



Preschool Lesson

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Florida Department of Health

Topic: It's Fun to Eat Fruits and Vegetables

Concept

Promote the importance of and encourage eating five or more servings of fruits and vegetables every day.

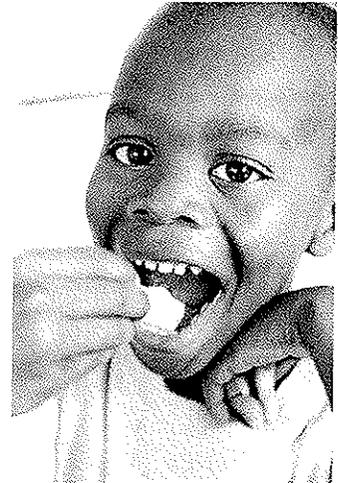
Goals

1. Children will become familiar with a variety of fruits and vegetables and the importance of eating them.
2. Children will be made aware of where to find fruits and vegetables (grocery, fruit and vegetable stand, farmers market, and garden).
3. Children will be made aware of the importance of eating fruits and vegetables each day.

Objectives and Activities for Children 3 to 4½ Years Old

Objectives

1. Children state different locations where produce can be purchased.
2. Children recognize the two sections of MyPyramid which represent fruits and vegetables.
3. Children recall the importance of eating fruits and vegetables.



Materials Needed

- MyPyramid Poster—Ordering information is available from: www.mypyramid.gov (An 8½" X 11" size poster of this is available on page 47 of this Resource Manual.)
- *Having Fun at Your Local Farmers Market* Coloring Book, US Department of Agriculture, copyright 2005—1 per child and teacher. To view and download the coloring book, go to this website: <http://www.ams.usda.gov/farmersmarkets/KidsCorner.htm>
- Give Me 5 A Day! music CD: Ordering information is available from this website: www.floridawic.org/Documents/Five_A_Day/Give_me_5_a_day_CD.html
- Index cards with various pictures of fruits and vegetables glued on them with name written underneath picture. (Pictures of fruits and vegetables are available on page 49 of this Resource Manual.)
- Shoebox decorated with green construction paper or green spray paint—1 per child.
- Craft sticks—several per child.
- Glue.
- Pictures of various fruits and vegetables to be glued on craft sticks—several per child. (Pictures of fruits and vegetables are available beginning on page 49 of this Resource Manual.)

Activities

1. Have the children sit in a circle on the floor. The teacher says, "Today we will be learning about fruits and vegetables." The teacher points to the green stripe of the MyPyramid and says, "The green stripe of MyPyramid represents the vegetable group." The teacher points to the red stripe of MyPyramid and says "Can anyone guess what the red stripe of MyPyramid represents?" The teacher gives each child a chance to answer. Continue by saying, "That's right, it is the fruit part of MyPyramid. It's red like an apple!"

Preschool Lesson (continued)

2. The teacher asks, "Where do you get fruits and vegetables from? Does your mom or dad buy them at the grocery store?" Give each child a chance to answer. Continue by saying, "There are a lot of places to get healthy fruits and vegetables. Have you ever picked an orange off of a tree or picked strawberries off of vines on the ground?" After giving each child a chance to answer, say, "There are a lot of places to get fruits and vegetables. We can buy them at the grocery store, at a vegetable or fruit stand (also called a produce stand), from a garden, or at a farmers market. Has anybody ever gone to a farmers market?" Read Farmers Market Coloring Book. Allow the children to take their books home to color or color at another time.
3. **The Garden Game:** The teacher says, "Fruits and vegetables give us energy to help us grow strong and they are full of important vitamins and minerals. They also keep you healthy so you can play games. Let's play the Garden Game!" Have all of the children sit in a circle while playing the "Give Me 5 A Day!" music CD. Give each child a card with a picture of a vegetable or fruit and its name written below the picture. When everybody is seated, say "Everybody look at the fruit or vegetable card I gave you. Does everybody know what vegetable or fruit you have? Raise your hand if you need help." After all the children know what they have, the teacher explains the game by saying, "I'm going to say the name of two fruits or vegetables. If I say the name of the fruit or vegetable that is on your card, then you trade places as quickly as you can! Are you ready?" The teacher starts the game by saying, "Apple and Cucumber trade places." If the children seem confused, explain that the two children need to trade seats. Continue naming fruits and vegetables listed on the cards until all of the children have traded places. Once all children have moved, the teacher enthusiastically says, "Let's make a tossed salad!" The teacher instructs all of the children to stand up and switch places with any other "fruit or vegetable."
4. The teacher says, "Let's play the 'Give Me 5 A Day!' music CD again! This time let's move our bodies the way the singer tells us to." All the children should stand in the open floor with the teacher and follow the instructions on how to dance to each song. The teacher can choose to play only one song or the entire CD. The teacher should allow the children to dance freely as a form of expression as well.
5. **The Shoebox Garden:** The teacher gives each child a decorated (with spray paint or paper) shoe box with small slits in the top for a craft stick to fit into the slit. In the center of the table, place craft sticks with pictures of fruits and vegetables glued to the top portion of the craft stick. The teacher says, "Each of you pick a few of the pictures with your favorite fruits or vegetables." Push the craft sticks through the slits in the box for the children to make a "garden." After the gardens are assembled, go over the fruits and vegetables that each child has chosen. Instruct the children to look for these different fruits and vegetables the next time they are at the grocery store or farmers market.

