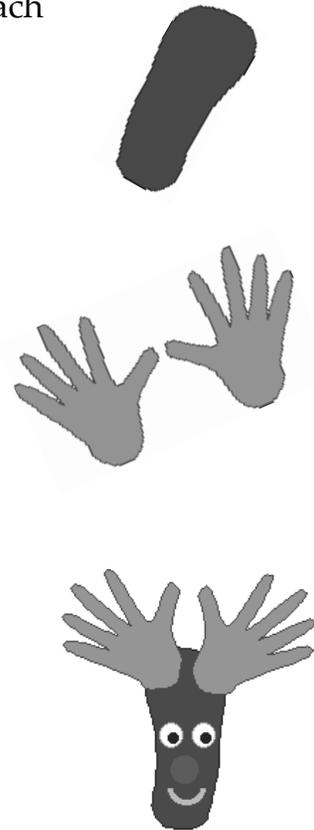
Using each child's handprints and footprints, make this cute moose out of construction paper.

Supplies

- Brown and tan (or orange) construction paper
- Pencil
- Scissors
- Glue
- Googly eyes (optional)

To make a moose

1. On brown construction paper, trace around each child's foot. This is the moose's head.
2. On tan construction paper, trace around each child's hands. These are the moose's antlers.
3. Glue the handprint "antlers" to the top of the moose head.
4. Add a bright red paper nose.
5. Add a paper mouth or draw one.
6. Add googly eyes or paper eyes.



Craft Time: Sock Puppets

Make a sock puppet just like the moose in *If You Give a Moose a Muffin*.

Supplies

- Old socks
- Felt for ears, eyes, nose, mouth, and hands
- Glue
- Pipe cleaners for whiskers
- Googly eyes

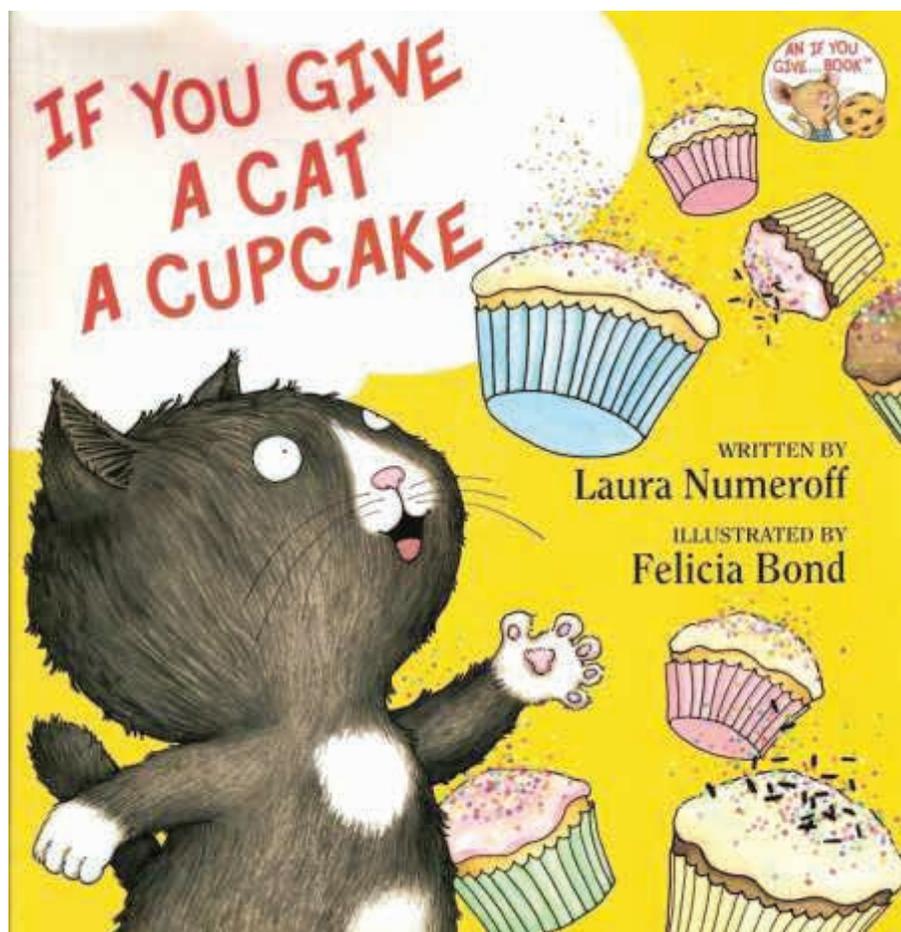
To make sock puppets

Help children glue various felt shapes to their puppets. Be creative.



If You Give a Cat a Cupcake

by Laura Joffe Numeroff



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.

- Sing a welcoming song.
- Take requests for favourite songs to sing.
- Try the “Cat Songs and Rhymes” on the following pages.



2. Read *If you Give a Cat a Cupcake*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Cupcakes”



4. Have craft time.

- See “Hand Print Cats”



5. Do a group activity.

- See “Mitten Matching”

Cat Songs and Rhymes

Enjoy these songs and rhymes together.

Three Little Kittens

Three little kittens, they lost their mittens,
and they began to cry.

"Oh mother dear, we sadly fear,
our mittens we have lost."

"What! Lost your mittens, you naughty kittens!
Then you shall have no pie.

Me-ow, me-ow,
Then you shall have no pie."

The three little kittens, they found their mittens,
And they began to cry.

"Oh mother dear, see here, see here,
Our mittens we have found."

"What! Found your mittens, you're good little kittens,
And you shall have some pie.

Purr-rr, purr-rr,
Then you shall have some pie."

Three little kittens, put on their mittens,
And soon ate up the pie.

"Oh mother dear, we sadly fear,
Our mittens we have soiled."



"What! Soiled your mittens, you naughty kittens!"

And they began to sigh.

"Me-ow, me-ow,"

And they began to sigh.

The three little kittens, they washed their mittens,

And hung them out to dry.

"Oh, mother dear, do you not hear,

Our mittens we have washed?"

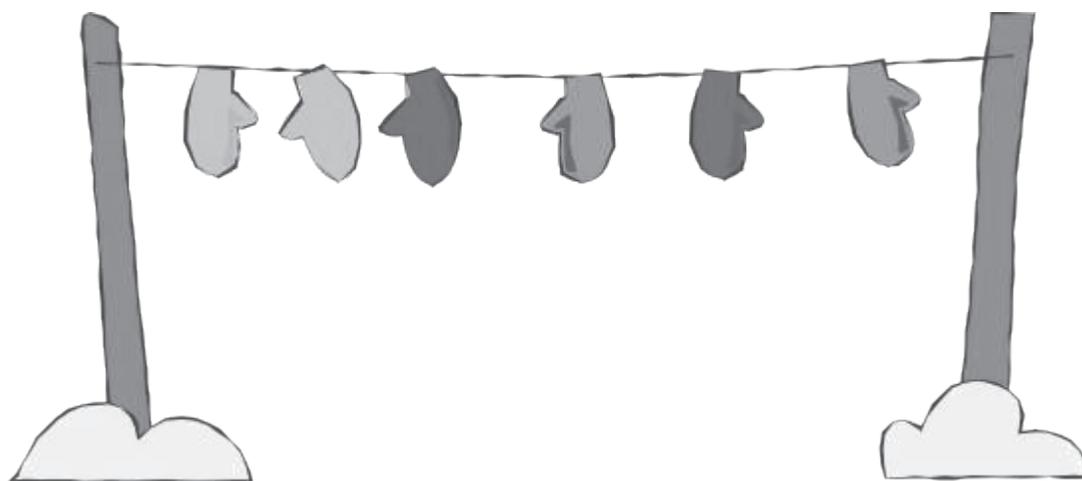
"What! Washed your mittens?

Then you're good little kittens!

But I smell a rat close by."

"Me-ow, me-ow,

We smell a rat close by."



Pussycat

Pussycat, Pussycat, where have you been?
I've been to London to visit the Queen.

Pussycat, Pussycat what did you there?
I frightened a little mouse under a chair



Mary had a Little Lynx³

Mary had a little lynx,
Its fur was soft and fine,
And everywhere that Mary went,
That lynx was close behind.

It walked with her to school one day,
The teacher was not pleased,
The children thought it was such fun,
The lynx was chased and teased.

Mary took her lynx and ran,
She cried the whole way home,
She took the lynx back to the bush,
And that's where he now roams.



³ *Mother Raven Nursery Rhymes* by Peter Redvers. 1992. Hay River, NT Crosscurrents Associates

Snack Time Recipe: Cupcakes

This recipe makes one dozen cupcakes.

To introduce this activity

- Ask the children if they have ever made cupcakes. Explain that today they are making special cupcakes. And everyone can take a turn to decorate their own cupcake.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.

While one adult takes charge, other adults help children participate as much as possible in cooking and clean-up. Each child decorates their own cupcake.

Cooking equipment

- Mixing bowls
- Measuring cups and spoons
- Muffin tin
- Oven
- Oven mitts
- Electric mixer



Ingredients

- 2 ¹/₄ cups (533 millilitres) flour
- 1 ¹/₃ cups (315 millilitres) sugar
- 1 Tablespoon (15 millilitres) baking powder
- ¹/₂ teaspoon (2 ¹/₂ millilitres) salt
- ¹/₂ cup (118 millilitres) shortening
- 1 cup (237 millilitres) milk
- 1 teaspoon (5 millilitres) vanilla
- 2 large eggs
- White icing (buy ready-made icing or use the icing recipe that follows)
- Sprinkles to decorate the cupcakes
- Food colouring, if you want to colour the icing

To make the cupcakes

1. Preheat the oven to 350 degrees F (177 degrees C).
2. In a large mixing bowl, combine the dry ingredients:
 - 2 ¹/₄ cups (533 millilitres) flour
 - 1 ¹/₃ cups (315 millilitres) sugar
 - 1 Tablespoon (15 millilitres) baking powder
 - ¹/₂ teaspoon (2 ¹/₂ millilitres) salt
3. Add ¹/₂ cup (118 millilitres) shortening, 1 cup (237 millilitres) milk, and 1 teaspoon (5 millilitres) vanilla. Beat for 1 minute with the electric mixer on medium speed.
4. Add 2 eggs to the mixture. Beat for 1 minute on medium speed. Beat for 1 ¹/₂ minutes on high speed.

5. Spoon the batter into greased muffin tins. Fill each about $\frac{2}{3}$ full.
6. Bake the cupcakes for 20 to 25 minutes. They are done when you insert a toothpick in the centre and it comes out clean.
7. Cool the cupcakes for 5 minutes in the tins. Remove them and place on wire racks to cool completely.
8. Ice the cupcakes and decorate them.

To make the icing

1. Beat together:
 - 3 Tablespoons (45 millilitres) butter
 - 1 $\frac{1}{2}$ Tablespoons (22 millilitres) milk
 - $\frac{1}{2}$ teaspoon (2 $\frac{1}{2}$ millilitres) vanilla
2. Gradually add 1 $\frac{1}{2}$ cups (355 millilitres) icing sugar and mix well.
3. Add food colouring if you want. Divide the icing in two or more bowls and make more than one colour.



Craft Time: Hand Print Cat

Supplies

- Construction paper in a rainbow of colors
- Scissors
- Markers, crayons, coloured pencils

To make hand print cats

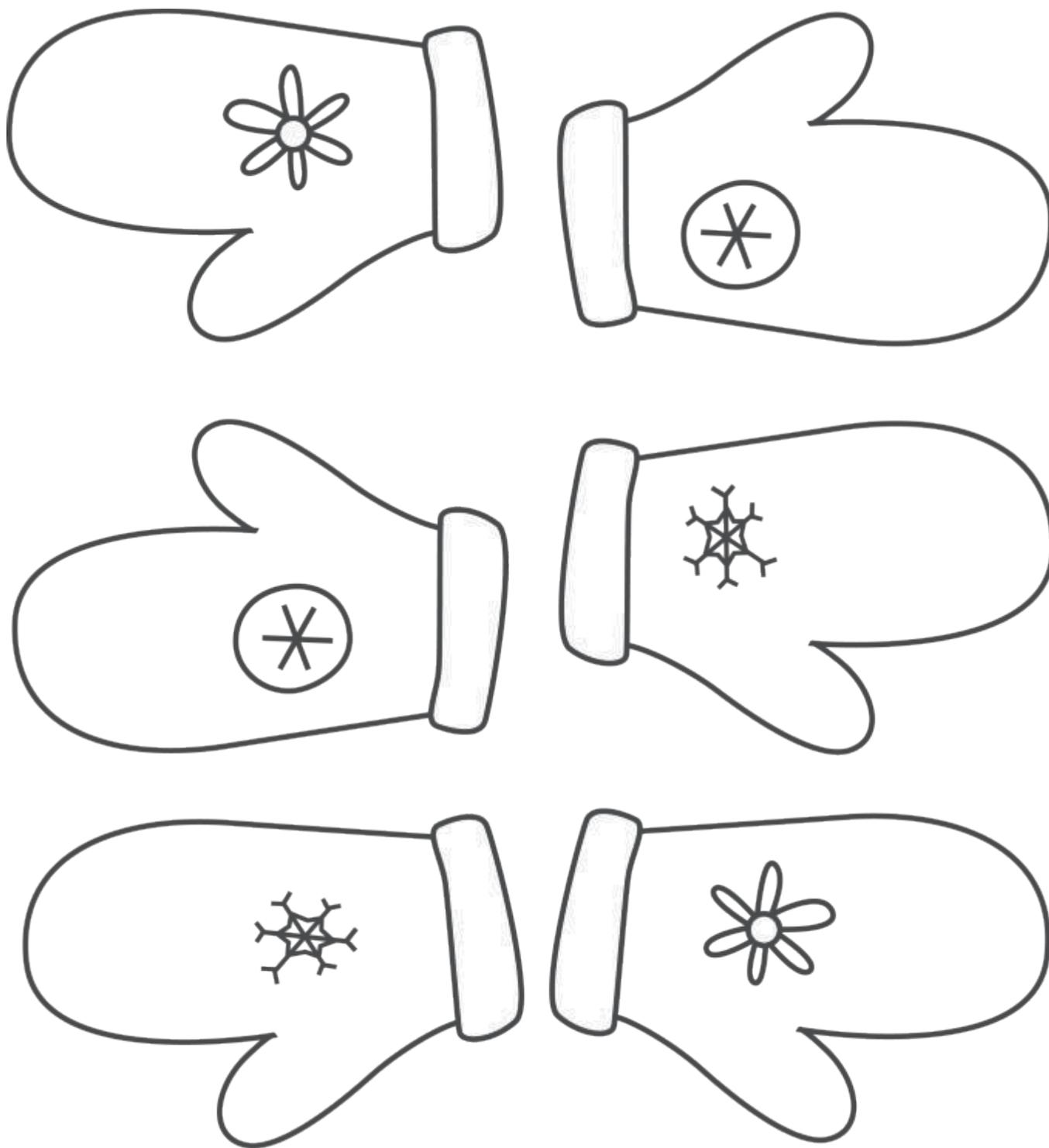
1. With their fingers spread slightly apart and the thumb extended, trace each child's hand onto a piece of construction paper.
2. Trace or draw a circle with small triangles at the top for ears.
3. Cut out the pieces.
4. Draw eyes, a nose, a mouth, and whiskers on the face.
5. Glue the circle onto the hand, as shown in the picture.

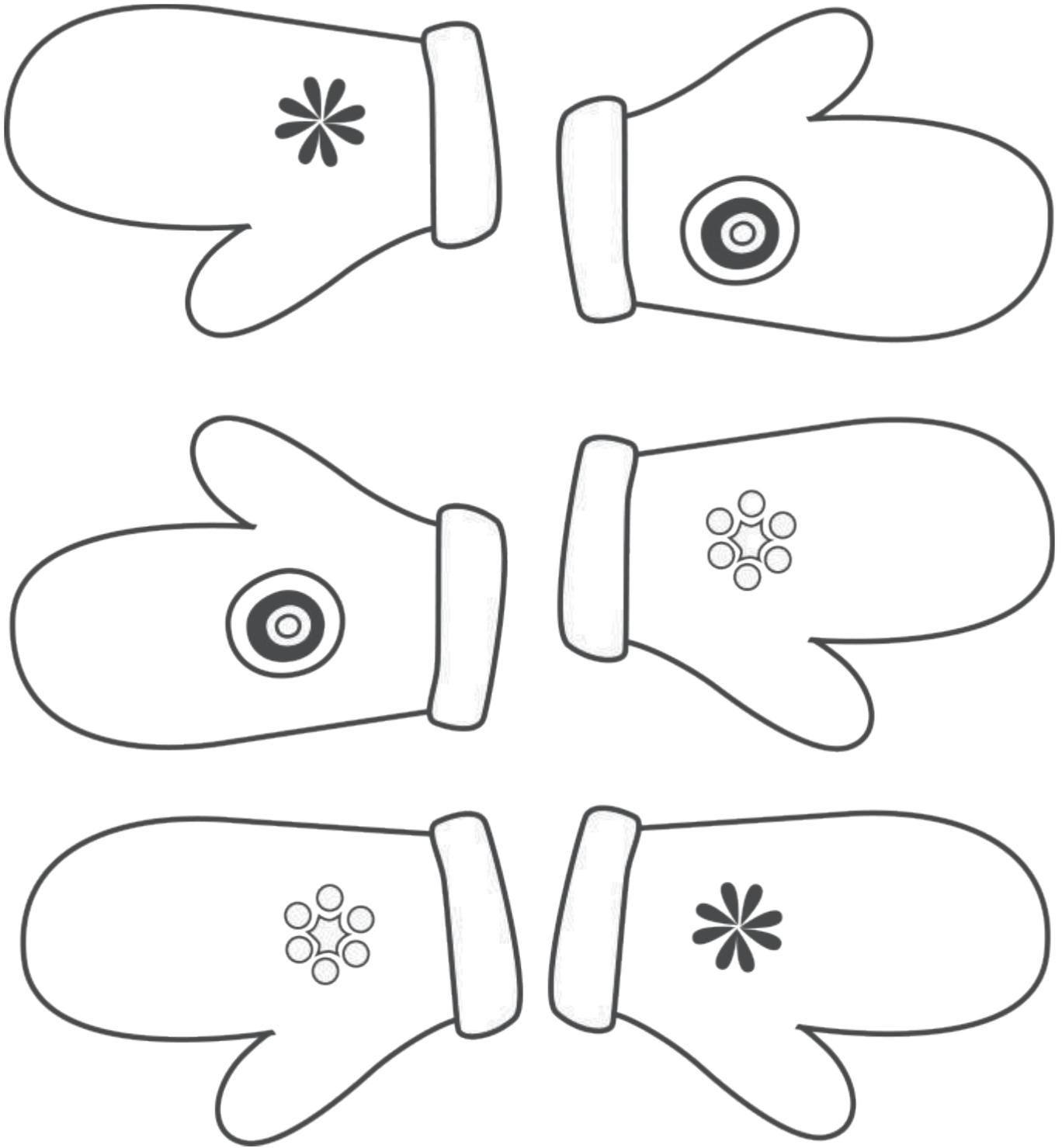


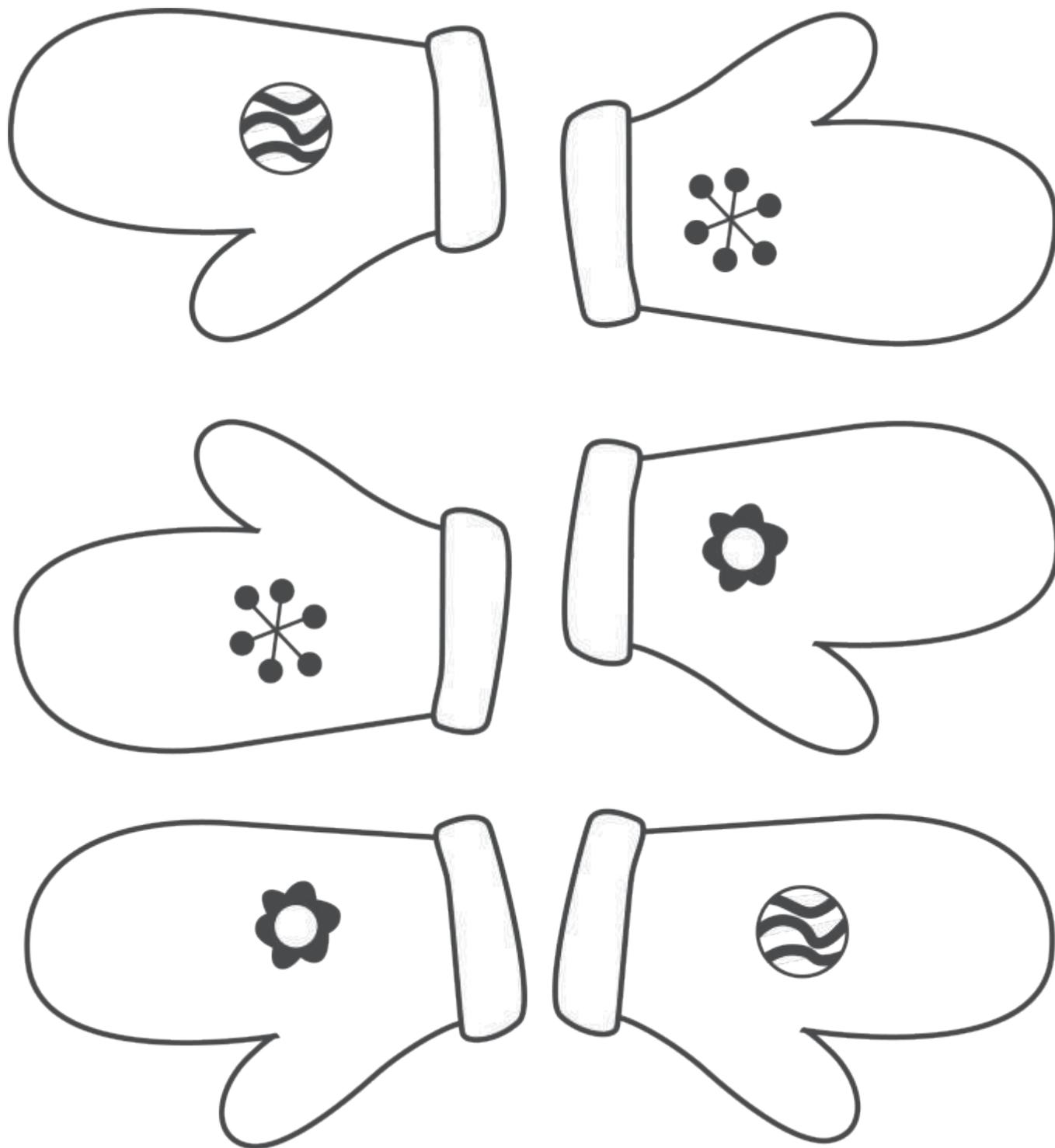
Group Activity: Mitten Matching

Copy and cut out the sets of mittens on the following three pages. Ask the children to colour them. Make sure that you can still see the pattern on each mitten.

Lay the mittens out in the circle. Ask the children to take turns choosing a mitten and then finding its match.

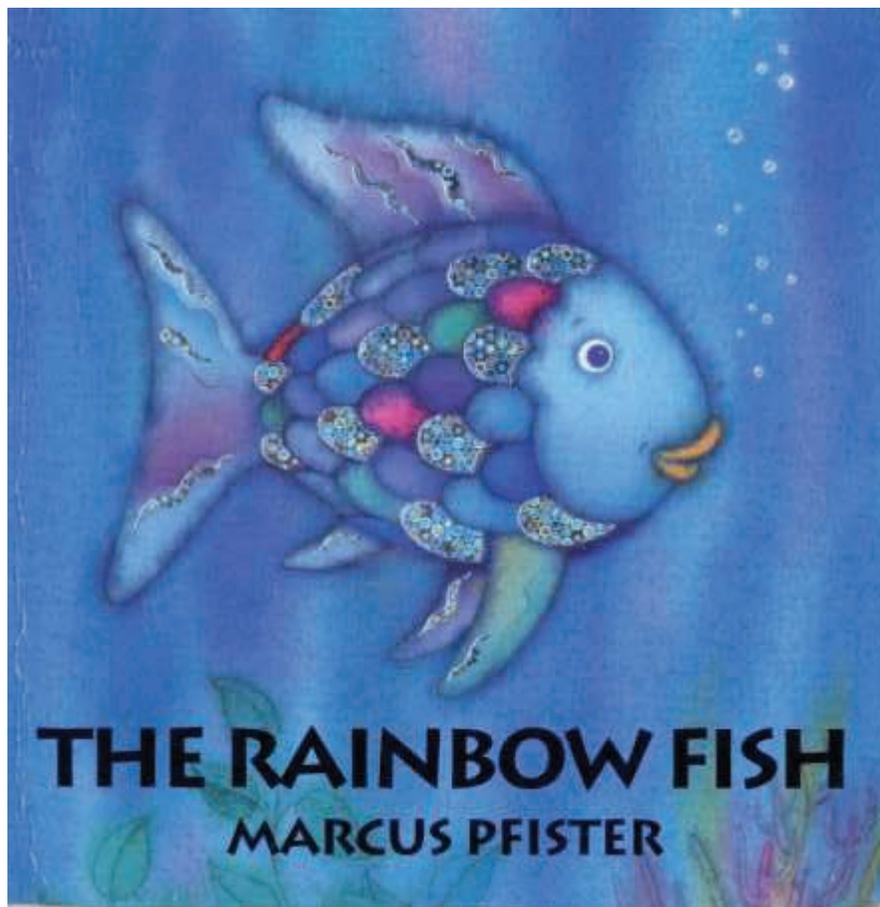






The Rainbow Fish

by Marcus Pfister



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.

- Sing a welcoming song
- Take requests for favourite songs to sing.
- Try the “Fish Songs and Rhymes” on the following pages.



2. Read *The Rainbow Fish*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Rainbow Parfaits”



4. Have craft time.

- See “Handprint Rainbow”
- See “Classroom Rainbow”
- See “More Craft Ideas”

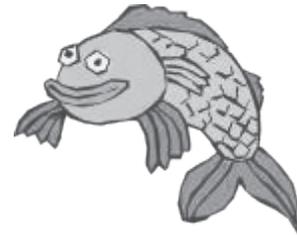


Fish Songs and Rhymes

Enjoy these fish songs and rhymes together.

Slippery Fish (by Charlotte Diamond)

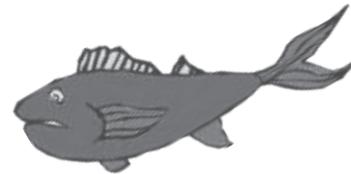
Slippery fish, slippery fish,
sliding through the water,
Slippery fish, slippery fish, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...



Octopus, octopus,
squiggling in the water
Octopus, octopus, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...



Tuna fish, tuna fish,
flashing in the water,
Tuna fish, tuna fish, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...



Great white shark, great white shark,
lurking in the water,
Great white shark, great white shark, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...



Humongous whale, humongous whale,
spouting in the water,
Humongous whale, humongous whale,
Gulp! ... Gulp! ... Gulp! ... BURP!
Pardon Me!



One, Two, Three, Four, Five

One, two, three, four, five,
Once I caught a fish alive.

Six, seven, eight, nine, ten,
Then I let it go again.

Why did you let it go?
Because it bit my finger so.

Which finger did it bite?
This little pinky on the right.



I'm a Little Fish

(to the tune of I'm a Little Teapot)

I'm a little fish, I like to swim. (put hands in prayer position facing away from you...they're the fish. Wiggle them back and forth like a fish swimming through the water.)

You can't catch me, 'cause I have fins. (shake finger back and forth "no no no")

When I swim past my friends I hear them say (put hand to ear like you're listening)

Stop your swimming and come and play! (make a STOP gesture with hand and then jump up in the air)

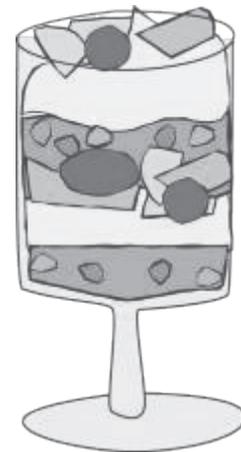


Snack Time Recipe: Rainbow Parfaits

Children make beautiful rainbow parfaits from yogurt, cereal, and fruit.

To introduce this activity

- Ask the children if they have ever made parfaits. Explain that today they are each going to make their own rainbow parfait.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Put on the table: the recipe, ingredients, and cooking equipment.



Cooking equipment

- One bowl each for yogurt, cereal, chopped fruit
- Large spoon for each bowl of ingredients
- Clear plastic cups—one for each child
- Spoon for each child

Ingredients

- Flavoured yogurt: one or two different flavours. Enough so that each child has about four spoonfuls.
- Cereal: any kind that you know the children like, such as Cheerios® or Rice Krispies®.

