

## To Market, To Market



This series of Play School investigates the journey of food from the paddock to plate. It offers rich opportunities for children to learn about the food we eat and the many people who help to feed us. Learning how food is grown helps children develop a better understanding of their own environment, weather and seasons. There are also opportunities to explore some of the machinery involved in food production – tractors and harvesters, as well as the trucks and trains that transport food to market. The series will also encourage children to relate positively to healthy food and to use and think about their senses in selecting fresh food – colour, size, shape, smell, texture and even sound.

## Episode 1



### PRESENTERS

Matthew Backer & Michelle Lim Davidson

### PIANIST

Peter Dasent

### STORY

Where, Oh Where, Is Rosie's Chick?

Author: Pat Hutchins

Illustrator: Judy Horacek

Publisher: Hodder Children's Books  
an imprint of Hachette Children's Books,  
London, 2015

### FILM

#### *Sugar*

(Playschool, ABC)

### IDEAS FOR LATER

- Have a game of hide and seek in the garden. Can you count to ten while your friend hides? What makes a good hiding place when it is your turn to hide?
- Place some pieces of fruit on a tray. Have a game of 'Guess Who' using the fruit describing a different piece of fruit each time. "I am red, round and crunchy. Who am I?". When you have finished the game ask for help to chop up the fruit and make a fruit salad.
- Visit the fruit shop and choose a piece of fruit that you have never tried before. What colour and shape is it and what does it feel like? Does it have a special smell? Taste and see what you think.

### SONGS

#### *If You Were A Farmer*

Composer: Traditional

Publisher: ABC Music Publishing

#### *To Market, To Market*

Composer: Traditional

Publisher: ABC Music Publishing

#### *Down On The Farm*

Composer: Graham Beebee

Publisher: BBC / KPM Music Publishing

#### *Turkey In The Straw*

Composer: Traditional (American)

Publisher: ABC Music Publishing

#### *Let's Go Walking*

Composer: Satis Coleman & Alice Thorn

Publisher: The Willis Music Co

(C/o Campbell Connelly)

#### *There Is Someone Who Is Hiding*

Composer: Henrietta Clark

Publisher: ABC Music Publishing

#### *How Does A Caterpillar Go?*

Composer: M C Dainton

Publisher: Paxton Music Ltd

#### *Tutti Frutti*

Composer: Richard Penniman, Dorothy La

Bostrie & Joe Lubin

Publisher: Boosey & Hawkes

#### *Round And Round*

Composer: Colin Buchanan

Publisher: Rondor

#### *Where Did You Get That Hat?*

Composer: James Rolmaz

Publisher: Public Domain

## MAKE AND DO



### How to Make A Tutti Fruitti Caterpillar and Butterfly Fruit Salad

You will need:

- Kiwi fruit
- Oranges peeled and chopped
- Strawberries
- Bananas
- Chopping board
- Bowl
- Plates
- Knife

Instructions

Peel and then cut the banana into segments. Arrange the segments in a curvy line to resemble a caterpillar's body. Rinse and cut the strawberries into small pieces and add to the caterpillar for legs. Peel and cut another banana lengthways this time for a butterfly body. Add strawberry wings so your butterfly can fly. Rinse and then cut the remaining fruit into small pieces. Combine all fruit together for a 'Tutti Fruitti' fruit salad. Serve with yoghurt for a healthy colourful treat!

## Episode 2



### PRESENTERS

Teo Gebert & Miranda Tapsell

### PIANIST

Peter Dasent

### TOLD STORY

#### ***Baker Bill and His Amazing Pies***

*(A Story told by the Play School Team)*

### FILM

#### ***Milk***

(Playschool, ABC)

### IDEAS FOR LATER

- Make frozen milk pops. Make a fruit milk shake and pour into several small cups. Place a pop stick into the milk mixture and place in the freezer until set.
- Make your own imaginary market. See what you can find to sell using household objects like plastic containers filled with things like rolled up socks, or seed pods and sticks from outside. Use recycled cardboard and plastic items for other things to sell. Make some pretend money and invite friends to come and buy at your pretend market stall.
- Make a lounge room farmyard using pillows and sheets for paddocks. Add some plastic farm animals and your favourite toy for the farmer.

### SONGS

#### ***I Went to Visit a Farm***

Composer: Traditional

Publisher: ABC Music Publishing

#### ***The Little Red Wagon***

Composer: Traditional

Publisher: ABC Music Publishing

#### ***If You Want to Know How***

Composer: Sophie Emtage & Peter Dasent

Publisher: Control / Origin

#### ***Milkshake***

Composer: Henri Belolo, Phil Hurtt,

Jacques Morali & Peter Whitehead

Publisher: Mercury / Polygram

#### ***Green Green***

Composer: Traditional

Publisher: ABC Music Publishing

#### ***Sing A Song of a Sixpence***

Composer: Traditional

Publisher: ABC Music Publishing

#### ***I'm So Hungry***

Composer: Ann North, Martin Wesley-Smith

Publisher: Unpublished

(APRA / AMCOS Registered)

#### ***Everybody Get Together***

Composer: Sophie Emtage & Peter Dasent

Publisher: Control / Origin



## MAKE AND DO



### How to Make Splatter Painting

You will need:

- Wire mesh paint frame
- Nail brush
- Three small plastic plates
- Green, red and yellow water paint
- Paper

#### Instructions

Place the wire frame over the paper on table top. Dip the nail brush into the green paint and brush across the wire frame to create a drippy green painted paddock. Dip the brush into the yellow paint and dab across the wire frame to create some colourful wild flowers. Repeat with the red to create a colourful wild flower paddock painting.



