

Getting Ready for Week

Suggested Books:

You can't Taste a Pickle with Your Ear by Harriet Ziefert
 Animal Senses: How Animals see, hear, taste.. by Pamela Hickman
 Tasting by Sharon Gordon
 I wonder Why Lemons Taste Sour by Deborah Chancellor
 A Taste of Honey by Nancy Elizabeth Wallace
 Blueberries for Sal by Robert McCloskey
 How Many Teeth? By Paul Showers
 Yum? Mmm! Que Rico! Americas' Sproutings by Pat Mora
 I Can Eat a Rainbow by Annabel Karmel

Songs and Fingerplays:

(To the tune of "old McDonald's Farm")
 In my mouth I have a tongue;
 Use it when I eat.
 Tasting with it I can tell
 Sour from the sweet.
 With a lick, lick here,
 And a lick, lick there,
 Everywhere a lick, lick.
 In my mouth I have a tongue;
 Use it when I eat!

What do you like?

(To the tune of Oats, Peas, Beans and Barley Grow)

1. Eggs and milk and bacon strips. Eggs and milk and bacon strips. Do you, do you, do you, do you, like eggs and milk and bacon strips?
2. Danish rolls and orange juice...
3. Peanut butter, jelly too...
4. Apples, grapes and cantaloupe...
5. Cheese and pie with cold ice cream...
6. Corn and peas and broccoli...
7. (make up your own verses)

Apples

Away up high in the apple tree (point up)
 Two red apples smiled at me (for circles with fingers)

I shook that tree as hard as I could (pretend to shake tree)

Down came the apples, Mmmm, where they good! (rub tummy)

Tastes

Syrup and honey are sweet.

Pickles and lemons are sour.

Peanuts and crackers a treat

For a snack most any hour!

Materials to Gather:

Dramatic Play:

Add more toy foods for your budding young chefs. Be sure to include aprons, chef hat, pot holder, a toy table with dishes and napkins. Play restaurant this week. Set empty cartons and cans on the toy kitchen shelves. Put up pictures of people cooking, eating out, picnicking, etc.

Blocks: Add small tables and chairs and people – like from Fisher Price play sets. Child can build a restaurant out of blocks and fill it with tables.

Music: if you are going to add some ethnic food this week, then you may want to add some ethnic music to go with it. For example, get some good Latino albums from the library to play when you taste tacos and enchiladas.

Projects:

1. Sequence Cards – find any activity (like baking cookies) and illustrate it in four pictures. (Cut pictures from an old book, draw them yourself, buy sequence cards at Amazon.com) Cut the cards apart, mix them up. Talk with child about "what happens first, what comes next". Help child put them in proper order. Being able to put things in order is necessary to logical thinking, to learning math, to learning to read and comprehend.

2. Make a milkshake- have several flavorings to add, like chocolate, strawberry or banana
3. (Alternative to Stick-A-Licks) Home-made Paste: recipe follows at the end.
4. Salty pretzels and lemon-aide. Make your own lemon-aide, if possible. Save some lemon slices for tasting separately.
5. Mix cinnamon and sugar together. Let child taste each separately, then mixed. Sprinkle on toast for snack.
6. Visit a bakery
7. Mix powdered tempera paint (or food coloring) into salt. Child drizzles glue on paper, shake salt on top. Let dry. Less messy if paper is set inside a cake pan – contains salt somewhat.
8. Make pumpkin cupcakes with child.
9. Playdough, rolling pin, and cookie cutters
10. Unsweetened chocolate, sugar. Taste both. Make birds nests – recipe follows. Add malted birds eggs, shredded coconut.
11. Food collage – save seeds and egg shells from baking. Use as collage items.
12. Magazine pictures of various foods. Paste, paper or cardboard.
13. Watch Lots to Learn video, “In My House”. Reserve it in your library, or order it from my store.
14. Chocolate pudding, freezer paper
15. Make banana pops – stuff half banana on a popsicle stick, roll in melted chocolate and chopped nuts, freeze before eating.
16. Large pasta for stringing, yarn and blunt-tipped darning needles
17. Schedule an appointment for your child to visit his/her dentist on Friday morning.
18. Clean toy kitchen area. Wash everything with soap and water, then spray with a mild disinfectant of bleach and water or white vinegar and water, allow to air dry.

