

Sign Sing & Shimmy

LOVE  SIGN PRESCHOOL



March is Food Month!

March Schedule

Week 1

Basic Food and Drink
Signs

Week 2

Snacks and Sweets

Week 3

Fruit & Veggies

Week 4

Main Dishes

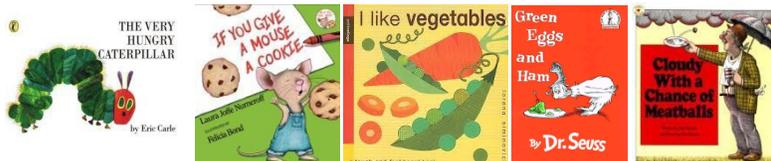
Teachers

Marni Sloves and
Courtney Krueger

Contact us with any
questions at :
Love2SignPreschool.org

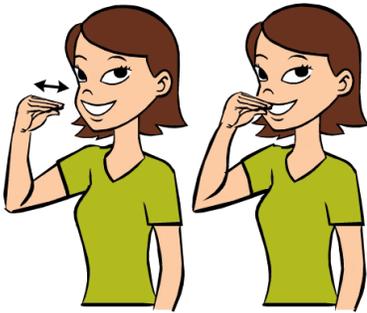
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Throughout the month of March, we will be teaching important signs regarding food, drinks, and mealtime. These signs are not only fun to learn, but are very pertinent to daily life and can be practiced and used several times throughout the day. We will start off the month by focusing on basic food signs like eat, drink, all done, and more please (always throwing in our magic words ☺). Then we will move on to the students' favorite snacks and sweets like cheese, crackers, and cookies, highlighting that treats should be enjoyed in moderation. The third week we'll teach fruit and veggie signs with an "eat a rainbow" theme. This is a great time to review our color signs and emphasize the importance of healthy eating. We will end the month with a class about main entrees like chicken, sandwiches, and pasta. This lesson plan presents opportunities for fun games like "what's in my shopping bag" and "going on a picnic," in addition to lots of catchy songs and classic books like *The Very Hungry Caterpillar*. Here are some food books to read and sign at home:



Some Food Signs

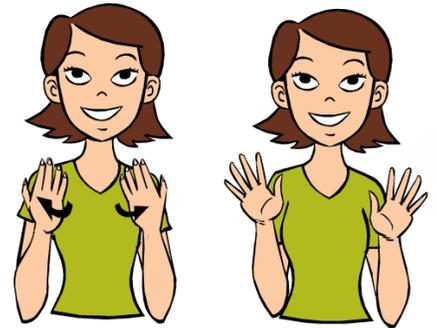
For more signs visit signingsavvy.com



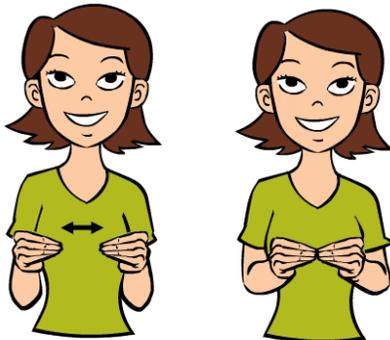
Eat/Food



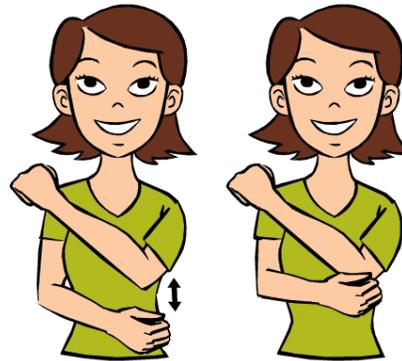
Drink



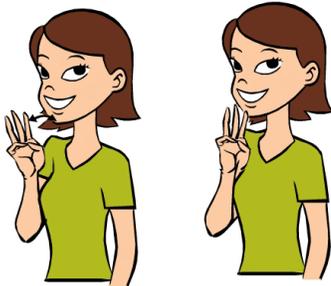
All Done



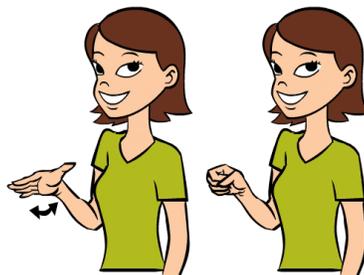
More



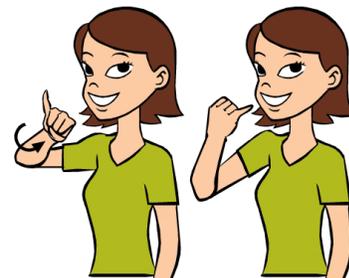
Cracker



Water



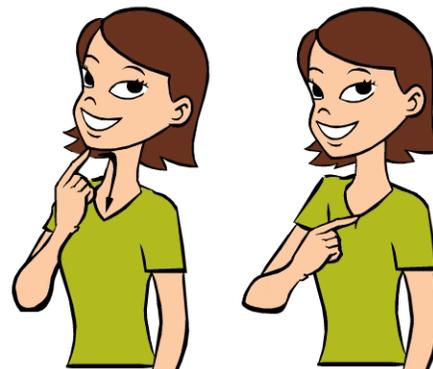
Milk



Juice



Hungry



Thirsty

Food Songs to Sing and Sign

"I Am Hungry"

To the tune of "Oh My Darling"

I am HUNGRY, I am HUNGRY,
And I really want some FOOD,
I will EAT some yummy CRACKERS,
Yummy CRACKERS taste so good!

*Substitute in cheese, apples, cookies, etc.

"I'm Finished"

To the tune of "Farmer in the Dell"

I'm FINISHED with my MILK,
I'm FINISHED with my MILK,
My tummy's full, now I'm ALL DONE,
I'm FINISHED with my MILK.

*Substitute in other foods and drinks

"Peanut Butter and Jelly"

First you take the PEANUTS,
And you crunch 'em, you crunch 'em,
First you take the PEANUTS,
And you crunch 'em, you crunch 'em!

Chorus:

For your PEANUT, PEANUT BUTTER,
And JELLY,
PEANUT, PEANUT BUTTER,
And JELLY!

Then you take the GRAPES,
And you squish 'em, you squish 'em,
Then you take the GRAPES,
And you squish 'em, you squish 'em!

Repeat chorus

Then you take the BREAD,
And you spread it, you spread it,
Then you take the BREAD
And you spread it, you spread it.

Repeat chorus

Then you take your SANDWICH,
And you EAT it, you EAT it,
Then you take your SANDWICH,
And you EAT it, you EAT it,
'Cause it's PEANUT, PEANUT BUTTER,
and JELLY,
Good ol' PEANUT, PEANUT BUTTER, and
JELLY!

"Eat a Rainbow"

(To the tune of "Row Row Row Your Boat")

EAT EAT EAT a RAINBOW,
EAT one every day,
Fill your diet with VEGGIES and FRUIT,
Feel healthy in every way.

"I Like to Eat"

(To the tune of "Twinkle Twinkle Little Star")

In the evening I like to EAT,
Savory foods like CHICKEN or MEAT,
I pour some MILK to go with my FOOD,
I pick a VEGGIE that fits my mood,
In the evening I like to EAT,
And when I'm DONE I have a TREAT.