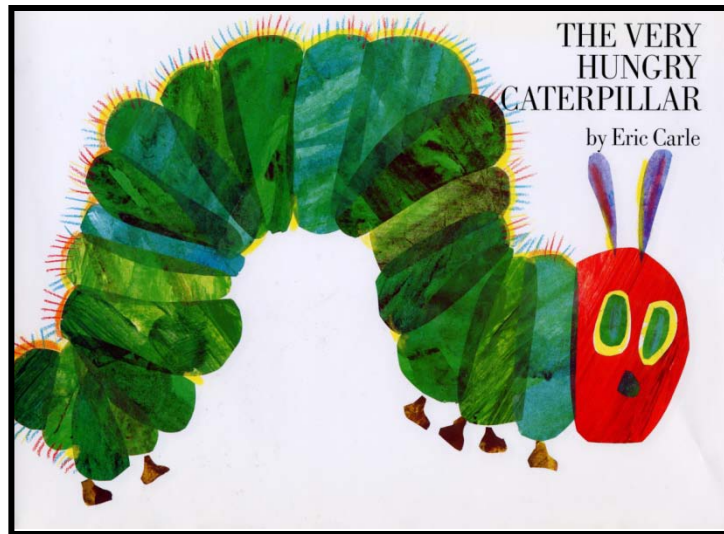


# The Very Hungry Caterpillar

by

Eric Carle

## Little Chefs Program



**NWT Literacy Council**

# The Very Hungry Caterpillar

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## What you will need for this session:

- A copy of *The Very Hungry Caterpillar* by Eric Carle.

## Recipe Ingredients:

- Fruit (fresh, canned or frozen fruit, cut into small pieces)

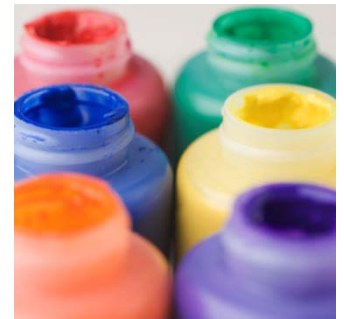


## Tools:

- Large spoon for each bowl of ingredients.
- Plastic cup (see-through) or bowl for each child
- Spoon for each child
- Knife and cutting board

## Craft Supplies:

- Paper plates
- Coffee filters
- Washable markers
- Pipe cleaners
- Construction paper in a rainbow of colors
- Scissors
- Miscellaneous craft decorations, such as pompoms, feathers and sparkles



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## Session Plan

### 1) Begin your session with circle time.

- Sing your good morning song
- Take requests for favourite songs to sing!
- Try to learn some new “Caterpillar” Songs and Rhymes.

Here is one:

### “What do Caterpillars do?”

By Aileen Fisher

#### What do caterpillars do?

Nothing much but chew and chew.

#### What do caterpillars know?

Nothing much but how to grow.

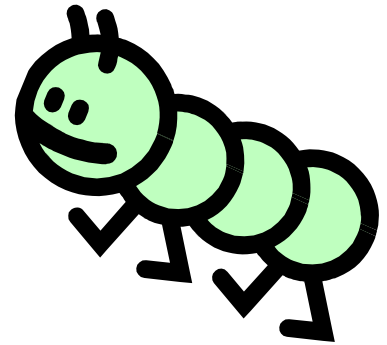
They just eat what by and by

Will make them be a butterfly.

But that is more than I can do

However much I chew and chew.

[www.lilteacher.com](http://www.lilteacher.com)



### 2) Read *The Very Hungry Caterpillar*

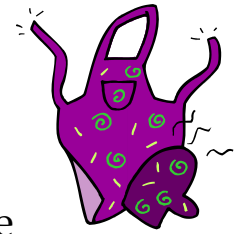
### 3) Get ready to make your morning snack.

- Ask the children if they have ever made fruit salad.
- Everyone needs to wash their hands!

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- Put on smocks or aprons
- Take out the cooking tools and ingredients. Place all tools and ingredients in the middle of the table so that you won't have to disrupt the cooking to get something.
- Explain that everyone will have a chance to make their own fruit salad, and that we have to take turns!
- Place laminated the recipe on table and follow the recipe.
- While one teacher cooks, the others may engage the children in clean up (including washing hands again if necessary).
- Enjoy your snack!



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## Snack – Fruit Salad

The very hungry caterpillar enjoyed eating apples, pears, plums, strawberries and oranges. These fruits helped him grow!



For the snack, the children can help to make a big fruit salad. Using whatever fruit is available, allow the children to peel, cut (bananas with a non-serrated knife) and dump (pineapple in a can) different fruits into a large bowl. Discuss the different kinds of fruits, their colors, and flavour. Allow for lots of stirring. You could also add a few mini marshmallows or some coconut.

Chill in refrigerator for a little while.

Spoon into bowls and serve.

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## Class Bulletin Board Caterpillar

### You will need:

- A paper plate for each child
- Markers or crayons
- Black or brown construction paper
- 2 pipe cleaners
- Stickers, pompoms, glitter, etc.
- Scotch tape
- Stapler

- 1) Have each child decorate a paper plate using marker, crayons and other craft supplies.
- 2) Create a caterpillar head out of one plate. You can make antennae out of pipe cleaners.
- 3) Cut legs out of black or brown construction paper. Tape two to each plate.
- 4) Staple the plates together in a row so that they form a long caterpillar body. Staple the head to one end.