Taste Week: Monday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity: Practice vocabulary words Taste, taste bud, tongue, sour, sweet, salty, bitter, spicy, flavor, good, bad, tart, pleasant, delicious, salt, pepper, cinnamon, sugar, seasoning. Teach "In my mouth I have a tongue.."
7:45	Breakfast
8:00	Table Activities: Play lotto, or Baking Sequence cards.
8:15	Free Play: Set out new toys in play centers. Put away some of the older toys from previous weeks to cut down on clutter.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Make a milkshake. Let child chose a flavoring (chocolate, strawberry, vanilla or banana flavoring). Taste the ingredients separately. Taste finished drink.
10:15	Outside time. Running and climbing. If you have a tree house and the weather is nice, can you move a toy kitchen in there for the week? Or set up a restaurant there?
11:15	Project: Stick – A – Licks (or, cut your own geometric shapes, home-made paste, and let your child make a glorious, tasty mess.)
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Salty pretzels and lemon-aide Discuss the different tastes. Try licking a lemon slice – we add sugar to lemons to make the drink taste better.
3:30	Outside time: Free play
4:30	Come inside.
4:45	Project: Paint with brown and yellow paints. Try painting pretzels and lemon- aide. Ask child how he liked the snack. Write whatever he tells you on his picture. Always write his name in the upper left hand corner – we read from top to bottom, left to right. Even if he is your only child, putting his name on his picture shows him how much you value his work.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Taste: Tuesday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary words. Teach “What do you like”.
7:45	Breakfast
8:00	Table Activities: Puzzles (Food puzzles available in my store)
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Serve cinnamon-sugar Raisin Toast with milk or juice
10:15	Outside time: Visit a bakery. Look and smell. Does anything happen in your mouth? Sometimes when we smell something delicious, our mouths get watery. Buy a few yummys, while you’re there.
11:15	Project: Salt Pictures. Mix salt with tempera paint powder or food coloring ahead of time. Child drizzles glue onto paper in the bottom of a cake pan. Sprinkle on salt and shake to cover. Let dry.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack/Project: Bake pumpkin cupcakes, using your favorite recipe. Let children taste some of the ingredients and the final project. Frost with softened cream cheese. Then play outside – ride tricycle. (recipe follows at the end).
3:30	
4:30	
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Taste: Wednesday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary words. Teach “Apples” fingerplay. Review old songs.
7:45	Breakfast
8:00	Table Activities: Play dough. Set out rolling pin and cookie cutters.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack Melt bitter chocolate. Taste it. Add sugar. Taste it. Talk about the tastes. Now, stir in some chow mein noodles, and mound on wax paper to harden for afternoon. (may add cinnamon candies, and make “birds nests”- see complete recipe at the end of lesson plans.
10:15	Outside time.
11:15	Project: Food collage. Save seeds and egg shells from baking, use as collage items. Add bits of colored paper, cut straws, yarn.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: fruit tasting party. Set out small bites of a variety of fruits, familiar and unfamiliar. Mango, apple, peach, plum, kiwi, banana, etc. Serve with crackers.
3:30	Outside time: play “Hot Potato”. If you have siblings or other children, form a circle around “it” – child in the middle. “It” has a ball, or hot potato, and tries to kick it outside the circle. The other children try to kick it back into the oven. When the ball leaves the circle, a new “it” is chosen.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Cut out pictures of foods you love, glue to paper to make a poster.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Taste Week: Thursday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary words. Teach: Tastes poem. Review older songs.
7:45	Breakfast
8:00	Table Activities: Duplos
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: make popcorn. Talk about how it smells, the smell of melted butter. Taste plain popcorn, and after adding salt, butter. Even powdered cheeses.
10:15	Video: Watch "Lots to Learn, In My House, while eating popcorn.
11:15	Outside time: free play.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Hike to the park, and feed the ducks. Play on the playground.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Fingerpaint with chocolate pudding on freezer paper.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Taste Week: Friday

Date: _____

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Sing songs.
7:45	Breakfast
8:00	Table Activities: Make Banana Pops. Then String pasta on yarn.
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Banana Pops
10:15	Outside time. Play outside restaurant last time, before bringing toys inside.
11:15	Project: Visit your dentist! Or invite a dentist or public health nurse to talk to your child about dental health. Give new tooth brushes. (If neither project is possible, check out free dental health suggestions online.)
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time:
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Clean the toy kitchen area. This needs to be done from time to time. You could fill the toy kitchen sink with dish soapy water and let child wash all toy dishes. Wash toy foods, toy aprons, hats, napkins, etc. Wash toy table and chairs. Wash, dry, then spritz (after child leaves) with a mild bleach/water solution, or mild white vinegar/water solution. Allow to air dry.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Home-Made Paste

1 cup flour

1 cup sugar

1 qt. water

1 Tablespoon powdered alum

3 drops oil of cloves

Mix flour and sugar and alum together.

Slowly stir in 1 cup of water. Bring remainder of water to a boil and add the flour/sugar/water mixture to it, stirring constantly. Continue to cook and stir (1/2 hour in double boiler) until fairly clear. Remove from heat and add oil of cloves. Makes 1 quart of paste. Paste keeps a long time. Keep moist by adding small piece of wet sponge to top of jar of paste.

Birds Nests Treats

4 cups chow mein noodles

12 oz unsweetened baking chocolate

12 tablespoons sugar (about $\frac{3}{4}$ cup)

1 tablespoon vegetable shortening

1/2 cup of shredded, sweetened coconut, colored with green food coloring

3 dozen mini robin's egg malted milk balls or jelly beans

Spread large sheet of wax paper on table.

Melt unsweetened baking chocolate. Add sugar.

Pour into large bowl and quickly but gently stir in chow main noodles until well coated.

Drop large spoonfuls onto wax paper. With greased hands, shape into a nest. Sprinkle a little coconut on top, then place two malted bird eggs or jelly beans for bird eggs.

Allow to cool and harden. Eat and enjoy!

Pumpkin Cupcakes

Cook Time: 25 minutes

Ingredients:

- 2 1/4 cups all-purpose flour, sift before measuring
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon

- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 cup butter, softened
- 1 1/3 cups sugar
- 2 eggs, beaten until frothy
- 1 cup mashed cooked or canned pumpkin
- 3/4 cup milk
- 3/4 cup chopped walnuts or pecans

Sift together flour, baking powder, baking soda, salt, ginger, cinnamon, ginger, and nutmeg into a bowl. Cream butter and sugar until light and fluffy. Beat in eggs. Blend in mashed pumpkin. Stir in the dry ingredients alternately with the milk, blending well after each addition. Stir in chopped nuts. Spoon batter into well-greased and floured muffin pan cups. Fill about 2/3 full. Bake 25 minutes, or until a wooden pick inserted comes out clean. Top with softened cream cheese for frosting or leave plain.

Makes about 24 cupcakes.

Banana Pops

Stick half a banana on a popsicle stick. Dip in melted semisweet chocolate chips, roll in chopped nuts and freeze.