



# EATING THE ALPHABET

BY LOIS EHLERT



## TIPS FOR THE READER

In this kit, you will find a wonderful children's book and practical resources you can use to help a child develop important lifelong skills. Use these tips to engage the child in talking about the story, further developing vocabulary, comprehension and a love of reading. Finally, use the provided materials and **Activity Instructions** to extend and practice new skills.

### EATING THE ALPHABET BY LOIS EHLERT

While teaching upper- and lowercase letters to preschoolers, Ehlert introduces fruits and vegetables from around the world. A glossary at the end provides interesting facts about each food.

**Themes covered:** letters, fruits and vegetables, colors, textures

**Skills developed:** alphabetical knowledge, counting, vocabulary, classification, matching, gross motor skills

#### Verbal Prompts

Before reading...

- \* Show the children 3-4 fruits and vegetables and ask if they can name them.
- \* Ask: What is your favorite fruit? Favorite vegetable?

While reading...

- \* Periodically, count the types of fruits and vegetables that start with the same letter. You can also count the number of individual fruits or vegetables (e.g., How many potatoes are there? Count with me.)
- \* Ask children to come up and point to the items that are a particular color. For example, on the "A" page, ask them who sees a red fruit. Pick a child to come up and point to the apple.

After reading...

- \* As you are cooking or making snacks, let children hold different fruits and vegetables. Ask questions about the color, how they feel (soft, hard, fuzzy, etc.), how they smell.
- \* Ask about how the food tastes, e.g., Who has ever eaten a lemon? What did it taste like?



## PROP/PUZZLE/GAME 1 PREPARATION INSTRUCTIONS

# JUMPING JACK ALPHABET

Help children build physical fitness and learn about letters and sounds with Alphabet Jumping Jacks!

### Supplies You'll Need

- One white piece of poster board (28"x22")
- Marker
- Yard stick
- Fruits and vegetables from the "after reading" activity found in Tips for the Reader
- Plastic bag(s) or other container

### Kit Assembly Instructions

1. Using the yard stick and marker, copy the sample alphabet grid onto the poster board.
2. Grid should be 26" wide by 20" long. Each block is 6.5" wide and 5" long.
3. Include the book and **Tips for the Reader** in the kit.

# PROP/PUZZLE/GAME 1

TEMPLATE

Aa	Bb	Cc	Dd	Ee	Ff
Gg	Hh	Ii	Jj	Kk	Ll
Mm	Nn	Oo	Pp	Qq	Rr
Ss	Tt	Uu	Vv	Ww	Xx
		Yy	Zz		



## PROP/PUZZLE/GAME 1

### ACTIVITY INSTRUCTIONS

# JUMPING JACK ALPHABET

Help children build physical fitness and learn about letters and sounds with Alphabet Jumping Jacks!

### Follow These Steps

1. Give each child a fruit or vegetable.
2. Get in a circle with the children.
3. Place the poster board with alphabet grid in the center of the circle.
4. Lead the children in doing three jumping jacks, counting from one to three as they jump.
5. Ask which children have a fruit or vegetable that starts with the letter "A." Help them if they don't know. Ask them to place it the Aa box on the alphabet grid.
6. Repeat with 3-5 jumping jacks and move through the alphabet until all the foods are on the grid. There won't be a fruit or vegetable for every letter.

**Note:** To do this activity with one child, you may prefer to write each letter of the alphabet on a separate notecard. Spread out the notecards on a table or the floor. Let the child pick a fruit or vegetable from a basket and place it on the appropriate notecard. Talk with the child about other words that start with that letter. You may even want to play "I Spy" and say "I spy something else that starts with the letter C. Can you find it?" Congratulate them for finding anything that starts with the letter C.



## PROP/PUZZLE/GAME 2 PREPARATION INSTRUCTIONS

# LETTER HUNT

Help children learn to recognize letters and their sounds with this Letter Hunt game!