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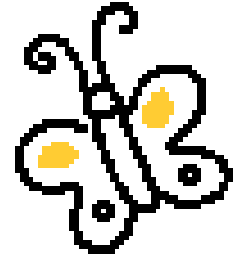
# The Very Hungry Caterpillar

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## Coffee Filter Butterfly

### You will need:

- 1 basket coffee filter for each child
- Spray bottle
- Washable markers
- Pipe cleaners



- 1) Using a basket sized coffee filter, allow the children to color using washable markers (such as crayola).
- 2) Fill a spray bottle with water. Spritz (just 1 or 2 sprays) onto the coffee filter. This will make the colors run and blend together.
- 3) Let the coffee filters dry
- 3) Gather the caterpillars up in the middle with a pipe cleaner and twist the pipe cleaner together to fasten. This will make the antennae.



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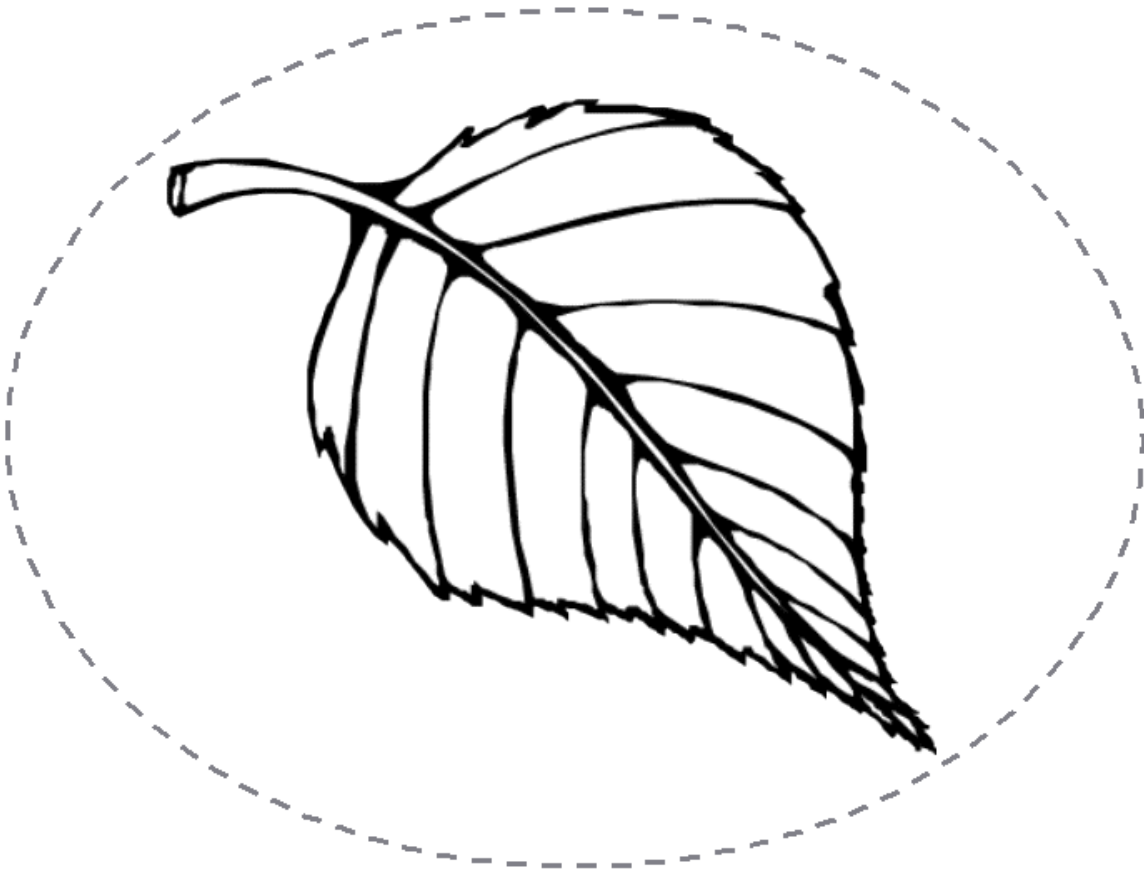
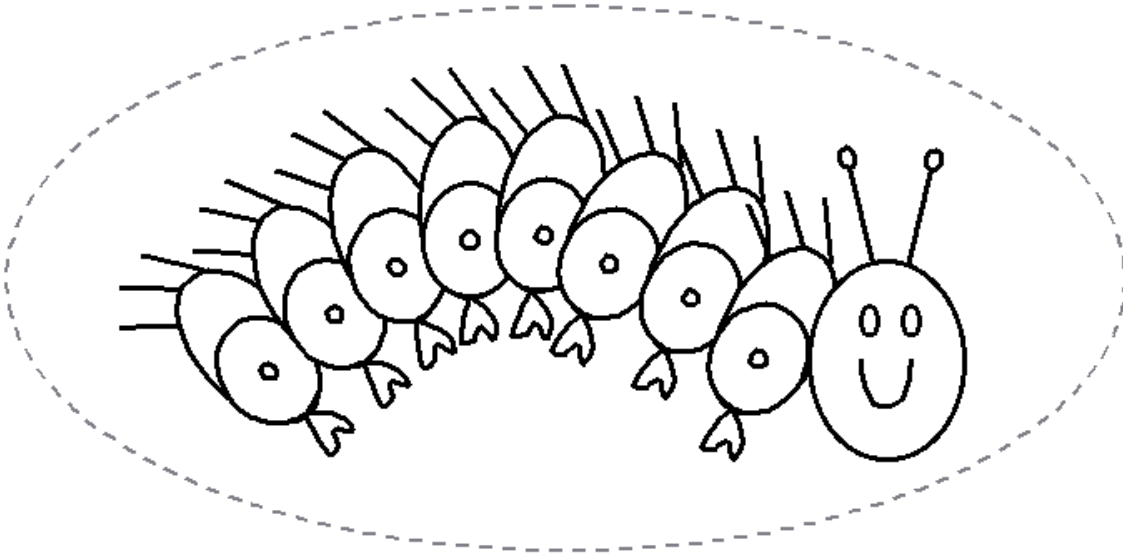
## The Very Hungry Caterpillar Felt Board or Story Cards

