

TODDLER

Week

32

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Nose and Sense of Smell

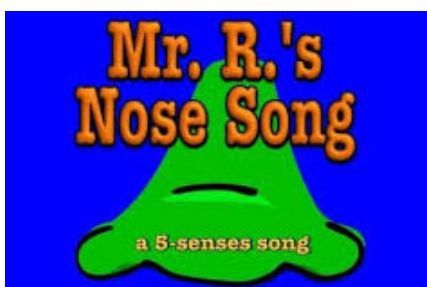
Materials: internet access, website:

<https://youtu.be/O99ecwRpXf0>

Preparation: Preview video.

Instructions:

1. Have your child dance and sing along pointing to his/her nose.
2. Discuss with your child what his/her nose smells in the kitchen.



Pancakes, Pancakes!

by Eric Carle

Materials: internet access, website:

https://youtu.be/M_zmYQ9N-Lc

Preparation: Preview video.

Instructions:

1. Listen to the story with your child.
2. Ask questions, ex: "What ingredients did Jack have to get for his mom to make the pancakes?" "What did Jack's mother make for him?" "What do pancakes smell like to you?"



Spice Smells

Materials: 8 cups, flour, spices - ex: cinnamon, pepper, salt, mustard, dill, rosemary, ginger, paprika, cocoa, coffee, etc. (**save for Day 2 activity**)

Preparation: Place a spice/ingredient in each cup.

Instructions:

1. Show your child the cups and encourage him/her to pick up a cup and smell it.
2. Talk with your child about what he/she smells and where and how you use this ingredient in cooking.



Sign Language "Eat"

Instructions:

1. Say, "Let us learn to say 'eat' using our hands."
2. Demonstrate and then have your child make the sign.

Place the flattened "O" hand toward the mouth once for the word "eat."

Some regions use the sign for "eat" and "food" interchangeable, while other regions sign "eat" twice for the word "food."

While shrugging shoulders, sign "more" or "finished" to ask if a person is finished eating.



Cooking in the Kitchen - Kids Song

Materials: bowl, whisk, internet access, website:

https://youtu.be/qpYD_nCo-AU

Preparation: Preview video and gather materials.

Instructions:

1. Watch the video with your child.
2. Give him/her the bowl with the whisk.
3. Encourage your child to whisk along with the video.



If You Give A Mouse A Cookie

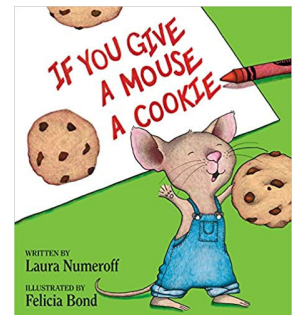
by Laura Numeroff

Materials: internet access, website: <https://youtu.be/bzw0pDLAf7k>

Preparation: Preview video.

Instructions:

1. Listen to the story with your child.
2. Ask questions, ex: "What happens when you give a mouse a cookie?" "What do cookies smell like to you?" "What is your favorite kind of cookie?"



Spice Painting

Materials: spices (from Day 1), Edible Glue Recipe, paintbrush, paper

Preparation: Pre-make the Edible Glue.

Instructions:

1. Show your child the spice cups and add the glue you made. Stir each cup.
2. Then, give your child a paintbrush and paper encouraging him/her to paint a picture.



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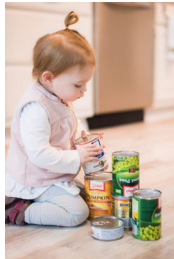
Find the Cans and Boxes

Materials: food items (ex: peas, beans, macaroni & cheese box, etc.)

Preparation: Gather materials and hide them.

Instructions:

1. Show your child the can or boxed items. Tell him/her that you are going to hide them, and his/her job is to find them.
2. Hide the items and give your child hints of where an item is located. Describe the item and if it is a vegetable, fruit, or spice.
3. After all items are found, have your child help put the items back in their places.



If You Give A Moose A Muffin

by Laura Numeroff

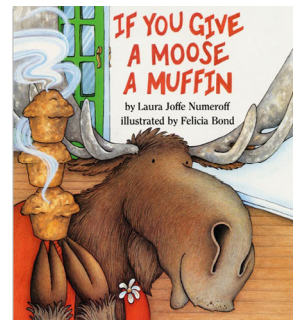
Materials: internet access, website:

<https://youtu.be/iDY3hcoVyaA>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, i.e. "What happens if you give a moose a muffin?" "What do muffins smell like to your?" "What is your favorite flavor of muffin?"



Taste and Texture Test

Materials: food items for taste test (Taste & Texture Food Ideas), muffin tin

Preparation: Place food items in each cup.