Enough so that each child has about four spoonfuls. Try to stay away from cereals with lots of sugar, and artificial flavours and colours.

- Berries or chopped fruit (fresh, frozen, or canned: bananas, pineapple, pears, peaches, fruit salad).

Enough so that each child has about four spoonfuls.

To make rainbow parfaits

1. Give each child a clear plastic cup.
2. Ask each child to take turns and put two spoonfuls of yogurt in the bottom of the glass.
3. When everyone has yogurt, ask each child to spoon some fruit into the glass, on top of the yogurt.
4. Then add some cereal on top of the fruit.
5. Add a second layer of all three ingredients.

As the children add each layer, discuss the choices they make; the colours, textures, and flavours.

Craft Time: Hand Print Rainbow⁴

Enjoy the colours of the rainbow.

Supplies

- Construction paper in a rainbow of colours
- Scissors
- Stapler

To make a hand print rainbow

1. Trace handprints on construction paper and cut them out.
2. Staple the handprints to a bulletin board in a rainbow shape.



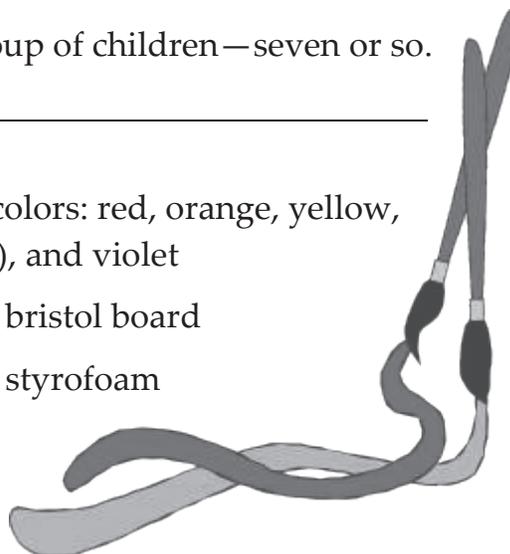
⁴ www.dltk-kids.com

Craft Time: Classroom Rainbow

This craft works well with a small group of children—seven or so.

Supplies

- Paints ready in the following colors: red, orange, yellow, green, blue, indigo (navy blue), and violet
- Large piece of poster paper or bristol board
- Paint containers: clean, empty styrofoam meat trays or pie plates
- Paintbrushes



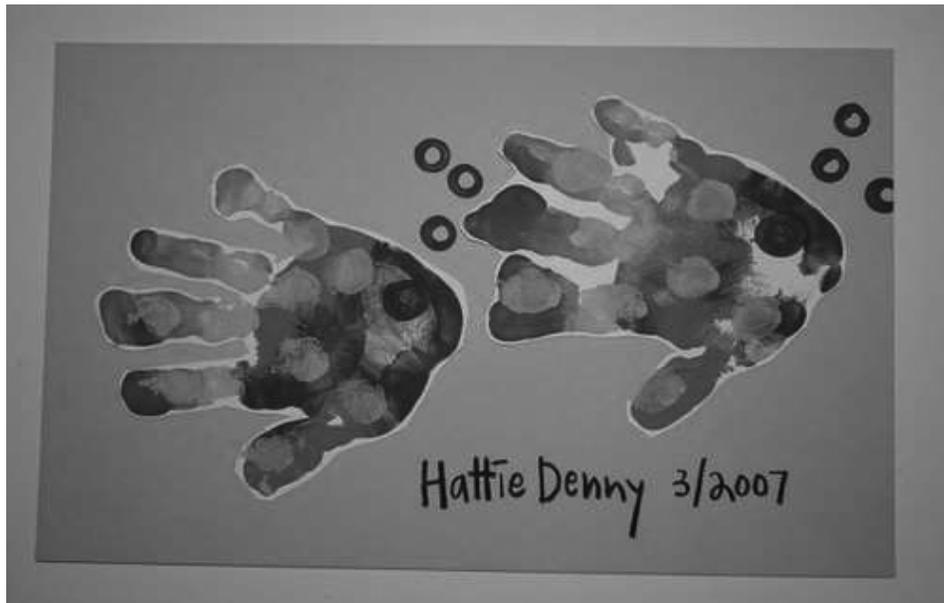
To make a classroom rainbow

1. Pour some paint into each paint container.
2. Set out a large piece of poster paper or bristol board.
3. Bring the children to the paint station, one at a time.
4. Using a large paint brush, paint the first child's hand with red. Ask the child to stamp her handprint on the paper. You should get a few "stamps" each time. Make the stamps in an arc shape; the red one should be quite wide and high.
5. Change to a different child and the orange paint. Repeat the procedure, stamping the orange handprints under the red.
6. Repeat with each color in order, stamping under the previous one. If you want to do a classroom rainbow with many children, simply allow them to only do a few stamps. Or make more than one rainbow.

Craft Time: More Craft Ideas

Two other options—for each child to make a small personalized rainbow.

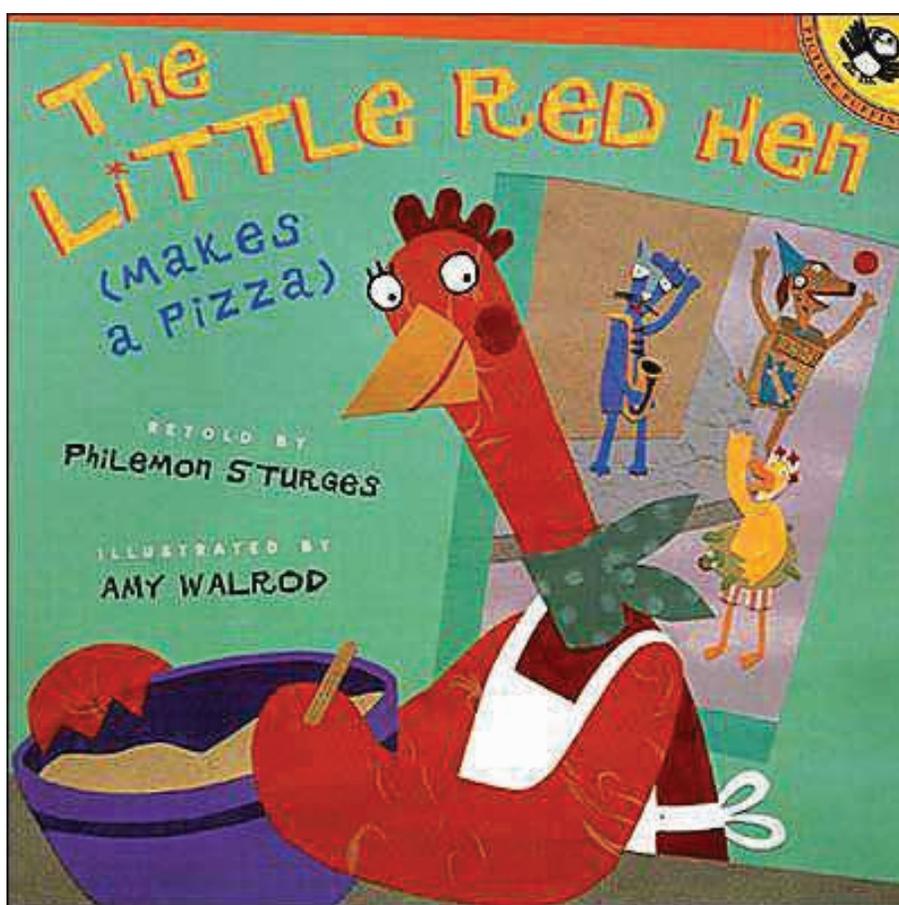
- Use paint in a similar way to the classroom rainbow in the previous activity.
- Make a neat rainbow fish print. Paint each child's hands with a variety of colors and then stamp them onto the paper. Make a circle for an eye, and some circles for breathing bubbles.
- See the photo⁵.



⁵ www.flickr.com

The Little Red Hen (Makes a Pizza)

retold by Philemon Sturges



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.

- Sing a welcoming song.
- Take requests for favourite songs to sing.
- Try the “Pizza Songs and Rhymes” on the following pages.



2. Read *The Little Red Hen (Makes a Pizza)*.

- Ask the children to anticipate what happens next.
- Do the animals help her? Do they help do the dishes?



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Pizza”



4. Have craft time.

- See “Class Pizza”
- See “Toilet Paper Tube Characters”



5. Do a group activity.

- See “Popsicle Stick Puppets”

Pizza Songs and Rhymes

Enjoy these pizza songs and rhymes together.

Pizza Song⁶ *(To the tune of "If You're Happy and You Know it")*

If you want to eat some pizza, raise your hand.

If you want to eat some pizza, raise your hand.

If you like bubbly cheese,

Then just say, "Pizza please!"

If you want to eat some pizza, raise your hand.

Pizza

Pizza, pizza.

Let's have pizza!

Let's have pizza with cheese
on top!

Pizza, pizza.

Let's have pizza!

(Child's name) wants pizza with
(topping child wants) on top!



⁶ Jean Warren www.preschoolexpress.com/

Aiken Drum

There was a man lived in the moon,
Lived in the moon, lived in the moon.
There was a man lived in the moon,
And his name was Aiken Drum.

And his eyes were made of meatballs,
Meatballs, meatballs.
His eyes were made of meatballs,
And his name was Aiken Drum.

And his hair was made of spaghetti,
Spaghetti, spaghetti.
His hair was made of spaghetti,
And his name was Aiken Drum.

And his nose was made of cheese,
Cheese, cheese.
His nose was made of cheese,
And his name was Aiken Drum.

And his mouth was made of pizza,
Pizza, pizza.
His mouth was made of pizza,
And his name was Aiken Drum.



Pizza Man

Pat-a-cake, pat-a-cake, pizza man, (clap hands together)

Make me a pizza as fast as you can (shake finger)

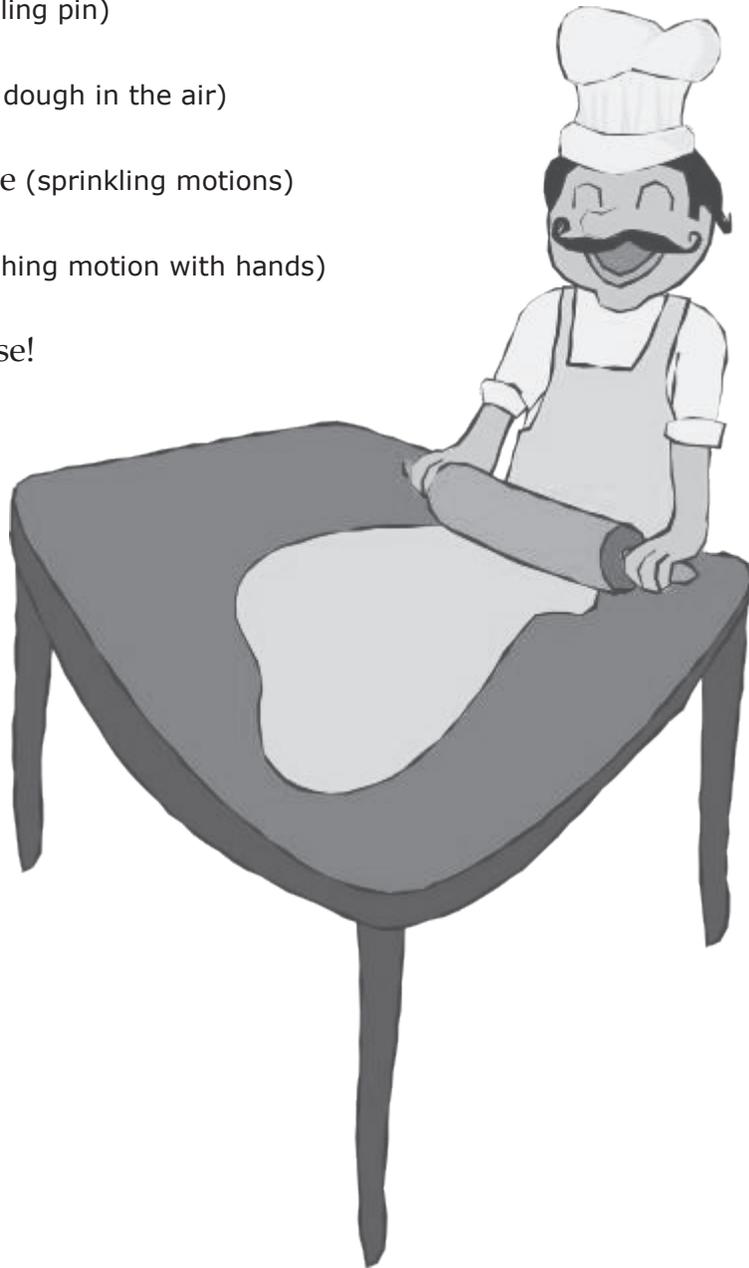
Roll it (roll as if with rolling pin)

Toss it (pretend to toss dough in the air)

Sprinkle it with cheese (sprinkling motions)

Put it in the oven (pushing motion with hands)

And bake it fast, please!



Snack Time Recipe: Pizza

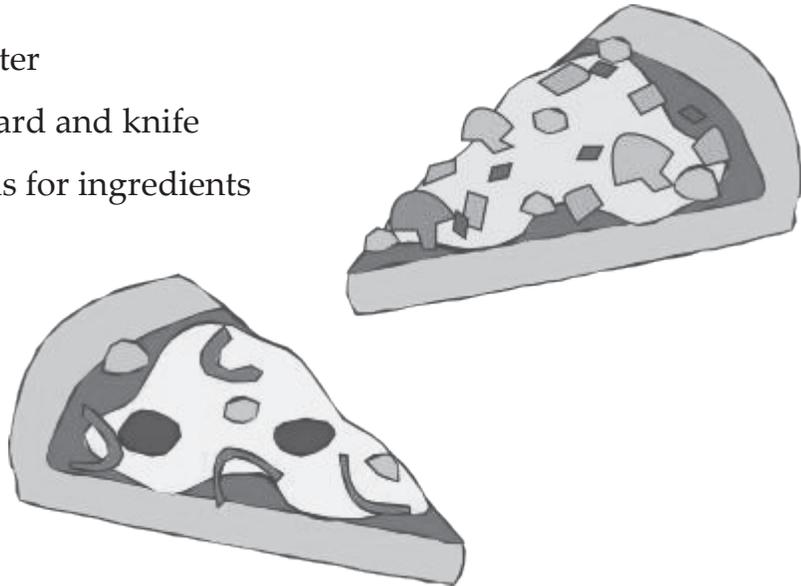
Children choose their own toppings to make a special, personal pizza.

To introduce this activity

- Ask the children if they have ever made pizza. Explain that today they are each making their own, individual pizza.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.
- If needed, chop all the pizza toppings ahead of time and put them into bowls, ready for the children to use. Or invite the children to help chop the toppings.

Cooking equipment

- Cookie sheet
- Oven
- Spoon
- Cheese grater
- Cutting board and knife
- Small bowls for ingredients



Ingredients

- Individual pizza crusts—one for each child (bannock, English muffins, bread, small tortilla shells)
- Tomato sauce
- Grated cheese
- Toppings: mushrooms, broccoli, olives, green pepper, onions, pineapple, pepperoni, ham

To make pizza

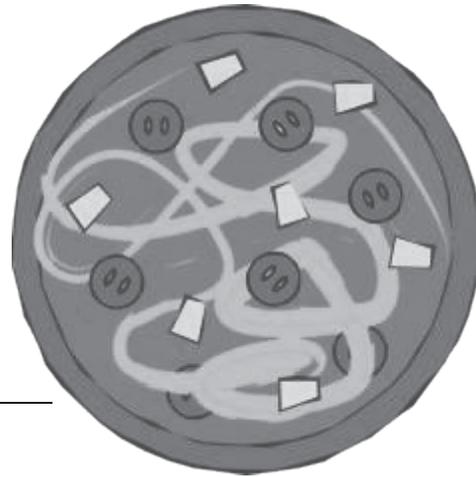
1. Preheat the oven to 350 degrees F (177 degrees C).
2. Spread a layer of tomato sauce on each child's pizza crust.
3. Put the toppings in small bowls in the middle of the table.
Let each child choose and add their own toppings.
4. Sprinkle each pizza with cheese.
5. Place the pizzas on a cookie sheet.
Draw a map so you know which pizza belongs to each child.
6. Bake at 350 degrees F (177 degrees C) for about 10 minutes.

Craft Time: Class Pizza

This pizza looks good enough to eat!

Supplies

- Large piece of brown paper
- Red paint
- Yellow yarn
- Construction paper
- Buttons
- Glue



To make a class pizza

1. Cut a large circle out of brown paper.
2. Add red paint for sauce.
3. Ask the children to add a variety of toppings (prepare these ahead of time or ask the children to help prepare them).
 - Ham and veggies cut from construction paper
 - Yellow yarn for cheese
 - Buttons for pepperoni
 - Other creative toppings
4. At the end of the session, slice the pizza and let each child take a piece home.

Craft Time: Toilet Paper Tube Puppets⁷

Children choose a character.

Supplies

- Empty toilet paper rolls—one for each child
- Markers or crayons
- Scissors
- Glue
- Copies of the templates on the following pages:
 - Hen
 - Duck
 - Dog
 - Cat

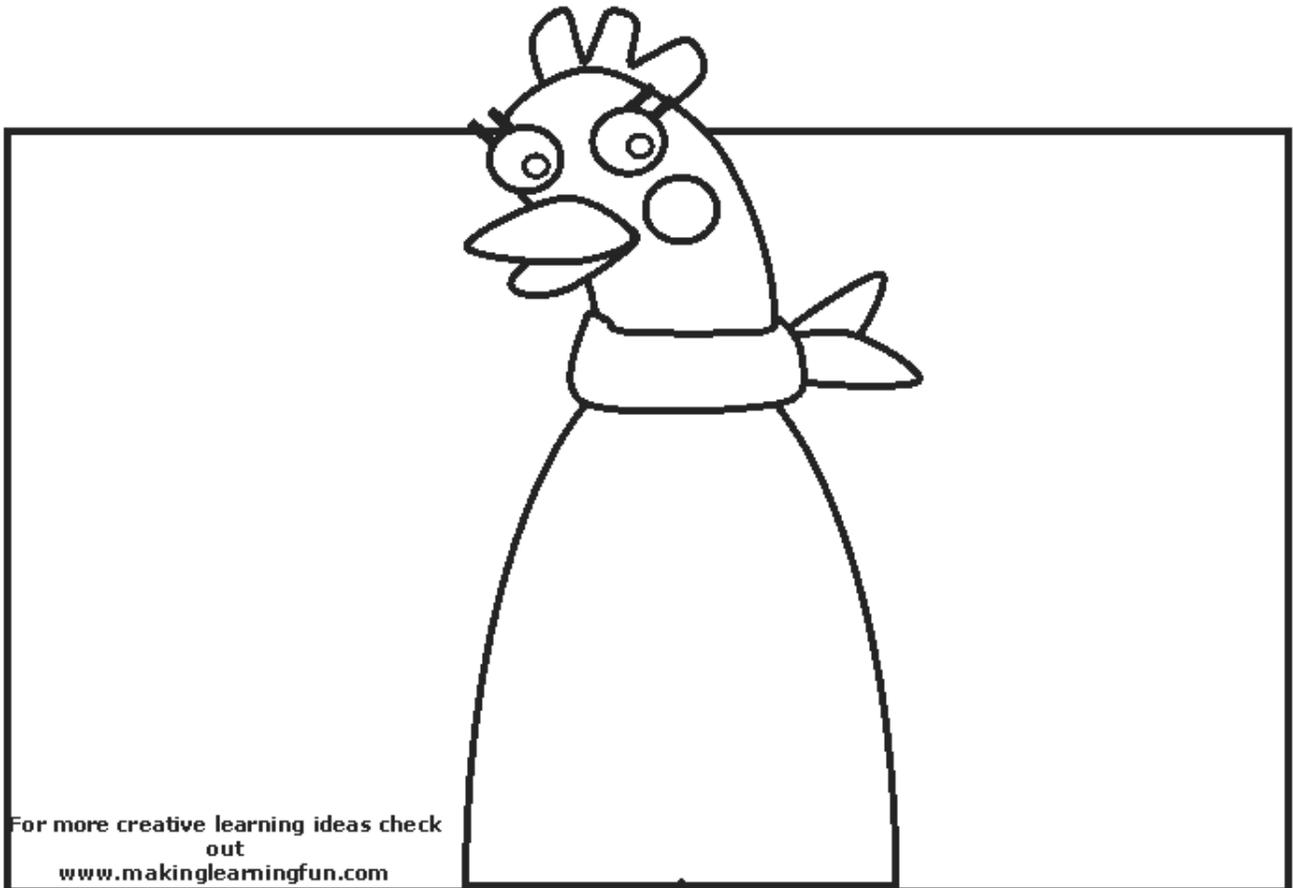
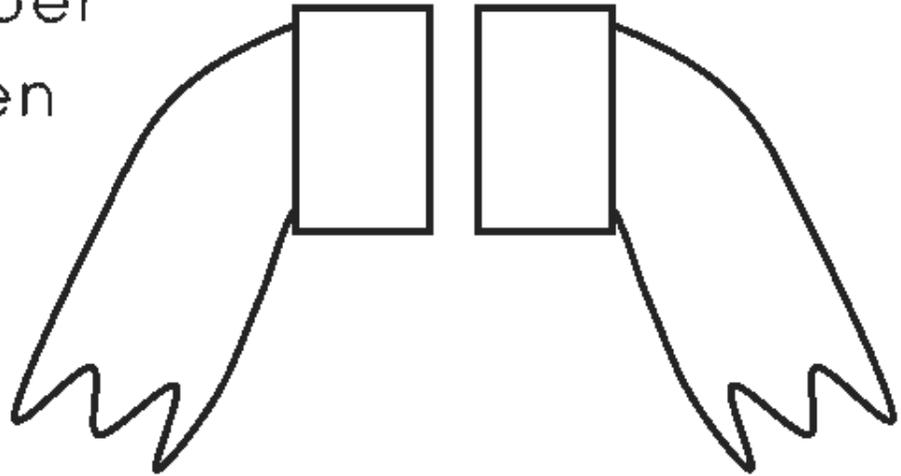


To make toilet paper tube characters

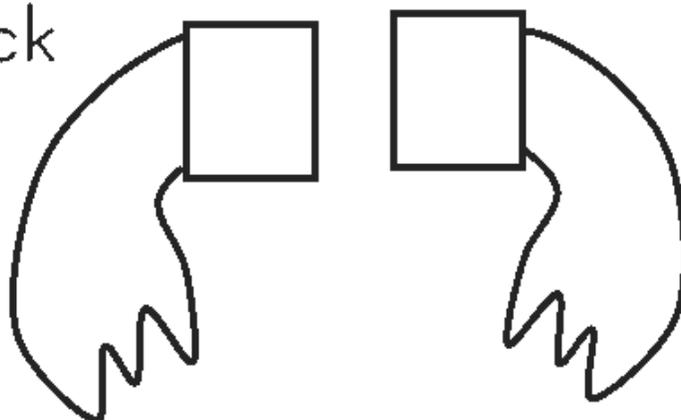
1. Ask the children to look at the templates. Each child picks the character they want to make.
2. Ask the children to colour their template.
3. Cut out the template pieces. Some children may need help with this.
4. Glue the template onto the toilet paper rolls.

⁷ <http://www.makinglearningfun.com/themepages/ToiletPaperTubePuppets.htm> Scroll to Little Red Hen toilet paper puppets

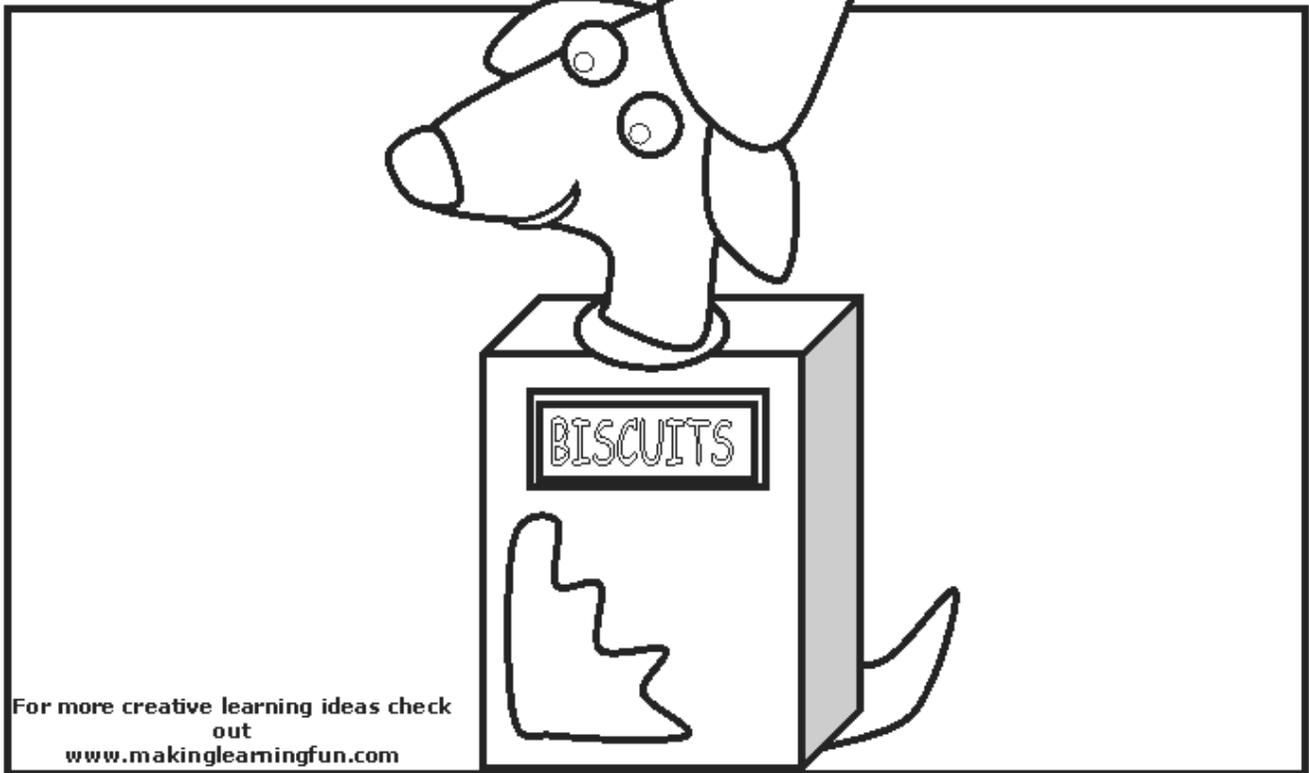
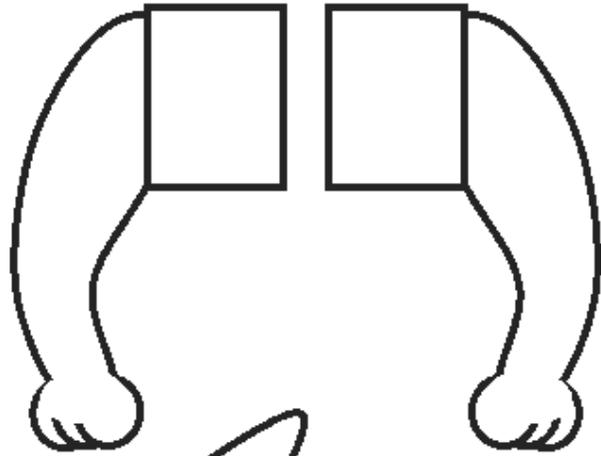
Toilet Paper
Tube Hen



Toilet Paper
Tube Duck

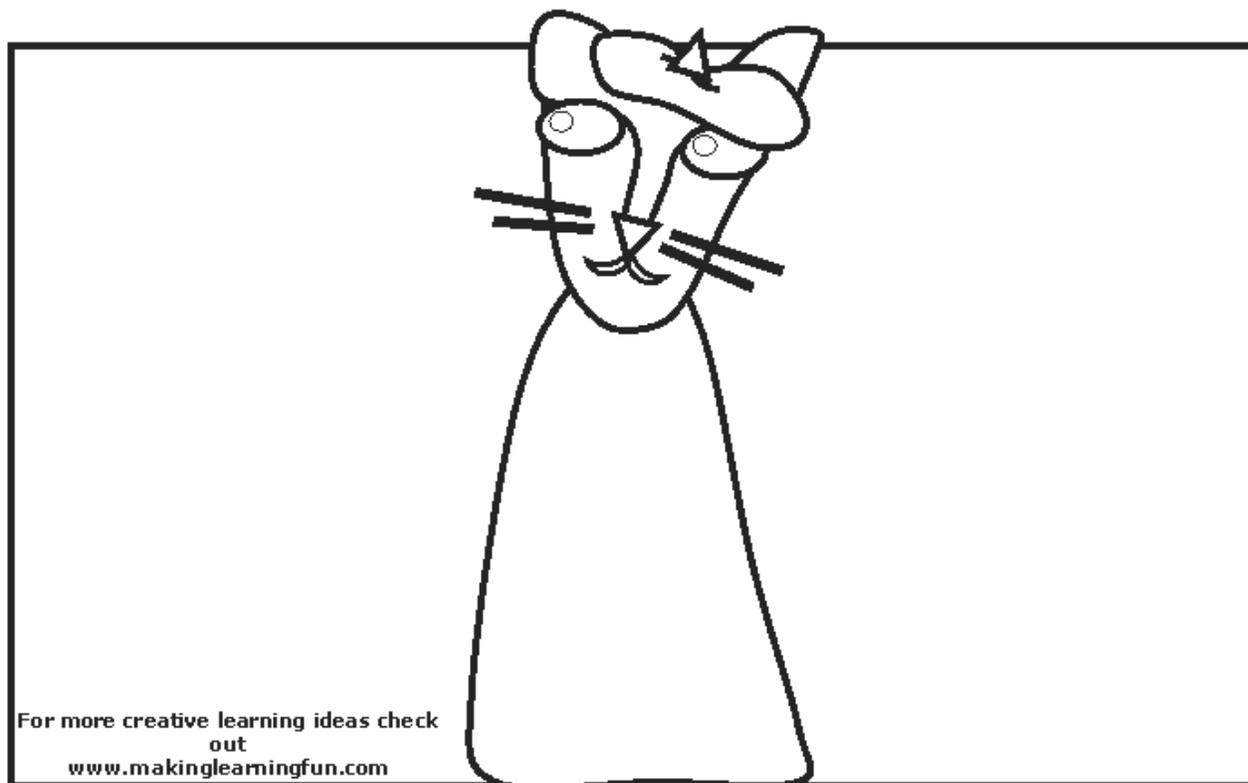
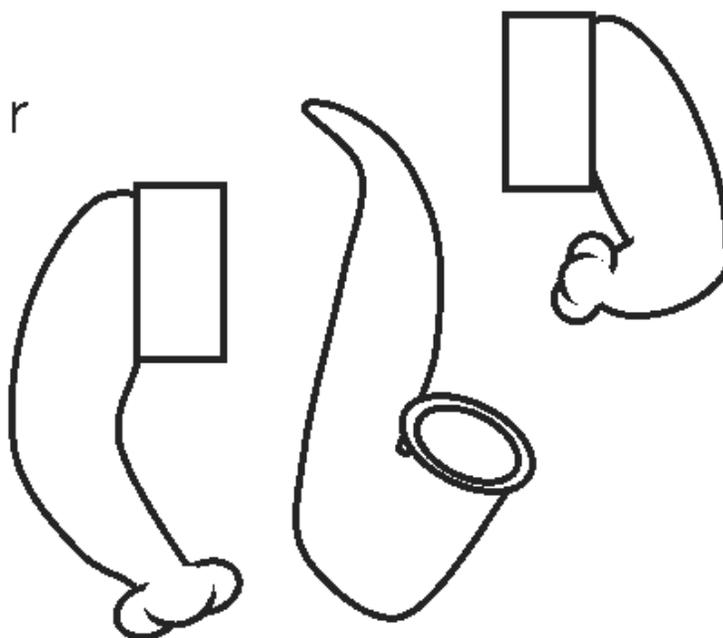


Toilet Paper Tube Dog



For more creative learning ideas check
out
www.makinglearningfun.com

Toilet Paper
Tube Cat



Group Activity: Popsicle Stick Puppets⁸

More fun with puppets!

