



# Y IS FOR YUM, YUM, YUM!

BY ANNA W. BARDAUS



## TIPS FOR THE READER

In this kit, you will find a wonderful children’s book and practical resources you can use to help a child develop important lifelong skills. Use these tips to engage the child in talking about the story, further developing vocabulary, comprehension and a love of reading. Finally, use the provided materials and **Activity Instructions** to extend and practice new skills.

### Y IS FOR YUM, YUM, YUM! BY ANNA W. BARDAUS

Phonemic awareness, life science, and healthy eating—all in one! Full-color photos display foods as they grow. Examples of appropriate portion sizes encourage a healthy, varied diet.

**Themes covered:** food, healthy eating, portion sizes

**Skills developed:** rhyming, alphabetical knowledge, phonemic awareness, counting, naming colors

#### Verbal Prompts

Before reading, ask...

- \* What is your favorite vegetable? What color is it?
- \* What is your favorite fruit? Is it soft or hard?

While reading...

- \* Count items on a page. Let children count with you.
- \* Point to different foods and ask: what are they? What color are they? Are they soft or hard?
- \* Ask if they know what the different foods taste like.

After reading, ask...

- \* Who remembers a food that was orange? Red? Green?
- \* Describe a food and see if they can guess the name of it. For example, what is round and green on the outside but red and sweet on the inside?



## PROP/PUZZLE/GAME 1 PREPARATION INSTRUCTIONS

# LEARNING MORE ABOUT FRUITS

Help extend children's learning with this fun fruit activity!

### Supplies You'll Need

- Plastic life-sized fruit
- Real fruit (apple, orange, pear, banana, grapefruit, peaches, cantaloupe, strawberries)
- Knife
- Cutting board
- Bowl to place apples
- Napkins
- Tart green apples (such as Granny Smith) and sweet red apples (such as Red Delicious or Fuji)
- Sugar-free clear soda (e.g. carbonated water)
- Two large plastic bags
- Large plastic bag(s) or other container

### Kit Assembly Instructions

Include the book and **Tips for the Reader** in the kit.



## **PROP/PUZZLE/GAME 1** **ACTIVITY INSTRUCTIONS**

# **LEARNING MORE ABOUT FRUITS**

Help extend children's learning with this fun fruit activity!

### **Follow These Steps**

1. Cut slices of green and red apples—enough for each child to have one of each. Submerge apples in soda for a few minutes to keep fruit from browning. Then, put red and green apples into their own bags.
2. Hold up a piece of real fruit and a matching piece of plastic fruit. Who can point to the real piece of fruit? Repeat with various pieces of fruit.
3. Who can tell us what this fruit looks like on the inside? After the children speculate, cut the fruit in half and show them the inside. Point out the seeds. Ask where this fruit grows (tree, bush, under the dirt). What are some ways you can eat this fruit? (e.g. apple sauce, apple pie, apple with peanut butter)
4. Do all apples taste the same?
5. Give each child a slice of a tart green apple. Ask what it tastes like.
6. Give them a slice of the red, sweet apple. Ask if it tastes the same or different from the green one.



## PROP/PUZZLE/GAME 2 PREPARATION INSTRUCTIONS

# ALPHABET SOUP AND WASHING FRUIT

Help children build knowledge and vocabulary with this fruit washing activity!

### Supplies You'll Need

- Several clear, shallow, 6-quart tubs with lids. Buy enough to have one for every four children.
- Water for tubs
- Plastic life-sized fruit (Could use the same fruit from Group Activity 1)
- Plastic letters
- Slotted spoons
- Bowls (1 for each tub)
- Vegetable brushes
- Towels or newspaper
- Large plastic bag(s) or other container

### Kit Assembly Instructions

Include the book and **Tips for the Reader** in the kit.



# ALPHABET SOUP AND WASHING FRUIT

Help children build knowledge and vocabulary with this fruit washing activity!

