



MUSIC EXPRESS

FABULOUS FOOD

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OVERVIEW INTRODUCTION



The busy lifestyle followed by many families today often makes eating together more of a challenge, but sharing food with others has physical and social benefits. In this starting point we aim to help children understand where food comes from by introducing growing, choosing and buying nutritious food to be prepared and shared together.

Likes and dislikes are often established at a very early age so it is important to acquaint children with the wide range of ingredients that are available nowadays, to encourage exploration and to celebrate food from different cultures and climates.

Books

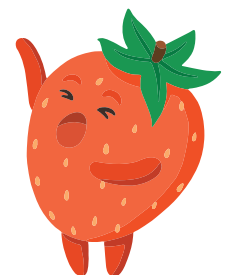
- *The very hungry caterpillar* by Eric Carle
- *The little mouse, the red ripe strawberry, and the big hungry bear* by Don and Audrey Wood
- *The tiger who came to tea* by Judith Kerr
- *Dim sum for everyone!* by Grace Lin

Well-known songs and chants


- *Mix a pancake* by Christina Rossetti
- *Five fat sausages*
- *Five currant buns in a baker's shop*
- *Jelly on a plate*

Vocabulary

Food, fruit, vegetables, cooking, chow mein, dim sum, mealtime, breakfast, lunch, dinner, snack time, healthy eating, drinks, water.



HOME LEARNING



A list of my family's favourite foods:

Talk together about your favourite foods and write a list.
Choose one of the dishes from your list and cook or prepare
the dish together to share as part of a family meal.



STORY

Ai Lin cooks chow mein

Ai Lin is five years old and she lives with her family in London. Her granny cooks all the food and her meals are delicious. Ai Lin always watches her granny cook supper. She stands with her chin just resting on the worktop and asks lots of questions: "Why does garlic smell so strong?... Why is ginger knobbly?... Why do mushrooms have stalks?" Granny smiles and tells her granddaughter all the answers.

One evening, Granny is preparing chow mein, Ai Lin's favourite. "Can I help, please, Granny?" Ai Lin asks. "Of course," replies Granny, "but we need you to be higher up – let's find you a tall stool and then you can do some of the work." Ai Lin was soon ready, sitting on a stool, with clean hands, an apron round her waist and a big grin – this was going to be fun!

Granny put out all the ingredients and told Ai Lin the names as she pointed to each one: oyster sauce, soy sauce and special chilli sauce... "That's a lot of bottles, Granny!" said Ai Lin. ...Garlic, ginger, oil, pak choy... "What's that, Granny?" "It's a special Chinese white cabbage." ...Shiitake mushrooms, bean sprouts and pan-fried noodles. "Wow, all that to make chow mein!" said Ai Lin, amazed at all the different ingredients spread out on the worktop.

"Now," said Granny, "first of all, I'm going to slice the mushrooms and pak choy. Next, I'm going to put some of the three sauces in a bowl and you're going to whisk them with this cook's chopstick, stirring fast to mix them up." While Ai Lin stirred, Granny put oil in a pan and after a minute, she added the noodles with the garlic and ginger – the mixture sizzled and smelt wonderful. Ai Lin watched from the safety of her stool as the chopped mushrooms and pak choy leaves were added to the hot pan. The smells just got better and better! Last of all, Granny added the sauces that Ai Lin had stirred so carefully, and the bean sprouts.

"Quickly, Ai Lin," said Granny, "call everyone to the table, this food needs eating NOW while it's hot!" Ai Lin called her family and soon they were tucking into chow mein with other tasty dishes that Granny had made earlier. Ai Lin was given a round of applause for being a splendid cooking assistant and she felt very proud.

"Tomorrow," said Granny, "you can help me make dim sum!" Ai Lin grinned – she would have a lot to tell her teacher tomorrow!

Sue Nicholls



SONG

Yummy, yummy yum cha

Kathryn Wong;
conceptual direction
Anders Nelsson

The musical score is written in 4/4 time with a key signature of one sharp (F#). It consists of six staves of music. The lyrics are written below the notes. The first four staves contain the main melody, and the last two staves contain a shorter melody. The lyrics are: Dim sum, dim sum gnaw joong yi, Yat joong saam geen wai yum cha. Dim sum, dim sum gnaw joong yi, Cha siu baaw, haa gaaw, siu maai. Yum-my, yum-my yum cha, Yum-my yum-my yum cha. Dim sum, dim sum gnaw joong yi, Yat joong saam geen wai yum cha. Dim sum, dim sum gnaw joong yi, Cha siu baaw, haa gaaw, siu maai. Cha siu baaw, haa gaaw, siu maai.