Supplies

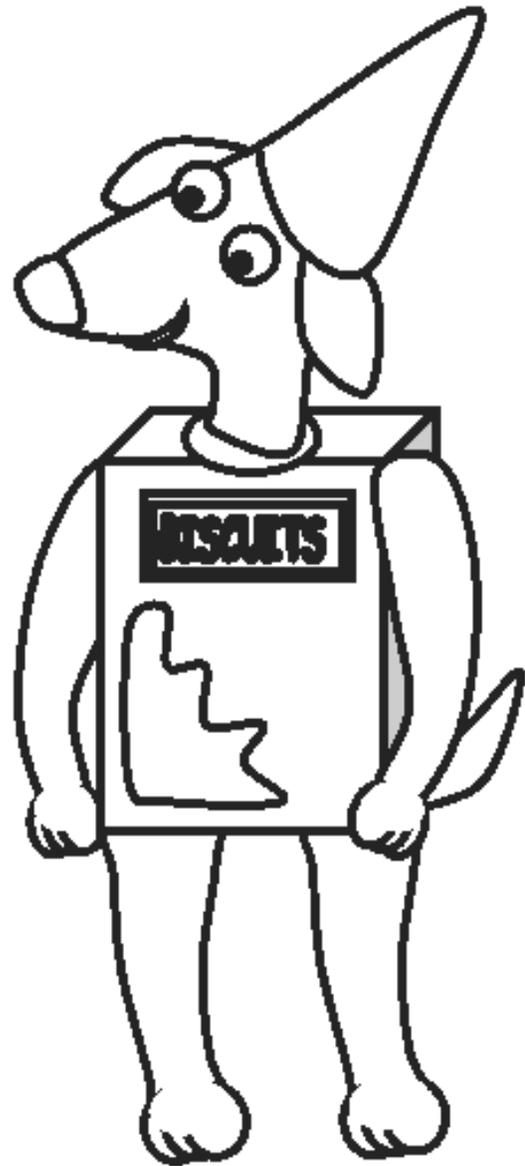
- Four popsicle sticks per child
- One copy of templates per child
- Markers or crayons
- Glue
- Scissors
- Packing tape or laminator (optional)

To make popsicle stick puppets

1. Ask the children to colour the templates and then cut them out.
2. If you want the puppets to last longer, cover them in clear packing tape or laminate them.
3. Glue popsicle sticks to the back of the puppets.
4. Encourage children to use the puppets to act out the story or to create a new story.

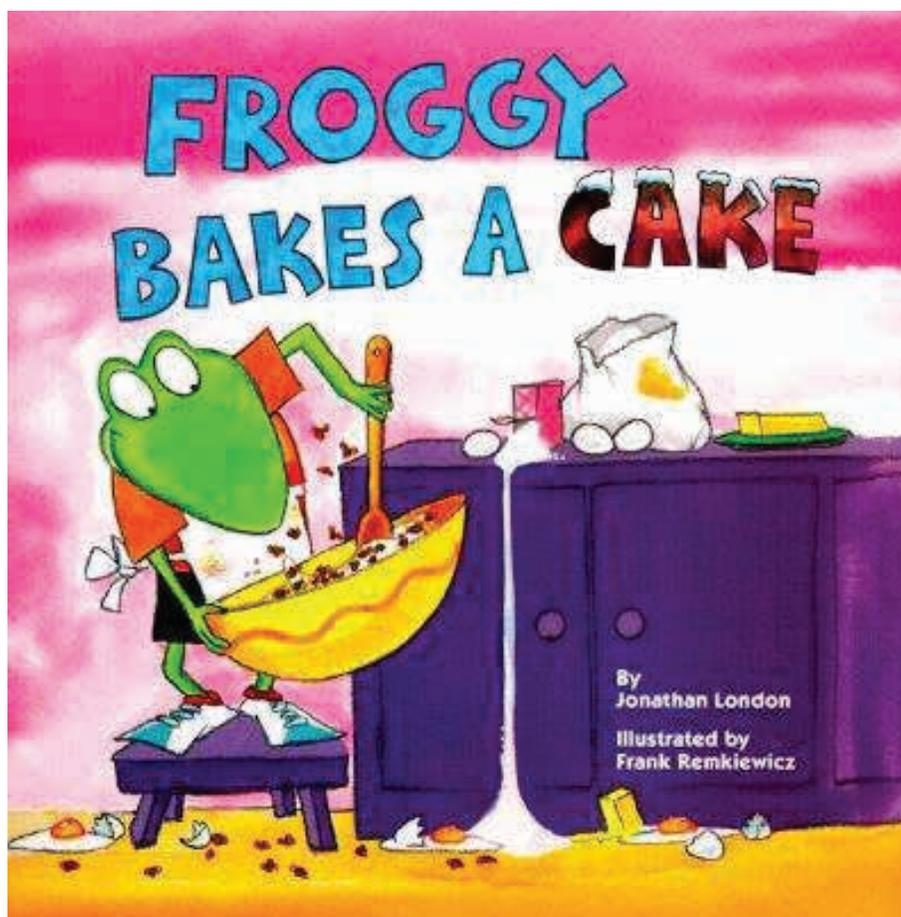
⁸ www.makinglearningfun.com/Activities/Pizza/LRH-PopsicleStickPuppets/LRH-PopStickPuppets-1.gif
www.makinglearningfun.com/Activities/Pizza/LRH-PopsicleStickPuppets/LRH-PopStickPuppets-2.gif





Froggy Bakes a Cake

by Jonathan London



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.

- Sing a welcoming song.
- Take requests for favourite songs to sing.
- Try the “Frog Songs and Rhymes” on the following pages.



2. Read *Froggy Bakes a Cake*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Froggy Cake”



4. Have craft time.

- See “Frog Tambourines”



Frog Songs and Rhymes

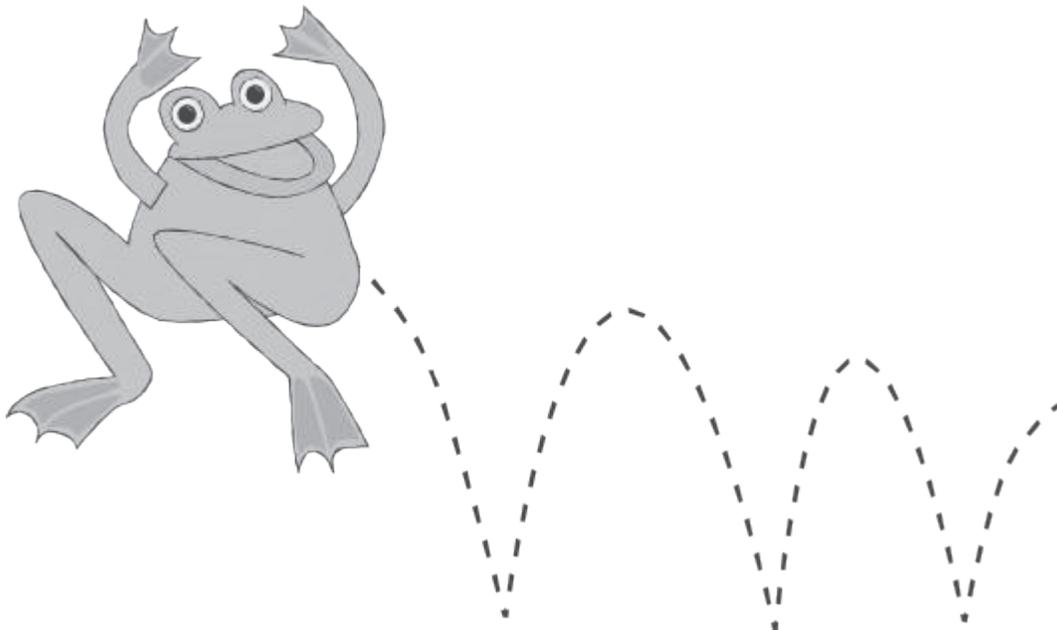
Enjoy these frog songs and rhymes together.

Ga Goon Went the Little Green Frog

Ga goon went the little green frog one day
Ga goon went the little green frog
Ga goon went the little green frog one day
And they all went gaga goon.

Now we all know frogs go (clap) la de da de da
(clap) la de da de da
(clap) la de da de da
We all know frogs go (clap) la de da de da.

They don't go gaga goon.



Two Little Frogs

Two little frogs sitting on a hill,
One named Jack and one named Jill.

“Jump” said Jack. “Jump” said Jill,
And they both jumped off down the hill.

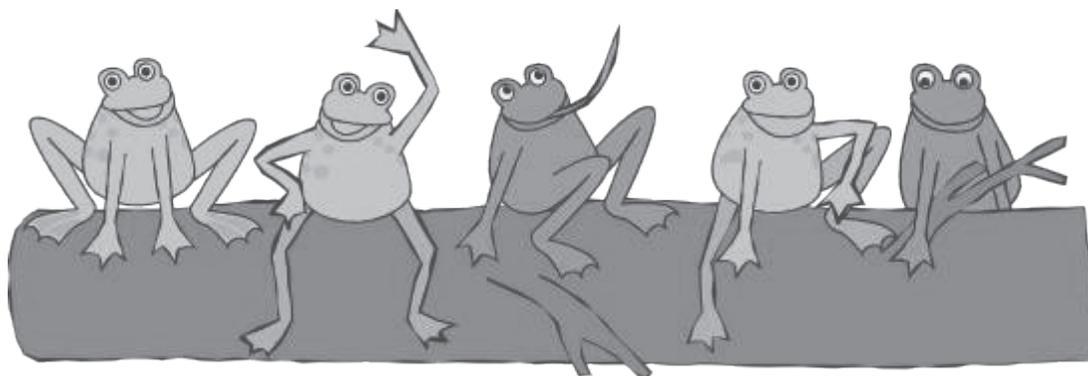
Five Green and Speckled Frogs

Five green and speckled frogs
Sat on a speckled log,
Eating some most delicious bugs.

Yum! Yum!

One jumped into the pool
Where it was nice and cool,
Then there were four green speckled frogs.

(continue counting down the frog numbers)



Snack Time Recipe: Froggy Cake⁹

This is a very happy froggy cake.

To introduce this activity

- Ask the children if they have ever made a cake. Explain that today they are making a Froggy Cake. And everyone has a chance to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.
- While one adult takes charge, other adults help children participate in cooking and clean-up.

Cooking equipment

- Mixing bowls
- Measuring cups and spoons
- Nine-inch round cake pan
- Muffin tin
- Oven and oven mitts
- Electric mixer



Ingredients

- 2 1/4 cups (533 millilitres) flour
- 1 1/2 cups (355 millilitres) white sugar
- 3 1/2 teaspoons (17 millilitres) baking powder

⁹ www.coollest-birthday-cakes.com

- 1 teaspoon (5 millilitres) salt
- 1 ¹/₄ cups (296 millilitres) milk
- ¹/₂ cup (118 millilitres) shortening
- 1 teaspoon (5 millilitres) vanilla extract
- 3 large eggs
- Green and black food colouring
- Red licorice strip (for the mouth)

To make froggy cake

1. Preheat the oven to 350 degrees F (177 degrees C).
2. Grease and lightly flour a 9-inch round cake pan and a muffin tin.
3. In a large mixing bowl, combine the dry ingredients and mix well.
 - 2 ¹/₄ cups (533 millilitres) flour
 - 1 ¹/₂ cups (355 millilitres) white sugar
 - 3 ¹/₂ teaspoons (17 millilitres) baking powder
 - 1 teaspoon (5 millilitres) salt
4. Add:
 - 1 ¹/₄ cups (296 millilitres) milk
 - ¹/₂ cup (118 millilitres) shortening
 - 1 teaspoon (5 millilitres) vanilla.
5. Beat with an electric mixer on medium to medium-high for 2 minutes. Scrape the sides of the bowl as needed.
6. Add three eggs. Beat for another 2 minutes.

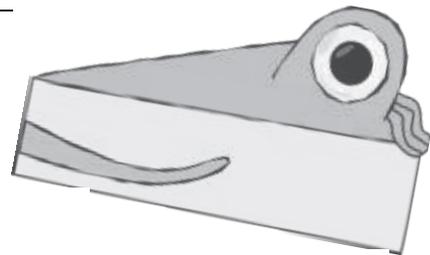
7. Pour the batter into the prepared pans. Fill the cake pan about $\frac{3}{4}$ full and pour the rest into the muffin tin. You need to make at least two cupcakes.
8. Bake the 9-inch pan for 30 to 35 minutes. Bake the cupcakes for about 20 minutes.

Cool the cake on a wire rack for 10 minutes. Remove it from the pan and cool completely.

Make the icing while the cake bakes and cools.

To make the icing

1. Beat together:
 - 3 Tablespoons (44 millilitres) butter
 - 1 $\frac{1}{2}$ Tablespoons (22 millilitres) milk
 - $\frac{1}{2}$ teaspoon (2 $\frac{1}{2}$ millilitres) vanilla
2. Gradually beat in 1 $\frac{1}{2}$ cups icing sugar, until the icing is the right consistency to spread.
3. Tint most of the icing green. For the eyes, tint a small amount of icing black. Leave some icing white. Make a bit of red icing for the mouth (unless you're using red licorice).



To decorate the cake

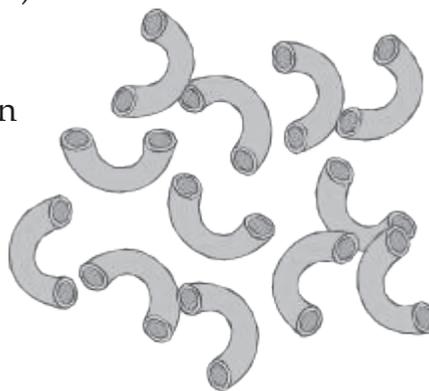
1. Frost the cake with green icing.
2. Frost two cupcakes white in the centre, with a green border, and a black pupil (see the picture).
3. Make a mouth with a red licorice, or with some red icing.

Craft Time: Frog Tambourines

A wonderful froggy for making music. This craft involves small pieces, so children should be aged 3 and over.

Supplies

- Green and black markers, crayons, or coloured pencils
- 2 paper plates per child (dessert size)
- Dry macaroni, lentils, or beans
- Green, pink, and white construction paper
- Scissors
- Glue stick
- Stapler and staples



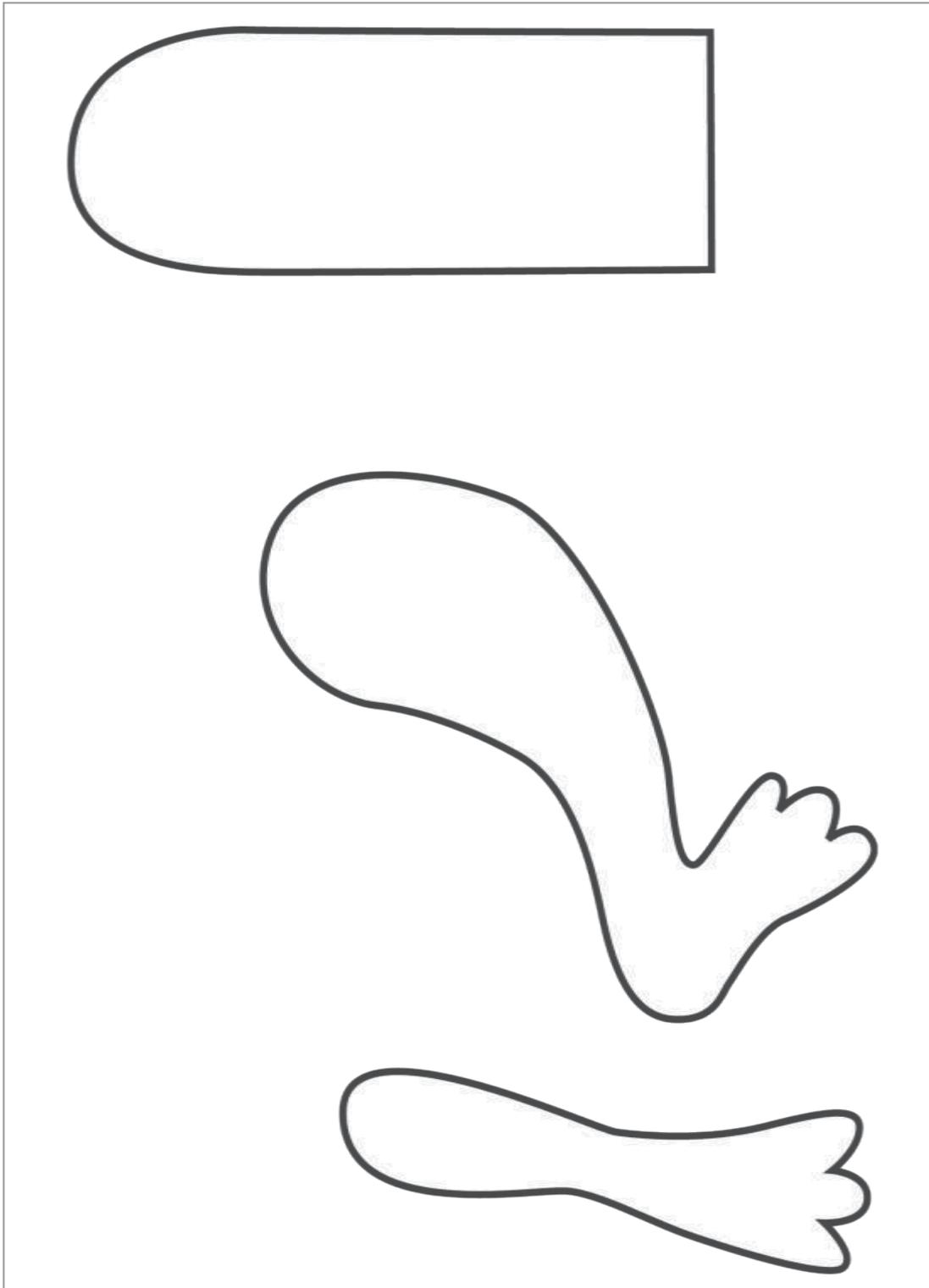
To make frog tambourines

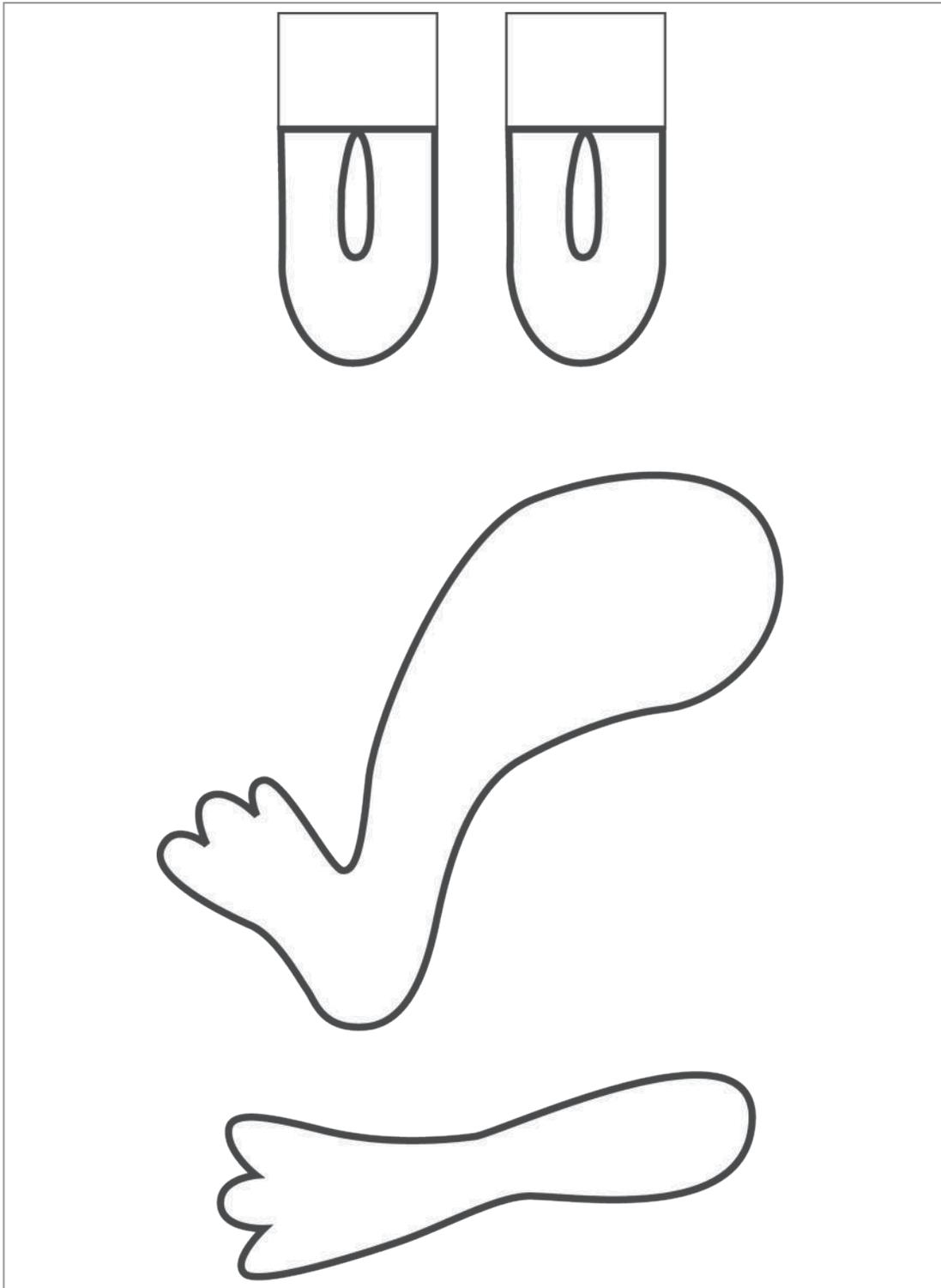
1. Copy the template on the following pages.
Depending on the ages and skill levels of the children, you may want to pre-cut the eyes, arms, tongue, and legs.
2. Trace and cut:
 - Tongue on pink construction paper — one for each child.
 - Two front legs and two back legs on green construction paper — one set for each child.
 - Eyes on white construction paper — two for each child. Ask each child to colour the pupil black.
3. Ask each child to colour or paint the bottom of one paper plate green.
4. For each child, pour a few dry macaroni or beans into an undecorated plate. Place the green plate on top of the first plate.

Little Chefs: ***Froggy Bakes a Cake***

5. Staple the plates together all around the rim. Catch the tongue in between the two plates so that it sticks out. Use lots of staples and make sure the plates are sealed well (dry macaroni or beans can be a choking hazard).
6. Staple the arms and legs to the underside of the edge of the two plates (see the photo).
7. Glue the eyes onto the top of the tambourine (see the photo).
8. Sing a song or dance as the children play their tambourines.

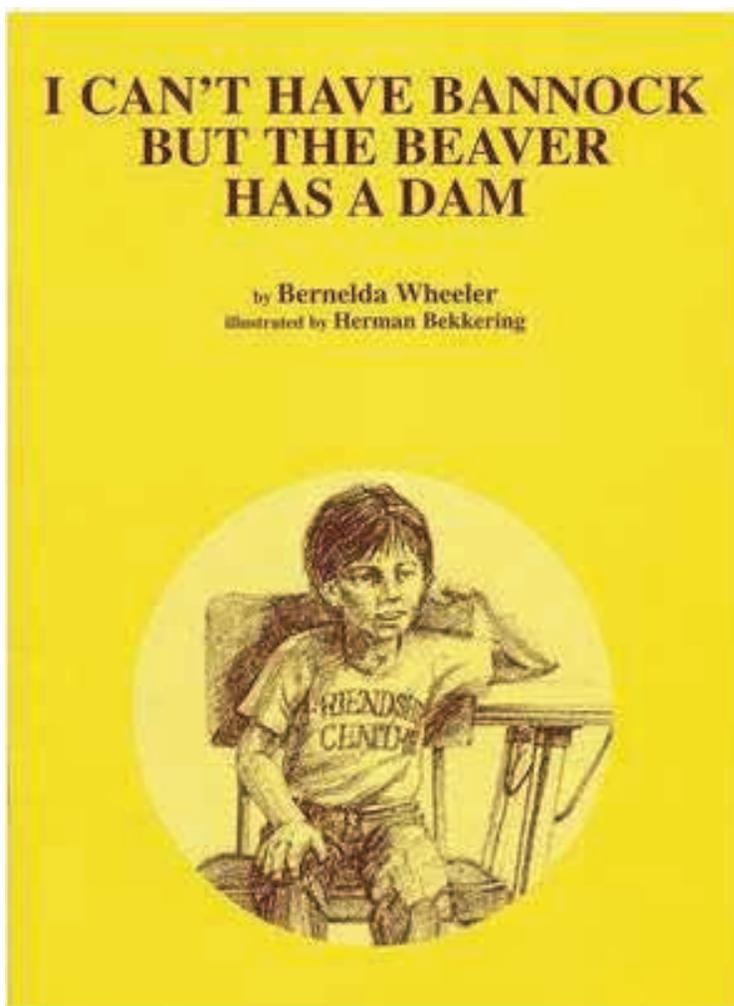






I Can't Have Bannock But The Beaver Has a Dam

by Bernelda Wheeler



I Can't Have Bannock But
The Beaver Has a Dam
by Bernelda Wheeler

Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- Try the “Northern Songs and Rhymes” on the following pages.

