

PRESCHOOL

Week

33

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Virtual Trip: On the Farm

Materials: internet access, website:

<https://youtu.be/TgoYoc8oBFw>

Preparation: Preview video.

Instructions:

1. View this video about a trip to a farm with your child.
2. Ask questions about farm animals and ask your child to name some animals he/she saw in the video.



Before We Eat

by Pat Brisson

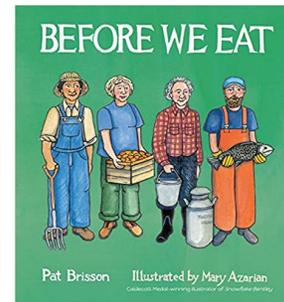
Materials: internet access, website:

<https://youtu.be/Cpe6PMSKorg>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Why do we thank those that made the meal?" "Where does the food come from?"



Designing a Farm

Materials: paper, markers (or crayons)

Instructions:

1. Encourage your child to draw his/her own farm.
2. Discuss what type of farm your child would like to design, ex: chickens, cows, horses, etc.
3. Ask, "Where will your garden grow?" "Will you have barns? Tractors?" "Will you feed the animals?" "Do you need a pond or lake?"



Field to Fork: Food Miles

Materials: internet access, website:

<https://youtu.be/b7rn5hH5XN8>

Preparation: Preview video.

Instructions:

1. View this video with your child.
2. Ask your child to name foods that come from fields or farms.



Green Eggs and Ham

by Dr. Seuss

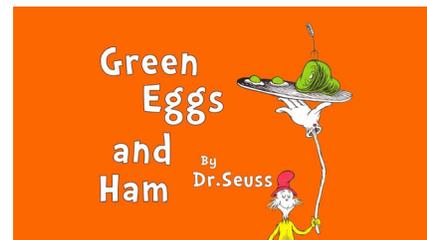
Materials: internet access, website:

<https://youtu.be/jdotPwVJYzs>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Rhyming helps children learn to read.
3. Ask questions related to the story, ex: "Why turn your eggs green?" "Why do we eat eggs for breakfast?"



Green Eggs & Ham

Materials: eggs, blue food coloring, ham (diced), salt, pepper, plate, spatula, pan

Instructions:

1. Make green eggs and ham. Break the eggs into medium bowl by tapping egg against the counter. Pull 2 sides of the shell apart. Throw out the shells. Add a pinch of salt and pepper and 2 to 3 drops of blue food coloring to the eggs to make the desired green color. Whisk the eggs until completely mixed.
2. Heat a skillet on medium-low heat. Add ham and cook 3 minutes. Stir with wooden spoon to keep it from sticking. Pour eggs right on top of diced ham. Don't stir until the eggs have begun to set. Use a spatula to fold the cooked eggs over as they cook. Chop the eggs with spatula. Remove the eggs and enjoy!

All Around the Farm Song

Materials: internet access, website:

<https://youtu.be/ykmFyHJq6FY>

Preparation: Preview video.

Instructions:

1. Sing along with the video while you learn new vocabulary words.
2. Ask your child to name foods that come from the farm.
3. Remind your child of spatial words, such as "around, inside, outside, between" throughout the week.



Eat Your Peas

by Kes Gray

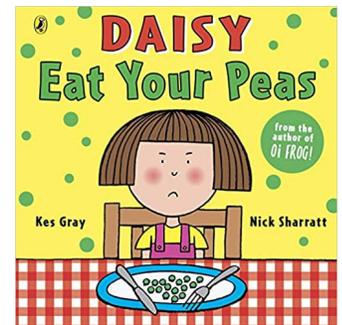
Materials: internet access, website:

https://youtu.be/_XgSb4zccAI

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Why do we eat vegetables?" "Name some healthy foods."



Cherry on Top

Instructions:

1. Discuss ice cream flavors, traditional and non-traditional, such as strawberry, mango, watermelon, cotton candy, etc.
2. Encourage your child to create an original ice cream flavor by naming his/her favorite dishes.



Drawing Foods

Materials: paper, markers (or crayons)

Instructions:

1. Encourage your child to draw his/her favorite foods: fruits, vegetables, grains, proteins, and dairy.
2. Color the foods.
3. Ask your child to create his/her favorite meal by selecting one from each group.



Farmers' Market Video

Materials: internet access, website:

<https://youtu.be/O5Rh0GyuBFk>

Preparation: Preview video.

Instructions:

1. Watch this video with your child.
2. Ask your child to name foods he/she viewed at the farmers' market.
3. Ask, "Why buy foods in your own town?"



Growing Vegetable Soup

by Lois Ehlert

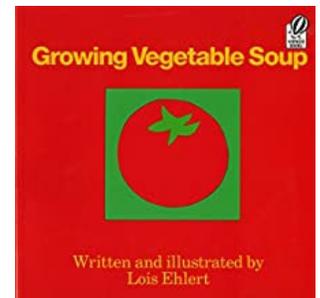
Materials: internet access, website:

<https://youtu.be/LRDynkCqAj4>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What would you put in soup?" "Do you like to wait?"



Cooking Soup

Materials: 1/4 cup butter, 1/4 cup all-purpose flour, 1 can (46 ounces) tomato juice, 1/4 cup sugar, crackers or croutons (optional), pan, bowl

Instructions:

1. Make tomato soup with your child.
2. In a large saucepan, melt butter. Stir in flour until smooth. Gradually add tomato juice and sugar. Cook, uncovered, until thickened and heated, about 5 minutes.
3. If desired, serve with crackers or croutons.
4. Enjoy soup together!



Open Shut Them Song

Materials: internet access, website:

<https://youtu.be/9LbZSyx-7Xo>

Preparation: Preview video.

Instructions:

1. Sing along with the video while you learn new vocabulary words.
2. Ask your child to show "chin, lap, clap."



Chickens Aren't the Only Ones

by Ruth Keller

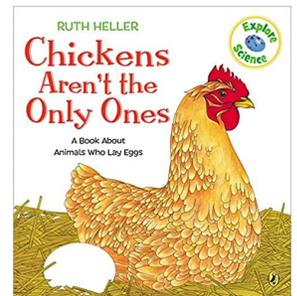
Materials: internet access, website:

<https://youtu.be/iXmySkYDXho>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What animals lay eggs?"



Counting Occupations

Materials: paper, pencil

Instructions:

1. Encourage your child to think of jobs that happen around our food, such as farmers, grocery store managers, clerks, truck drivers, accountants, chefs, etc.
2. For each job, ask your child to draw a tally mark for keeping count. Remind him/her to cross the four lines for the number five.
3. Assist your child in counting the tally marks.
4. Celebrate our strong math skills.