點心點心 我鍾意
一盅三件 為飲茶
點心點心 我鍾意
叉燒包 蝦餃 燒賣

Yummy, yummy 飲茶
Yummy, yummy 飲茶

點心點心 我鍾意
一盅三件 為飲茶
點心點心 我鍾意
叉燒包 蝦餃 燒賣

叉燒包 蝦餃 燒賣

Phonetic spelling

Dim sum, dim sum gnaw joong yi,
Yat joong saam geen wai yum cha.
Dim sum, dim sum gnaw joong yi,
Cha siu baaw, haa gaaw, siu maai.

Yummy, yummy yum cha,
Yummy, yummy yum cha.

Dim sum, dim sum gnaw joong yi,
Yat joong saam geen wai yum cha.
Dim sum, dim sum gnaw joong yi,
Cha siu baaw, haa gaaw, siu maai.

Cha siu baaw, haa gaaw, siu maai.

Translation

Dim sum delights me,
One cup and three pieces makes
a meal.
Dim sum delights me,
Roasted pork buns, prawn
dumplings, meat dumplings.
What a yummy meal!



SONG

Noodle song

Kathryn Wong;
conceptual direction
Anders Nelsson

D D/F# Em

Wo ai chi chao mian, Ni ai chi chao mian,

A D

Ta ai chi chao mian, Wai po de chao mian.

D/F# Em

Wo ai chi chao mian, Ni ai chi chao mian,

A D

Shei bu ai chao mian? Wai po de chao mian.

我愛吃炒麵
你愛吃炒麵
他愛吃炒麵
外婆的炒麵

Phonetic spelling

Wo ai chi chao mian,
Ni ai chi chao mian,
Ta ai chi chao mian,
Wai po de chao mian.

Translation

I love to eat fried noodles,
You love to eat fried noodles,
They love to eat fried noodles,
Granny's fried noodles.

我愛吃炒麵
你愛吃炒麵
誰不愛炒麵
外婆的炒麵

Wo ai chi chao mian,
Ni ai chi chao mian,
Shei bu ai chao mian?
Wai po de chao mian.

I love to eat fried noodles,
You love to eat fried noodles,
Who doesn't love to eat fried noodles?
Granny's fried noodles.

[Repeat]



IMAGES

Fabulous food image





TEMPLATES

Salt-dough recipe

Makes one ball

Preparation: 10 minutes

Cook: 3 hours

Ingredients

- 1 cup of plain flour (about 250g)
- half a cup of table salt (about 125g)
- half a cup of water (about 125ml)

Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Roll out the dough, cut into the desired shapes and bake for about 3 hours.



TEMPLATES

Vegetable chow mein recipe

Ingredients

- 150g medium egg noodles
- a dash of toasted sesame oil
- 2 tbsp light soy sauce
- 1 tsp five spice powder
- 1 tsp chilli sauce (optional)
- 1 tbsp vegetable oil
- 1 red pepper, seeds removed and thinly sliced
- 150g bean sprouts
- 1 spring onion, sliced lengthways
- freshly ground black pepper

Method

1. Cook the noodles in a pan of boiling water for 2–3 minutes until al dente, or follow the packet instructions.
2. Drain the noodles, rinse under cold running water then drain again.
3. Drizzle with a dash of sesame oil and toss through to prevent the noodles from sticking.
4. Add a dash of light soy sauce, the five spice powder and chilli sauce (optional).
5. Mix well.
6. Heat a wok until it smokes then add the oil.
7. Stir in the red pepper and fry for 1 minute, then add the bean sprouts and spring onion and stir fry for a further 30 seconds.
8. Stir in the cooked noodles and season with the soy sauce, a dash of oil and freshly ground black pepper.
9. Pile the chow mein onto a warmed plate and serve immediately.