2. Read *I Can't Have Bannock But the Beaver Has a Dam*.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Bannock”



4. Have craft time.

- See “Toilet Paper Roll Beaver”



Northern Songs and Rhymes¹⁰

Enjoy these special northern songs and rhymes.

Little Miss Moosehump

Little Miss Moosehump
Sat on a tree stump
Eating some tea and bannock,

But a raven flew near
And cawed in her ear –
Caw! Caw!

And caused poor Miss Moosehump to panic!

Three Prime Mink

Three prime mink, three prime mink,
Run through the snow, run through the snow,

They all run away from the trapper's wife
To save their fur from a skinning knife,

Have you ever seen such a sight in your life
As three prime mink?



¹⁰ *Mother Raven Nursery Rhymes* by Peter Redvers. 1992. Hay River, NT Crosscurrents Associates

Over in the Forest

Over in the forest in the bushes in the sun,
Lived an old mother moose
and her little moose calf one.
“Eat,” said the mother. “I’ll eat,” said the one.
So they ate and were happy in the bushes in the sun.



Over in the forest where the tall trees grew,
Lived an old mother bear
and her little bear cubs two.
“Run,” said the mother. “We’ll run,” said the two.
So they ran and were happy where the tall trees grew.



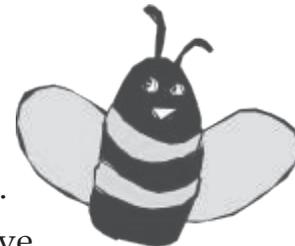
Over in the forest in a hole in a tree,
Lived an old mother woodpecker
and her little woodpeckers three.
“Peck,” said the mother. “We’ll peck,” said the three.
So they pecked and were happy in their hole in the tree.



Over in the forest on the soft moss floor,
Lived an old mother rabbit
and her little rabbits four.
“Sleep,” said the mother. “We’ll sleep,” said the four.
So they slept and were happy on the soft moss floor.



Over in the forest in a big gray hive,
Lived an old mother hornet
and her little hornets five.
“Buzz,” said the mother. “We’ll buzz,” said the five.
So they buzzed and were happy in their big gray hive.



Little Chefs: ***I Can't Have Bannock But the Beaver Has a Dam***

Over in the forest in a nest made of sticks,
Lived an old mother raven
and her little ravens six.



"Caw," said the mother. "We'll caw," said the six.
So they cawed and were happy in their nest made of sticks.

Over in the forest in a pond smooth and even,
Lived an old mother beaver
and her little beavers seven.



"Swim," said the mother. "We'll swim," said the seven.
So they swam and were happy in their pond smooth and even.

Over in the forest as the day grew late,
Lived an old mother owl
and her little owls eight.



"Hunt," said the mother. "We'll hunt," said the eight.
So they hunted and were happy as the day grew late.

Over in the forest in a tall green pine,
Lived an old mother squirrel
and her little squirrels nine.



"Chatter," said the mother. "We'll chatter," said the nine.
So they chattered and were happy in the tall green pine.

Over in the forest in a warm cozy den,
Lived an old mother wolf
and her little wolf cubs ten.



"Play," said the mother. "We'll play," said the ten.
So they played and were happy in their warm cozy den.

Snack Time Recipe: Bannock

This is just one way to make bannock. You may have a favourite recipe that you want to use instead.

To introduce this activity

- Ask the children if they have ever made bannock. Explain that today they are making bannock together. And everyone has a chance to take a turn, to help with the bannock.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.
- While one adult takes charge, other adults help children participate in cooking and clean-up as much as possible. Discuss numbers and measuring, colours and textures of ingredients. Take turns adding ingredients.

Cooking equipment

- Mixing bowl
- Measuring cups and spoons
- Oven
- Large spoon
- Cookie sheet or pizza pan



Ingredients

- 4 cups (948 millilitres) flour
- 1 cup (237 millilitres) sugar
- 4 teaspoons (20 millilitres) salt
- 4 teaspoons (20 millilitres) baking powder

Little Chefs: ***I Can't Have Bannock But the Beaver Has a Dam***

- 4 Tablespoons (60 millilitres) oil or lard
- 2 cups (474 millilitres) water
- 1 cup (237 millilitres) raisins

To make bannock

1. In a large bowl, mix together the dry ingredients:
 - 4 cups (1 litre) flour
 - 1 cup (237 millilitres) sugar
 - 4 teaspoons (20 millilitres) salt
 - 4 teaspoons (20 millilitres) baking powder
2. Add the oil or lard and rub it in.
3. Add the raisins and water. Mix the dough. If the dough is too dry, add more water.
4. Turn the dough out onto a floured counter. Knead it for about two minutes.
5. Flatten the bannock out until it is about $\frac{3}{4}$ inch (2 cm) thick. Place it on a cookie sheet.
6. Bake at 350 degrees F (177 degrees C) for about 20 minutes. Turn it over part way through.



Craft Time: Toilet Paper Roll Beaver

Children can give their beaver a name and make up stories.

Supplies

- 1 empty toilet paper roll per child
- Brown construction paper
- Brown felt
- Markers
- Googly eyes
- Pipe cleaners
- Scissors
- Glue stick



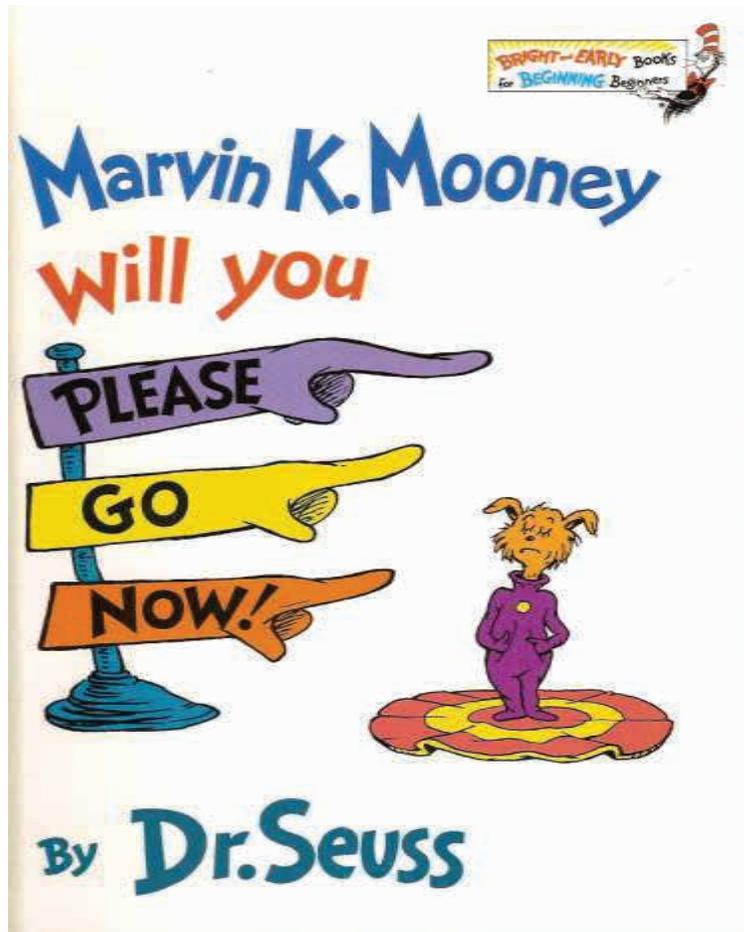
To make toilet paper roll beaver

1. Cover the toilet paper roll with brown construction paper. If you pre-cut the pieces of construction paper, things go more quickly.
2. Cut a circle from the construction paper. Draw a face on it. Add ears, teeth, and googly eyes. Glue the face onto the toilet paper roll.
3. To make the arms, tape a pipe cleaner to the back of the roll and bend it in place.
4. To make the tail, cut an oval shape from felt. Tape or glue the end just under the bottom edge of the roll.
5. Ask each child to name their beaver.

Little Chefs: ***I Can't Have Bannock But the Beaver Has a Dam***

Marvin K. Mooney Will You Please Go Now!

by Dr. Seuss



Marvin K. Mooney
Will You Please Go Now
by Dr. Seuss

Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing!
- Try the “Friendship Songs and Game” on the following pages.

2. Read *Marvin K. Mooney Will You Please Go Now!*



- Ask the children to anticipate what happens next.

3. Make the snack and eat it.

- Go to “Snack Time Recipe: Open-Face Sandwiches”



4. Have craft time.

- See “Masks”
- See “As Big as Me!”



Friendship Songs and Game

Enjoy sharing these songs and games.

Hello Friends

Hello friends, hello friends, how are you today?

Hello (child's name), hello (child's name), how are you today?

We're Glad You're Here Today

(to the tune of The Farmer in the Dell)

We're glad you're here today,

We're glad you're here today,

Let's give a cheer because _____ (say name) is here,

We're glad you're here today.



Circle Game: Friendship Ball

Play this fun game while the children are in their circle.

1. Give a ball to one of the children.

That child rolls the ball towards another child.

2. As the ball is rolling, the child sings: "I have a good friend, a good friend, a good friend. I have a good friend and his/her name is _____."

3. The child named catches the ball.

Then that child rolls the ball toward another child, and sings the song.

Snack Time: Open-face Sandwiches

To introduce this activity

- Ask the children if they have ever made open-face sandwiches. Explain that today they are going to make them. And that everyone has a chance to take a turn, choose their own ingredients, and decorate their own sandwich.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.
- While one adult takes charge, other adults help children to participate in cooking and clean-up as much as possible. Encourage each child to decorate their own sandwich. Discuss why they choose different things to put on their sandwich. What do they like about them?

Cooking equipment

- Knife and cutting board
- Butter knives or plastic knives for spreading
- A plate for each child
- Small bowls to put the “decorations” in.



Ingredients

- One bread slice for each child
- Butter or Cheese Whiz®
- Various decorations such as:
 - Carrot slices
 - Raisins
 - Alfalfa sprouts
 - Cucumber slices
 - Celery cut into small pieces
 - Pepperoni slices
 - Coloured mini marshmallows
 - Olives
 - Nuts
 - Anything else you can think of

Instructions

1. Spread butter or Cheese Whiz® onto the slice of bread.
2. Use the decorations to make a face on the piece of bread (carrot rounds for eyes, alfalfa sprouts for hair, celery pieces for eyebrows). Be creative.

Craft Time: Let's Make a Mask!

Masks are fun all the time, not just for Halloween.

Supplies

- One paper plate per child
- Yarn
- Hole punch
- Child scissors
- Decorations such as feathers, glitter, or sequins
- Markers or paint
- Glue



To make a mask

1. Ahead of time, attach yarn to each side of each plate. These are the ties that hold the mask on.
2. Give each child a paper plate with ties in place.
3. Help each child to mark where their eyes are on the plate, and to cut out circles for their eyes.
4. Ask children to decorate their masks any way they like—with feathers, glitter, sequins, and whatever else you have available.
5. Allow the glue and paint time to dry before the children put their masks on.

Craft Time: As Big as Me!

Children have fun making their twin.

Supplies

- Large flipchart or poster paper
- Markers and crayons
- Fabric scraps
- Yarn

To make “as big as me”

1. One at a time, ask each child to lie down on a large sheet of paper.
2. Trace around as much of their body as fits. Make sure to trace their head.
3. Help each child to decorate their tracing to look like him or her.

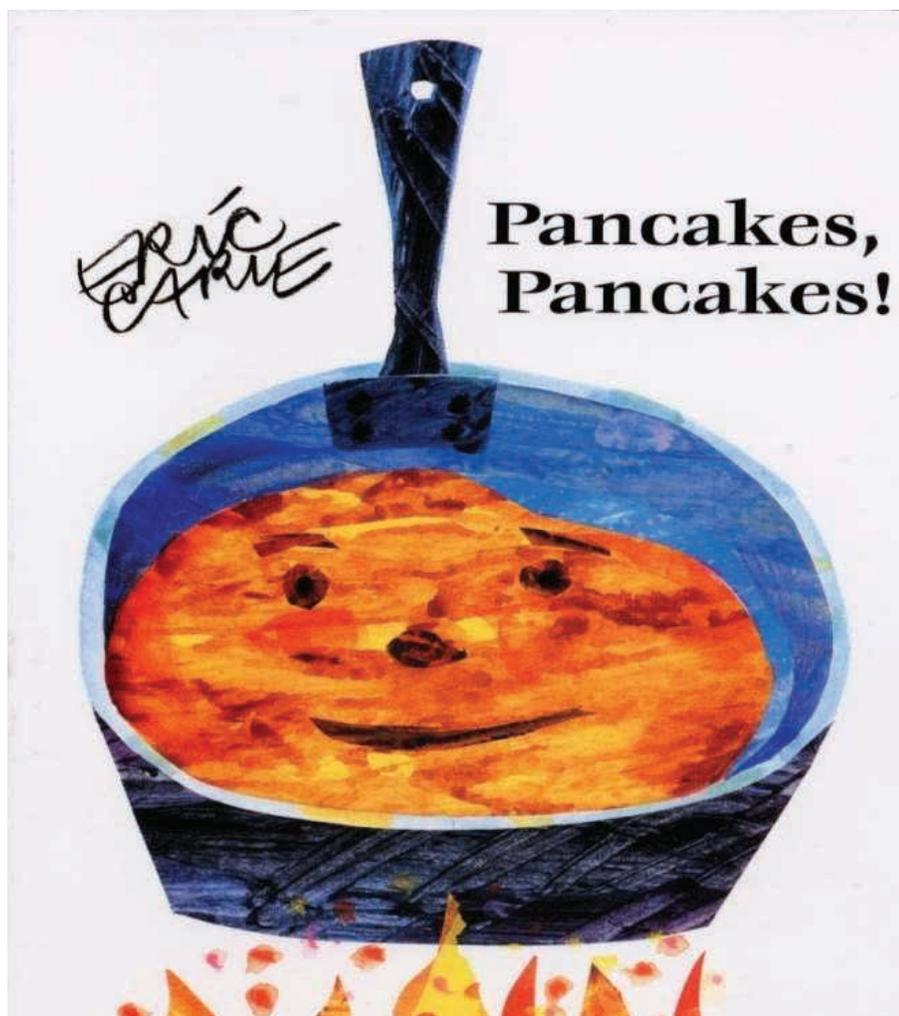
Use paint, crayons, markers, fabric scraps, yarn for the hair, or any other decorations you have.

4. Cut out the tracings and put them on the wall.



Pancakes, Pancakes!

by Eric Carle



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Begin the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- Try the “Pancake Poems and Song” on the following pages.

2. Read *Pancakes, Pancakes!*

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Pancakes”



4. Have craft time.

- See “Pancake Popsicle Stick Puppets”
- See “Tissue Paper Collage”



Pancake Poems and Song

Enjoy these pancake poems and songs together

Pancake Song¹¹

Mix a pancake,
Beat a pancake,
Put it in a pan.

Cook a pancake,
Toss a pancake,
Catch it if you can.



Make a Pancake

Make a pancake, pat, pat, pat. (pat hands together)

Do not make it fat, fat, fat. (stretch hands apart)

You must make it flat, flat, flat. (pat hands together)

Make a pancake just like that. (clap hands together)

¹¹ www.bigeyedowl.co.uk

Five Crispy Pancakes

Five crispy pancakes in a frying pan,
Flip them and toss them and catch them if you can.
Along came (say a child's name),
For a pancake one day,
Sprinkled it with sugar and took it away.

Four crispy pancakes in a frying pan,
Flip them and toss them and catch them if you can.
Along came (say another child's name),
For a pancake one day,
Sprinkled it with sugar and took it away.

Three crispy pancakes in a frying pan,
Flip them and toss them and catch them if you can.
Along came (say another child's name),
For a pancake one day,
Sprinkled it with sugar and took it away.

Two crispy pancakes in a frying pan,
Flip them and toss them and catch them if you can.
Along came (say another child's name),
For a pancake one day,
Sprinkled it with sugar and took it away.

One crispy pancake in a frying pan,
Flip them and toss them and catch them if you can.
Along came (say another child's name),
For a pancake one day,
Sprinkled it with sugar and took it away.



Snack Time Recipe: Pancakes

Make these pancakes extra special—in the shape of each child’s initial. Make cranberry sauce to eat with the pancakes.

To introduce this activity

- Ask the children if they have ever made pancakes. Explain that today they are making pancakes in the shapes of letters of the alphabet.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.
- While one adult takes charge, other adults help children participate in cooking and clean-up as much as possible. As you make pancakes, discuss the letters of the alphabet and what they look and sound like.

Cooking equipment

- One or two empty squirt bottles (empty mustard, ketchup, or honey bottles work well)
- An electric griddle or frying pan, or a regular frying pan and stove
- A pancake flipper
- Wooden spoon
- Mixing bowl
- Measuring cups and spoons



Ingredients

- 1 $\frac{1}{3}$ cups (315 millilitres) flour
- $\frac{1}{2}$ teaspoon (2 $\frac{1}{2}$ millilitres) salt
- 3 teaspoons (15 millilitres) baking powder
- 1 $\frac{1}{2}$ cups (355 millilitres) milk
- $\frac{1}{4}$ teaspoon (1 $\frac{1}{4}$ millilitres) vanilla
- 1 egg
- 3 Tablespoons (45 millilitres) oil

To mix the batter

1. In a bowl, mix the dry ingredients together:
 - 1 $\frac{1}{3}$ cups (315 millilitres) flour
 - $\frac{1}{2}$ teaspoon (2 $\frac{1}{2}$ millilitres) salt
 - 3 teaspoons (15 millilitres) baking powder
2. In a separate bowl, beat together the wet ingredients:
 - 1 $\frac{1}{2}$ cups (355 millilitres) milk
 - $\frac{1}{4}$ teaspoon (1 $\frac{1}{4}$ millilitres) vanilla
 - 1 egg
 - 3 Tablespoons (45 millilitres) oil
3. Make a hole in the middle of the dry ingredients. Add the wet ingredients. Stir together just enough to get the dry ingredients wet. Do not mix too much. The batter should still be lumpy.

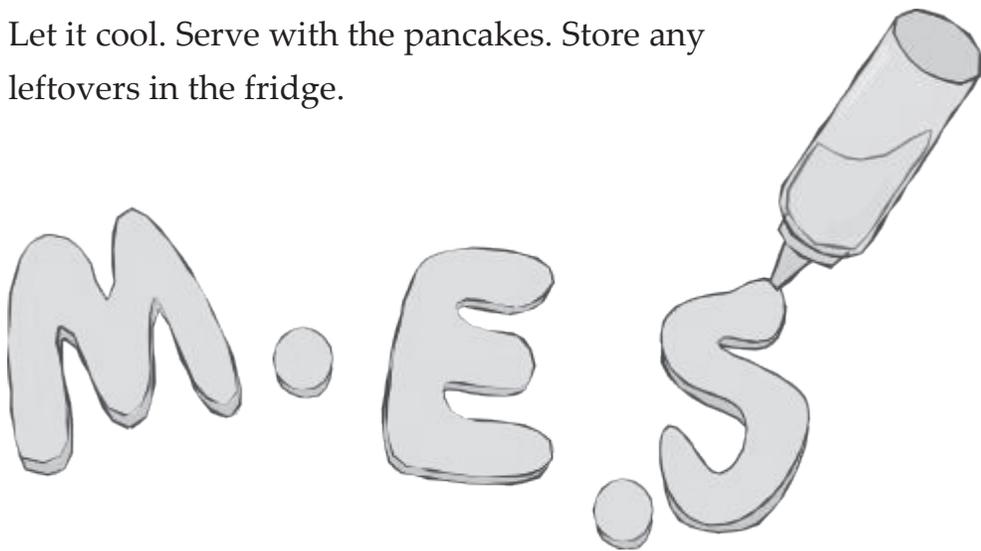


To cook the pancakes

1. Turn the burner to medium. Heat a small amount of oil in a frying pan.
2. When the pan is hot, pour some batter into the squirt bottle.
3. Using the squirt bottle, write each child's initial in the frying pan.
4. When holes appear in the pancake, flip it over. Cook it until the other side is golden brown.
5. Serve with syrup or jam, or cranberry sauce. If you pick your own cranberries, nothing makes a better pancake topping than homemade cranberry sauce.

To make cranberry sauce

1. Combine in a pot and bring to a boil over medium-high heat:
 - 1 cup (237 millilitres) cranberries
 - 1/4 cup (59 millilitres) water
 - 1/4 cup (59 millilitres) sugar
2. Boil for 10 to 15 minutes, until the sauce becomes thick.
3. Let it cool. Serve with the pancakes. Store any leftovers in the fridge.



Craft Time: Pancake Popsicle Stick Puppets¹²

Children have fun decorating these puppets and playing with them.

Supplies

- Brown or yellow construction paper
- Scissors
- Glue
- Crayons or paint
- Pipe cleaners
- Popsicle sticks

To make pancake popsicle stick puppets

1. Cut a circle out of brown or yellow construction paper. The circle should be about 4 to 5 inches (10 to 12 centimetres) across.
2. Decorate the pancake with paint, crayons, and collage items. Use pipe cleaners for arms.
3. Tape or glue a popsicle stick on the back to make a puppet.



¹² www.activityvillage.co.uk

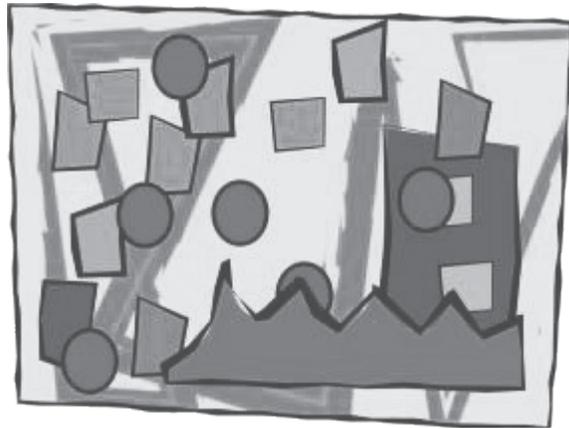
Craft Time: Tissue Paper Collage

Eric Carle is well known for his tissue paper collages that illustrate his children's books. Look at the way he uses different coloured tissue paper to create pictures.

If you have other Eric Carle books, such as *Brown Bear, Brown Bear* or *The Very Hungry Caterpillar* you can look at the pictures in these books too.

Supplies

- Tissue paper
- Glue
- Glitter
- Pompoms
- Scraps of paper
- 1 sheet of heavy paper per child

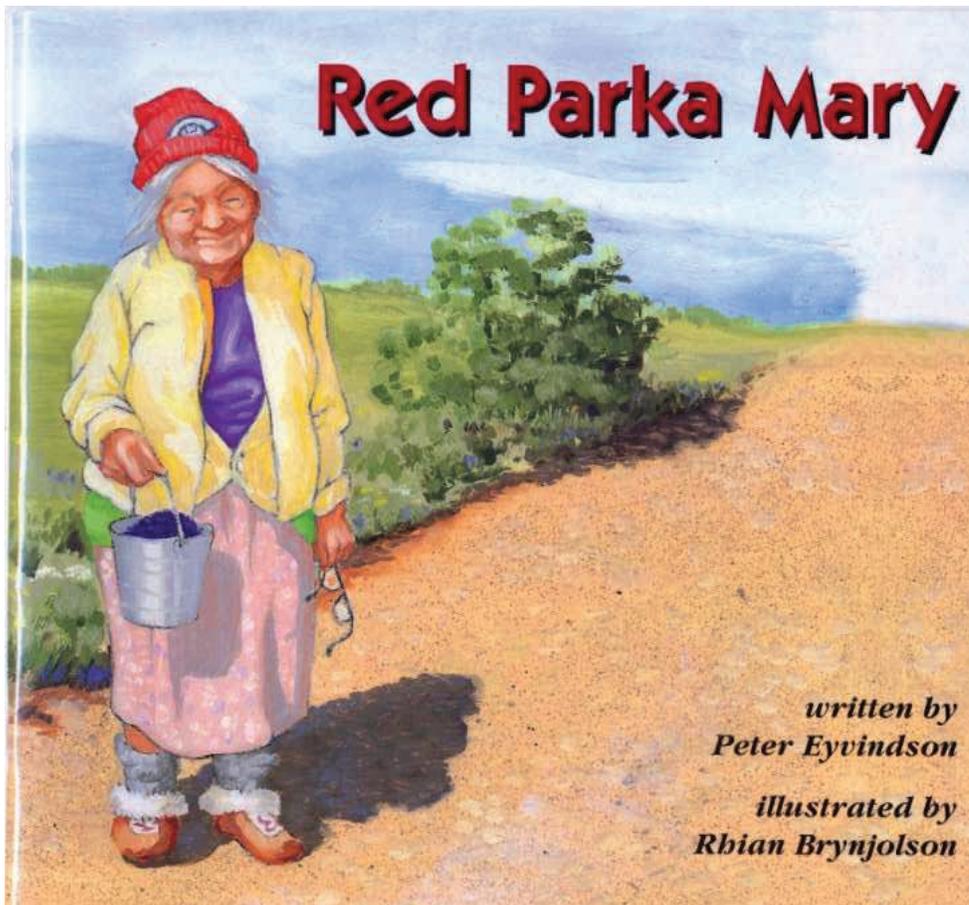


To make tissue paper collage

1. Give each child one sheet of heavy paper.
2. Spread out the tissue paper, glue, and other collage items such as glitter, pompoms and small scraps of paper on the table.
3. Ask them to create a picture using the collage items (and their imagination).

Red Parka Mary

by Peter Eyvindson



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing!
- Try the “Friendship and Love Songs” on the following pages.

2. Read *Red Parka Mary*.

- Ask the children to anticipate what will happen next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Cinnamon Sugar Roll-ups”



4. Have craft time.

- See “Puffy Heart”
- See “Me and My Parka”



Friendship and Love Songs

Enjoy sharing these songs together.

I Have a Friend¹³

I have a friend
Whose name is _____
And we have fun together

We laugh and play
And sing all day
In any kind of weather.



I Love You, You Love Me¹⁴

I love you,
You love me,
We're a happy family.

With a great big hug ,
And a kiss for me and you,
Won't you say you love me too?



¹³ www.canteach.ca

¹⁴ www.lyricsondemand.com/tvthemes/barneyclosinglyrics.html

Snack Time Recipe: Cinnamon Sugar Roll-Ups

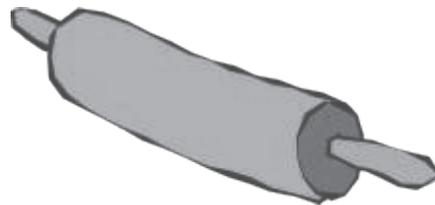
Enjoy making this snack and sharing it.

To introduce this activity

- Ask the children if they have ever made cinnamon sugar roll-ups. Explain that today they are going to make them. And that everyone has a chance to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Put on the table: the recipe, cooking equipment, and ingredients.
- While one adult takes charge, other adults help children participate in cooking and clean-up as much as possible. Encourage children to use the rolling pin. Discuss the 'sweet' taste and the 'cinnamon' taste.

Cooking equipment

- Rolling pin (or more than one)
- Butter knife
- Small bowl
- Mixing spoon
- Spoon to drizzle frosting



Ingredients

- One slice of bread for each child, crusts removed
- Soft butter or margarine
- Cinnamon sugar
- Icing sugar—about 2 Tablespoons (30 millilitres)
- A few drops of water

To make cinnamon sugar roll-ups

1. With a rolling pin, roll out each bread slice very flat.
2. Butter each flattened bread slice.
3. Sprinkle each slice with cinnamon sugar.
4. Starting on one side, roll up the bread slice until it is tight. Repeat with the other slices.
5. Cut each roll into $\frac{3}{4}$ -inch (2-centimetre) slices.
6. In a small bowl, mix the icing sugar with a few drops of water to make a thin frosting.
7. Drizzle the frosting over the slices.



Craft Time: Puffy Heart

A heart full of love.

