

Nourishing with Nursery Rhymes JK/SK Facilitator Notes

Objectives: To use nursery rhymes as a way of bringing healthy food to life through tasting and also exploring. Students will be able to experience the stores first-hand through interactive activities.



Recipe Category: Cooking & Tasting, Food: Outside the Box



Level of Difficulty: JK/SK



Cooking Time: 3x 20min workshops



Curriculum Links:

Grade	Subject Area	Ontario Curriculum Links
JK/SK	Language	<p>B. Demonstrate an understanding and critical awareness of a variety of written materials that are read by and with the teacher. (O)</p> <p>14 Respond to a variety of materials read aloud to them. (S)</p> <p>17 Make predictions regarding an unfamiliar text that is read by and with the teacher, using prior experience, knowledge of familiar texts, and general knowledge of the world around them (S)</p>



Recipe Ingredients:

I Had A Little Nut Tree:

Sensory

- Nutmeg (whole)
- Nutmeg (ground)
- Graters (fine)
- Other spices, whole and ground (e.g. cloves, cinnamon, coriander...)
- Clear containers or bowls to display spices
- Pictures of spiced foods/ spices growing

- Ripe pears, roughly chopped
- Raisins
- Ground cinnamon
- Ground nutmeg
- Water
- Lemon juice
- Measuring cups and spoons
- Food processor
- Bowls
- Spoons

Raw Pear Sauce

Little Miss Muffet:

- Chart paper with Little Miss Muffet written, key words in red: Little Miss Muffet, Tuffet, Curds and Whey, Spider
- Key word pictures to discuss (with tape/sticky tack/ Velcro on the back)
- Large container of cottage cheese (or pre-made curds)
- Milk
- Lemons or vinegar
- Pot and wooden spoon
- Hot plate or stove top
- Crackers or sliced cucumber to taste "curds"
- Placemats for colouring
- Colouring pencils

Humpty Dumpty:

- 4 plastic eggs (or, boiled eggs for older students)
- 4 sauce ladles (or, 4 tablespoons for older students)
- 4 paper "king's crowns"



Field to Table Schools

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- Chart paper with humpty dumpty written on it
- Key word pictures: horses, humpty, men and wall

20mins Little Miss Muffet...

1. Read the story from the board or chart paper

*Little Miss Muffet, sat on her tuffet,
Eating her curds and whey;
Along came a spider, who sat down beside her,
And frightened Miss Muffet away!*

Discuss key words and add the corresponding pictures to the board. (see attachments)

2. Make curds and whey as a demo

Students will enjoy making this simple recipe to see what Miss Muffet was *really* eating. (Note: if you'd prefer to buy it from the store, you can purchase cottage cheese, but note – it's very salty!)

Ingredients: (from http://www.freekidcrafts.com/little_miss_muffet.html)

2 cups milk

3 tablespoons vinegar or lemon juice.

Directions:

- Warm milk and vinegar or lemon juice in a saucepan over low heat.
- Stir slowly until the milk curdles (forms clumps). This usually takes 5 to 8 minutes.
- Remove the saucepan from the heat but keep stirring until the curdling stops. Curds are the milk solids that form lumps, and whey is the liquid.
- Pour off the liquid, and then press the curds gently with paper towels to remove more liquid. At this point you can refrigerate the curds or eat them warm.

It's like a magic trick!

3. Flavour the pre-prepared curds

Have different flavouring options ready for students to add to their curds and whey or cottage cheese. You can try savoury or sweet options.

E.g. Apple and Honey or Tomato and Basil.

4. Colour in place mats for take-home (see attachment)

20mins I Had A Little Nut Tree

1. Read from the board & highlight/explain key words:

*I had a little nut tree, nothing would it bear
But a silver nutmeg and a golden pear.*

*The King of Spain's daughter came to visit me,
And all for the sake of my little nut tree.*

*I skipped over water, I danced over sea,
And all the birds in the air couldn't catch me.*

Who has tried nutmeg before? What does it look like? In what food would you have tasted it? Did you know nutmeg grows on trees? What do you think a nutmeg tree would look like?...

What about pears? What are the different ways that you've tried pears before? Do you think pears really grow on trees with nutmeg? What does a pear tree look like?

2. Begin with a sensory activity of the spices

Set up the ground vs. whole spices so they're easily accessible for little people to explore. Separate each type of spice (e.g. ground and whole cinnamon on one table, ground and whole cloves on another etc.) and surround with pictures of foods that contain that spice, how it looks when it grows etc. so that students can get a better picture of what it is and how it's used.

Make sure to demonstrate, using the grater, how whole nutmeg can be turned into ground nutmeg, ready for sprinkling.

3. Now move onto making the raw pear sauce

This recipe is perfect for making in the classroom, only a power outlet is required!

Ingredients:

- 4 pears, roughly chopped
- Handful of raisins
- 1 tsp ground cinnamon
- Pinch of nutmeg
- 1 cup water
- ½ tsp lemon juice

Method:

- Combine all ingredients in a food processor until smooth.
- Serve immediately in the small bowls with spoons (sprinkled with some extra ground nutmeg if desired)!

If there's time left, recount the rhyme one last time.

20mins Humpty Dumpty

Hand out the picture cards to four volunteer students.

Recite the nursery rhyme, using the pictures from each student to illustrate key words.

***Humpty Dumpty sat on the wall,
Humpty Dumpty had a great fall.
All the king's horses and all the king's men,
Couldn't put Humpty together again!***

Discuss key concepts:

What is Humpty Dumpty?

- *An egg!*

Where do eggs come from?

- *Chickens! (or ducks, quails...)*

Who do you think the "king's men" are?

- *They were probably the king's guards. Nursery rhymes were written a loooong time ago. Now days there would probably be both men and women in that job.*

What do you think happened when Humpty fell off that wall?

- *His shell probably cracked, oozing the yolk and egg white all over the place!*

Has anyone ever eaten an egg before? What are the different ways in which you can eat eggs?

- *Omelets, fried, scrambled, boiled, poached, frittata, egg nog...*

Active Activity

Today we're going to be the "king's men (& women!)" and race to put Humpty together again!

Using the plastic eggs, have an egg and spoon race with the students. Use the

small ladles to make it easier to keep the egg.

You can also use the “king’s crowns” for each runner in the relay if you want.

If eggs get spilled, just pick them up and keep going!

Extra Time

Other activities to do with the eggs (if you have time) are:

- **Hot Potato** (the kids will know how to play this one if you don’t)
- **Anonymous Humpty Dumpty** Have one volunteer up the front of the class, facing away with their eyes closed. Pick one volunteer, anonymously, to come and whisper “Humpty Dumpty” into the volunteer’s ear, before sitting down again quickly. They can choose to use a funny voice if they want to. The volunteer has to guess who in the class said it.
- **Hot and Cold Eggs** Pick a volunteer to leave the room. Hide one of the eggs somewhere in the room. When they come back inside, say “warmer” if they’re getting closer, or “colder” if they’re getting further away from the egg. When they’re really close, say “hot!”

Additional Resources:

Little Miss Muffet key words:

Little Miss Muffet



Tuffet



Curds and Whey



Spider



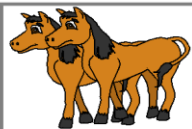
Frightened



Little Miss Muffet Placemat Picture



Humpty Dumpty Key Words



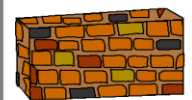
horses



humpty



men



wall