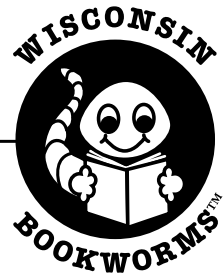


Activity Sheet



"Eating the Alphabet"

By Lois Ehlert

Children will revel in a game of naming all the foods they know as each turn of the page reveals a mouth-watering arrangement of foods: Indian corn, jalapeños, jicama, kumquat, kiwifruit and kohlrabi. At the end of the book, is a glossary that includes pronunciation with a small watercolor picture.

Before you read this book: Talk about sorting food into groups. What food is yellow/red/blue? What foods are for breakfast/snacks/dinner? What foods are fruits/vegetables?

While you read this book: As you read each letter, encourage the children to repeat first the letter and then each fruit or vegetable as you read them. Many of these words will be new for them!

Try this at home: Supermarket Scavenger Hunt

- Prep – Write each letter of the alphabet on its own index card.
- Search – Go through the weekly supermarket ads to find pictures for each (or most) of the letters. Have children cut or tear pictures out of ads. Help them glue onto appropriate index card.
- Sort – Categorize cards by supermarket department — produce, canned goods, drinks, household supplies, etc.
- Shop – Take your cards and grocery list to the store. While shopping, see how many of the products from the index cards you can find. Talk about healthy food choices as you choose your groceries.

Additional activities:

- Visit www.pbskids.org/sesame/games and play the game "Color Me Hungry" in which kids help Cookie Monster and Grover sort fruits and vegetables.
- View the related episode of Arthur: "I'd Rather Read It Myself"

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