


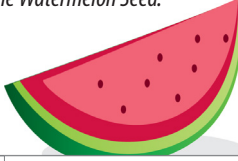





August: Food

Family Fun Month

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|---|
| <p>Make popsicles by putting juice into ice cube trays and placing a toothpick in each cube. Freeze and eat.</p>  | <p>Maine is known for its blueberries. Pretend to pick blueberries and talk about how you would eat them.</p>  | <p>Pick a letter and eat three foods that start with that letter.</p> | <p>When you go to the store, spend time pointing out the color of the foods and their names.</p> | <p>Science Day</p> <p>Add food coloring to cups of water and put in celery stalks. Check back tomorrow and see what will happen. Talk about how plants need water to grow.</p> | <p>Find a package of dried beans. Use them to practice counting. You can use them again later in the month.</p>  | <p>Visit Your Library</p> <p>Check out some of the great books about food listed above! If possible, get <i>If You Give a Mouse a Cookie</i>, <i>The Watermelon Seed</i>, <i>Jam-berry</i>, and <i>Little Pea</i>.</p> |
| <p>Make up a story about what you think would happen if you gave a mouse a cookie. If you have a copy, read <i>If You Give a Mouse a Cookie</i>.</p> | <p>Science Day</p> <p>Show your child how to tell the temperature outside by reading a thermometer. Talk about hot and cold and why some foods need to stay cold.</p> | <p>What foods grow in Maine? Plan a picnic and prepare foods with your child. Which ones come from Maine?</p> | <p>Talk about yesterday's picnic. Describe some of the foods you ate. What different colors did you eat and what shapes?</p> | <p>Mother Goose Time</p> <p>Change out muffin for other foods. Clap along. Oh, do you know the muffin man, The muffin man, the muffin man. Oh, do you know the muffin man, That lives on Drury Lane?</p> | <p>Science Day</p> <p>Talk about taste buds. Use flavor words today: sweet, sour, salty, bitter, and umami (savory). What is your favorite?</p> | <p>After reading <i>Carrot Seed</i>, go outside and plant some seeds. How are they different? What are their shapes?</p> |
| <p>Talk about the different types of foods animals eat.</p> | <p>Play with Your Peas</p> <p>How many peas fit on a spoon? Put them on, count, then eat them! Yum! If you have a copy, read <i>Little Pea</i>.</p> | <p>Taste Test</p> <p>Touch foods with different textures using words like rough, fuzzy, bumpy, and soft.</p> | <p>Have an imaginary feast. What would you like to eat?</p> | <p>Eat an apple or watermelon and count the seeds. If you have a copy, read <i>The Watermelon Seed</i>.</p>  | <p>Name as many fruits and vegetables as you can and talk about what color they are.</p> | <p>Visit a local farm or farmer's market today to see what foods are growing locally. Have you eaten any of them before?</p> |
| <p>Bake or pretend to bake something together. Practice measuring ingredients.</p>  | <p>Make a food alphabet book. Fold over paper, and either draw or cut out pictures of food items.</p> | <p>How many different types of berries can you think of? How many have you eaten before? If you have a copy, read <i>Jam-berry</i>.</p> | <p>Learn something new: What do lobsters eat?</p>  | <p>Talk about healthy foods that are good for you to eat.</p> | <p>Song Day</p> <p>On top of spaghetti all covered with cheese. I lost my poor meatball When somebody sneezed. It rolled off the table, and onto the floor. And then my poor meatball, rolled out of the door.</p> | <p>Spend some time making a meal together. Talk about what kinds of food you are making and let your child help.</p> |
| <p>Eat a rainbow. Try to eat something red, orange, yellow, green, and blue today.</p> | <p>Go outside and march around to The Farmer in the Dell. Make up the rest of the lyrics. The farmer in the dell The farmer in the dell Hi-ho, the derry-o The farmer in the dell.</p> | <p>Find a food container with writing on it. Use it to find the letters of the alphabet.</p> | <p>Make a paper plate pizza. Use a paper plate as the pizza and draw or cut out shapes to "make" the toppings.</p> | <p>Fill glasses with different amounts of water. Take a fork or spoon and tap the glass. Listen to the different sounds each glass makes!</p> | <p>Make a happy apple snack. You can make apple smiles by cutting apple quarters into halves.</p>  | <p>Mother Goose Time</p> <p>Mr. East gave a feast; Mr. North laid the cloth; Mr. West did his best; Mr. South burned his mouth, Eating a cold potato.</p> |

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