

Preschool Parade: Healthy Eating

Song Lyrics, Book List & Resources

Picked a Strawberry

Tune of "Clementine"

jbrary.com/preschool-storytime-bears-berries

Picked a strawberry, picked a strawberry
That was growing in the sun
Then I washed it, and I ate it
And I picked another one!

Repeat with different fruits and vegetables



All clipart found at: clipart-library.com

Books

1 Big Salad by Juana Medina
Can You Guess? Food with the Very Hungry Caterpillar by Eric Carle
The Carrot Seed by Ruth Krauss
Eating the Alphabet by Lois Ehlert
Edible Colors by Jennifer Vogel Bass
Edible Numbers by Jennifer Vogel Bass
Every Color Soup by Jorey Hurley
Food From Farms by Nancy Dickmann
Grow it Yourself: Grow Your Own Smoothie by John Malam
Growing Vegetable Soup by Lois Ehlert
Let's Cook by Susan McQuillan
Red Pepper, Yellow Squash: A Book of Colors by Rebecca Bondor
Summer Supper by Rubin Pfeffer
The Very Hungry Caterpillar by Eric Carle

...and many more titles!

The Enchanted Garden – Miller Branch

hclibrary.org/locations/miller-branch/enchanted-garden



Photo credit: HCLS

Howard County Farmers' Markets

hceda.org/farm-agriculture/locations/farmers-markets/

Miller Branch Library | Wednesdays, 2pm-6pm

East Columbia Branch Library | Thursdays, 2pm-6pm

Howard County Farms

visithowardcounty.com/things-to-do/outdoors/farms

Simple Popsicle Recipe

Adapted from www.instructables.com/Easy-Ice-Cube-Tray-Popsicles

Ingredients/Materials:

- Fruit Juice (e.g. apple or orange)
- OPTIONAL: chopped fruit
- Ice Cube Tray
- Toothpicks
- Plastic Wrap
- Freezer

1. Fill ice cube tray with chopped fruit (OPTIONAL) and fruit juice.
2. Cover with plastic wrap and poke toothpicks in each cube through plastic.
3. Freeze at least 6 hours. (overnight is best)
4. Remove plastic wrap, twist tray, and serve popsicles!

