

# BRADY RYMER AND THE LITTLE BAND THAT COULD

# PICKY EATER *lesson plan*

## OBJECTIVES

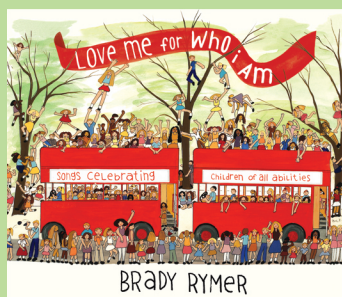
- GENERAL Understand different eating habits, food cultures and food preferences/nutrition
- VOCABULARY Soft, Crunchy, Slimy, Hot, Cold, Sweet, Sour, Salty, Liquid, Solid
- MATH Categorizing, rating preferences, making predictions (about tastes and textures)
- SOCIAL SKILL Using utensils and napkins correctly. Table Manners: Please, No Thank You, May I Have More, May I Be Excused.
- DAILY LIVING SKILL Setting the table, helping with clean up

## SKILLS

Listening  
Singing  
Examining  
Discussing  
Writing  
Documenting:  
Drawing,  
Photography  
Research

## RECORDINGS

"Picky Eater"  
from *Love Me For  
Who I Am* CD.  
Track 2



Available on iTunes  
or Amazon.com  
[bradyrymer.com](http://bradyrymer.com)

## RHYME THESE!

Fuzz, critter, picky, eater,  
jellyfish, tongue, chew,  
dishes, pickle, menu,  
nutrition, food.

## ACTIVITY

1. Play the song "Picky Eater." Print lyrics and sing along.
2. Read lyrics and highlight key vocabulary words.
3. Discuss likes/dislikes-categorize/graph responses/connect to vocabulary words.
4. Start a food diary: draw, take photos of food
5. Try a new food each day. Make predictions about the new foods using vocabulary words; tally likes and dislikes.
6. Model and incorporate the use of table manners
7. Encourage helpful habits: preparing for snacks and meals, clean up, helping others, independence.

## EXTENSION

1. CLASSROOM PHYSICAL EXPERIENCE Divide into small groups and plan the different parts of a meal respecting different preferences; prepare, serve and enjoy the meal together in the classroom.
2. HOME CONNECTION Share objectives and strategies with parents; Bring in your favorite food from home for the class to sample. Tally or graph who likes similar tastes and textures to encourage awareness of others' preferences.
3. COMMUNITY CONNECTION Visit farms, restaurants and food stores in the community.
4. GLOBAL CONNECTION Examine our own food culture, explore food cultures around the world, compare and contrast.
5. CREATIVE CONNECTION Write, draw or sing your own *Picky Eater* story, poem, picture or song.



Illustration by Dan Yaccarino