### Supplies You'll Need

- Alphabet template
- Plastic tubs/bins
- Enough packing peanuts to partially fill each tub
- Set of plastic alphabet letters
- Scissors
- Plastic bag(s) or other container

### Kit Assembly Instructions

1. Determine how many small groups you'll have (about 3 children per group).
2. Make 2 copies of the template for each small group.
3. On half of the copies, cut out the letters and put in each group's kit.
4. Include the book and **Tips for the Reader** in the kit.

**PROP/PUZZLE/GAME 2**  
**TEMPLATE**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>	<b>O</b>
<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>
<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>
		<b>Z</b>		



## **PROP/PUZZLE/GAME 2** **ACTIVITY INSTRUCTIONS**

# **LETTER HUNT**

Help children learn to recognize letters and their sounds with this Letter Hunt game!

### **Follow These Steps**

1. Put packing peanuts and a set of plastic alphabet letters in each tub. Mix them up.
2. Space out the tubs on tables or the floor.
3. Ask three children to sit around each tub. Give them a baggie with letters in it.
4. Ask each child to pick a letter out of the baggie, find that letter in the tub, and place the letter on the alphabet page.
5. Ask the group what sound the letter makes.
6. Repeat until all the letters have been found. If the children get bored or restless, stop the activity.





## TAKE HOME ACTIVITY KIT 1

### PREPARATION INSTRUCTIONS

# MATCHING AND NAMING FRUITS AND VEGETABLES (AGES 0-2)

Help children learn about fruits and vegetables with this matching activity!

#### Supplies You'll Need

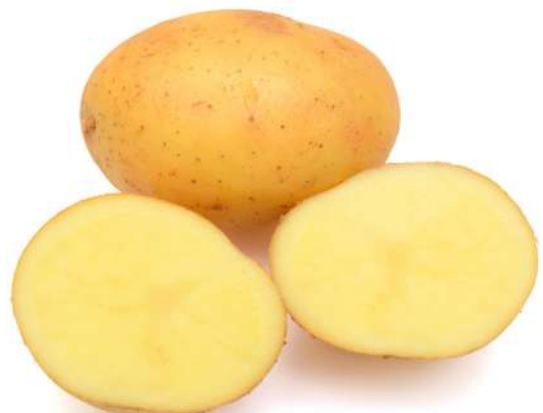
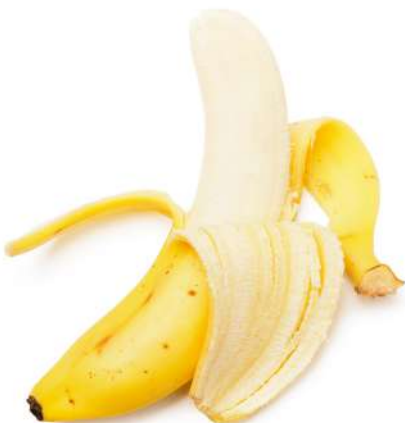
- Templates of whole and cut fruits and vegetables
- One plastic bag per child

#### Kit Assembly Instructions

1. Make copies of each template on card stock (20 copies for a classroom).
2. Cut out the squares with images of whole, uncut fruits and vegetables. Leave the other template intact.
3. Place the uncut template and a set of cut out images in each bag.
4. Include the book and **Tips for the Reader** in the kit.

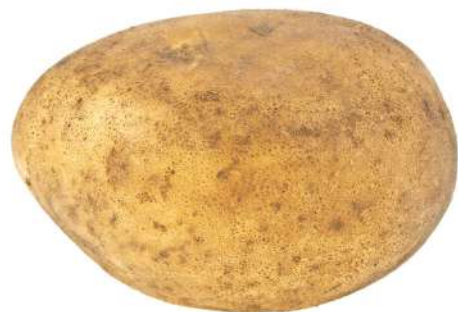
# TAKE HOME ACTIVITY KIT 1

TEMPLATE



# TAKE HOME ACTIVITY KIT 1

TEMPLATE





## TAKE HOME ACTIVITY KIT 1

### ACTIVITY INSTRUCTIONS

# MATCHING AND NAMING FRUITS AND VEGETABLES (AGES 0-2)

Help children learn about fruits and vegetables with this matching activity!

