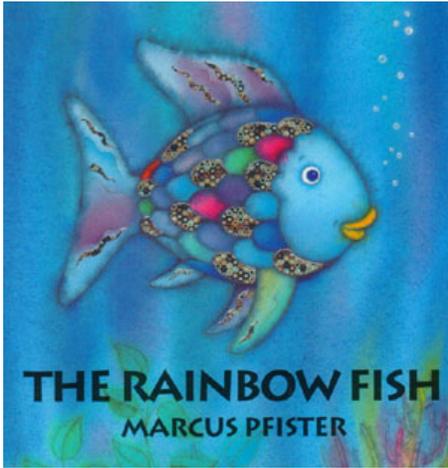


# Ocean

## Book The Rainbow Fish



## Math/Science

### Goldfish Math

Create a math lesson using goldfish crackers. Possibilities include counting, multiplying, and dividing (fish swim in schools - combine and separate). For added fun, use the multi-color goldfish crackers to sort and group.

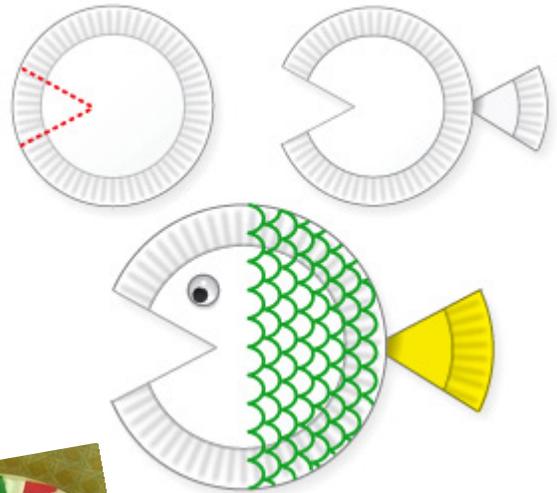
## Craft

### Paper Plate Fish

Supplies Needed:

- Paper Plates
- Scissors
- Tape
- Markers, crayons, colored pencils
- Construction paper
- Aluminum foil (if desired)
- Glue

Cut a triangle out of a paper plate to form the mouth of a fish. Use the cut out triangle and glue or tape to the back of the fish to form a tail. Draw an eye on the fish. Use colorful construction paper to form scales and glue on the fish. Use aluminum foil for special scales like the "Rainbow Fish." Markers or crayons can also be used to decorate the fish.



## Rhyme/Song

### Five Little Fishies

Five little fishies, swimming everywhere.

The 1st one said, "There's a boat over there!"

The 2nd one said, "They're fishing! Let's run!"

But the 3rd one said, "Naw, let's go have some fun!"

So the fishies all jumped and splashed and dove, and the man with the net nearly fell out of the boat!

The 4th little fishy swam up close so he could see, that the 5th little fishy was in the net, out of the sea!

But as the fisherman scooped, he shouted, "Hip hooray!" And that 5th little fishy jumped right out and swam away.

## Ocean Menu

### Breakfast

Applesauce (dyed blue)  
Fish shaped pancakes  
Milk

### Lunch

Fishy Sandwich (ham or turkey, bread)  
Grapes  
Melon or cucumbers, cut into star shapes  
Milk (dyed blue)

### Snack

Octoapple  
Fish in the Sea

### Octapple

1 Granny Smith apple (1/2 cup)  
1/2 cup green grapes  
2 miniature marshmallow, halved  
14 chocolate chips  
Peanut butter



Place apple halves in the center of two separate plates. Arrange green grapes around the apple for tentacles. Press the sticky part of the marshmallow halves on the apples for eyes. Place chocolate chips on with peanut butter for pupils and mouths. Makes 2 servings for 3-5 year olds at snack.

✓ Vegetables/Fruits

### Fish in the Sea

1 cup low-fat whipped cream cheese  
Blue food coloring  
9 rice cakes  
36 fish shaped crackers  
Bell pepper, cut into sea plant shapes  
Broccoli florets, cut into small pieces  
Celery, cut in thin strips

Mix cream cheese with food coloring. Spread a thin layer of cream cheese onto each rice cake. Top with goldfish crackers and vegetables. Makes 7 servings for 3-5 year olds at snack.

✓ Grains/Breads

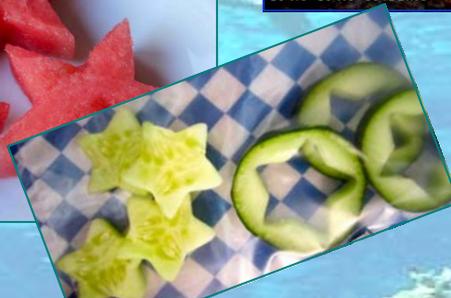


### Fishy Sandwich

8 slices whole wheat bread  
1/4 cup low-fat mayonnaise  
12 ounces deli ham or turkey breast, cut into scale shapes  
Carrots, cut into fin shapes  
8 raisins  
2 cups large grapes

Cut bread into large circles. Top with a thin layer of mayonnaise. Layer ham or turkey over 3/4 of the bread to form scales. Put one raisin on the uncovered part of the bread for an eye. Arrange carrot shaped fins and lips to complete the fish. Place grapes on the plate to form a sea plant. Makes 8 servings for 3-5 year olds at lunch/dinner.

✓ Meat/Meat Alternates  
✓ Vegetables/Fruits  
✓ Grains/Breads



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