You can use these Story Cards in two different ways:

1. You can color the story cards and then stick a little bit of sandpaper on the back of them and use them as a felt/flannel board story. Give one story card to each child. When you read *The Very Hungry Caterpillar*, ask the children to come up and place their story cards on the felt board at the appropriate time.
  2. You can color the story cards and glue them to popsicle sticks. Give them out to the children. Instruct the children to raise up their story card when their part of the story is read.
- For a large group of children, use the larger story cards and give one of each item to a child. Eg: one strawberry to one child, another strawberry to another child.
  - At the end are some sequencing cards. You can photocopy these and allow the children to cut them out and use for a sequencing activity. They can paste their cards onto construction paper in the order of the story.
  - You can use the sequencing cards for a small group of children with the popsicle activity or the flannel board. These cards are grouped so one child would have all the strawberries.

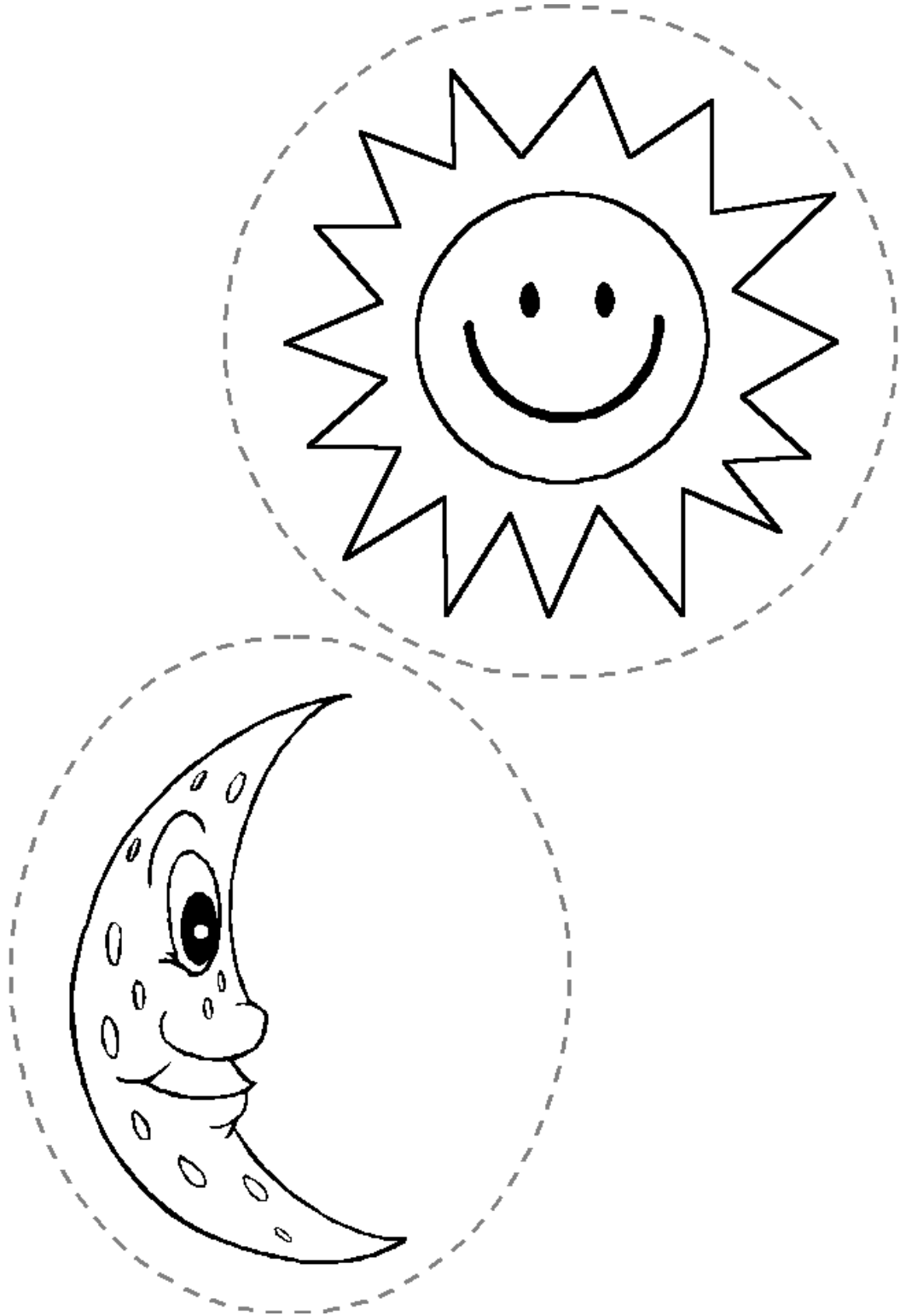
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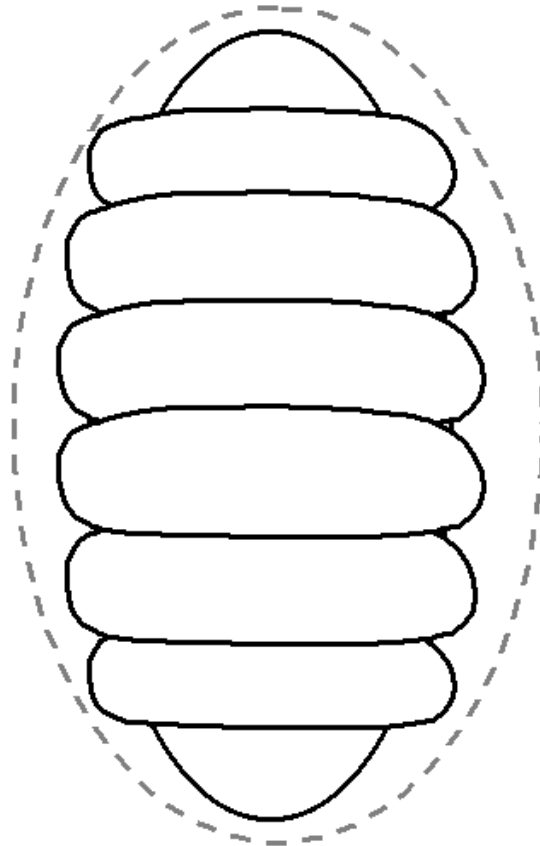
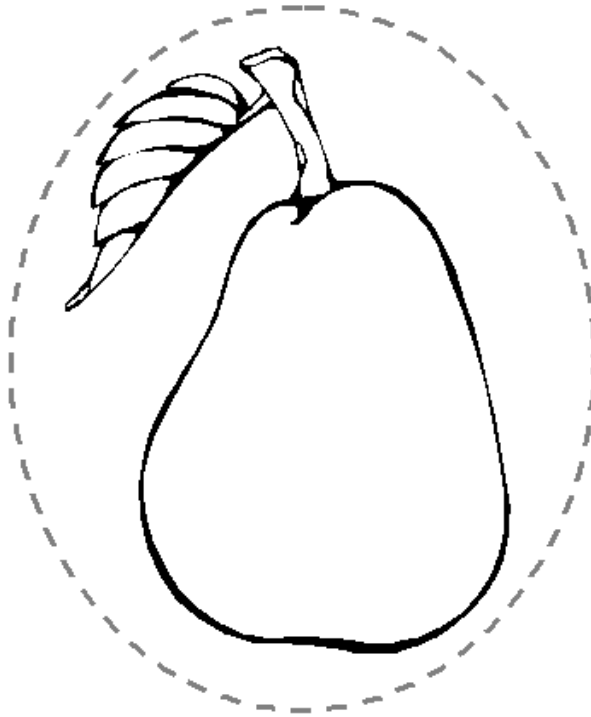
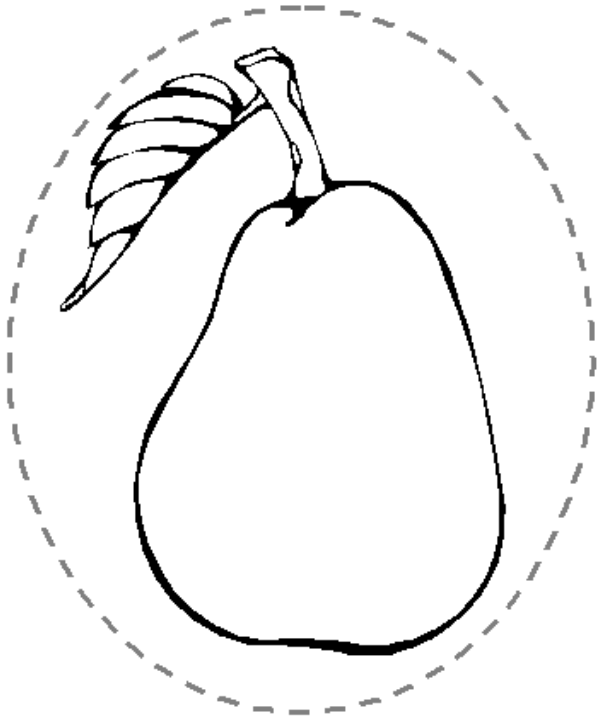
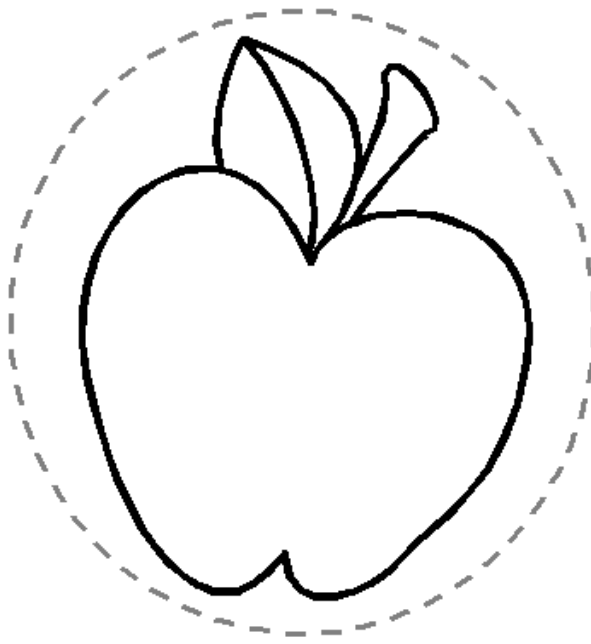