Supplies

- Construction paper—red, pink, or other colours
- Markers or finger paint
- Glue
- Hole puncher
- Yarn—enough for each child to have about 3 feet (1 metre)
- Tissue paper



To make puffy heart

1. Cut two large hearts from red or pink construction paper. Use other colours if you want.
2. Ask the children to decorate their hearts with finger-paint, markers, or other small heart shapes. Let the paint and glue dry.
3. Line up the two hearts and punch holes around the outside, about $\frac{1}{2}$ inch (1 centimetre) apart.
4. Cut about 3 feet (1 metre) of yarn and wrap one end with scotch tape. Each child uses this to stitch the two heart pieces together. Leave one side open to put stuffing in.
5. Stuff the heart with crumpled tissue paper (about $\frac{1}{2}$ piece is enough). Finish stitching the heart and tie a knot.
6. Cut long pieces of tissue paper for streamers to make a tail. Staple it to bottom point of the heart.

Craft Time: Me and My Parka

Children have fun making their own parka.

Supplies

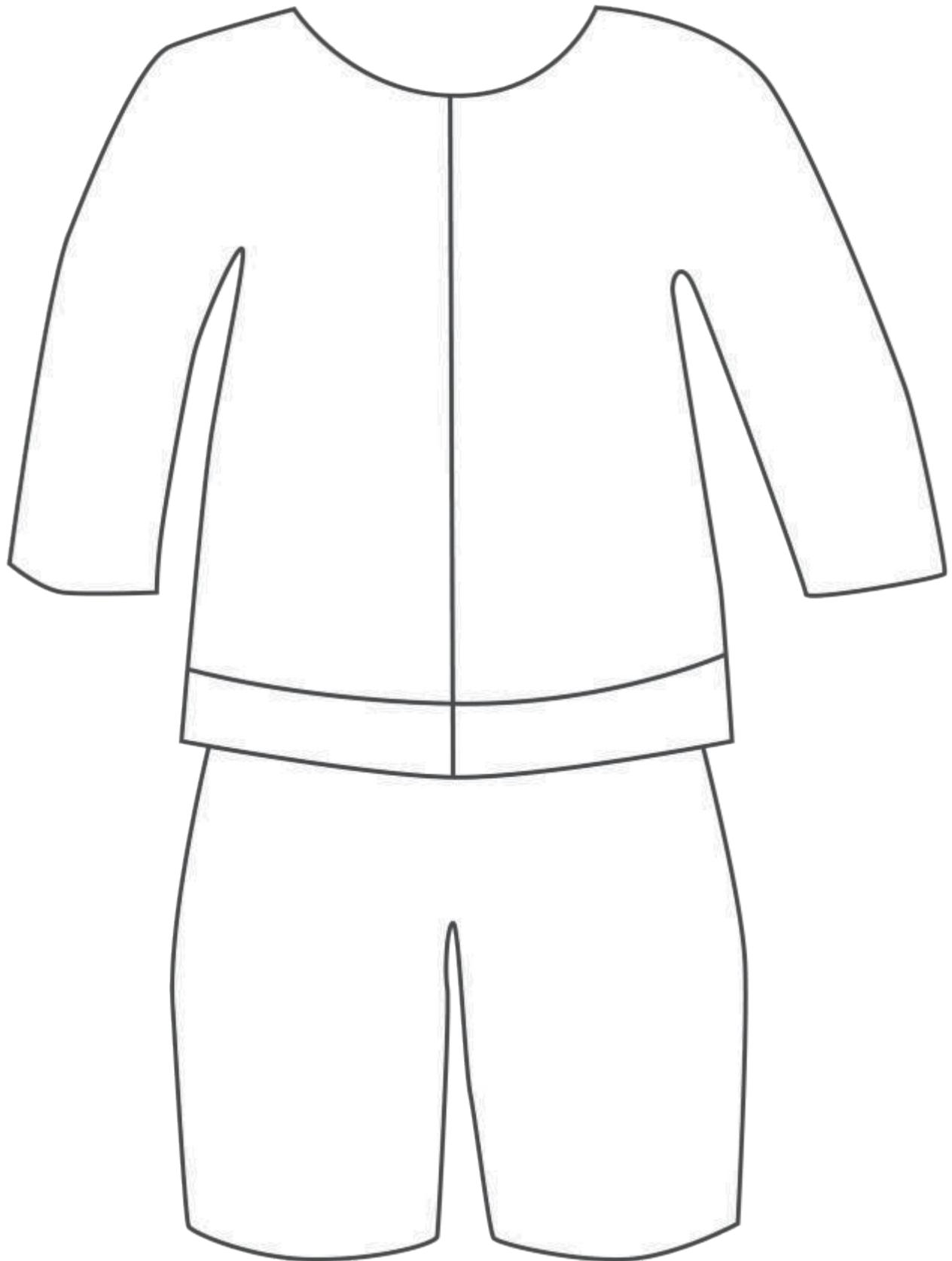
- Parka, boots and mitten templates for each child (on the following pages)
- Markers or crayons
- Collage items such as ribbon, pompoms, or felt
- Glue sticks
- One small paper plate per child
- Yarn

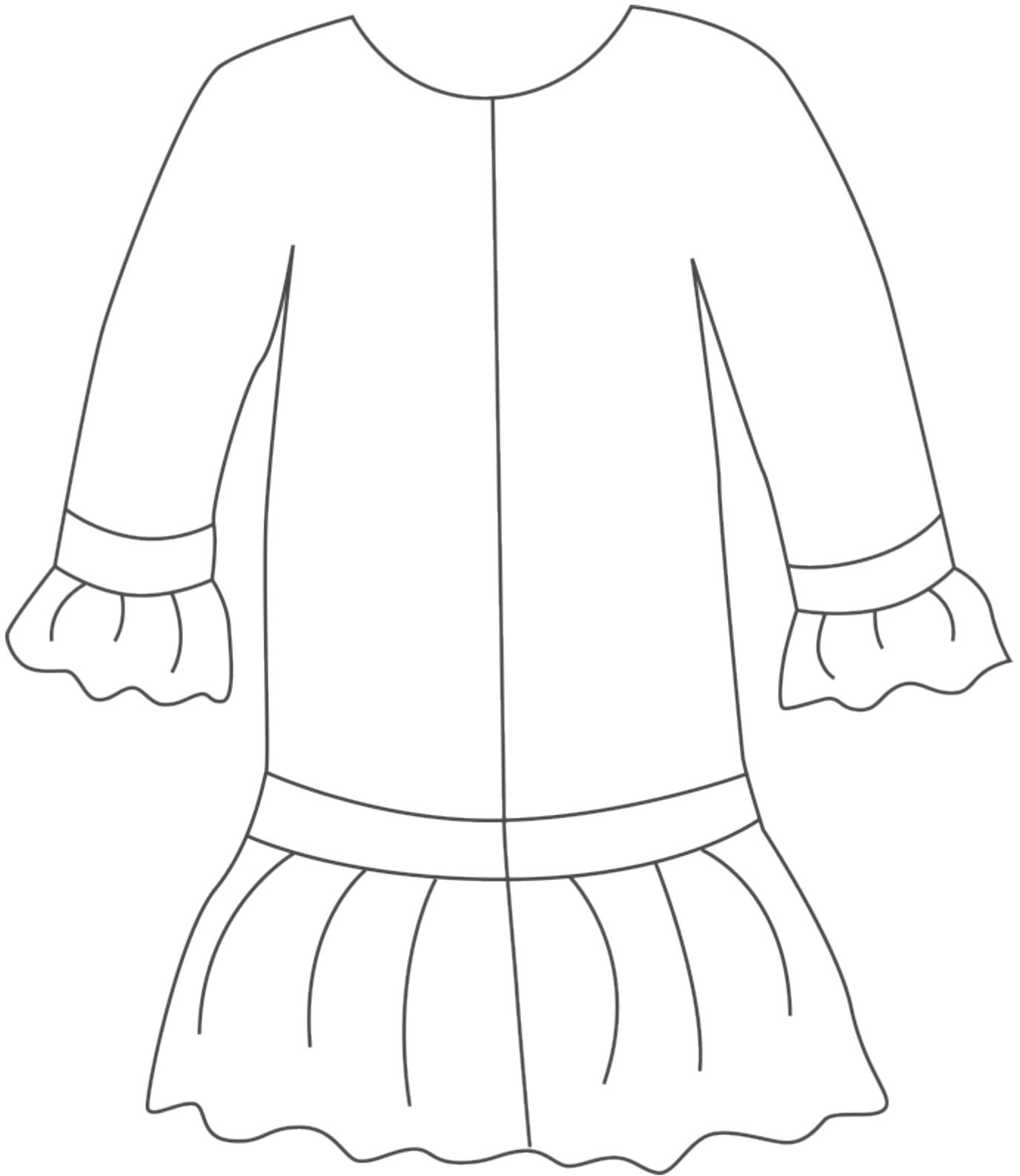
To make “me and my parka”

1. Copy and cut out the parka, boots, and mittens from the template.
2. Ask each child to colour and decorate their own set of parka, boots, and mittens. Use fun collage items—pompoms, feathers, glitter, ribbon, felt, bits of fur, and foam.
3. Give each child a small paper plate. Ask them to create a “self portrait” of their face on the plate. Use yarn for hair.
4. Glue the face, parka, boots, and mitts together to make a self-portrait.



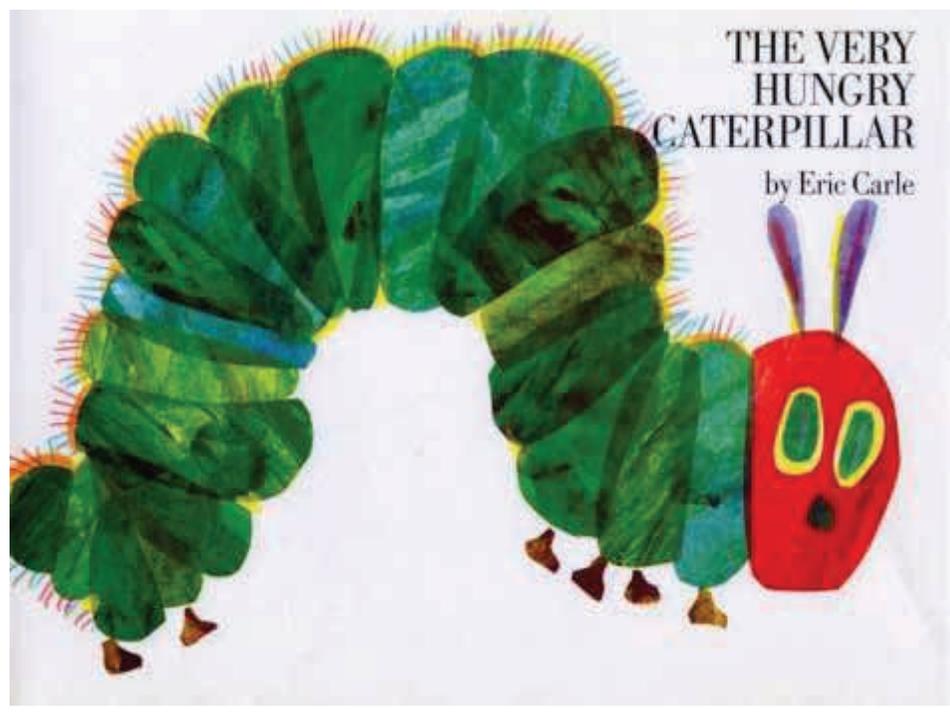






The Very Hungry Caterpillar

by Eric Carle



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing!
- Try the “Caterpillar Songs and Rhymes” on the following pages.

2. Read *The Very Hungry Caterpillar*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Fruit Salad”



4. Have craft time.

- See “Class Bulletin Board Caterpillar”
- See “Coffee Filter Butterfly”



5. Do a group activity.

- See “Story Cards”

Caterpillar Songs and Rhymes

Enjoy these songs and rhymes together.

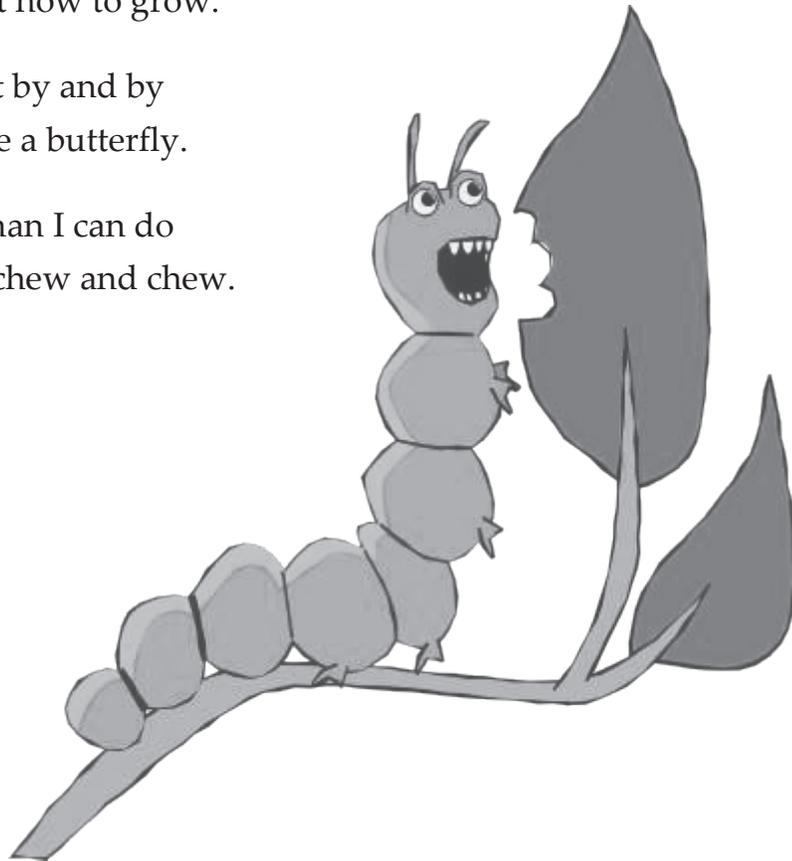
What do Caterpillars do¹⁵?

What do caterpillars do?
Nothing much but chew and chew.

What do caterpillars know?
Nothing much but how to grow.

They just eat what by and by
Will make them be a butterfly.

But that is more than I can do
However much I chew and chew.



¹⁵ www.lilteacher.com

The Cocoon¹⁶

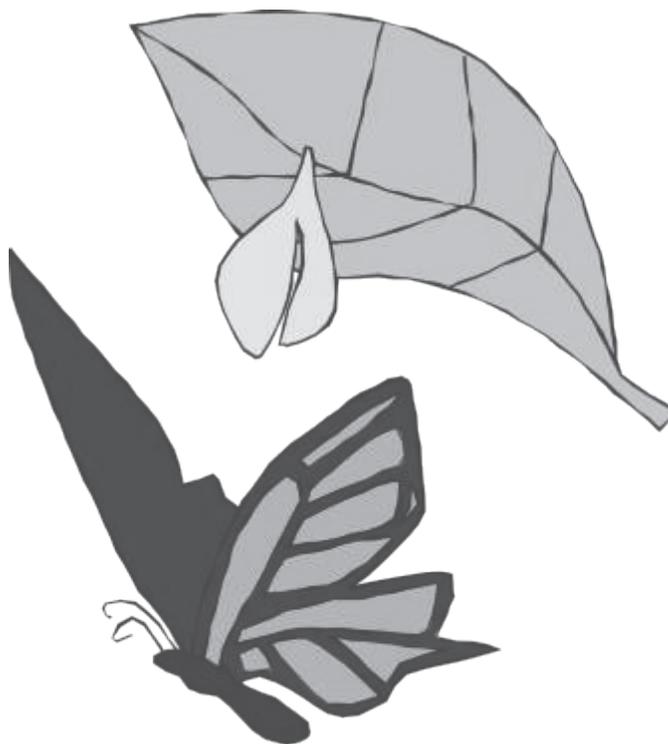
I found a cocoon
That a caterpillar made,
Fastened to a leaf
Hanging in the shade.

He barely had room
To wiggle or wag,
Like me zipped up
In my sleeping bag.

I looked each time
That I passed his way,
But he never budged
Until just today.

Something happened!
He wagged and wiggled
And then climbed out
And carefully jiggled

Small wet wings
That grew as they dried.
He'd turned to a butterfly
Inside!



¹⁶ www.canteach.ca/elementary/songspoems26.html

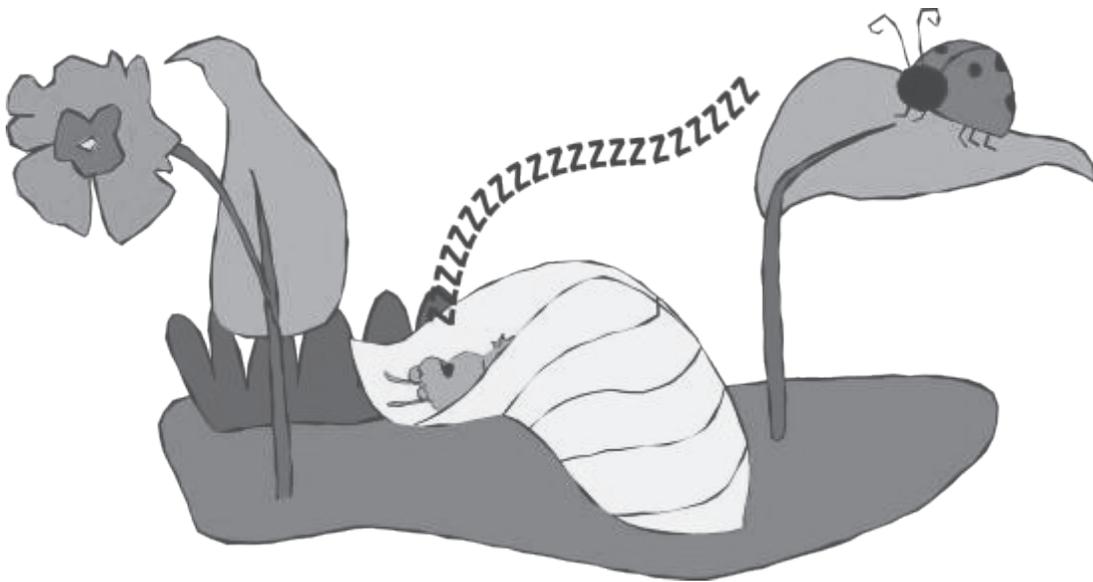
Fuzzy Wuzzy Caterpillar¹⁷

Fuzzy wuzzy caterpillar
in the garden creeps.

He spins himself a blanket
and soon falls fast asleep.

Fuzzy wuzzy caterpillar
wakes up by and by.

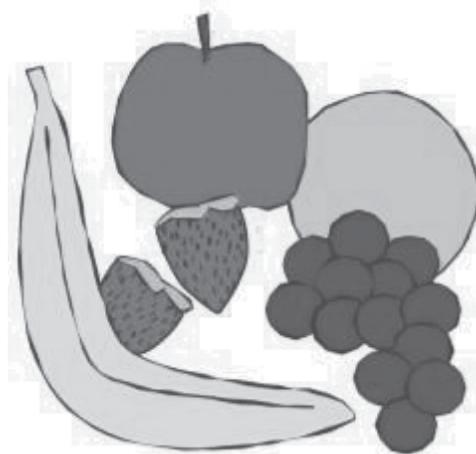
To find he has wings of beauty,
changed to a butterfly.



¹⁷ www.canteach.ca/elementary/songspoems26.html

Snack Time Recipe: Fruit Salad

The very hungry caterpillar enjoyed eating apples, pears, plums, strawberries, and oranges. These fruits helped him grow!



To introduce this activity

- Ask the children if they have ever made fruit salad. Explain that today they are making fruit salad together.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Put on the table: the recipe, cooking equipment, and ingredients.
- While one adult takes charge, other adults help children participate in cooking and clean-up as much as possible. Discuss different kinds of fruit, their colour, texture, and flavour. Discuss how different fruits and berries grow.

Cooking equipment

- Large spoon for each bowl of ingredients
- Clear, see-through plastic cups or bowls—one for each child
- Spoon for each child
- Safe plastic knife and cutting board

Ingredients

- Fresh, frozen, or canned fruit available in your community:
 - Apples
 - Berries
 - Oranges
 - Pineapple
 - Bananas
 - Peaches
 - Other fruits
- Mini marshmallows or coconut

To make fruit salad

1. Work with the children to chop the fruit. Put all the fruit into a large bowl.
2. Allow for lots of stirring.
3. Add a few mini marshmallows or some coconut.
4. Chill in the fridge for a while.
5. Spoon into bowls and serve.

Craft Time: Class Bulletin Board Caterpillar¹⁸

Everyone becomes part of this caterpillar.

Supplies

- A paper plate for each child
- Markers or crayons
- Black or brown construction paper
- 2 pipe cleaners
- Stickers, pompoms, glitter, etc.
- Scotch tape
- Stapler

To make the caterpillar

1. Ask each child to decorate a paper plate.
2. Make a caterpillar head out of one plate, with pipe cleaner antennae.
3. Cut legs out of construction paper. Tape two legs to each plate.
4. To form a long caterpillar body, staple the plates together in a row with the head at one end.



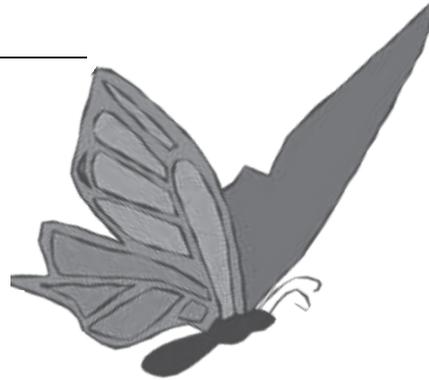
¹⁸ www.lilteacher.com

Craft Time: Coffee Filter Butterfly

Caterpillar turns to butterfly.

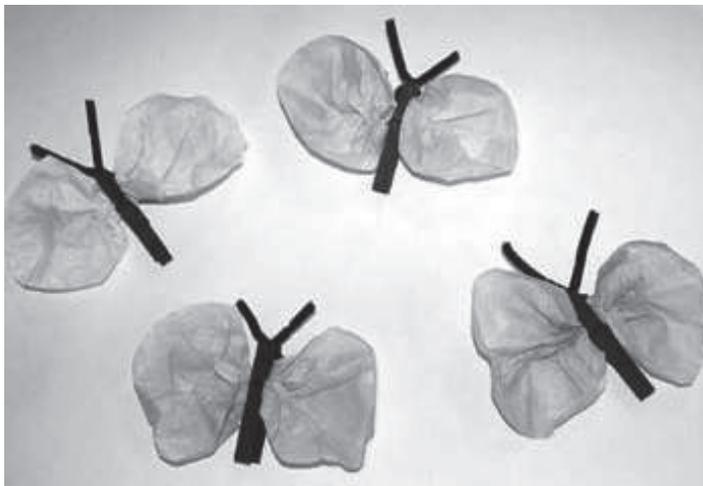
Supplies

- 1 basket coffee filter for each child
- Spray bottle full of water
- Washable markers
- Pipe cleaners



To make the coffee filter butterfly

1. Using washable markers, ask each child to colour a basket sized coffee filter. To make the colours run and blend together, spray each coloured coffee filter once or twice with water.
2. Let the coffee filters dry.
3. Gather each butterfly up in the middle with a pipe cleaner (see the photo). Twist the pipe cleaner together to fasten. The two ends make the antennae.



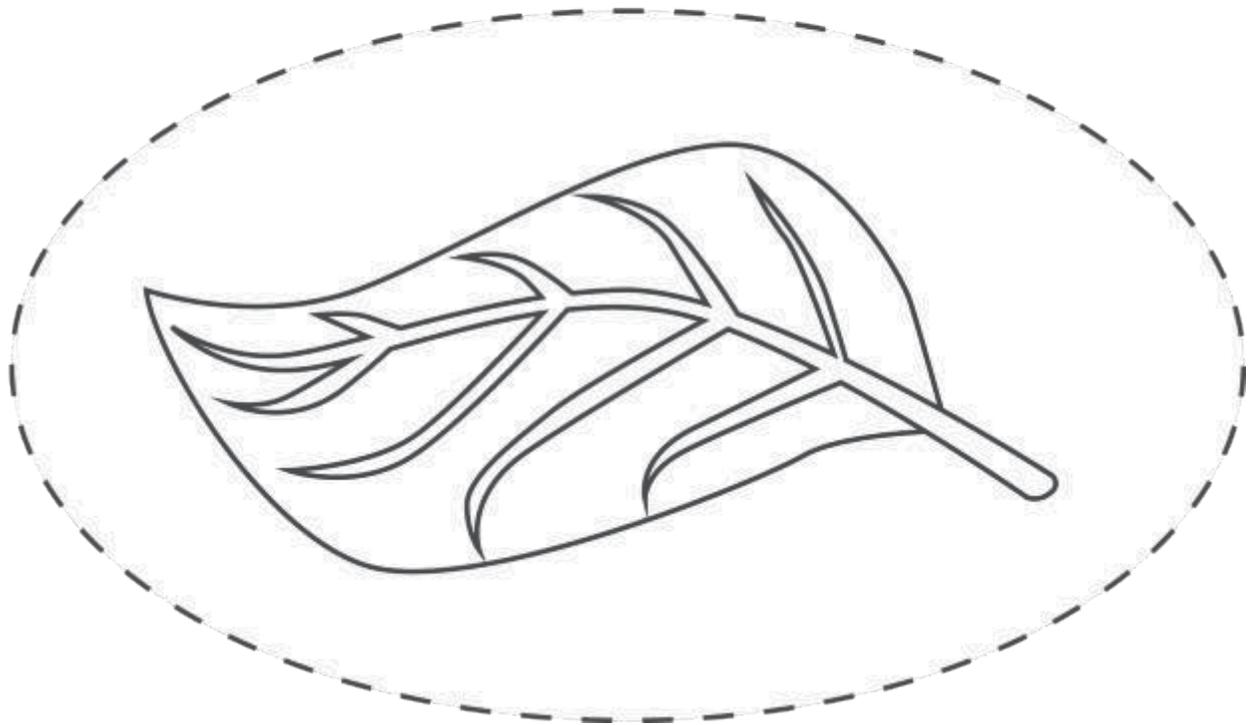
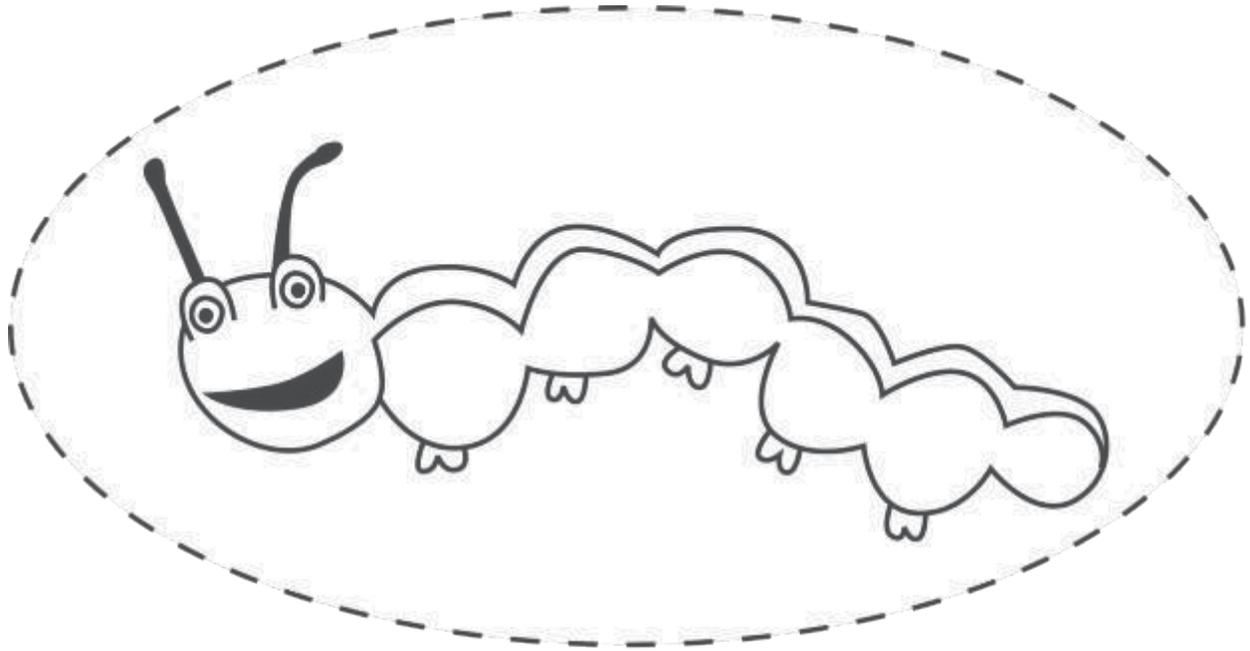
Group Activity: Felt Board or Story Cards¹⁹

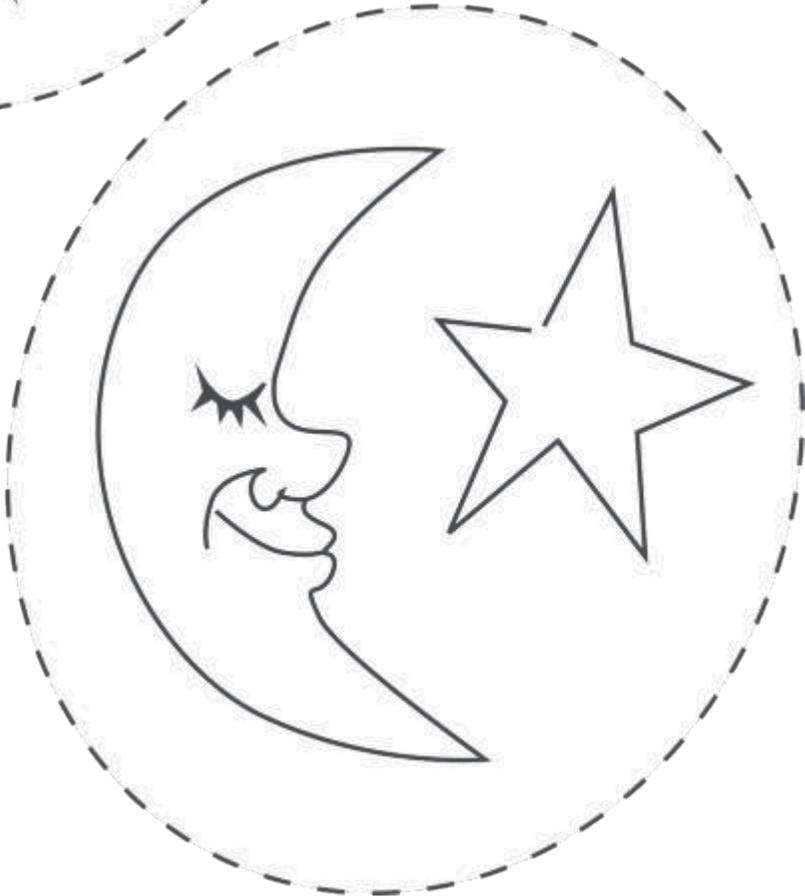
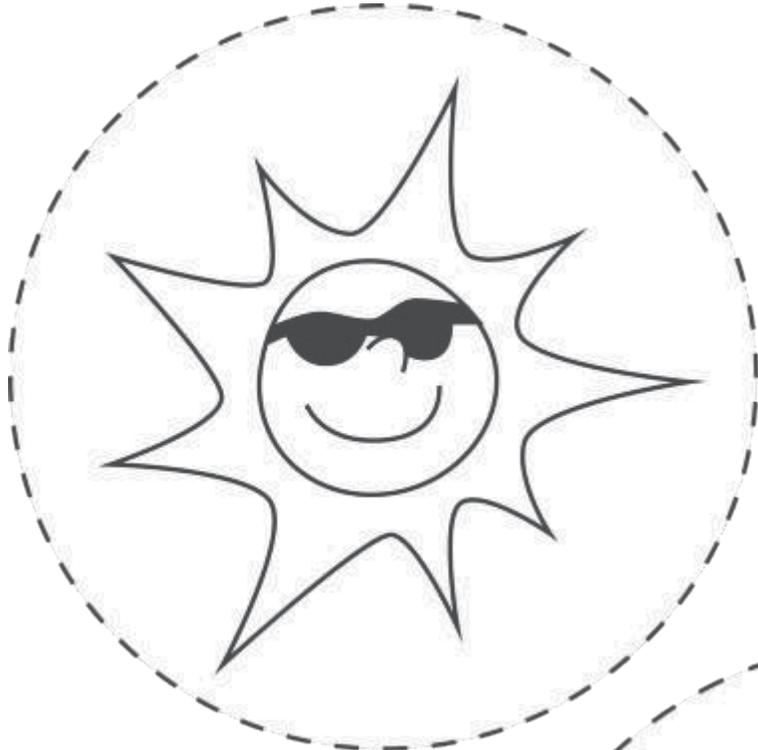
Use these story cards in several different ways.