Objectives and Activities for Children 4½ to 5 Years Old

Objectives

1. Children discuss different locations where produce can be purchased.
2. Children identify the two sections of MyPyramid which represent fruits and vegetables.
3. Children explain the importance of eating fruits and vegetables.

Materials needed

- All of the materials listed on page 23 that under Objectives and Activities for Children 3 to 4½ Years Old.
- Clear plastic gloves—1 for each group or each student.
- Cotton balls—5 for each glove.
- Water.
- Pencil.
- Various types of vegetable seeds.
- One sweet potato.
- 4 to 8 toothpicks.
- Glass or clear container.
- Broccoli crown—The pattern is on page 52 of this Resource Manual.
- Green shirt.

Preschool Lesson (continued)

Activities

1. Have the children sit in a circle on the floor. The teacher says, "Today we will be learning about fruits and vegetables." The teacher points to the green stripe of the MyPyramid and says, "The green stripe of MyPyramid represents the vegetable group." The teacher points to the red stripe of MyPyramid and says "Can anyone guess what the red stripe of MyPyramid represents?" The teacher gives each child a chance to answer. Continue by saying, "That's right, it is the fruit part of MyPyramid. It's red like an apple".
2. The teacher says, "There are a lot of places to get healthy fruits and vegetables. Have you ever picked an orange off a tree or picked strawberries off vines on the ground?" After giving each child a chance to answer, say "There are a lot of places to get fruits and vegetables. We can buy them at the grocery store, at a vegetable or fruit stand (also called a produce stand), from a garden or at a farmers market. Has anybody ever gone to a farmers market?" Read the Farmers Market Coloring Book. Allow the children to take their books home to color or color at another time.
3. The teacher says, "Fruits and vegetables are full of important vitamins and minerals and have energy to help you grow strong. They also keep you healthy so you can play games. Let's play the Garden Game!" Have all of the children sit in a circle and play the "Give Me 5 A Day!" music CD. Give each child the name of a vegetable or fruit. When everybody is seated, say "Everybody look at the fruit and vegetable name I gave you. Does everybody know what fruit or vegetable you have? Raise your hand if you need help." After all of the children know what they have, the teacher explains the game by saying, "I'm going to say the name of two fruits or vegetables. If I say the name of the fruit or vegetable that is on your card, then you trade places as quickly as you can! Are you ready?" The teacher starts the game by saying, "Apple and Cucumber trade places." If the children seem confused, explain that the two children need to trade seats. Continue naming fruits and vegetables listed on the cards until all of the children have traded places. Once all children have moved, the teacher enthusiastically says, "Let's make a tossed salad!" The teacher instructs all of the children to stand up and switch places with any other "fruit or vegetable."
4. The teacher says, "Let's play the 'Give Me 5 A Day!' music CD again! This time let's move our bodies the way the singer tells us to." All the children should stand in the open floor with the teacher and follow the instructions on how to dance to each song. The teacher can choose to play only one song or the entire CD. The teacher should allow the children to dance freely as a form of expression as well.
5. **The Shoebox Garden:** The teacher gives each child a decorated (with paper or spray paint) shoe box with small slits in the top for a craft stick to fit into the slit. In the center of the table, place pictures of a variety of fruits and vegetables. Give each child glue and craft sticks and allow them to choose pictures they like and glue them on the sticks. Push the craft sticks through the slits in the box to make a "garden." After the gardens are assembled, go over the fruits and vegetables that each child has chosen. Instruct the children to look for these different fruits and vegetables the next time they are at the grocery store or farmers market.
6. **Garden in a Glove:** Give each student a clear plastic glove (found at grocery stores) with her name on it and 5 cotton balls. Have the children wet the cotton balls and squeeze out the excess water. Place one dampened cotton ball in each finger. You may need to use the tip of a pencil to push the cotton ball to the very tip. Give each child several (3-5) of the same seed type for each finger (a total of 15-25 seeds). Radish, beans, peas, lettuce, and tomatoes are good choices. Each finger should have the same seed type. Write on each finger what type of seed is planted in it. Tape the gloves to wall, chalkboard or window. Seeds will germinate in 3 to 5 days. Transplant after 1½ to 2 weeks. To do this, cut the bottom of glove's fingers and transplant cotton ball and plants in small pots full of soil. Observe the plants and discuss every couple of weeks.
7. **Grow a sweet potato!** Take a sweet potato and stick tooth picks around the center of the potato. Put the potato in a glass so that the toothpicks keep the potato from sliding all the way down the glass. Fill the glass with water so that the bottom half of the potato is in the water. Put the glass and potato in a dark room or closet until it begins to sprout. Make sure the bottom half of the potato remains submerged in the water. After the potato begins to sprout, move it to a sunny place. If you continue watering it, you'll have a sweet potato vine!
8. **Read the Interview with Mr./Ms. Broccoli.** (The script is provided on page 48 of this Resource Manual.) This demonstration will need two adults. Have Mr./Ms. Broccoli wear the broccoli crown and possibly a green shirt. (The pattern for the crown is provided on page 52 of this Resource Manual.)