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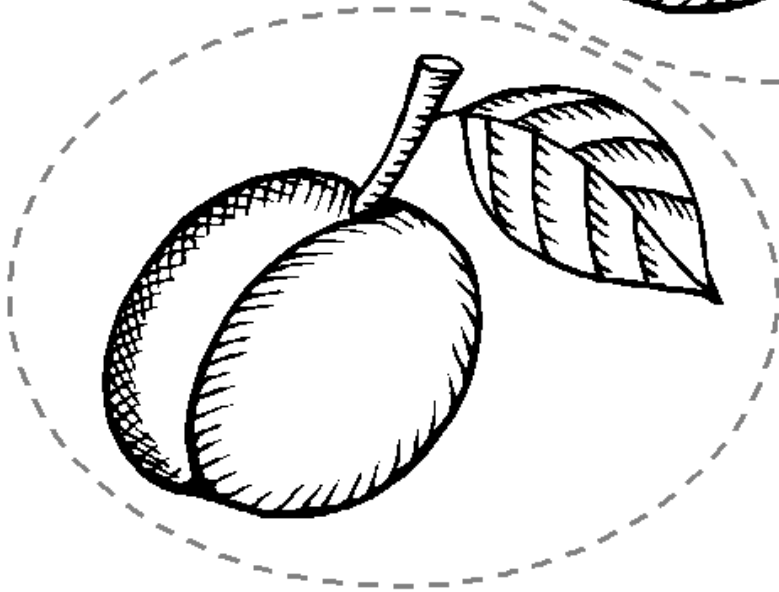
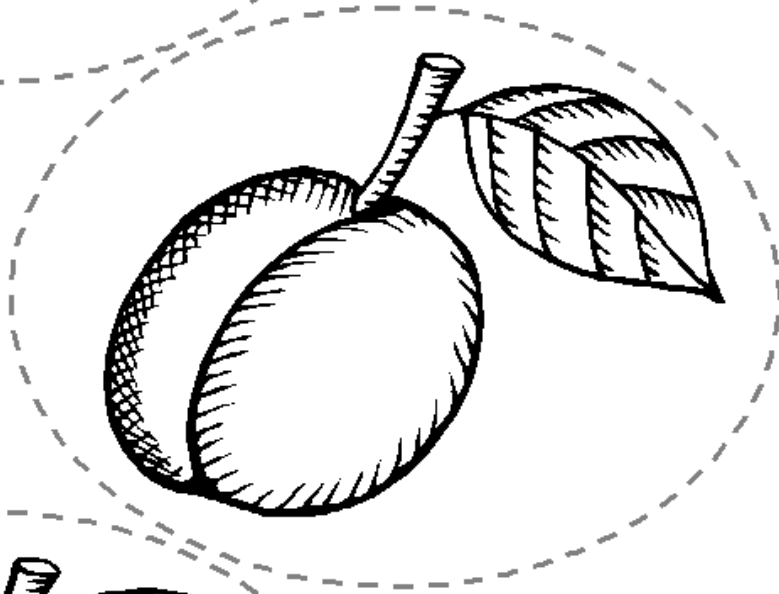
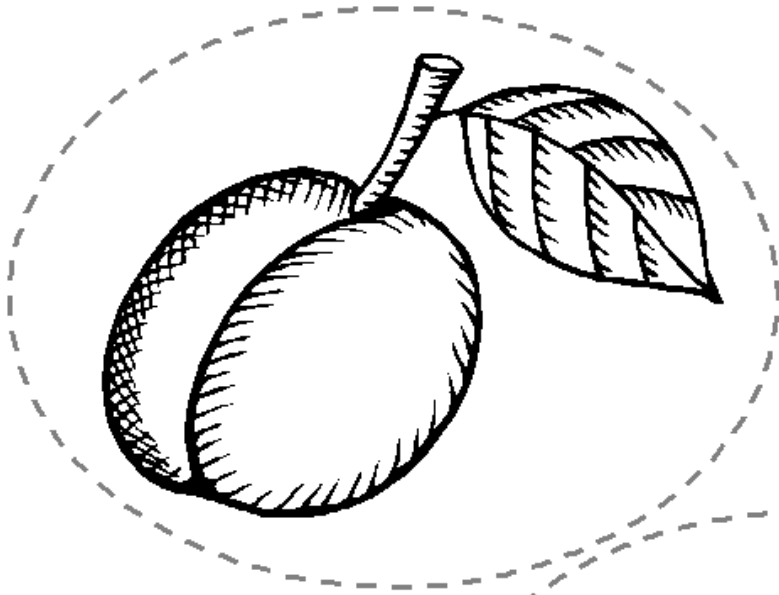
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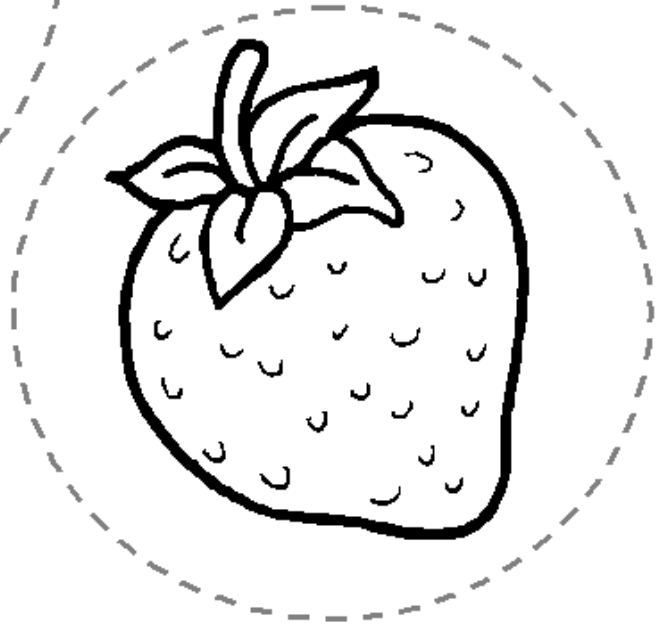
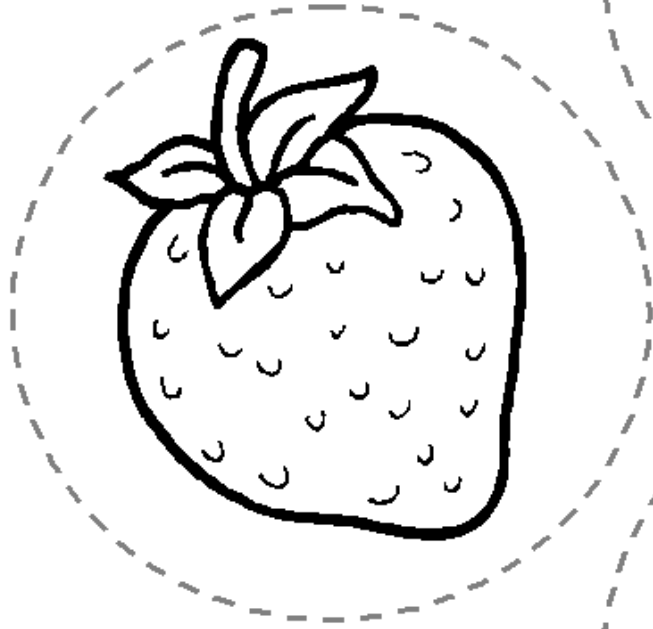
