



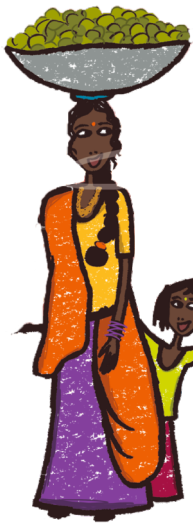
Farmer Falgu Goes to the Market

Chitra Soundar | Kanika Nair

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Farmer Falgu is off to the market where he will sell his tomatoes, onions, chilies, cilantro, and eggs. His oxen are all ready to pull the cart, but the journey is filled with danger, from potholes to a flock of passing ducks. The vegetables get crushed and the eggs break. What will Farmer Falgu do? Why, he'll make a delicious omelet!

Chitra Soundar's vocabulary-rich text, set in rural India, accompanied by Kanika Nair's color-drenched illustrations are the perfect start to story or circle time fun with food. The tale reminds children that, with some thought, it may be possible to find a way around our problems.



Librarians and teachers will want to talk about the words in this book that may not be familiar to many of our children; words such as “rattled,” “toppled,” or “sizzled”. Picture books are filled with rare words, an easy and important way to build vocabulary. The story also encourages important sequencing skills, by asking the question: “What do you think will happen now?”

Farmer Falgu books are a wonderful way to endorse the concept of #ownvoices, promoting diversity by providing familiar literary conventions not only set in another culture but, most importantly, told in the authentic voices of an author and artist from that culture.

Introduce Farmer Falgu in your own story and circle times, pairing the tale with some of the following songs, rhymes, and activities. And while you're at it, consider partnering with your local WIC office for some free information on healthy eating.



SONGS AND RHYMES

THE GOOD FOOD SONG

From Preschool Education

(Sung to: "Old MacDonald Had A Farm")

Vegetables are good for me,

EE I EE I O

And so I eat them happily,

EE I EE I O

With a carrot, carrot here,

and a carrot, carrot there

Here a carrot, there a carrot

Everywhere a carrot, carrot.

Vegetables are good for me,

EE I EE I O.

*Use your own creativity to add other vegetables

I WISH I WERE A TINY EGG

by Liz Ryerson

From Preschool Express

(Tune: "If You're Happy and You Know It")

Oh, I wish I were a teeny, tiny egg.

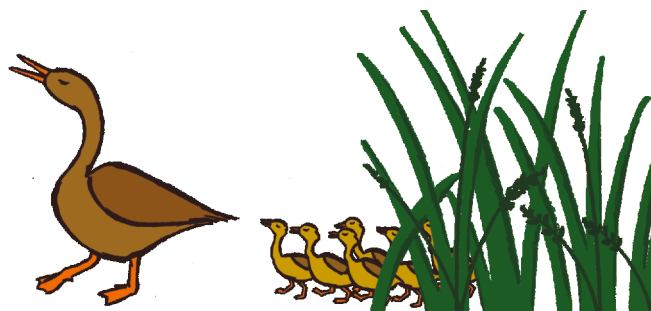
Oh, I wish I were a teeny, tiny egg.

I would roll and roll around

Rolling all around the ground.

Oh, I wish I were a teeny, tiny egg.

(Let the children roll around like little eggs as you sing.)



HEALTHY VEGETABLES

A color Rhyme by Jean Warren

From Preschool Express

Cut a tomato shape out of red felt, a zucchini shape out of green felt and a corn cob shape out of yellow felt. Place the shapes on a flannelboard as you read the following rhyme.

I ate a red tomato,

The biggest I have seen.

I ate a long zucchini,

It was the color green

I ate some yellow corn

That was sweet as sweet could be

When I eat my colors,

I know I am healthy!

SHAKER EGGS SONGS & RHYMES

(Tune: London Bridge)

Can you shake your egg with me,

egg with me, egg with me.

Shake your egg along with me,

It's as easy as can be.

Now put it on your tummy!

(head, knee, ear, etc.)

Shake your shaker slowly

Do it just like me

Shake your shaker quickly

As quickly as can be!



ACTIVITIES AND CRAFTS

Bubble-wrap printed corn on the cob, from Activity Village

You will need:

- Yellow card
- Gold or orange paint
- Bubble wrap
- Green card
- Glue

Instructions:

- Cut an oval of yellow card.
- Lay a piece of bubble wrap, slightly bigger than the card, on a well-protected surface. Paint it with the gold or orange paint.
- Now, carefully press the yellow card oval down onto the bubble wrap, to make a print. Leave to dry.



Make Your Own Food Lacing Cards

- Cut food shapes, such as apples, tomatoes, onions, etc. out of card stock or paper plates.
- Punch holes around the edges of the cut-outs
- Have children color or decorate the shapes with stickers
- Using heavy yarn (wrap the ends with tape for easier threading) or ribbon, have children lace the yarn through the holes.
- Why use lacing cards in craft time? Here's some great information on bilateral coordination from The OT Toolbox.



Looking for more books like this to round out your story or circle time? Here are a few suggestions:

Bee-bim Bop! By Linda Sue Park, illustrated by Ho Baek Lee

Before We Eat: From Farm to Table, by Pat Brisson, illustrated by Mary Azarian

Yum! ¡MmMm! ¡Qué rico! Americas' Sproutings*, Haiku by Pat Mora, illustrated by Rafael López

Zora's Zucchini, by Katherine Pryor, illustrated by Anna Raff