



# VEGETABLES

## PARENT HANDOUT



### CIRCLE TIME

#### **VEGETABLE STEW** Tune: Ten Little Indians

*One little, two little, three little carrots,  
Four little, five little, six little carrots,  
Seven little, eight little, nine little carrots,  
Ten little carrots in the stew.*

Pass out a small pot and wooden spoon to each child.  
Child stirs while singing song. Add verse about green beans.

#### **ONE POTATO, TWO POTATO** Counting Chant

*One potato, two potato,  
Three potato, four,  
Five potato, six potato,  
Seven potato, more.*

Shake vegetable maracas to rhyme.

#### **TOSSED SALAD** Group Movement Activity

Children romp in parachute “salad” filled with green tissue paper lettuce leaves and plastic vegetables. Parents hold edges of parachute and shake to “toss” salad.

Play mariachi background music.

### CREATIVE PLAY STATIONS

Free play with theme puzzles, playdoh, colorful wooden blocks and bubbles

#### **POTATO DIGGING** Messy Play

Children and parents play together at a sensory table filled with dirt. Provide shovels and sieves for the children to dig up and collect potatoes buried in the dirt.

#### **VEGETABLE PRINT** Creative Play

Children stamp on construction paper with vegetable shaped stamps dipped in colorful paint. Help children to press down while printing. Label with children’s names and take home.


#### **SOUP’S ON** Language/Pretend Play

Children and parents play with vegetables and pretend to make vegetable soup. Children name vegetables as they put them in the pot. Use the words “in” and “out.”

#### **VEGETABLE HARVEST** Problem Solving Play


Children collect and sort vegetables into buckets. Use toy wheelbarrows to push sorted vegetables around the room.

### SNACK TIME

 Cooked carrots and peas and vegetable juice

### HOME PLAY

**Praise your child. Hug, kiss, smile, and say, “Bravo!”**

 Push a chair up to the kitchen sink and let your child help wash vegetables for meals.

### TEN THINGS EVERY CHILD NEEDS

 Interaction  Loving Touch  Stable Relationship  Safety and Health  Self Esteem  Quality Child Care  Communication  Play  Music  Reading