

Nutrition Theme

Rhyming



Food Nursery Rhymes

Materials: food nursery rhymes

Procedure: Teach children the following food nursery rhymes:

I'm a little Teapot

I'm a little teapot, short and stout

Here is my handle, (put one hand on hip with elbow out to the side to make handle)

Here is my spout. (put other arm up with elbow bent and hand facing out to the side to make spout)

When I get all steamed up hear me shout.

Just tip me over and pour me out (tip over to spout side).

Peter, Peter, pumpkin eater

Peter, Peter, pumpkin eater,

Had a wife and couldn't keep her;

He put her in a pumpkin shell,

And there he kept her very well.

Little Miss Muffet

Little Miss Muffet sat on a tuffet,

Eating her curds and whey.

Along came a big spider,

He sat down beside her.

And frightened Miss Muffet away!

Discuss with children which words rhyme in the nursery rhyme.

Supplemental Activities