## Follow These Steps

1. Add 3-4 inches of water to each tub and space them around the floor on towels or newspaper.
2. Place plastic fruit and brushes in half of the tubs.
3. Place letters and slotted spoons in the other tubs along with a bowl to the side.
4. To begin, half of the children will be washing fruit and the other half will be using slotted spoons to get letters out of the tub and onto the bowl.
5. Walk around the space asking children questions such as: Which fruit in your tub is the biggest? How many green fruit are in your tub? Are they rough or smooth? Where do they grow? How many letters are in your tub? Which letters are red? Blue?
6. After 10 minutes (earlier if children are restless) encourage them to switch from fishing letters to washing fruit and vice versa.

Find the song, “I Like to Eat Apples and Bananas,” on YouTube:

<https://www.youtube.com/watch?v=oacQL7UQtlk>

Play and sing along while the children wash fruit and search for letters.

I like to eat, eat, eat apples and bananas

I like to eat, eat, eat apples and bananas

I like to ate, ate, ate epples and benenes

I like to ate, ate, ate epples and benenes

I like to eat, eat, eat eepples and beeneenees

I like to eat, eat, eat eepples and beeneenees

And I like to ite, ite, ite ipples and bininis

I like to ite, ite, ite ipples and bininis

I like to ote, ote, ote, oplles and bononos

I like to ote, ote, ote, oplles and bononos

And I like to ute, ute, ute upples and bununus

I like to ute, ute, ute upples and bununus



## TAKE HOME ACTIVITY KIT 1

### PREPARATION INSTRUCTIONS

# PICTURE AND LETTER MATCHING

Help extend children's learning about letters and fruits with this matching activity!

### Supplies You'll Need

- Templates with fruit images and letters
- Laminator or clear contact paper
- Scissors
- 3x5 notecards
- Plastic bag(s) or other container

### Kit Assembly Instructions

1. Make copies of the fruit images and letters and laminate them.  
If you're using contact paper:
  - Lay one sheet down with the sticky side up.
  - Carefully place the page face down on the contact paper.
  - Lay another sheet of contact paper on the back side of the page.
2. Cut out the letters and put them in the bag.
3. Insert both vegetable picture cards in the bag with the letters.
4. Include the book and **Tips for the Reader** in the kit.

