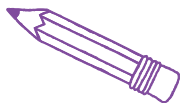


ACTIVITY TIME

Featured Stories Program

books
for
toddlers



Theme: Food

Book title: I'M A HUNGRY DINOSUAR

By Janeen Brian and Ann James

Dinosaurrrrrs for lunch!

You will need:

- Some salad ingredients (tomato, lettuce, cheese, cucumber, carrot, boiled egg, etc)
- Bread (could be pita bread, wrap or ordinary sliced loaf).

Instructions:

1. Spend time helping your child prepare the salad ingredients depending on their age and ability, such as washing vegetables, tearing lettuce leaves, peeling boiled eggs, etc.
2. Ask your child how many people are eating and count out that number of plates.
3. Make dinosaur shaped salad sandwiches and encourage your child to explain their ideas, for example "What are you using the green cucumber for?"
4. Enjoy eating your dinosaur salad sandwiches together while chatting about what part to eat next!

Further Ideas

Everyday activities are perfect opportunities to build your child's vocabulary. Look for opportunities to discuss, explore, count and have fun together. Talk about the shapes that make up your dinosaur.

Try making other simple recipes together such as pita bread pizzas, fruit salad or including your child in choosing what vegetables to have with dinner.

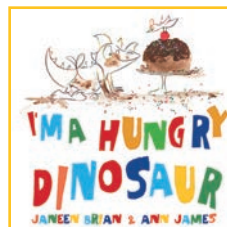
Talk about where fruit and vegetables come from, bananas grow on palm trees, carrots grow under the soil, corn is wrapped in a husk and grows on a plant that looks a bit like grass, etc. Try choosing your child's favourites and let them guess where each one grows.

Songs

Fruit Salad by The Wiggles, *Watermelon* by Justine Clarke, *Polly Put The Kettle On* and *Pat-a-Cake*.

Key message

Good nutrition, health and exercise are critical.



Adult supervision is essential. Involve and talk with your child as much as possible.

Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

thelittlebigbookclub.com.au



Make your own dinosaur sandwich