### How to Make Labneh and Toast Pita Bread

You will need:

- Plain yoghurt
- Muslin
- Wire sieve
- Bowl
- Pie dish
- Parsley
- Sumac
- Zaatar
- Lemon slices
- Pastry brush
- Olive oil
- Pita bread

#### Instructions

Place muslin over wire sieve placed over bowl. Spoon in yoghurt and twist muslin tight around the yoghurt. Place the bowl in the fridge and leave for a couple of hours to allow the liquid (whey) to drain. Remove from the fridge and squeeze the muslin to remove any other liquid. Open the muslin gently to reveal the labneh. Carefully spoon the labneh into the pie plate. Smooth the labneh out and then decorate with lemon slices, chopped parsley and sumac. Spread olive oil over the pita bread using the pastry brush. Sprinkle zaatar over the pita bread for extra flavour. Cut the pita bread into pieces and place in a warm oven to toast. Serve labneh and toasted pita bread for a yummy healthy treat.

## Episode 3



### PRESENTERS

Alex Papps & Michelle Lim Davidson

### PIANIST

Peter Dasent

### STORY

#### **Sunday Dim Sum**

(A story told by the Play School team)

### FILM

#### **Veggies**

(Play School, ABC)

### IDEAS FOR LATER

- Visit a nursery to buy some veggie seeds or seedlings to plant in your garden or in a pot for the veranda.
- Ask a grown up to show you some kitchen tools or utensils at your place. See what you can make from these kitchen objects. Can you make some kitchen friends from wooden spoons or a whisk or potato masher?
- Have a look in a recipe book or on the internet for a yummy veggie recipe. You could search for recipes for orange coloured veggies like carrots or pumpkin or green veggies like zucchinis or broccoli.

### SONGS

#### ***I Have A Little Garden***

Composer: June Epstein

Publisher: Whitcombe & Tombs

#### ***The Wheels On The Bus***

Composer: Traditional

Publisher: ABC Music Publishing

#### ***Everybody Likes Fruit and Vegetables***

Composer: Jay Mankita

Publisher: Dreams On Tape

#### ***Munch an Apple***

Composer: Sophie Emtage & Peter Dasent

Publisher: Control / Origin

#### ***This Is the Way***

Composer: Traditional

Publisher: ABC Music Publishing

#### ***To Market, To Market***

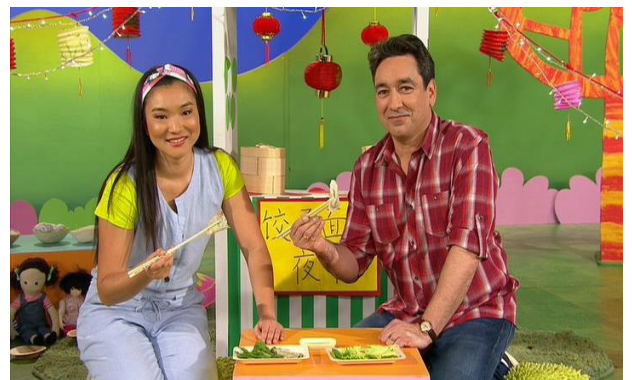
Composer: Traditional

Publisher: ABC Music Publishing

#### ***Trot, Trot, Trot***

Composer: Traditional

Publisher: ABC Music Publishing



## MAKE AND DO



### How to Make Dumplings

You will need:

- Chopping board
- Knife
- Carrots
- Coriander
- Spring onions
- Chinese cabbage
- Snow peas
- Food processor
- Dumpling wrappers
- Dumpling maker
- Small bowl with water
- Steaming basket

Instructions

Wash and roughly chop veggies and place in food processor and whizz until finely chopped. Take a dumpling wrapper and place carefully in the open dumpling maker. Add a spoonful of chopped veggie mix into the centre of the dumpling wrapper. Place finger tips in the water and use water to dampen the edges of the dumpling wrapper. Gently close the dumpling maker to fold the dumpling over. Place dumplings in steamer and steam over the water until cooked. Add steamed snow peas and soy sauce for dipping.