### Follow These Steps

Ask the child to match and name the cut and uncut fruits and vegetables.

#### KB NOTE:

The FOR THE READER that used to go here had copy changes to the “After reading...” prompt. What should we do here? There’s only one version of Tips per kit now.



## TAKE HOME ACTIVITY KIT 2

### PREPARATION INSTRUCTIONS

# MATCHING UPPER AND LOWER CASE LETTERS (AGES 3-5)

Help children learn lower and upper case letters with this matching activity!

#### Supplies You'll Need

- Template with upper and lowercase letters

#### Kit Assembly Instructions

1. Copy the template to send home with preschoolers.
2. Include the book and **Tips for the Reader** in the kit.

# TAKE HOME ACTIVITY KIT 2

TEMPLATE

<b>UPPER</b>	<b>lower</b>		<b>UPPER</b>	<b>lower</b>
<b>A</b>	<b>c</b>		<b>N</b>	<b>o</b>
<b>B</b>	<b>d</b>		<b>O</b>	<b>q</b>
<b>C</b>	<b>a</b>		<b>P</b>	<b>n</b>
<b>D</b>	<b>b</b>		<b>Q</b>	<b>p</b>
<b>E</b>	<b>g</b>		<b>R</b>	<b>t</b>
<b>F</b>	<b>h</b>		<b>S</b>	<b>u</b>
<b>G</b>	<b>e</b>		<b>T</b>	<b>r</b>
<b>H</b>	<b>f</b>		<b>U</b>	<b>s</b>
<b>I</b>	<b>j</b>		<b>V</b>	<b>y</b>
<b>J</b>	<b>l</b>		<b>W</b>	<b>z</b>
<b>K</b>	<b>i</b>		<b>X</b>	<b>v</b>
<b>L</b>	<b>m</b>		<b>Y</b>	<b>w</b>
<b>M</b>	<b>k</b>		<b>Z</b>	<b>x</b>



## TAKE HOME ACTIVITY KIT 2

ACTIVITY INSTRUCTIONS

# MATCHING UPPER AND LOWER CASE LETTERS (AGES 3-5)

Help children learn lower and upper case letters with this matching activity!

### Follow These Steps

Ask the child to draw a line that connects the upper case letter with the corresponding lower case letter.



## TAKE HOME ACTIVITY KIT 3 PREPARATION INSTRUCTIONS

# LETTER CUBES (AGES 3-5)

Help children begin to identify vowels with this activity.

### Supplies You'll Need

- Vowel letter board (printed on cardstock)
- Cube templates
- Construction paper or confetti
- Glue
- Scissors
- Gallon-size plastic bags
- Plastic bag(s) or other container

### Kit Assembly Instructions

1. Select a vowel and write that vowel on all sides of one template (e.g. A on 6 sides of one template), repeat with the other vowels/template.
2. Cut out template.
3. Fold along creases.
4. Glue together to form a cube.
5. Shred pieces of construction paper to make large confetti-like shapes (or use confetti) and place in gallon-size bag along with cubes. Use enough paper so that the cubes are only partially visible.
6. Include the book and **Tips for the Reader** in the kit.