TEMPLATES

Noodle shakers



You will need

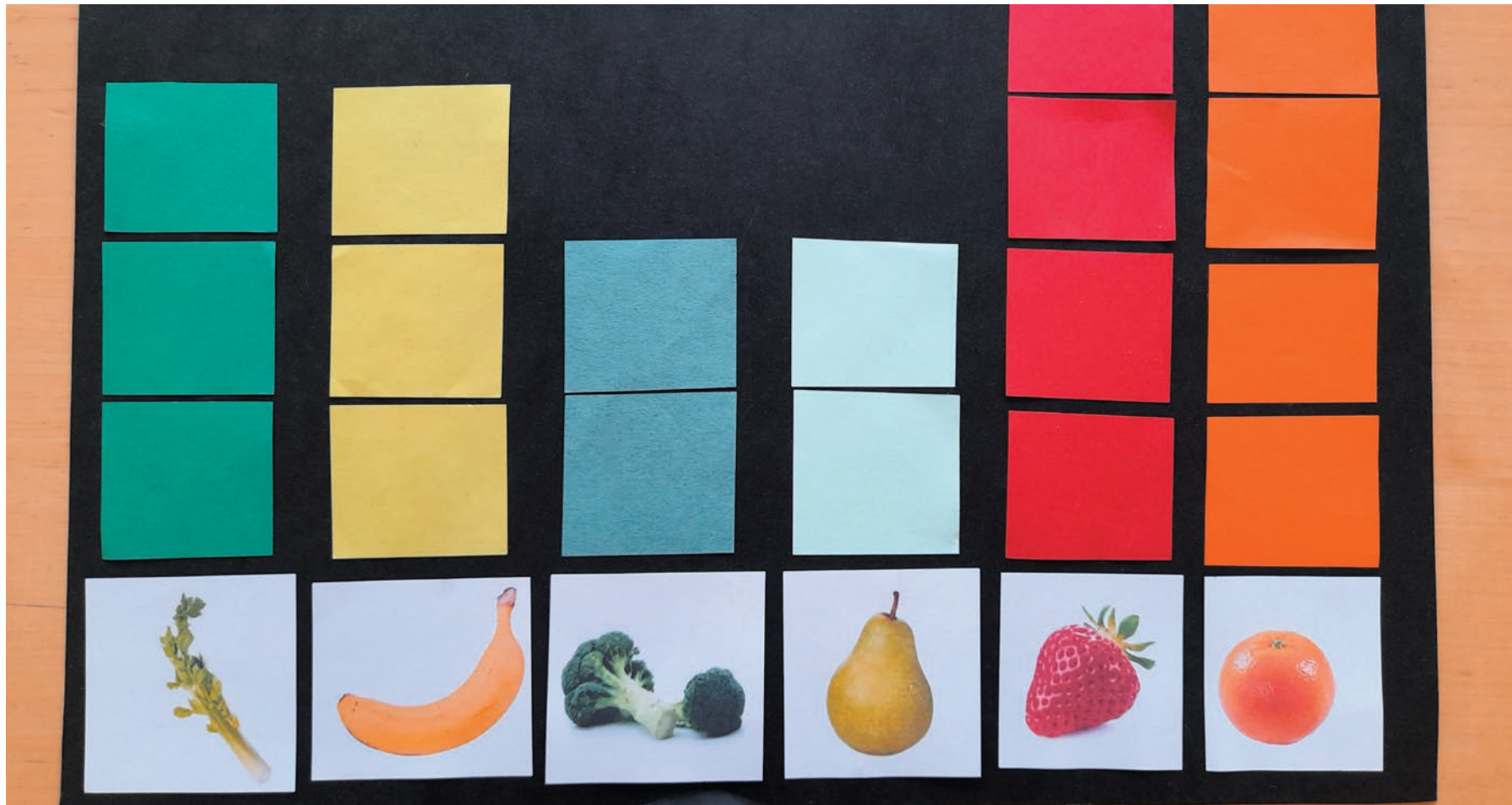
- Cardboard squares 15cm x 15cm
- Sticky tape (coloured if possible)
- Dry noodles

Instructions

1. Roll the cardboard into a tube and fix the long overlapping edges with sticky tape.
2. Flatten one end of the tube and seal with tape.
3. Fill the tube with a few dry noodles.
4. Flatten the remaining opening at 90 degrees to the opposite end – resulting in a 'twist' in the tube – and seal with tape.

TEMPLATES

Fruit and vegetable graph





Credits

Story

Ai Lin cooks chow mein by Sue Nicholls © 2021 HarperCollinsPublishers Ltd

Songs

Yummy, yummy yum cha by Kathryn Wong; conceptual direction Anders Nelsson
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Noodle song by Kathryn Wong; conceptual direction Anders Nelsson
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Images

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