

What You Will Need

Equipment:

sharp knife, pizza cutter or scissors
tablespoon
plastic knife
large paper plates

Ingredients:

American cheese
Celery
Peanut butter or cream cheese
Raisins
Pretzel sticks

Other Possible Activities:

Make all the different foods from the book using this website to do a felt board activity. Read the story through the first time and then read it again and have the children place the foods on the board in the sequence of the story as it is read. This involves the children in the story, the food and the days of the week.

http://www.dltk-teach.com/books/hungrycaterpillar/felt_fun.htm

Provide a long piece of string or yarn, a hole-punch and patterns of each food in the story. Have the children color, cut and punch each picture of the food. As the story is read, have the children put the food on the string as they appear in the story. Or, for a challenge, after the story is read, see if the kids can place the food on the string, in the right order.

Instead of using a flannel board, try using a cookie sheet. Laminate all the pieces then put magnets on the back of each. Small children can easily pick up the pieces and keep up with the story being read.

Butterfly Dancing

Here's a new "take" on paper plate dancing – colorful butterflies dancing around the room. Two paper plates together turn into a butterfly with these easy directions:

<http://www.enchantedlearning.com/crafts/puppets/paperplatebfly/>

Give each child a large scarf, piece of tulle or cloth. All can hold their "wings" and fly around the room like a butterfly.



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Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Pyramid Butterfly

Makes 1

- 1 slice American cheese
- 1 celery stalk, 3-inches long
- 1 tablespoon peanut butter or cream cheese
- 2-6 raisins
- 2 pretzel sticks



Directions:

1. Cut cheese slice diagonally with knife, pizzas cutter or scissors.
2. Place cheese slices on small plate with points together, forming wings.
3. Fill celery with peanut butter or cream cheese and place, filling side down, on the cheese wings. This forms the body of the butterfly.
4. Use raisins to decorate the wings. Use a dab of peanut butter as “glue”.
5. Use pretzels as antennae, sliding them into the peanut butter on the celery.

Nutrition Facts: *1 serving provides 170 calories, 13g total fat, 15mg cholesterol, 370mg sodium, 9g total carbohydrate*