# TAKE HOME ACTIVITY KIT 1

TEMPLATE

Kiwi



Apple



Banana



Strawberry



Peach



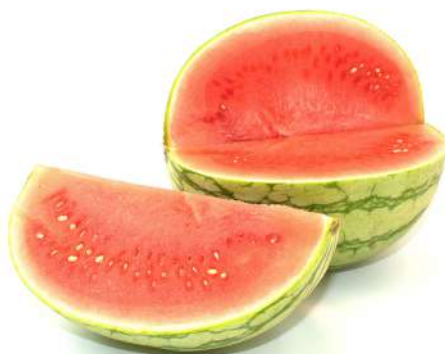
Papaya



Orange



Watermelon



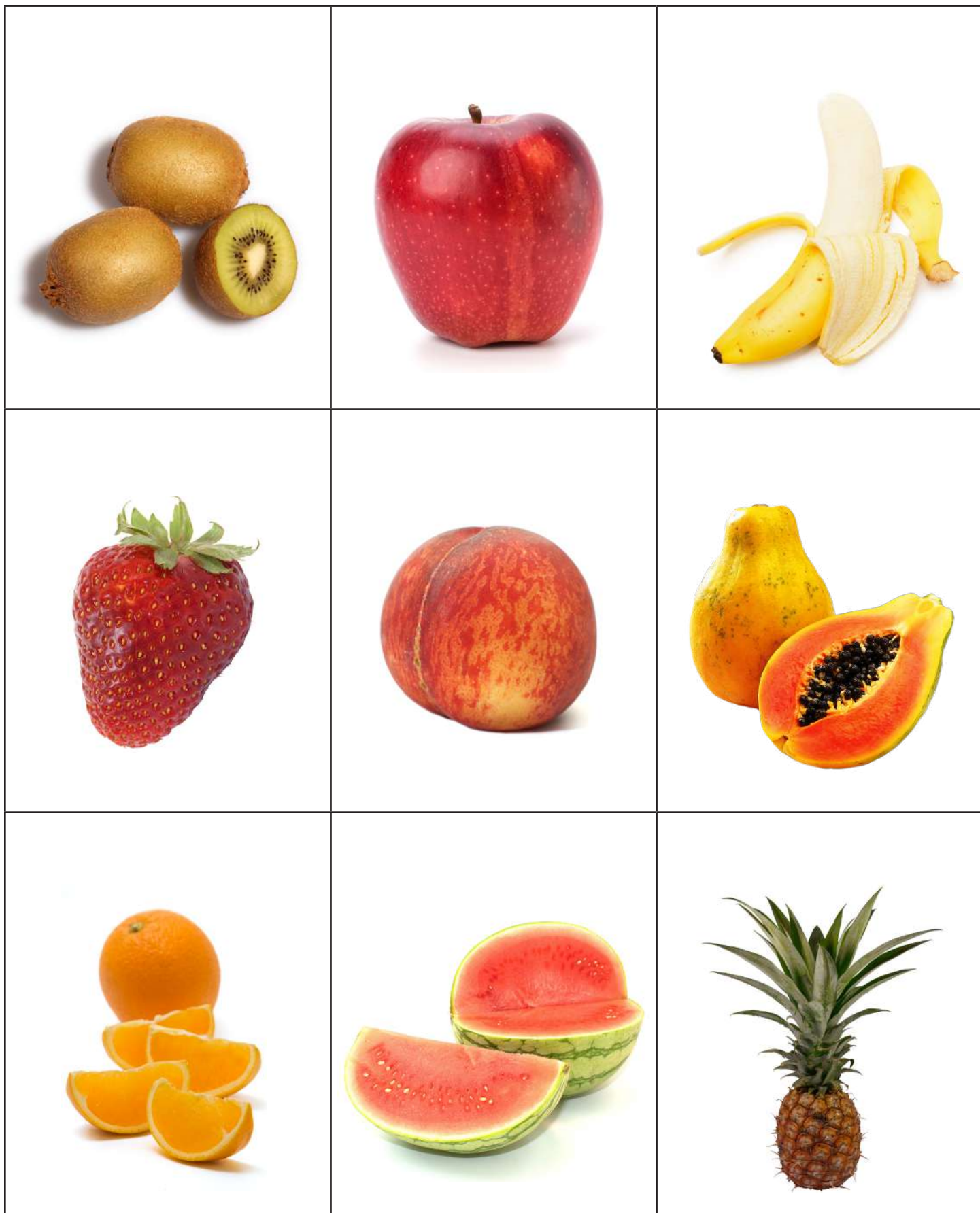
Pineapple





# TAKE HOME ACTIVITY KIT 1

TEMPLATE



# TAKE HOME ACTIVITY KIT 1

TEMPLATE

O

P

W

S

P

K

P

B

A



## TAKE HOME ACTIVITY KIT 1

### ACTIVITY INSTRUCTIONS

# PICTURE AND LETTER MATCHING

Help extend children's learning about letters and fruits with this matching activity!

### Follow These Steps

#### For 2-3 year olds:

1. Place the page with fruit pictures (with words) on the table or floor.
2. Give the child a bag of letters and ask them to match the letter to the fruit.
3. Ask them questions about the fruit. Is it sweet or sour? Is it soft or hard?

#### For 4-5 year olds:

1. Place the page with fruit pictures (no words) on the table or floor.
2. Give the child a bag of letters and ask them to match the letter to the fruit. For example, if a child has a "P," they will place that letter on a picture of a pineapple.
3. Ask them what other words start with that letter.