

# THE VERY HUNGRY CATERPILLAR

A very hungry caterpillar eats his way through a variety of foods—and even the book!—before spinning his cocoon and changing into a butterfly.

Author and Illustrator: Eric Carle

Ages: 4-6

32 pages

Themes: Science

Nutrition

Children grow so fast in just a few years. To show how much they've grown so far, get out photos of them from the time they were babies until now. If you haven't already started a "growth chart" somewhere in your home, mark how tall they are now and measure them again in a few months. It's amazing to see how much they've grown in a short amount of time.

Talk about the importance of eating well. Establishing good eating habits should begin in the early years. Even though many young children can be picky eaters, they should be encouraged to try new foods regularly. Let them help with the grocery list by cutting out pictures of the food you're shopping for and pasting them to the list. Let them go to the store with you and have them help you identify the food by the pictures on the list.