## Episode 4



### PRESENTERS

Alex Papps & Emma Palmer

### PIANIST

Peter Dasent

### TOLD STORY

#### *The Little Speckled Hen*

(A story told by the Play School team)

### FILM

#### *Eggs*

(Play School, ABC)

### IDEAS FOR LATER

- Visit a fish shop or fish market. What can you smell? What sorts of fish can you see? Can you see fish with fins for swimming and shiny silver scales? Can you see other sea creatures like crabs, prawns or mussels? If you lived in the sea what sort of sea creature would you like to be?
- Can you make some sea creatures out of recycled materials? You could use scraps of paper, bits of foil or plastic bags. Sticky tape and glue and good for sticking and hair ties and elastic bands are useful for holding bits and pieces together.
- Make some fresh orange juice by cutting two oranges in half and then squeezing out the juice using an orange squeezer. Watch out for any pips. Pour the fresh juice into a glass and enjoy a healthy orange drink!

### SONGS

#### *To Market, To Market*

Composer: Traditional

Publisher: ABC Music Publishing

#### *Stir Up The Pudding*

Composer: Traditional

Publisher: ABC Music Publishing

#### *Ocean Motion*

Composer: Jimmy Kennedy

Publisher: Campbell Connelly & Co via Albert Music

#### *Let's Play Together*

Composer: Arthur Baysting & Peter Dasent

Publisher: Origin / ABC Music Publishing

#### *My Hands Are Clapping*

Composer: Traditional

Publisher: ABC Music Publishing

#### *The Black Cat*

Composer: Mary Britton-Miller &

M Bartholomew

Publisher: Silver Burdett

#### *Animal Ride*

Composer: Tony Strutton

Publisher: Control

#### *Eggs*

Composer: Don Spencer

Publisher: Unpublished APRA / AMCOS Member)





## MAKE AND DO



### Colourful Shakers

You will need:

- Two plastic jars with lids
- Rice
- Red lentils
- Lengths of coloured ribbon

### Instructions

Pour rice into one jar and seal the lid tightly. Pour red lentils into the other jar and seal the lid tightly. To decorate attach lengths of coloured ribbon to the lid of each jar.

### Chapattis

You will need:

- 1 cup of wholemeal flour
- 1 cup of plain white flour
- Pinch of Salt
- Water
- Mixing bowl
- Wooden board
- Rolling pin
- Frying pan
- Vegetable oil
- Tongs

### Instructions

Place flour into bowl. Add water and mix until a firm dough. Remove the dough from bowl and knead on a floured board. After kneading use the rolling pin to roll the dough flat. Heat some vegetable oil in the frying pan. When hot add the flat bread, and allow to cook until brown. Use tongs to remove from frying pan and allow to cool before eating with dahl, yoghurt, chopped tomato and cucumber and a dash of mango chutney. Enjoy!

## Episode 5



### PRESENTERS

Matt Backer & Leah Vandenberg

### PIANIST

Peter Dasent

### STORY

#### Socks

Author: Nick Sharratt

Illustrator: Elizabeth Lindsay

Publisher: A Picture Corgi Book,  
Random House Children's Publishers, 2012

### FILM

#### Honey

(Play School, ABC)

### IDEAS FOR LATER

- Can you dance like a hen or a chicken or strut like a rooster? Have some fun clucking, squawking and crowing.
- Ask a grown up to help you bake a recipe that uses an egg or two. You might be able to look for a recipe in a book or on the Internet.
- Can you find all the socks in the washing basket? How many are there? Are there big ones and small ones, stripes, and spots? Can you find all the pairs that go together?

### SONGS

#### **Here Is The Beehive**

Composer: M Miller & Paula L Zajan

Publisher: Unpublished

#### **Driving In the Car**

Composer: Sophie Emtage & Peter Dasent

Publisher: Control / Origin

#### **To Market, To Market**

Composer: Traditional

Publisher: ABC Music Publishing

#### **Baa Baa Black Sheep**

Composer: Traditional

Publisher: ABC Music Publishing

#### **Do You Put Your Hat On**

Composer: Val Donlon & Claire Henderson

Publisher: ABC Music Publishing

#### **Five Little Ducks**

Composer: Traditional

Publisher: ABC Music Publishing

#### **Eggs**

Composer: Don Spencer

Publisher: Unpublished

(APRA / AMCOS Resisted)

#### **Would You Like A Cup of Tea?**

Composer: Arthur Baysting & Peter Dasent

Publisher: Control / Origin



## MAKE AND DO



### Chicken Egg Cup

You will need:

- An egg carton
- Scraps of red and yellow paper
- Black texta

Instructions

Tear the egg carton around one cup shape and include the pointy piece in between. Cut a small cock's comb from the red paper. Create a slit in the pointy piece of the egg carton and slide in the cock's comb on to the chicken's head. Create another slit at the front of the pointy part and slide in a yellow triangle piece of paper to create a beak. Use the black texta to create eyes just above the beak. Now you have your 'Chicken Egg Cup', the perfect place for a delicious and nutritious hard-boiled egg.



### Buzzing Bees

You will need:

- Small yellow and black stripy socks
- Black pipe cleaners
- Tape
- Yellow stickers

Instructions

Shape the pipe cleaner into an antenna. Attach to toe end of the sock with the tape. Add yellow stickers for eyes. Slide your finger into the sock to create a buzzy bee finger puppet.