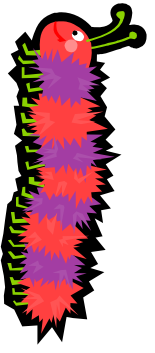


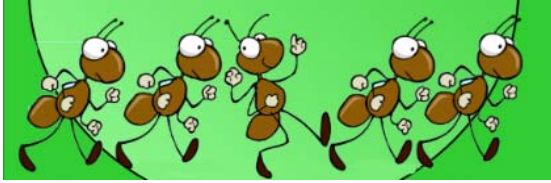
Insects



Rhyme/Song

The Ants Go Marching

The ants go marching one by one, hurrah, hurrah,
The ants go marching one by one, hurrah, hurrah,
The ants go marching one by one,
The little one stops to suck his thumb,
And they all go marching down to the ground,
To get out of the rain,
BOOM! BOOM! BOOM!



Math/Science

Butterfly Metamorphosis

Explain how caterpillars change into butterflies.

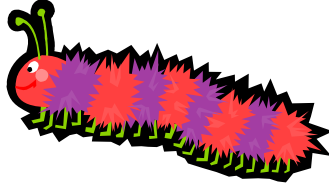
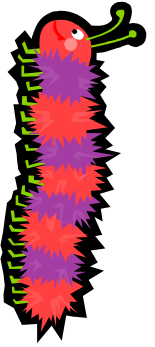
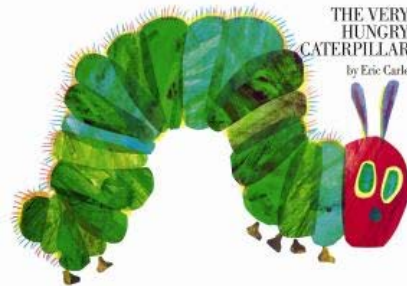
- Stage 1: Egg
- Stage 2: Larva (caterpillar)
- Stage 3: Pupa (chrysalis)
- Stage 4: Adult Butterfly

Explanations, pictures, and videos of the butterfly life cycle can be found at this website:
www.thebutterflysite.com



Book

The Very Hungry Caterpillar



Crafts

Butterfly Bag

Supplies Needed:

- Clothespin
- Markers or paint
- Pipe cleaner
- Snack bag

Decorate a clothespin with markers or paint to look like a butterfly body. Glue eyes and antennae (made of pipe-cleaner) on the pin. Make a butterfly snack bag by filling a snack-size bag half full with crackers, granola mix, carrots or grapes. Scrunch the bag in the middle and clip on a clothespin.

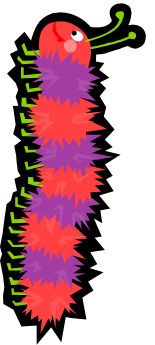


New Food Caterpillars

Supplies Needed:

- Colored construction paper
- Scissors
- Glue or tape
- Hole punch

Using colored construction paper, make strips to create links for the caterpillar body. Add small circles for eyes and two oblong oval shapes for antennae. Cut out a giant leaf for the caterpillar to sit on. Use a hole punch to put holes in the leaf to show the caterpillar's little nibbles.



Insect Menu

Breakfast

Butterfly Breakfast (fruit, waffles)
Milk



Lunch

Butterfly Chicken Sandwiches (chicken, bread, vegetables)
Apple Slices
Milk

Snack

Banana Caterpillar
(bananas, pretzels)

Banana Caterpillar

1 leaf of lettuce
2 tablespoons peanut butter
1 banana, sliced (1/2 cup)
1/3 cup pretzel sticks
2 raisins



Tear the lettuce leaf into small pieces and place on a plate. Spread peanut butter on the ends of the banana slices. Add ends of the banana together to form the caterpillar body. Place pretzel sticks between the banana slices for legs and for the antennae. Place a small amount of peanut butter on the raisins so they stick to the front of the caterpillar for eyes. Makes 1 serving for 3-5 year olds at snack.

- ✓ Vegetables/Fruits
- ✓ Grains/Breads



Butterfly Breakfast

3 waffles
6 ounces yogurt
3 cups fruit, sliced or chopped

Cut waffles into quarters. Place the two pointed sides together to form a butterfly shape. Spread yogurt onto waffle. Add 1/2 cup fruit to each waffle to make the body, antennae, and wing decorations. Makes 6 servings for 3-5 year olds at breakfast.

- ✓ Vegetables/Fruits
- ✓ Grains/Breads



Butterfly Chicken Sandwiches

1 1/2 pounds cooked, shredded chicken
1/4 cup green onions, chopped
1/4 cup shredded carrot
1/4 cup shredded reduced fat cheddar cheese
1 envelope (1 ounce) ranch salad dressing mix
3/4 cup low-fat mayonnaise
18 slices whole wheat bread
36 baby carrots (2 cups)
36 celery strips, thinly cut (1/4 cup)
36 carrot strips (1 cup)
72 olive slices (1/2 cup)



Place chicken, onions, carrot and cheese in a bowl. In a separate bowl, combine the salad dressing mix and mayonnaise; add to the chicken mixture. Spread over half of the bread slices; top with remaining bread. Diagonally cut each sandwich in half, creating four triangles. Arrange two triangles with points toward each other to form wings. For each butterfly body, place two baby carrots between triangles; insert two celery strips into filling for antennae. Place one carrot strip in the center of each triangle. Place olive slices on wings. Makes 15 servings for 3-5 year olds at lunch/dinner.

- ✓ Meat/Meat Alternates
 - ✓ Vegetables/Fruits
 - ✓ Grains/Breads
- Source and photo: Taste of Home



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