# TAKE HOME ACTIVITY KIT 3

TEMPLATE

A

E

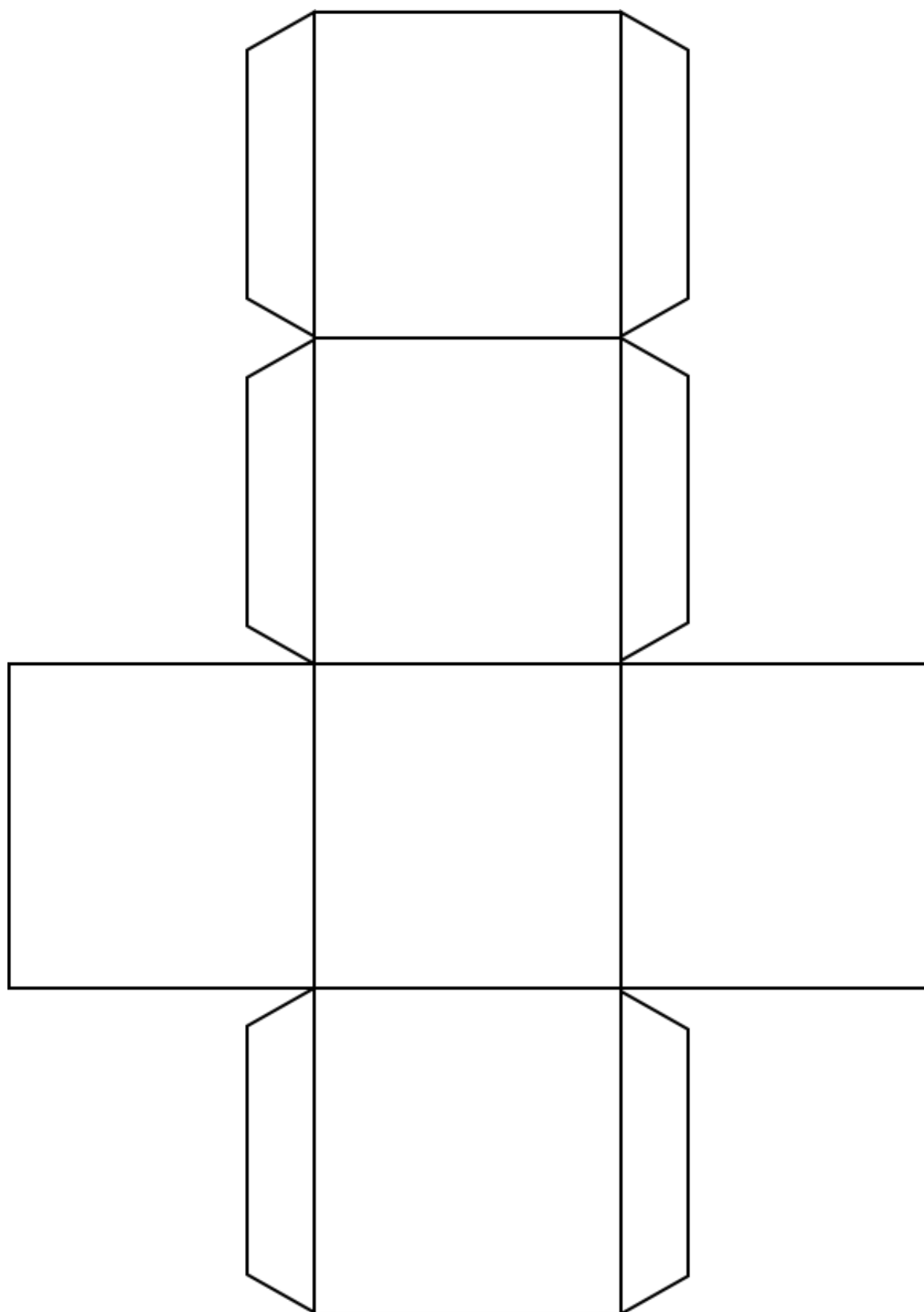
I

O

U

# TAKE HOME ACTIVITY KIT 3

TEMPLATE





## TAKE HOME ACTIVITY KIT 3

### ACTIVITY INSTRUCTIONS

# LETTER CUBES (AGES 3-5)

Help children begin to identify vowels with this activity.

### Follow These Steps

1. Give child a bag with letters in it.
2. Ask child to pick a letter cube out of the bag, find that letter on the letter board, and place the cube on the alphabet page.
3. Repeat until all the letters have been found.