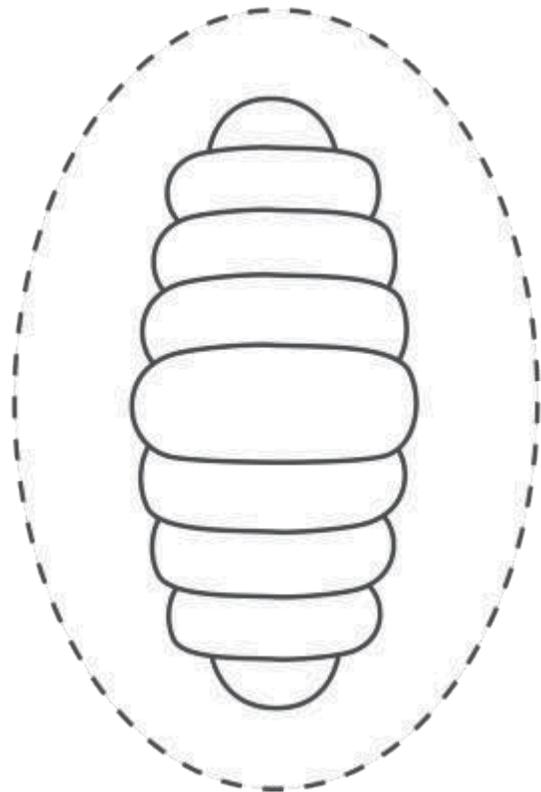
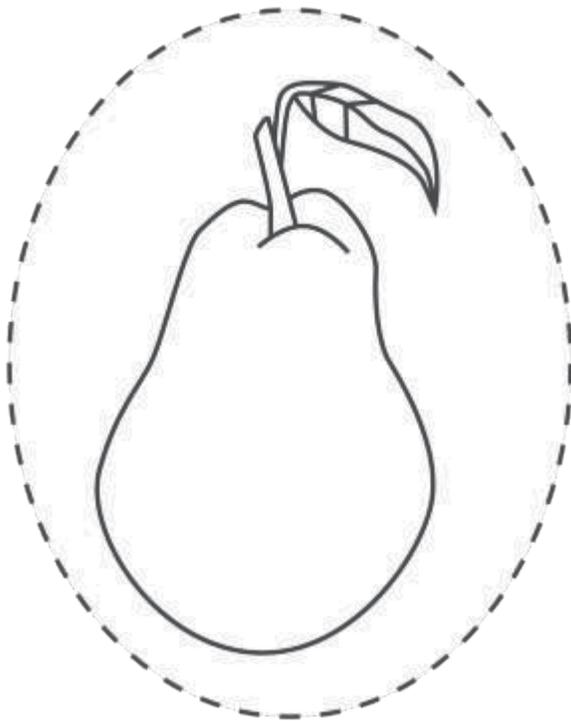
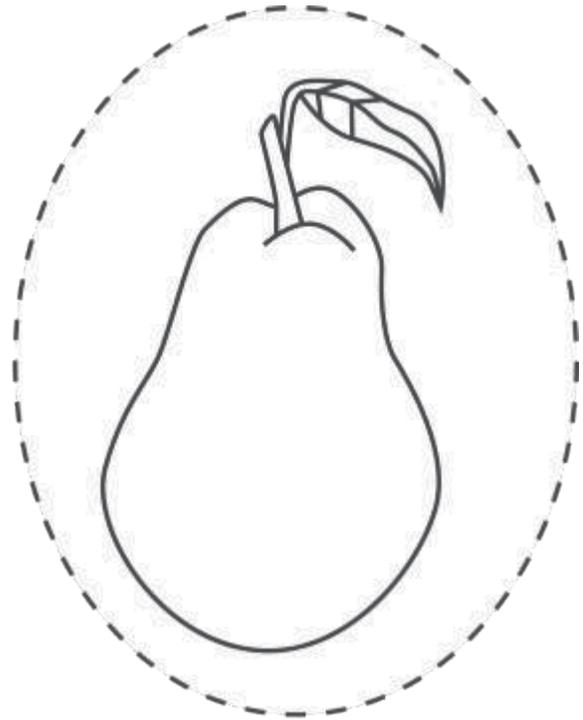
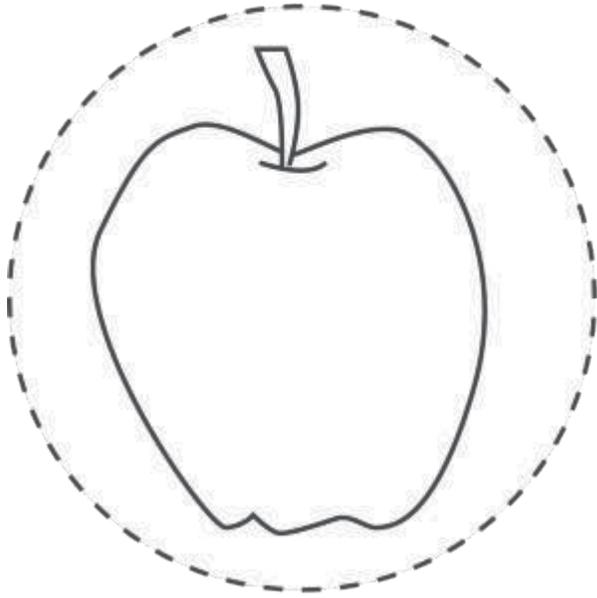
- Colour the story cards.
Stick a bit of sandpaper on the back and use them as a felt/flannel board story.

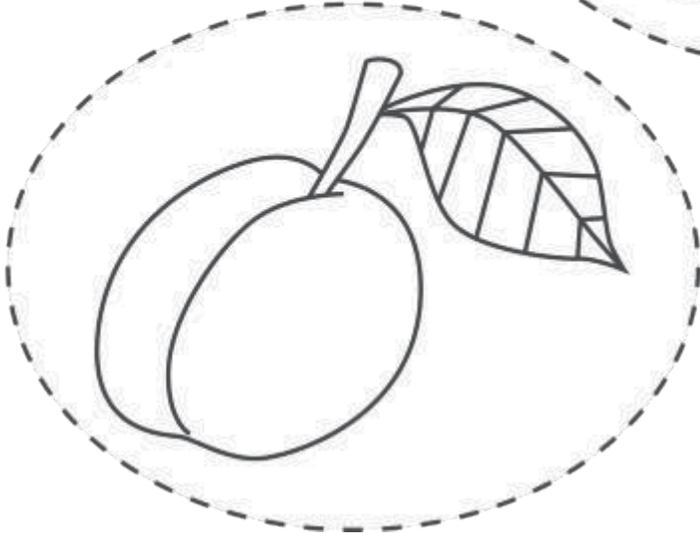
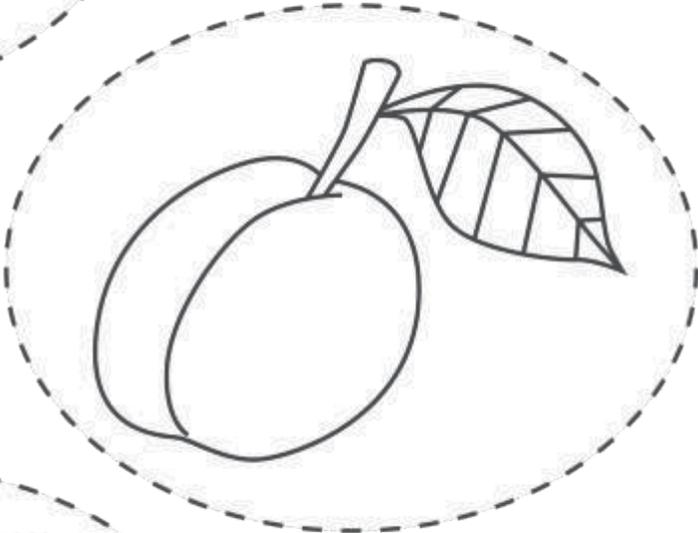
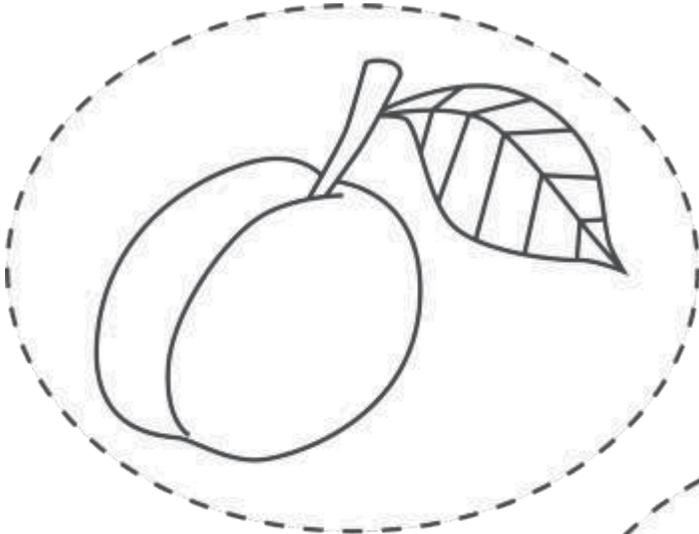
Give one story card to each child. When you read *The Very Hungry Caterpillar*, ask the children to come up and place their story cards on the felt board at the appropriate time.
- Colour the story cards and glue them to popsicle sticks.
Give them out to the children. Ask them to hold up their story card when you read their part of the story.

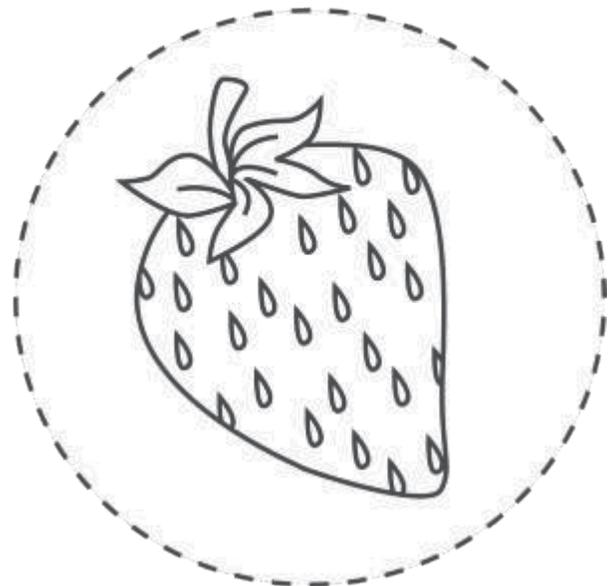
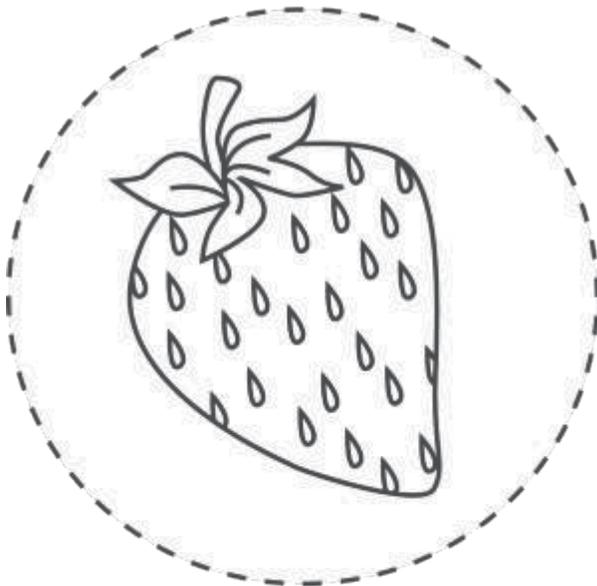
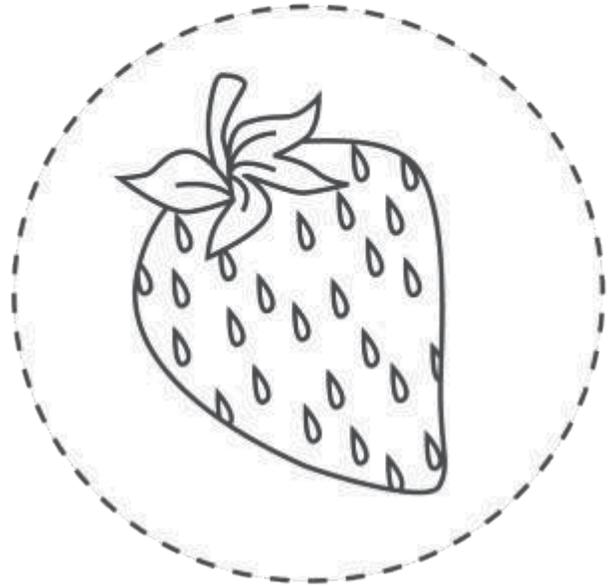
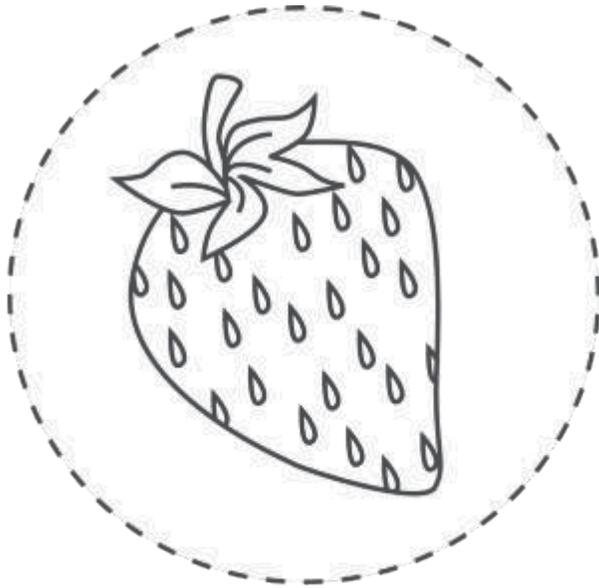
¹⁹ www.dltk-kids.com

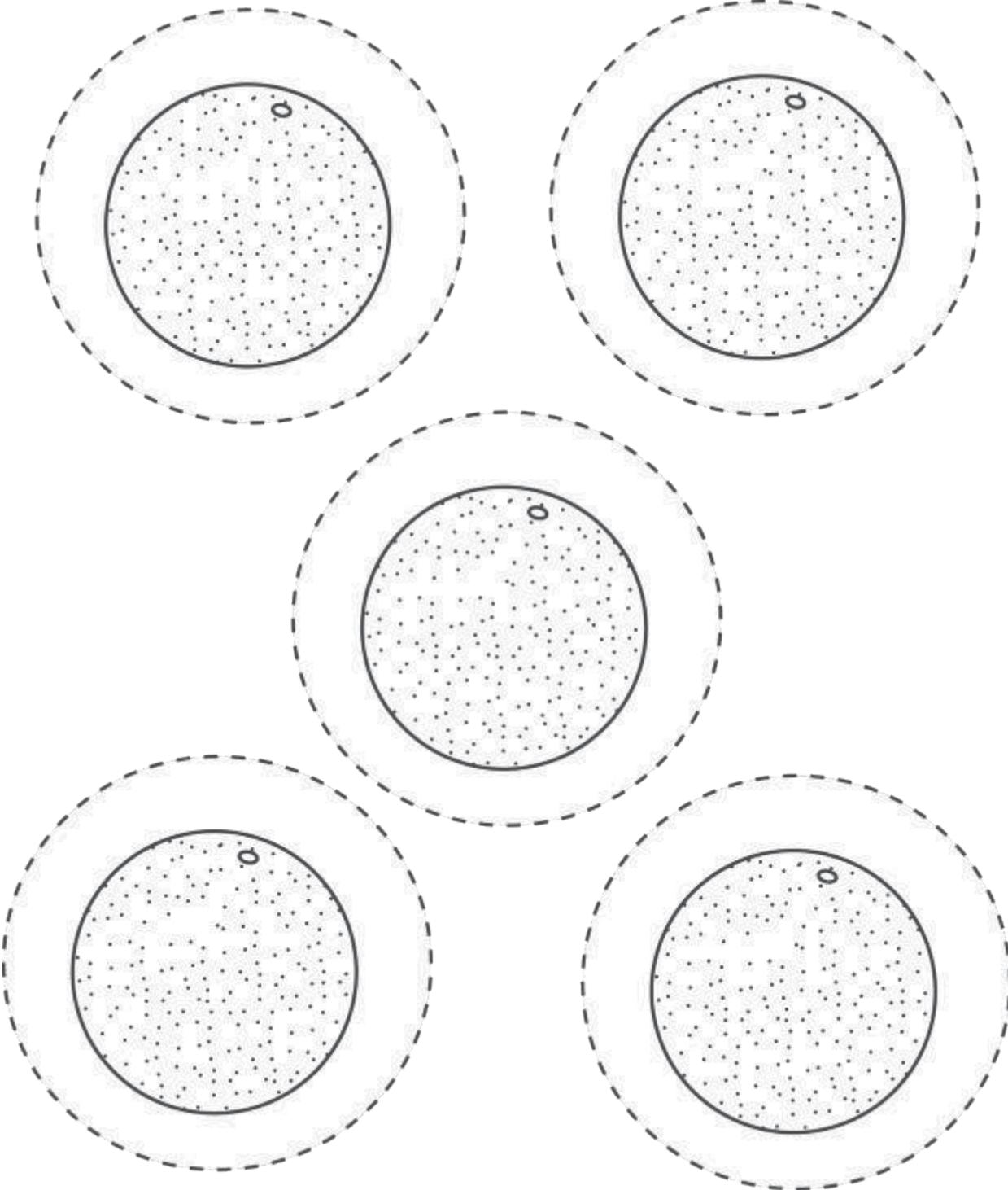


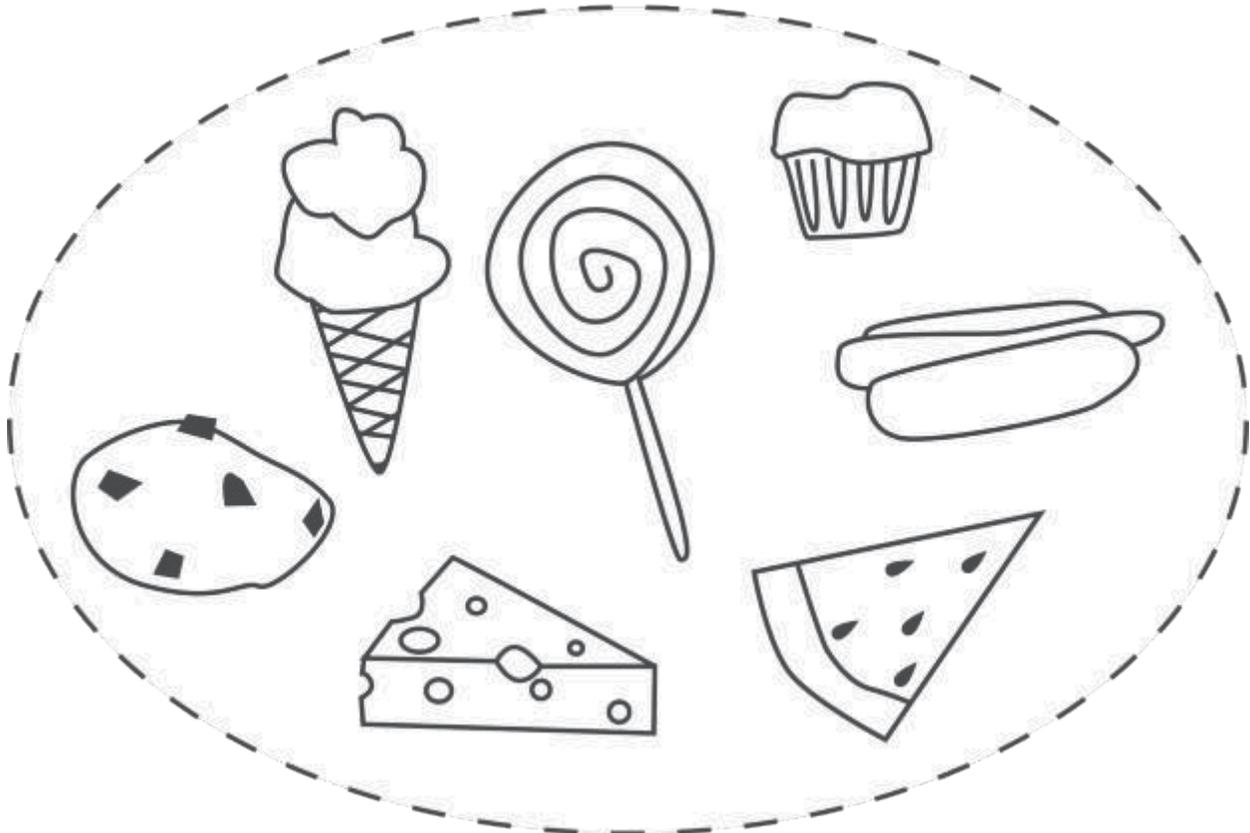
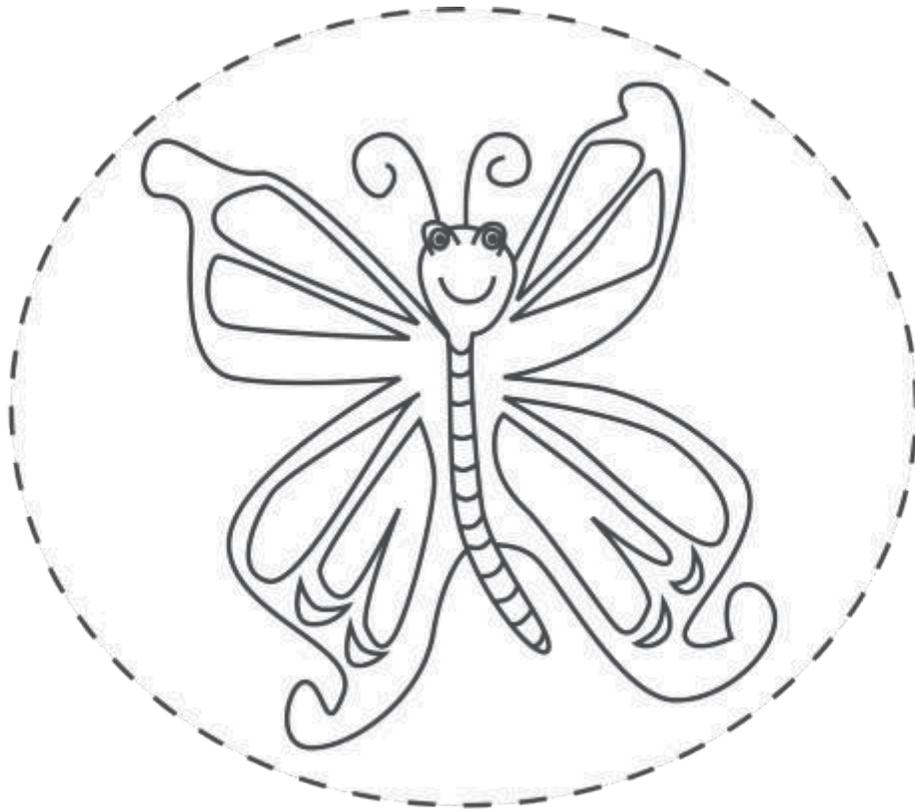






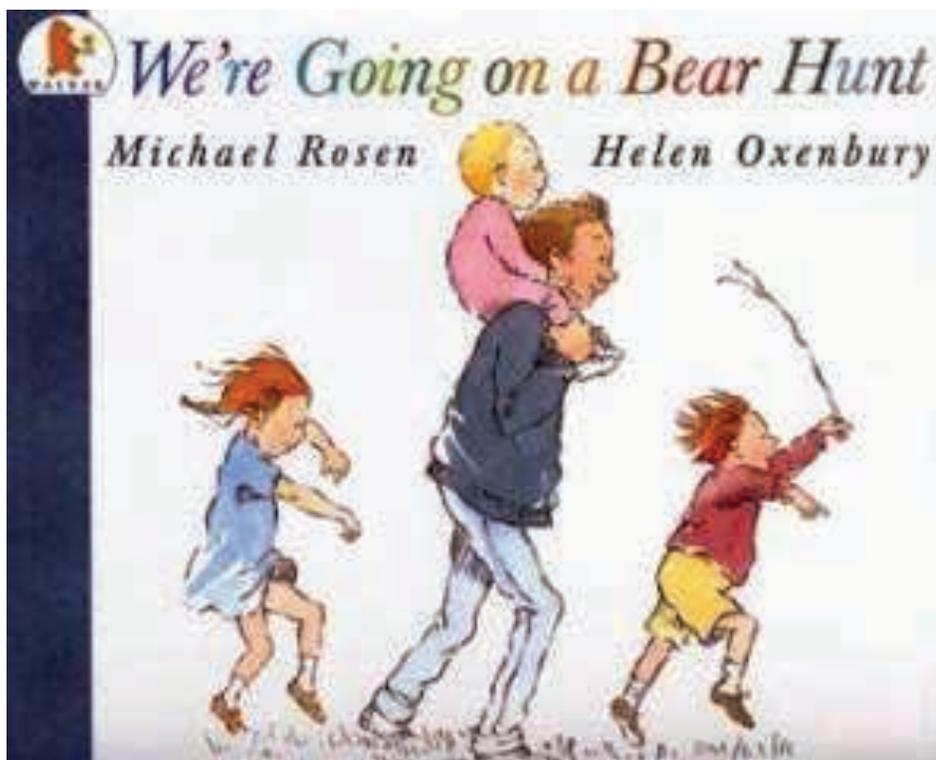






We're Going on a Bear Hunt

by Michael Rosen and Helen Oxenbury



We're Going on a Bear Hunt
by Michael Rosen and
Helen Oxenbury

Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- See “Picnic and Bear Songs and Rhymes” on the following pages.