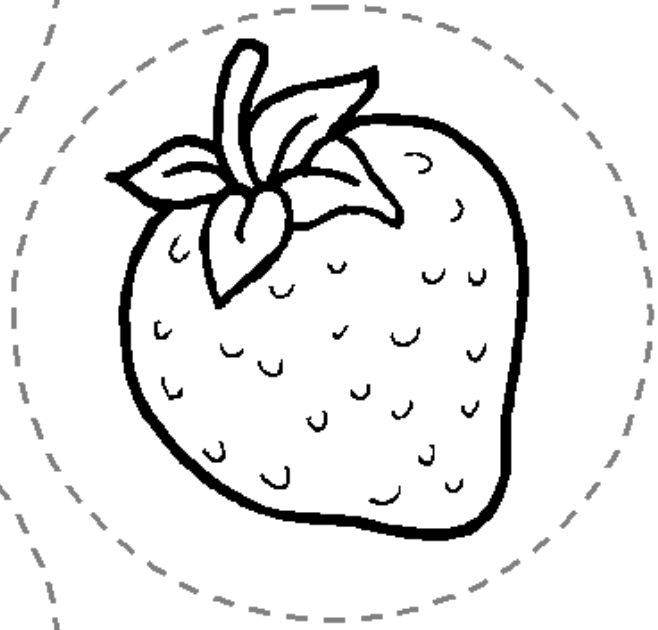
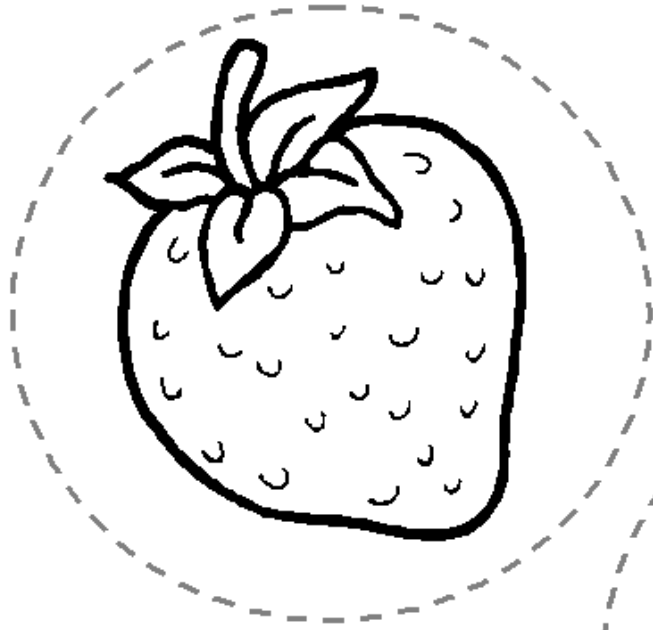
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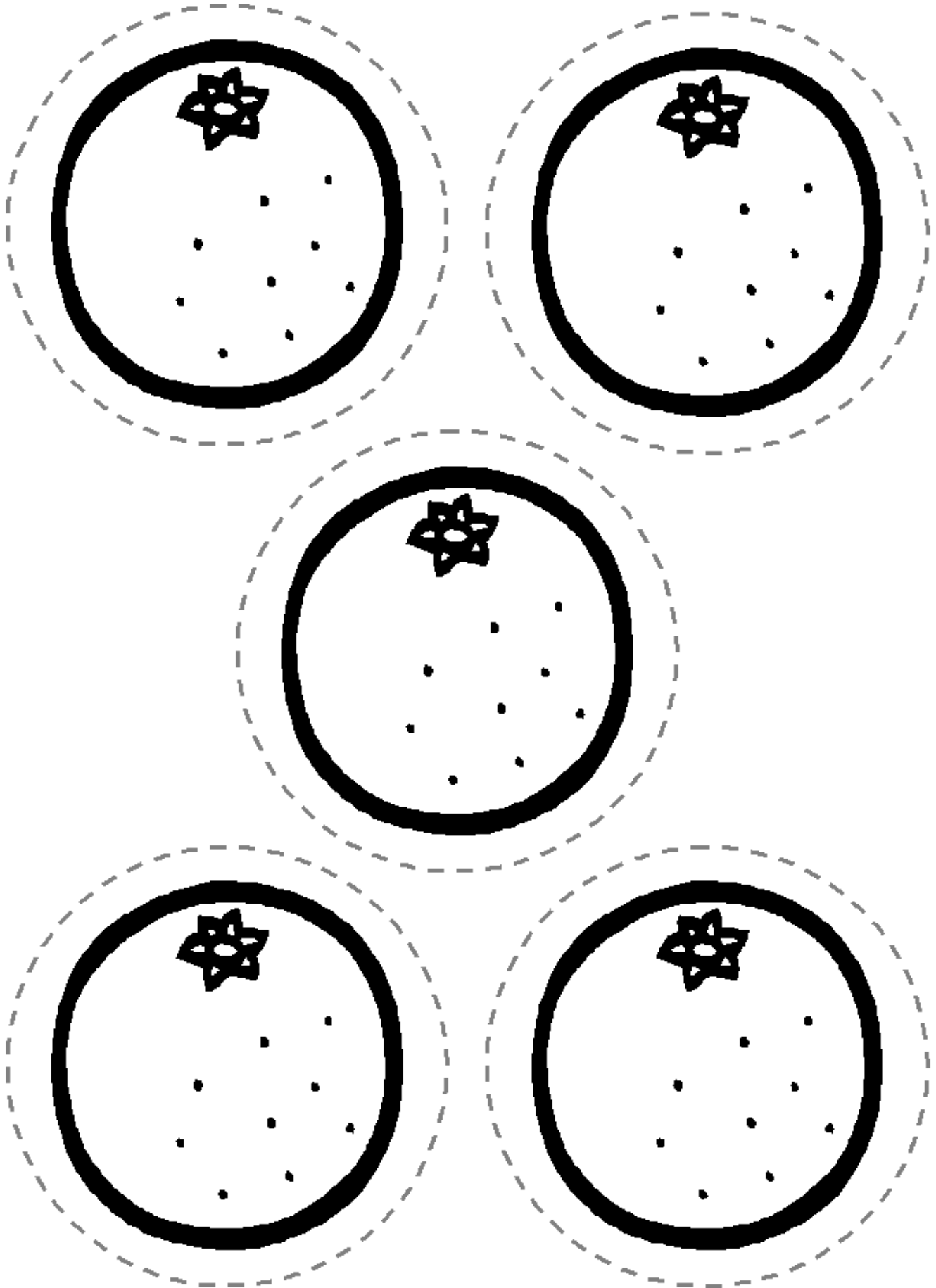
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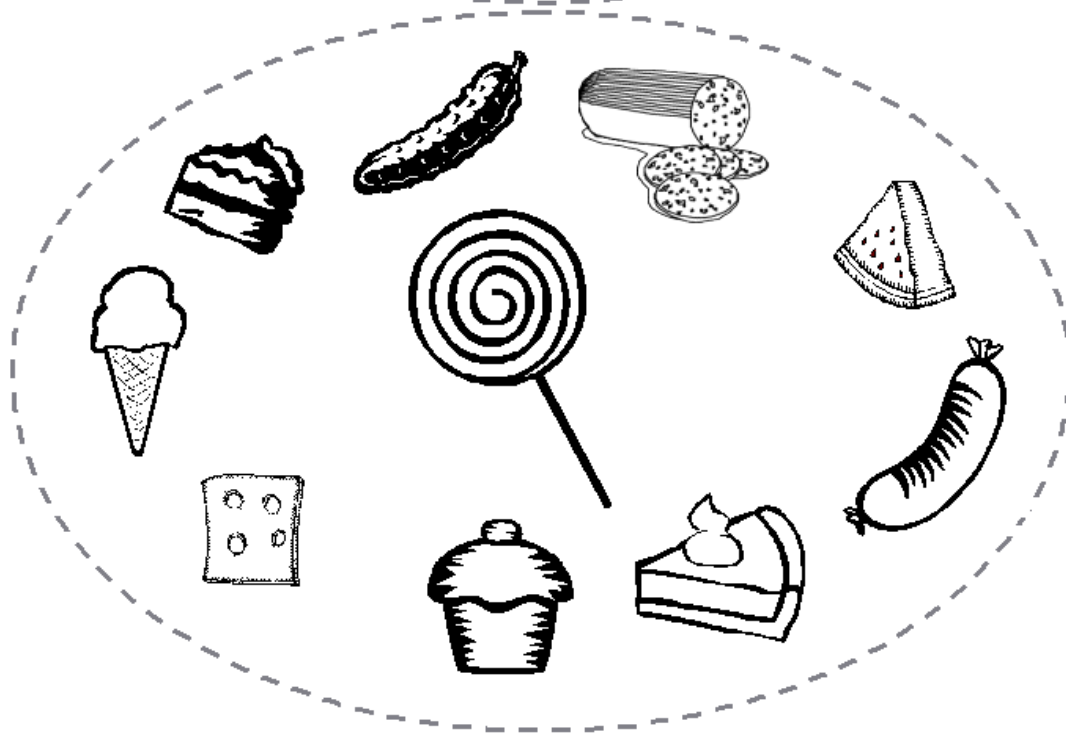
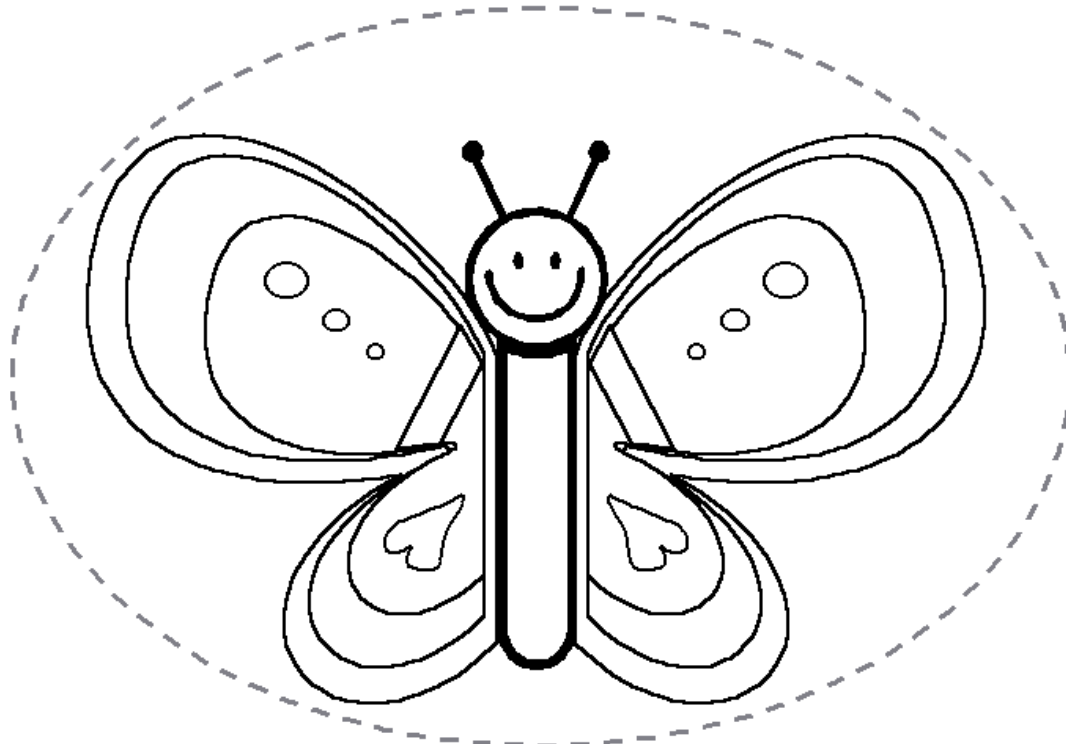
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