

Johnson County Library's

# BOOKS TO GROW

Kit Theme: **Food – Toddlers**

- Book titles included:

1. **THE VERY HUNGRY CATERPILLAR** by Eric Carle
2. **THE BEASTLY FEAST** by Bruce Goldstone
3. **SITTING DOWN TO EAT** by Bill Harley
4. **MOUSE MESS** by Linnea Asplind Riley
5. **HI PIZZA MAN!** by Virginia Walter

- Video:

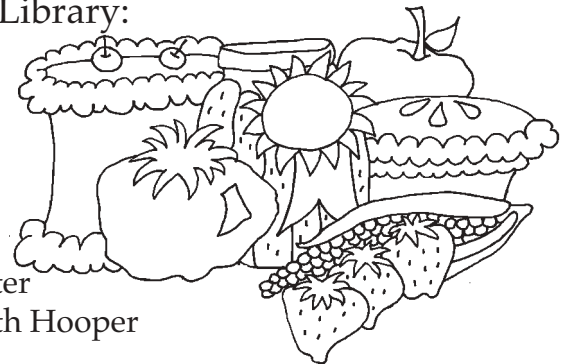
**TABLE TIME FOR TOTS: Help for the Finicky Eater!**

- Audio:

**JAMBERRY**

Additional titles available at the Johnson County Library:

- PIES IN THE OVEN** by Betty G. Birney  
**D.W. THE PICKY EATER** by Marc Tolon Brown  
**CABBAGE MOON** by Tim Chadwick  
**NO PEAS FOR NELLIE** by Chris L. Demarest  
**GROWING VEGETABLE SOUP** by Lois Ehlert  
**LUNCH** by Denise Fleming  
**DANCIN' IN THE KITCHEN** by Wendy Gelsanlitter  
**A COW, A BEE, A COOKIE, AND ME** by Meredith Hooper  
**UNBEATABLE BREAD** by Lyn Littlefield Hoopes  
**WHEN I'M HUNGRY** by Jane R. Howard  
**BRUNO THE BAKER** by Lars Klinting  
**BOOM, BABY, BOOM, BOOM!** by Margaret Mahy  
**BANANA MOON** by Janet Perry Marshall  
**TO MARKET TO MARKET** by Anne Miranda  
**BEASTLY BANQUET: Animal Poems** by Peggy Munsterberg  
**IF YOU GIVE A MOUSE A COOKIE** by Laura Joffe Numeroff  
**WHAT'S FOR LUNCH?** by John Schindel  
**GREGORY THE TERRIBLE EATER** by Mitchell Sharmat (also in video)  
**CHATO'S KITCHEN** by Gary Soto  
**PEANUT BUTTER AND JELLY** by Nadine Bernard Westcott  
**LITTLE MOUSE, THE RED RIPE STRAWBERRY AND THE BIG HUNGRY BEAR**  
by Don Wood  
**LET'S EAT** by Ana Zamorano



# Activity Ideas – Food – Toddlers

- Cut out a variety of foods from a magazine. Let the children sort them into categories, either colors, breakfast foods, treats, dinner, lunch food. This is especially good after reading *The Very Hungry Caterpillar*.
- After reading *Hey, Pizza Man*, let children make their own pizza. Give each child a flattened, unbaked biscuit (either homemade or from a commercially prepared refrigerated tube) on a square of aluminum foil. Let each child spread 1 tablespoon of pizza sauce on top of the biscuit, then sprinkle with 1 rounded tablespoon of shredded mozzarella or other cheese. Give the children a selection of sliced and diced pizza ingredients – hot dogs, precooked ground beef, mushrooms, onions, black olives or even chunks of pineapple. Let them create their own works of art. Older children may want to use the ingredients to make funny faces. Bake on a cookie sheet at 350 degrees F. for about 12 minutes, or according to biscuit recipe or package directions.  
(From *Cabin Fever Relievers* by Tina Koch)
- Make an edible necklace by giving children a shoelace and an assortment of cereal and pasta. Let them string the food onto the shoelace.
- Put milk and ice cream into a cup or container with a lid. Kids can jump and shake it up to make a “milk-shake.”

## JELLY IN THE BOWL

*Stand up and act it out. Do a wobbly walk for the first verse, fast then slow.*

Jelly in the bowl,  
Jelly in the bowl,  
Wibble wobble, wibble wobble,  
Jelly in the bowl.

Cookies in the tin,  
Cookies in the tin,  
Shake ‘em up, shake ‘em up,  
Cookies in the tin

Candles on the cake,  
Candles on the cake,  
Blow ‘em out, blow ‘em out,  
Candles on the cake.

## PEASE PORRIDGE HOT

Pease porridge hot, pease porridge cold,  
Pease porridge in the pot, nine days old.  
Some like it hot, some like it cold,  
Some like it in the pot, nine days old!  
(From *I’m a Little Teapot* by Jane Cobb)

Mabel, Mabel, strong and able,  
Get your elbows off the table.  
This is not a horse’s stable.

Drop spoon, company soon.  
Stir with a knife, stir up strife.

I love butter, I love toast.  
You’re the one I love the most.  
(From *I Scream, You Scream* by Lillian Morrison)

Gooseberry, Juice berry, Loose berry jam.  
Spread it on crackers, Spread it on bread,  
Try not to spread it onto your head.

Gooseberry, Juice berry, Loose berry jam.  
No matter how neatly you try to bite in,  
It runs like a river down to your chin.

Gooseberry, Juice berry, Loose berry jam.  
(By Eve Merriam from *Dilly Dilly Piccalilli*)