2. Read *We re Going on a Bear Hunt*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Picnic”



4. Have craft time.

- See “Paint Your Own Bear Hunt”



Picnic and Bear Rhymes and Songs

Rhyme: Round and Round the Garden

Round and round the garden (circle the child's tummy or arm with your hand)

Like a teddy bear

One step (walk fingers up your child's arm)

Two step

Tickle you under there (tickle under the child's arm)

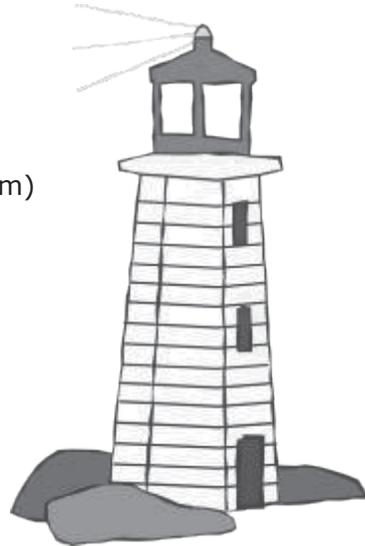
Round and round the lighthouse

In the wind and rain

One step

Two step

Tickle you there again!



Rhyme: Teddy Bear, Teddy Bear

Teddy Bear, Teddy Bear turn around

Teddy Bear, Teddy Bear touch the ground.

Teddy Bear, Teddy Bear reach up high

Teddy Bear, Teddy Bear wink one eye.

Teddy Bear, Teddy Bear slap your knees

Teddy Bear, Teddy Bear sit down please.



Song: Going on a Picnic²⁰

Going on a picnic
Leaving right away
If it doesn't rain we'll stay all day

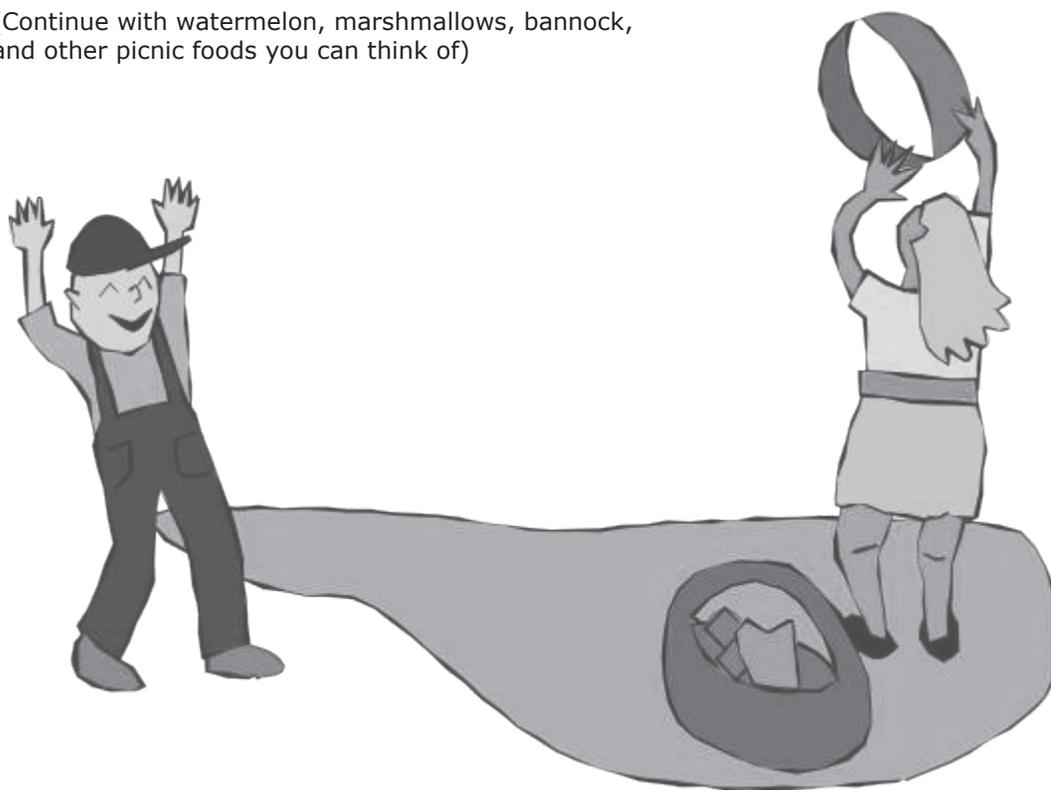
Leader: Did you bring the sandwiches?

Children: Yes we brought the sandwiches

Leader: Did you bring the cookies?

Children: Yes we brought the cookies

(Continue with watermelon, marshmallows, bannock,
and other picnic foods you can think of)



²⁰ NWT Literacy Council, 2010. *1-2-3 Rhyme with Me*. Yellowknife

Snack Time Recipe: Picnic

Children love to have picnics. Find a great spot outside to spread your picnic blankets. Or indoors is fun too.

To introduce this activity

- Ask the children if they have ever had a picnic. Explain that today they are having a picnic. And that everyone has a chance to take a turn and do something to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: equipment and ingredients.

While one adult takes charge, other adults help the children participate as much as possible. For example, children can help cut up soft fruits, pack the picnic, and fold the blankets.

Cooking Equipment

- Plastic or butter knives
- Cutting board
- Picnic plates
- Blankets
- Knife for cutting fruit and veggies, and meat

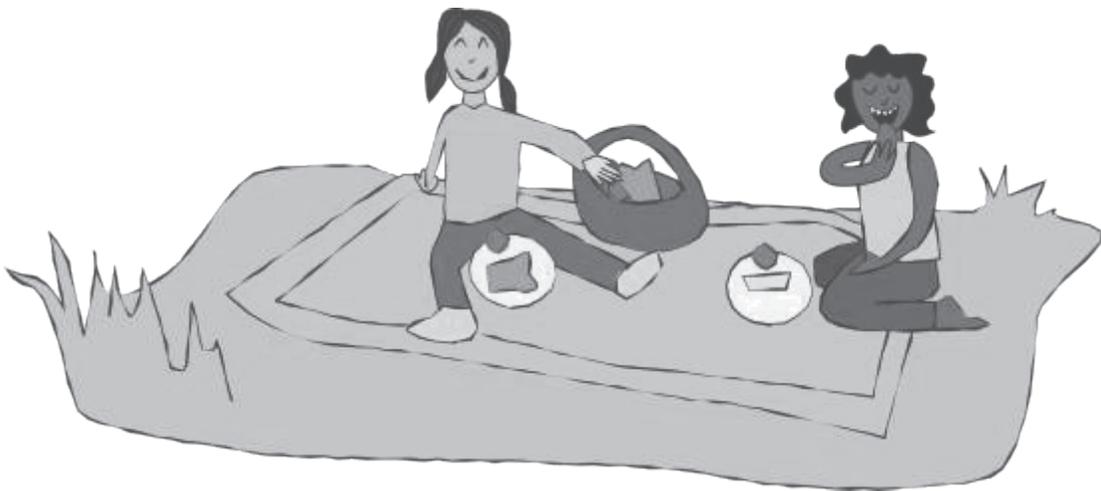
Ingredients

Here is a list of easy picnic food. But feel free to make your own list or add things to this one.

- Cheese
- Veggies: carrot or celery sticks, pieces of broccoli or cauliflower
- Bread, bannock, or crackers
- Fruit: apple slices, grapes, orange segments
- Dry meat or fish; pepperoni or meat slices
- Cookies

To assemble your picnic

1. Help the children cut up the soft foods such as cheese and fruit.
2. Put each picnic item on its own plate or in its own bowl.
3. Choose a great picnic spot and put out your blankets.
4. Ask the children to choose their favourite picnic foods and to take turns making up their picnic plate.



Craft Time: Paint Your Own Bear Hunt

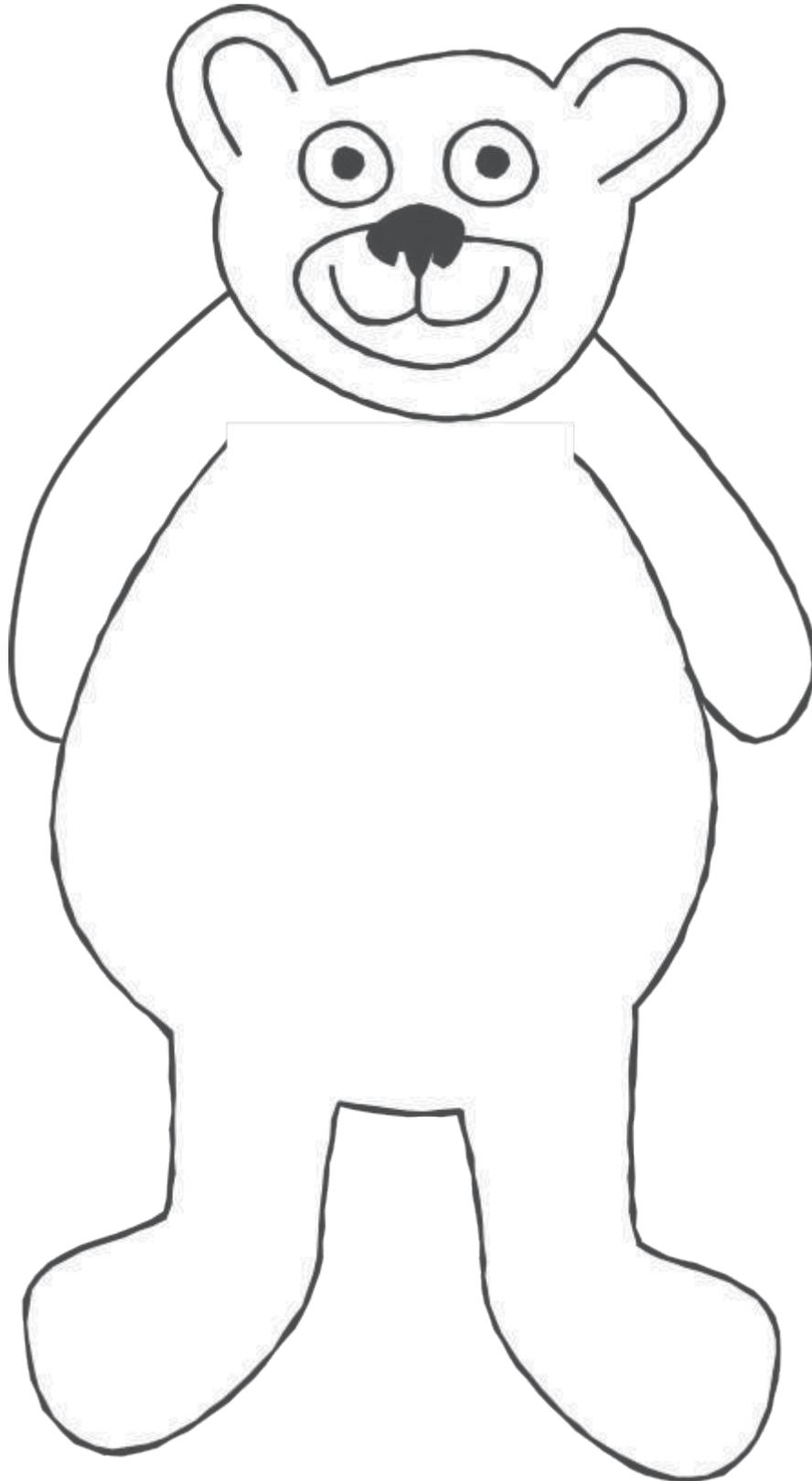
Children explore different ways to make designs in paint with this fun art activity.

Supplies:

- Construction paper or finger-paint paper — one sheet for each child
- Finger paint or tempera paint
- Various tools for painting: brushes, feathers, plastic knives and forks, kitchen scrub pads, bubble wrap, pieces of sponge
- Crayons, markers, or coloured pencils (optional)
- Bear cut out (optional — attached)
- Scissors
- Glue

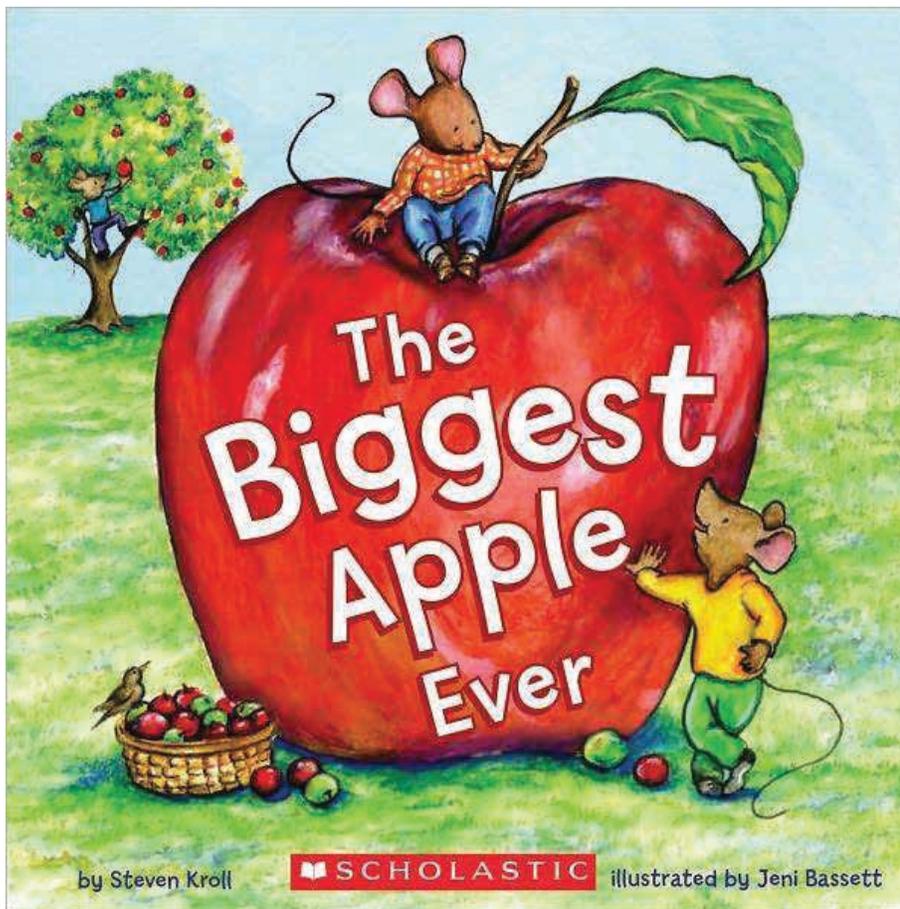
To make a bear hunt

1. Give each child a piece of paper.
2. Ask them to share the various tools and to explore painting with them.
3. Cut out and decorate the bear on the following page (optional).
4. Glue the bear onto his new habitat.



The Biggest Apple Ever

by Steven Kroll



The Biggest Apple Ever
by Steven Kroll

Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- See “Fruit Songs and Rhymes” on the following pages.

2. Read *The Biggest Apple Ever*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Applesauce”



4. Have craft time.

- See “Apple Tambourines”



Fruit Songs and Rhymes

Enjoy these fun songs and rhymes about fruit.

Way Up High

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

Two little apples (raise two fingers)

smiled at me (make the shape of a smile in the air)

I shook that tree as hard as I could

Down came the apples

Mmmm, they were good (rub tummy)

Go Bananas!

Peel bananas, (pretend to peel a banana in your hand)

Peel, peel bananas

Chop bananas (with one arm straight out, "chop" it
with the opposite hand)

Chop, chop bananas

Eat bananas (pretend to eat a banana)

Eat, eat bananas

Go bananas! (wiggle whole body around)



Apples and Bananas²¹

I like to eat, eat, eat apples and bananas

I like to eat, eat, eat apples and bananas

(Repeat using the long "a" sound)

I like to ate, ate, ate ay-ples and ba-nay-nays

I like to ate, ate, ate ay-ples and ba-nay-nays

(Repeat using the long "e" sound)

I like to eat, eat, eat ee-ples and bee-nee-nees

I like to eat, eat, eat ee-ples and bee-nee-nees

(Repeat using the long "i" sound)

I like to ite, ite, ite i-ples and by-ny-nys

I like to ite, ite, ite i-ples and by-ny-nys

(Repeat using the long "o" sound)

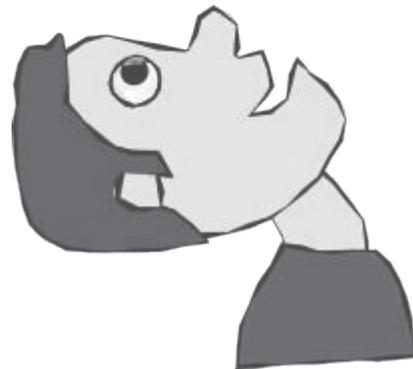
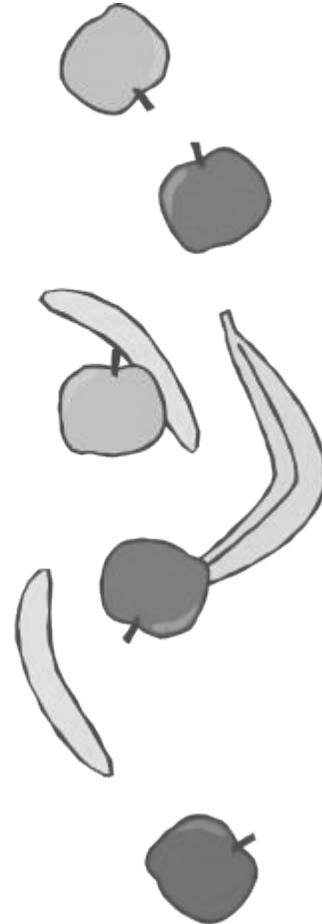
I like to ote, ote, ote oh-ples and bo-no-nos

I like to ote, ote, ote oh-ples and bo-no-nos

(Repeat using the long "u" sound)

I like to ute, ute, ute u-ples and bu-nu-nues

I like to ute, ute, ute u-ples and bu-nu-nues



²¹ NWT Literacy Council, 2010. *1-2-3 Rhyme with Me*. Yellowknife

Snack Time Recipe: Applesauce

This recipe makes a yummy applesauce. Add nutmeg if you like.

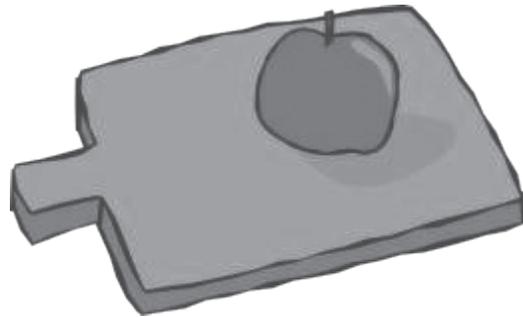
To introduce this activity:

- Ask the children if they have ever had applesauce. Explain that today they are making applesauce. And that everyone has a chance to take a turn and do something to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients

While one adult takes charge, other adults help the children participate as much as possible in cooking and clean-up. For example, discuss the colour, texture, and flavour of apples; raw apples versus cooked apples.

Cooking Equipment

- Bowl for the microwave
- Small knife
- Vegetable peeler (optional)
- Potato masher (optional)
- Apple corer (optional)
- Cutting board
- Butter knives or plastic knives (one for each child)
- Small plates (one for each child)
- Measuring spoons



Ingredients

- 1 apple per child
- 1 teaspoon (5 millilitres) of sugar per apple
- 1 teaspoon (5 millilitres) cinnamon (optional)

To make apple sauce

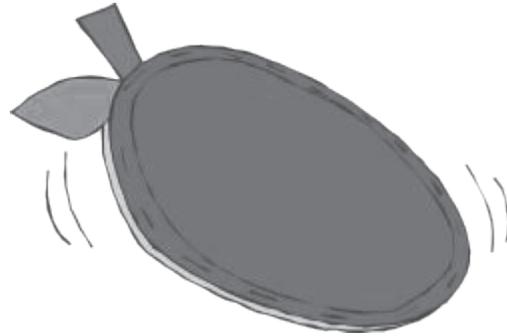
1. Cut each apple in four pieces and take out the core.
2. Cut each apple wedge into small pieces. Give each child a butter or plastic knife and ask them to help with this.
3. Place all the apple pieces into the bowl. Ask each child to sprinkle 1 teaspoon (5 millilitres) sugar on the apples.
4. Sprinkle 1 teaspoon (5 millilitres) cinnamon on the apples.
5. Microwave the apples until they are soft. This takes 5 minutes or more. Stop the microwave and stir the apples once in a while.
6. When the apples are soft, mash them with the potato masher or a fork (optional).
7. Allow the applesauce to cool a bit before eating.

Craft Time: Apple Tambourines

Use these cute music makers while singing apple songs. This craft involves small pieces, so children should be aged 3 and over.

Supplies:

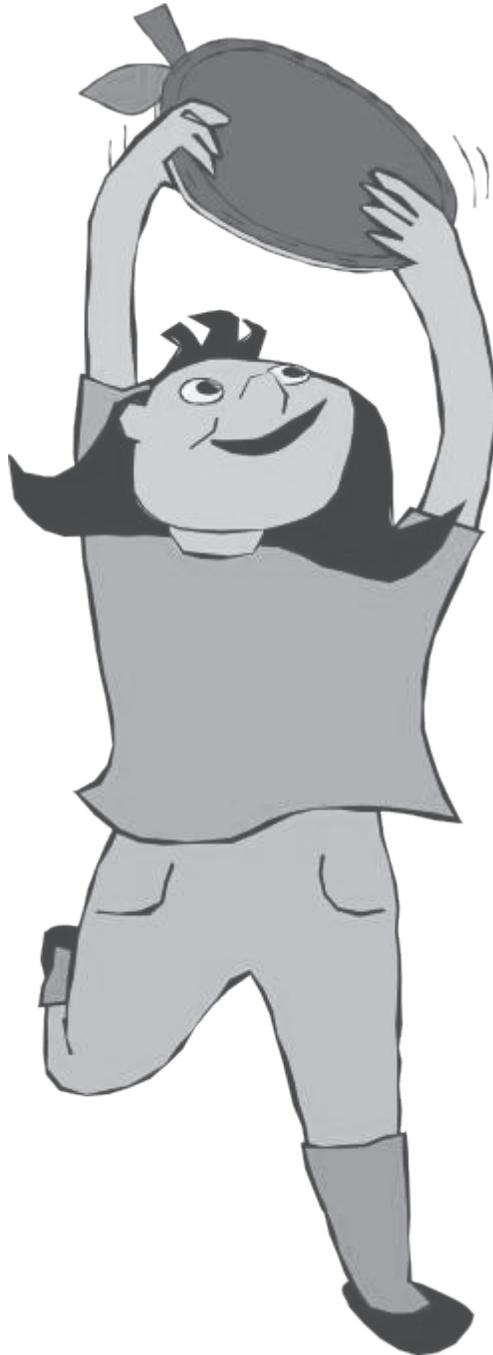
- 2 paper plates per child (paper plates not foam)
- Red paint
- Paint brush
- Scissors
- Stapler
- Brown and green construction paper
- Macaroni (uncooked)



To make the tambourine

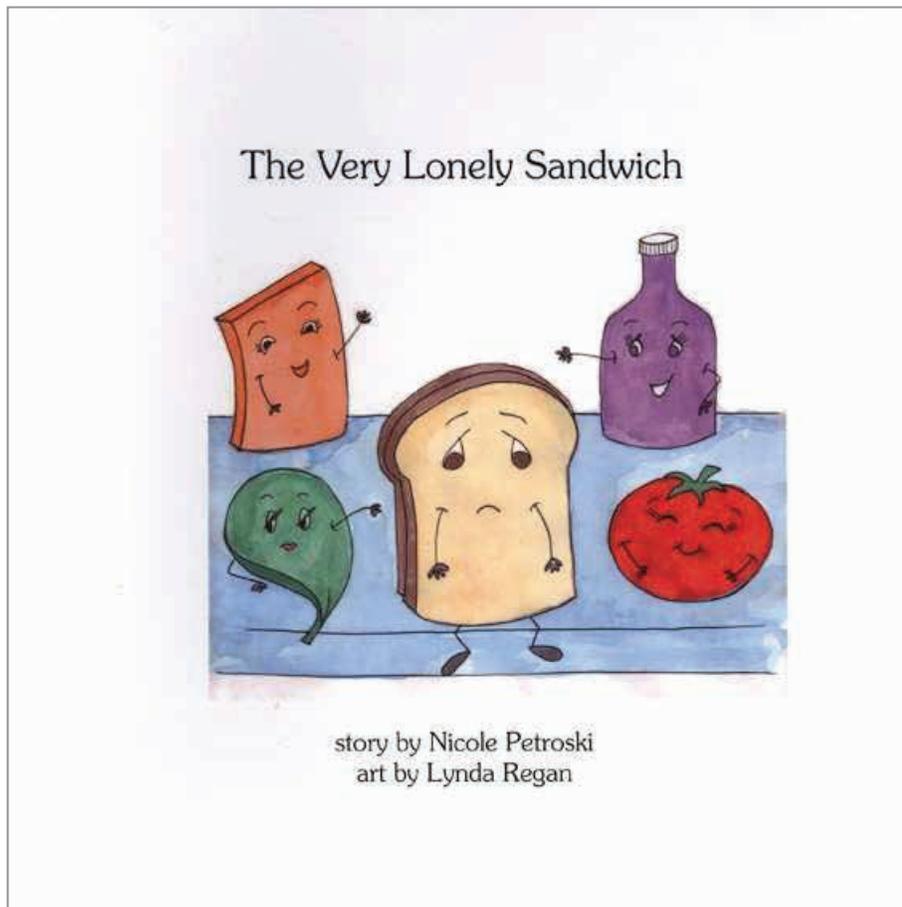
1. Paint the outside of each paper plate red. Set them aside to dry.
2. Cut a leaf from green construction paper. Cut a stem from brown construction paper
3. Place some macaroni on the inside of one plate (unpainted area). Cover that plate with the second plate, with the sides painted red facing to the outside.
4. Staple the stem and the leaf together. Tuck the bottom end between the two plates, with the stem and leaf facing out. You want most of the stem and the leaf to hang outside the edge of the plates.

5. Staple the two plates together all around the edge. Staple the stem and leaf in place as you go around the plate. Put the staples close enough together so that the macaroni stays inside.



The Very Lonely Sandwich

by Nicole Petroski



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- See “Songs and Rhymes” on the following pages.

2. Read *The Very Lonely Sandwich*.

- Ask the children to anticipate what happens next.



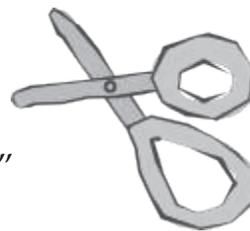
3. Make the snack and eat it.

- Go to “Snack Time Recipe: Make Your Own Sandwich”



4. Have craft time.

- See “Make Your Own Placemat”



Songs and Rhymes

Sing some fun friendship songs.

If You're Happy and You Know it

If you're happy and you know it
Clap your hands.

If you're happy and you know it
Clap your hands.

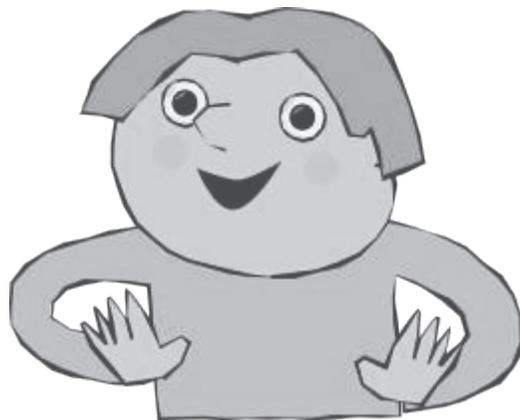
It you're happy and you know it
And you really want to show it
If you're happy and you know it
Clap your hands.

