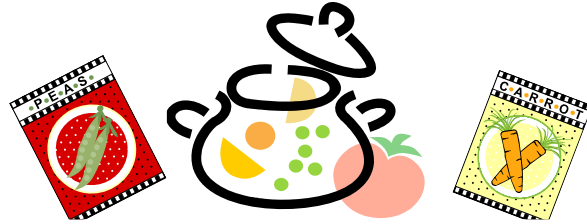


6 Growing Vegetable Soup 9

and Other Food Activities for Preschoolers



Presenters

Janet Baxter

Administrative Assistant , Kilgore College Early Childhood Center (lab school) September 1999 to present

Education:

University of Central Oklahoma; Edmond, OK 1974 – 1977 Major: Home Economics Education

Kilgore College; Kilgore, TX ASSOCIATE OF ARTS, General Education Aug. 20B05

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Currently attending *Stephen F. Austin State University*, Nacogdoches, TX – Major: BAS in Interdisciplinary Studies
EC-4 Generalist Certificate

Awards: Outstanding Child Development Early Childhood Student 2006/2007, Kilgore College

Other Training: High Scope Training, August 1999; East Texas Conference for Preschool Teachers, 1999; TAEYC Conferences: Dallas – 2000; Corpus Christi – 2001, Galveston – 2003; TAEYC – Dallas 2004; Conscious Discipline 2005; NAEYC National Conference for Staff Development – San Antonio, TX 2006; Brain Gym Training – 2006.

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Center Cook , Kilgore College Early Childhood Center (lab school) January 1992 to present

Training and Education: Dietetic Food Service Supervisor Training; East Texas Conference for Preschool Teachers, 1999; TAEYC Conferences: Dallas – 2000; Corpus Christi – 2001, Galveston – 2003; TAEYC – Dallas 2004; Conscious Discipline 2005; Brain Gym Training – 2006

- ❖ Welcome and Introduction
- ❖ Information on Handouts and Web Links
- ❖ Objective
- ❖ Focus Areas
- ❖ Importance of Literacy and Nutrition Activities
- ❖ Specific Examples of Books & Activities
 - *“Growing Vegetable Soup”* by Lois Ehlert
 - *“Eating the Alphabet – Fruits & Vegetables from A to Z”* by Lois Ehlert
 - *“Stone Soup and Old Tale”* Told and Pictured by Marcia Brown
 - *“Cookies, Bite-sized Life Lessons”* written by Amy Krouse Rosenthal and illustrated by Jane Dyer
 - *“Who Took the Cookies from the Cookie Jar?”* by Bonnie Lass and Philemon Sturges; illustrated by Ashley Wolf.
 - *“The Apple Pie that Papa Baked”* written by Lauren Thompson; illustrated by Jonathan Bean
 - *“Ten Apples Up on Top”* by Dr. Seuss (Theodor Geisel)
- ❖ Look at Display Items – class made books, News Flash Posters, Slide Show
- ❖ Share Your Ideas & Experiences

- ❖ Read Aloud - "Vegetable Garden" by Douglas Florian
- ❖ Conclusion

RESOURCES

The following items can be accessed at: <http://kcfac.kilgored.edu/kcecc>

Food Concept Activities by Janet Baxter: Growing Vegetable Soup, Very Hungry Caterpillar, and Counting Cheerios (Word Documents)

Developmentally Appropriate Food and Nutrition Skills for Young Children: Source-Virginia Cooperative Extension Service (DevAppropriateFoodActivities.pdf)

Using a Weekly Story to Plan Creative Activities and Promote Early Literacy in Preschool: Source-Gifted Child Today (2000) 30 no3 (.pdf file)

Children's Books About Food, Eating, and Health: Source- North Dakota Nutrition Council & North Dakota State University Extension Services (foodbooks.pdf)

R.E.A.D. – Read, Eat, and Do Together: Source- Project R.E.A.D, Iowa State University Extension (souprecipe_sample.pdf)

Cooking With Children: Kids in the Kitchen - Cooking with children: kids in the kitchen. In Todd, C.M. (Ed.). *Family [child care connections](#)* 4(6). Urbana, IL: National Network for Child Care at the [University of Illinois](#) Cooperative Extension Service. (Word Document)

Links to Websites

Let's Read at Home: Growing Vegetable Soup, Lesson Plans for Teacher – Health Conscious Activities for Young Children, www.dshs.state.tx.us/kids/lessonplans/veg_soup.

Using Literature to Explore Language and Stories: Love and Reilly Newsletter **No. 6** June 2003, <http://www.loveandreilly.com.au/pdf/news6.pdf>

Source for Books about "Cooking with Kids" NEAT Solutions for Health Children, Inc., http://www.neatsolutions.com/Cooking/in_the_kitchen.htm

Teacher Cyber Guide, Apples <http://www.sdcoe.k12.ca.us/score/apple/appletg.html>

Food Music & Songs <http://www.preschooleducation.com/food.shtml>

Sample Lesson Plans

Where Food Grows; food models activities –

<http://www.nutritionexplorations.org/educators/lessons/foodmodels/foodmodels-act-foodgrows.asp>

Lesson Plans Search -

http://www.crayola.com/educators/lesson_plans/index.cfm?n_id=13&mt=educlessons

Pumpkin Unit, <http://members.tripod.com/~cbauder/newpage21.htm>

Soup's On, LEARN North Carolina. <http://www.learnnc.org/lessons/Vrivenbark5232002119>

Learning to Give - Philanthropic Behavior: Class Soup, www.learningtogive.org

Stone Soup, Pre-kindergarten lessons by Heather Forest,
http://www.augusthouse.com/learning_center/lesson_plans, Go to Item 21 for PDF file

Lesson Plans K-1 for Growing Vegetable soup from "Pick a Better Snack"

http://www.idph.state.ia.us/pickabetersnack/common/pdf/april_k_1_lessons.pdf