Instructions:

1. Tell your child that he/she is going to taste items.
2. Allow your child to choose the item to taste and ask him/her to describe it.
3. Help build your child's vocabulary and taste for food.



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Children's song Enjoy Your Meal

Materials: pot, spoon, small items, internet access, website:

<https://youtu.be/uxCPkFfNj-4>

Preparation: Preview video.

Instructions:

1. Give your child the pot, spoon, and small items to add to the pot.
2. As your child watches the video, encourage him/her to sing along and add ingredients to the pot and stir.
3. Talk about what the family likes to eat.



A Very Hungry Caterpillar

by Eric Carle

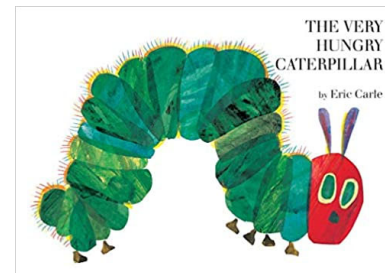
Materials: internet access, website:

<https://youtu.be/btFCtMhF3iI>

Preparation: Preview video.

Instructions:

1. Listen to the story with your child.
2. Ask questions, ex: "What did the caterpillar eat in the book?" "What did the caterpillar do after eating all of the food?" "What did caterpillar turn into?"



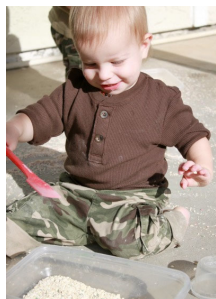
Smelly Oatmeal Play

Materials: oatmeal (look at Dollar store), covered container, essential oil (choose your flavor or use a spice), food coloring (optional), spoons, spatula, scoops, measuring cups

Preparation: Mix oatmeal, food coloring, and oil together. Cover. Add music to playtime.

Instructions:

1. Show your child the container with oatmeal.
2. Give your child the tools and allow him/her to explore.



Sign Language "Eat"

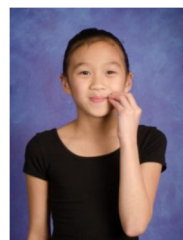
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A Beary Toast

Materials: bread, peanut butter (**Allergy Alert:** can substitute cream cheese), bananas, raisins, knife

Preparation: Gather materials.

Instructions:

1. Say, "Let's make Beary Toast."
2. Give your child the banana and let him/her try to peel it. Then cut 3 pieces off.
3. Help your child count out 3 raisins and then help him/her spread the peanut butter.
4. Decorate together giving the bear 2 ears, 2 eyes, and 1 nose. Say and count together. Then enjoy.



What's Cooking?

by Joshua David Stein

Materials: internet access, website:

<https://youtu.be/VP7vEt3-TqE>

Preparation: Preview video.

Instructions:

1. Listen to the story with your child.
2. Ask related questions, ex: "What foods did you see in the book?" "What does a grape turn into?" "What happened in the kitchen?"



Scratch and Sniff

Materials: Edible Glue from Day 2, jello powder (variety), small containers, paper, cookie cutters

Preparation: Pour each flavor of jello in small containers. Place cookie cutters on paper.

Instructions:

1. Show your child the different containers and allow him/her to smell. Discuss about what he/she smells.
2. Fill up the cookie cutter with glue. Assist your child with sprinkling the jello powder to completely cover the glue.
3. Once completed, remove cookie cutter to dry overnight.
4. Next, day scratch and sniff the picture.



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Edible Glue Recipe

Ingredients:

1 C flour
1/3 C sugar
1 1/2 C water
1 t vinegar

Directions:

- In a saucepan mix 1 cup of flour with 1/3 cup of sugar.
- Add half of the water required and mix into a thick paste without clumps.
- Pour in the rest of the water and combine till the paste is smooth.
- Pour one teaspoon of vinegar and put on medium heat until the mixture starts to thicken.
- Cool and transfer to jar or an airtight plastic container.

(This glue will keep for a few days. Put in refrigerator to prolong the shelf life)

{Keep for Day 5 Activity}

Spice Painting

- Scoop out a little glue into each cup of spice.
- Water down the glue mixture.
- Stir up and paint away.

Taste & Texture Food Ideas

Kid Taste Test Food Ideas

Salty: potato chips, fish crackers, Cheetos, pretzels, ham

Sour: gummy worms, crystal ice powder, salt and vinegar chips, lime, lemon

Sweet: marshmallows, vanilla wafers, chocolate chips, fruit

Spicy: salsa, gumdrops, hot sauce

Bitter: baking chocolate, horseradish, mustard

Soft: cheese, grapes (make sure to cut up), orange slices, pineapple

Crunchy: pretzels, carrots, celery, potato chips