Repeat using:

If you're sad and you know it, cry a tear

If you're mad and you know it, stomp your feet

If you're glad and you know it, shout "hurray!"



Hokey Pokey

You put your right foot in

You put your right foot out

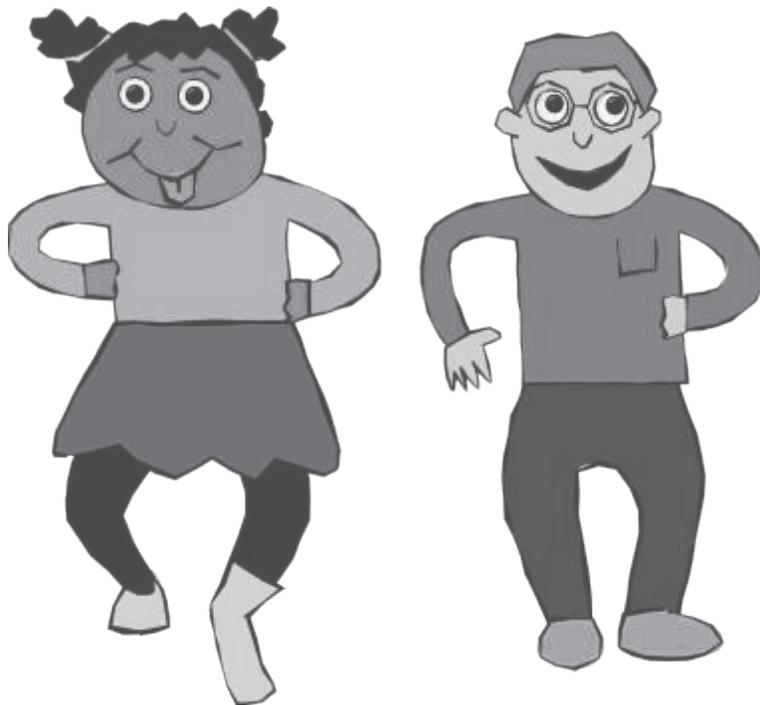
You put your right foot in and you shake it all about

You do the hokey pokey and you turn yourself around

That's what it's all about!

Repeat with:

- Left foot
- Right arm
- Left arm
- Head
- Tongue
- Whole self



Snack Time Recipe: Make Your Own Sandwich

Children make their own sandwich, just like in the story. Be creative and give them lots of healthy choices. This is a great way to introduce children to new food items.

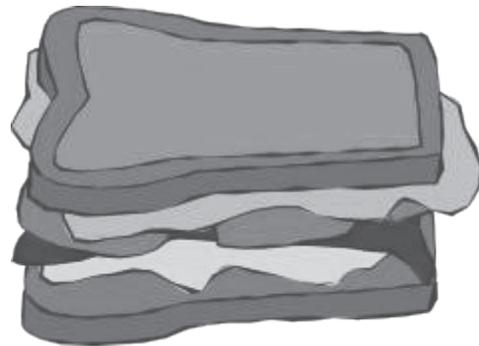
To introduce this activity

- Ask the children if they have ever made their own sandwich. Explain that today they are making their own sandwiches, just like in the book.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: cooking equipment and ingredients.

While one adult takes charge, other adults help the children participate as much as possible in cooking and clean-up. Each child makes their own sandwich. Discuss different things to put in sandwiches: colour, texture, flavour, and amount. What are the favourite things for sandwiches? What are unusual things?

Cooking Equipment

- Sharp knife to prepare ingredients before program begins
- One small plate per child
- One butter knife or plastic knife per child
- Forks to pick up ingredients
- One large plate for each ingredient



Ingredients

- Whole grain bread—one or two slices per child (depending on their ages, children may eat only half a sandwich)
- Butter or margarine soft enough to spread easily
- Cheese slices
- Tomato slices
- Spinach or lettuce
- Secret sauce—use mayo or mustard or ranch dressing, just call it “secret sauce” for the children
- Optional: meat slices, pickles, green peppers, etc.

To make the sandwiches

1. Prepare each sandwich ingredient and put it on a plate:
 - Sliced tomatoes
 - Cheese slices
 - Lettuce or spinach
2. Put the softened butter or margarine in a bowl.
3. Put some “secret sauce” in a bowl.
4. Give each child one or two slices of bread. Help them spread butter or margarine on their bread.
5. Pass around the sandwich ingredients in the same order as in the book: cheese, tomato, spinach or lettuce, secret sauce.
6. Enjoy your not so lonely sandwich.

Craft Time: Create Your Own Placemat

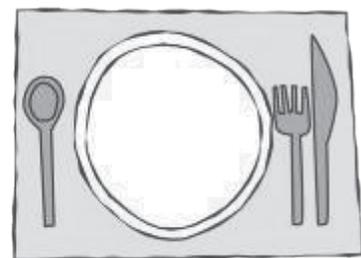
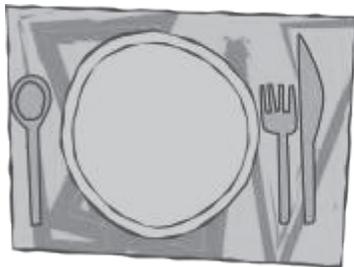
Each child decorates their own placemat with pictures from grocery store flyers or with drawings.

Supplies

- One sheet of construction paper for each child
- Flyers or old magazines or clip art
- Scissors
- Glue
- Markers, crayons, or coloured pencils
- Laminator or packing tape to laminate (optional)

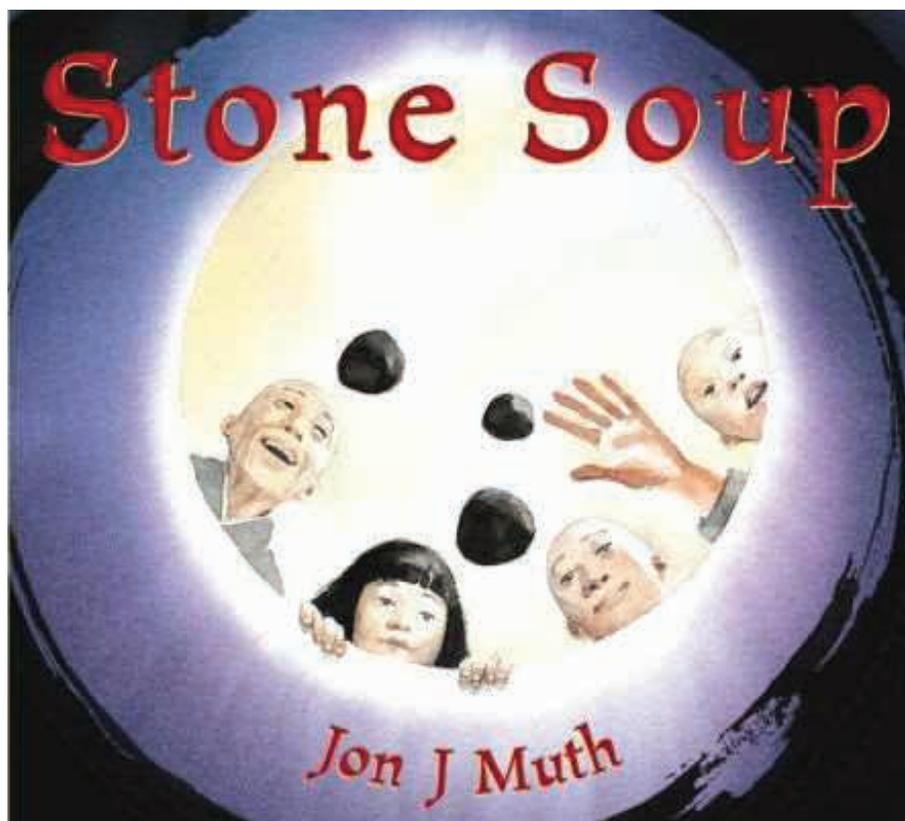
To make the place-mats

1. Give each child a piece of construction paper and a few pages from the flyers.
2. Ask each child to cut and glue pictures onto their placemat.
Or encourage them to draw pictures of their favourite foods on their placemat.
3. Laminate the placemats with packing tape to make them reusable.



Stone Soup

retold by Jon Muth



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- See “Vegetable Songs, Rhymes, and Games” on the following pages.

2. Read *Stone Soup*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Lunch Time Recipe: Stone Soup”



4. Have craft time.

- See “Stone Soup Craft”



5. Do an activity.

- See “Colour Cards”
- See “Vegetable Shape Game”

Vegetable Rhymes and Games

Enjoy these songs and rhymes about vegetables and stone soup.

Stone Soup²²

Heat some water in a pot,
Add a stone you've scrubbed a lot.

Sprinkle pepper, salt, and herbs,
Let it boil undisturbed.

Drop in carrots, onions too,
Let the soup heat through and through.

Stir in beets to make it sweet,
Add potatoes for a treat.

Toss in caribou, let it stew,
Let it bubble, let it brew.

Taste the soup and when it's done,
Share "Stone Soup" with everyone!



²² Adapted from www.dltk-kids.com

One Pa-tay-ta Two Pa-tay-ta

One pa-tay-ta, two pa-tay-ta
three pa-tay-ta, four

Five pa-tay-ta, six pa-tay-ta,
seven pa-tay-ta more.

Circle Time Game: Hot Potato

This game is a bit like musical chairs.

What you need:

- A potato
- Music

What to do:

1. Sit everyone in a circle.
2. Give one child a potato.
3. Start the music. As the music plays, the children pass the potato around the circle, pretending that it's hot.
4. When you stop the music, the child holding the potato is "out".
5. Continue the game until there is only one person left.



Snack Time Recipe: Stone Soup

Making soup is a fun activity with children. They can each bring a favourite vegetable from home, or you can supply the vegetables. Cook the soup on the stove or in a crock pot.

To introduce this activity:

- Ask the children if they have ever made stone soup. Explain that today they are making stone soup, just like in the book *And* that everyone has a chance to take a turn and do something to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.

While one adult takes charge, other adults help the children participate as much as possible in cooking and clean-up. For example, children can help clean and chop vegetables, and add ingredients to the soup pot. Discuss different ingredients: their colour, texture, and amount. Talk about adding the stone.

Cooking equipment

- Stirring spoon
- Large pot or crock pot
- Vegetable peeler
- Rock—washed clean and big enough to not get lost in the soup
- Stove (if using pot)
- Cutting board and small knives for adults; butter knives for children

Ingredients

- Water and bouillon cubes, or broth
- Salt and pepper, herbs (basil, garlic, oregano)
- A variety of vegetables, for example:
 - 1 can of tomatoes (28 oz)
 - 1 can of tomato paste (5 oz)
 - 1 can kidney beans, black beans, or mixed beans (14 oz)
 - 2 carrots or frozen carrots
 - 1 or 2 potatoes
 - 1/2 cup (118 millilitres) dried barley, lentils, or rice
 - 1/2 cup (118 millilitres) frozen corn
 - 1/2 cup (118 millilitres) frozen peas
 - 1/2 cup (118 millilitres) frozen green beans

To make stone soup

1. Wash the stone very well. Ask the children to help. Put the stone in the pot.
2. Prepare the vegetables:
 - Wash, peel, and chop carrots and potatoes.
 - Open cans.
 - Measure frozen veggies.
3. Put all ingredients in the pot:
 - Veggies (fresh, frozen, canned)
 - Salt, pepper, herbs, and spices
 - Water and bouillon cubes, or broth—enough to cover veggies
 - Dried barley, lentils, or rice

4. If cooking on the stove, turn the burner to high and bring to a boil.

As soon as it boils, turn the burner to low. Simmer for at least 1 hour.

Check it every now and then; give it a stir; add more liquid if needed.

5. If cooking in a crock pot, place on high and cook for 4-5 hours.



Craft Time: Stone Soup Craft

Children use their imagination to make a fun pot of stone soup.

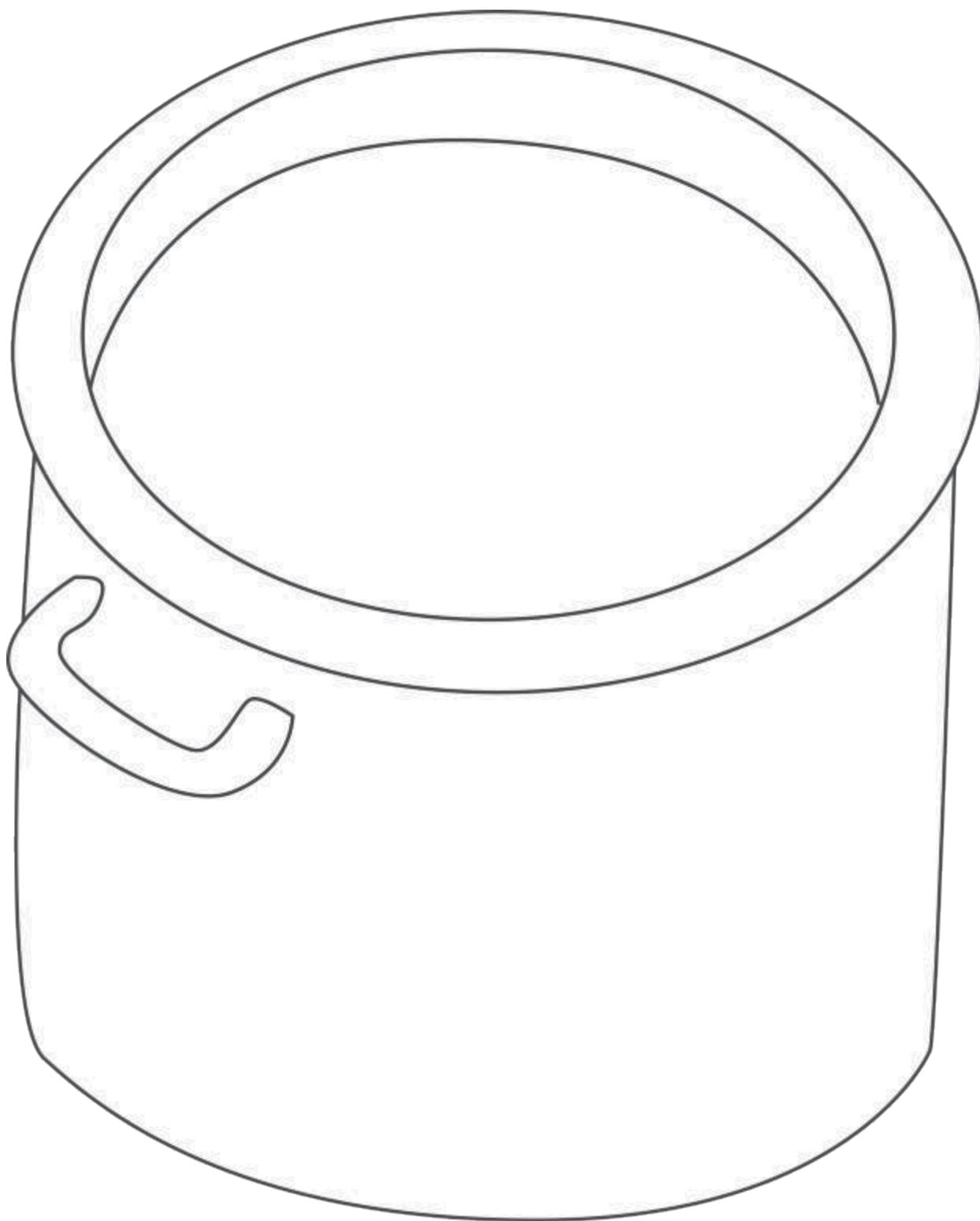
Supplies

- One sheet of construction paper per child
- Old magazines or food flyers, or food clip art
- Scissors
- Glue
- Soup pot template (attached)



To make the stone soup craft

1. Copy the attached soup pot template and let each child cut out their copy.
2. Glue the soup pot onto the construction paper.
3. Give the children old magazines, food flyers, or clip art pictures of food to cut out.
4. Ask children to glue all their soup ingredients onto their soup pot.



Group Activity: Colour Cards

Play a fun vegetable game with these colour cards. Work on colour recognition at the same time.

Supplies

- Colour cards (attached)
- Scissors
- Packing tape to laminate (optional)

To play the game:

1. Copy and cut out, colour and laminate the attached cards.
2. Place the cards face down on the floor or table.
3. Turn a card over and ask each child to name a vegetable that is the same colour as the colour on the card.
4. Discuss the different vegetables and all of their different colours.

Red	Green
Blue	Orange
Brown	Yellow

Group Activity: Vegetable Shapes

Children use their imagination in this fun game.

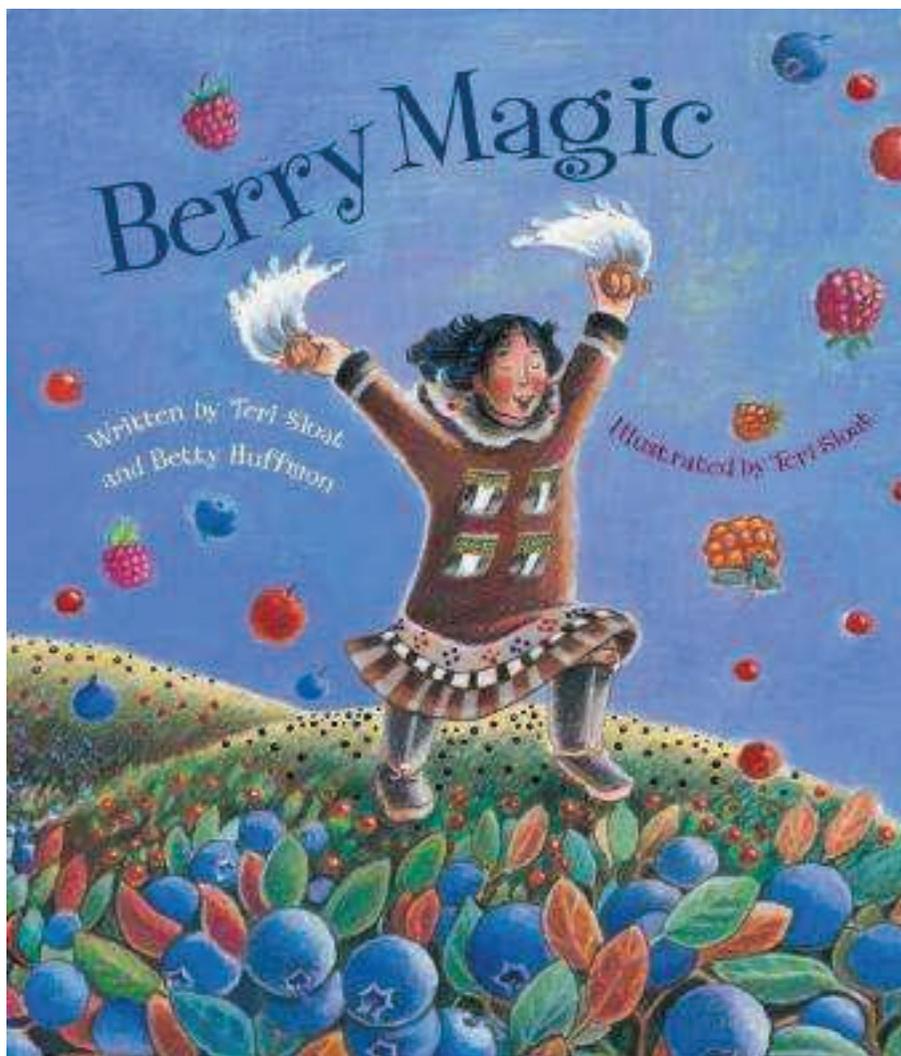
To play the game:

1. Have the children stand in a circle.
2. Call out the name of a vegetable. Ask the children to turn themselves into the shape of that vegetable. For example, they can roll up into a ball for a tomato; they can stand tall with their hands over their heads for a carrot.
3. Repeat with different vegetables.
4. If appropriate, ask children to take turns calling out the name of a vegetable.



Berry Magic

by Teri Sloat



Session Plan

This is an overview of the activities for this session. On the pages following this plan, you find all the information you need to carry out each activity in this session.

1. Start the session with circle time.



- Sing a welcoming song.
- Take requests for favourite songs to sing.
- See “Berry Songs and Rhymes” on the following pages.

2. Read *Berry Magic*.

- Ask the children to anticipate what happens next.



3. Make the snack and eat it.

- Go to “Snack Time Recipe: Cranberry Orange Loaf”



4. Have craft time.

- See “Play Dough Fun Time”
- See “Berry Patch Painting”



Berry Songs and Rhymes

Have some fun together with these songs and rhymes.

Cranberry Patch²³

Go around the circle until you have said the names of all the parents and children in your program.

Where oh where are Joanne and Sue?

Where oh where are Joanne and Sue?

Where oh where are Joanne and Sue?

Way down yonder in the cranberry patch.

Picking up the cranberries, put 'em in your buckets

Picking up the cranberries, put 'em in your buckets

Picking up the cranberries, put 'em in your buckets

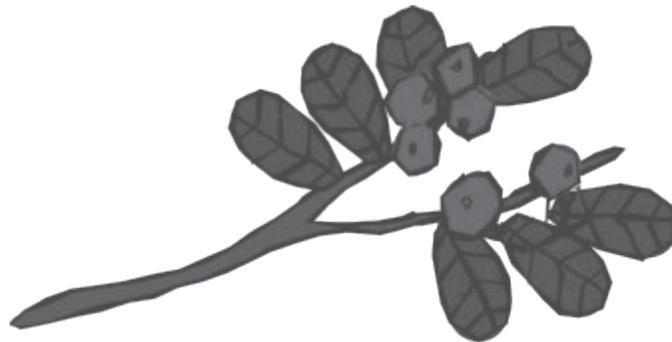
Way down yonder in the cranberry patch.

Chop the berries up and make some muffins

Chop the berries up and make some muffins

Chop the berries up and make some muffins

Way down yonder in the cranberry patch.



²³ Adapted from NWT Literacy Council, 2010. *1-2-3 Rhyme with Me*. Yellowknife

Cranberry Fields²⁴

All around the cranberry fields
We picked some juicy berries.

We brought them home and washed them off
Pop! Go the berries!

Do You Know the Muffin Man?

Oh, do you know the muffin man,
The muffin man, the muffin man,

Oh, do you know the muffin man,
Who lives on Drury Lane?

Oh, yes, I know the muffin man,
The muffin man, the muffin man,

Oh, yes, I know the muffin man,
Who lives on Drury Lane.



²⁴ Adapted from www.preschooleducation.com/sstrawberry.shtml

Snack Time Recipe: Cranberry Orange Loaf

This recipe makes a delicious loaf.

To introduce this activity

- Ask the children if they have ever had cranberry loaf. Explain that today they are making cranberry loaf—a sweet type of bread. And that everyone has a chance to take a turn and do something to help.
- Ask everyone to wash their hands. Put on smocks or aprons.
- Place on the table: the recipe, cooking equipment, and ingredients.

While one adult takes charge, other adults help the children participate as much as possible in cooking and clean-up. For example, children can take turns measuring ingredients or stirring things. Discuss different ingredients: their colour, texture, and amount.

Cooking Equipment

- Wooden spoon
- Large bowl
- Loaf pan
- Oven
- Oven mitts
- Measuring cups
- Measuring spoons
- Grater
- Non stick spray or shortening



Ingredients

- 1 orange
- 2 cups (474 millilitres) flour
- 1 cup (237 millilitres) white sugar
- 1 1/2 teaspoons (7 1/2 millilitres) baking powder
- 1/2 teaspoon (2 1/2 millilitres) baking soda
- 1/2 teaspoon (2 1/2 millilitres) salt
- 1 cup (237 millilitres) fresh or frozen cranberries
- 1 egg beaten
- 1/4 cup (59 millilitres) butter, melted

To make cranberry orange loaf

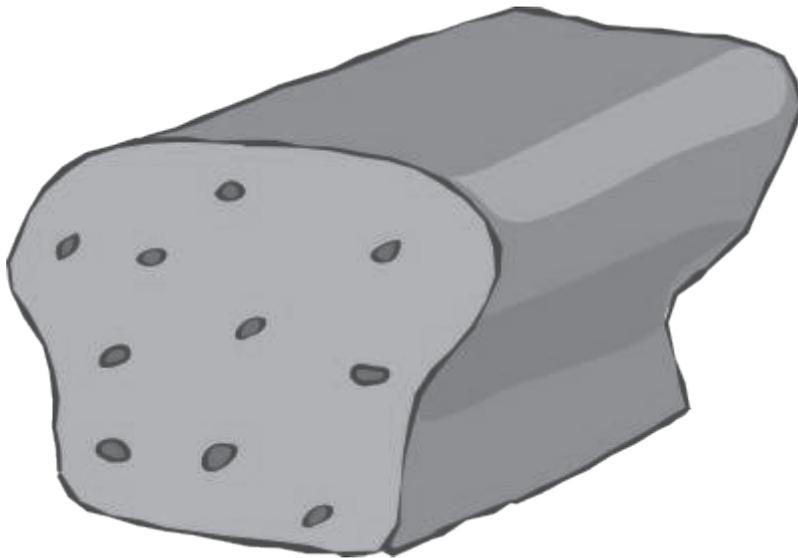
1. Preheat the oven to 350 degrees F (180 degrees C).
2. Grease the loaf pan with shortening or non stick spray.
3. Wash the orange.

Grate the orange rind and set it aside.

Squeeze as much juice as possible from the orange into a measuring cup. Add enough water to make 3/4 cup (178 millilitres) liquid. Set this aside.

4. In the large bowl, mix together the dry ingredients, orange rind, and cranberries:
 - 2 cups (474 millilitres) flour
 - 1 cup (237 millilitres) white sugar
 - 1 1/2 teaspoons (7 1/2 millilitres) baking powder
 - 1/2 teaspoon (2 1/2 millilitres) baking soda

- $\frac{1}{2}$ tsp (2 $\frac{1}{2}$ millilitres) salt
 - Grated orange
 - 1 cup (237 millilitres) cranberries
5. In a separate bowl, mix together the wet ingredients:
 - $\frac{3}{4}$ cup (178 millilitres) orange juice and water mix
 - 1 egg beaten
 - $\frac{1}{4}$ cup (59 millilitres) melted butter
 6. Make a hole in the middle of the dry ingredients. Pour in the wet ingredients. Stir just enough to make the dry ingredients wet. Do not mix too much.
 7. Pour the batter into the loaf pan.
 8. Bake for 50 to 60 minutes.
 9. When it's done, let it cool in the pan for 10 minutes. Then turn it out onto a rack to finish cooling.



Craft Time: Play Dough Fun time

Use Kool-Aid© to make different colours and scents of play dough.

Supplies

- 1 cup (237 millilitres) flour
- 1/4 cup (59 millilitres) salt
- 2 teaspoons (10 millilitres) cream of tartar
- 1 package of unsweetened Kool-Aid©
- 1 cup (237 millilitres) boiling water
- 1 Tablespoon (15 millilitres) oil
- Two mixing bowls
- Large spoon or spatula



To make play dough

1. In one bowl, mix the dry ingredients together:
 - 1 cup (237 millilitres) flour
 - 1/4 cup (59 millilitres) salt
 - 2 teaspoons (10 millilitres) cream of tartar
2. In the second bowl, dissolve the Kool-Aid© in 1 cup (237 millilitres) boiling water. Then add 1 Tablespoon (15 millilitres) oil and mix well.
3. Pour the hot, wet mixture slowly over the dry ingredients.
4. With a large spoon or spatula, stir and mix well for 3 to 5 minutes.

5. When the mixture forms a ball and is cool enough to handle, place on a flat surface.
6. Knead the dough until smooth.
7. When not using, put play dough in a plastic bag. Close it tightly and keep it in the fridge.

Offer children different tools to use with the play dough—plastic knives, small rolling pins, cookie cutters.



Craft Time: Berry Patch Painting

Children enjoy making their own berry patch.

Supplies:

- Brown and red paint
- Green tissue paper
- Glue
- Paint brushes
- One sheet of paper per child
- Small red pompoms (optional) for making berries



To make the berry patch painting

1. Paint each child's hand brown and press it on the paper. Repeat a few times side by side. This makes the berry bushes.
2. To make leaves, ask children to rip green tissue paper into small pieces and glue them onto the bushes.
3. To make cranberries:
 - Paint the children's fingertips red and press them onto the bushes, OR
 - Glue small red pompoms onto the bushes.