Preschool Lesson (continued)

References

Fruits & Veggies—More Matters® websites:

www.fruitsandveggiesmorematters.org

www.fruitsandveggiesmatter.gov

Mealtime Memo for Child Care, National Food Service Management Institute website: www.nfsmi.org

MyPyramid website: www.mypyramid.gov

Nibbles for Health, USDA TEAM Nutrition website: www.fns.usda.gov/tn

Nutrition Education Activities for Young Children, Bureau of Child Nutrition Programs, Florida Department of Health at: www.doh.state.fl.us/ccfp

Sunshine State Standards

3-4 YEAR OLDS

Health Education HE.A.1.1.2

Health Education HE.A.1.1.9

Language Arts LA.C.1.1.1

Language Arts LA.C.3.1.1

Physical Education PE.B.2.1.2

Physical Education PE.A.1.1.3

Dance DA.A.1.1.2

Dance DA.A.1.1.4

Visual Arts VA.A.1.1

4-5 YEAR OLDS

Health Education HE.A.1.1.2

Health Education HE.A.1.1.9

Language Arts LA.C.1.1.1

Language Arts LA.C.3.1.1

Physical Education PE.B.2.1.2

Physical Education PE.A.1.1.3

Dance DA.A.1.1.2

Dance DA.A.1.1.4

Visual Arts VA.A.1.1

Science SC.F.1.1.3

Science SC.G.2.1.1

Theatre TH.D.1.1.3

Agency for Workforce Innovation, Office of Early Learning Performance Standards for 3, 4, and 5 year olds

	3 YEAR OLDS	4 YEAR OLDS	5 YEAR OLDS
Physical Health			
B. Knowledge of Wellness	2: H.S.8	2: H.S.8	2: *8
Social & Emotional			
C. Interaction with others	1, 2, 3: H.S.11	1, 2, 3: H.S.11	1: *6, 2: *5, 3: *3
Language & Communication			
A. Listening	1: H.S.11	1: H.S.11	1: *15
B. Speaking	1: H.S.12	1: H.S.12	1: *10
C. Literature and Reading	1: H.S.13		
Cognitive Development & General Knowledge			
<i>Scientific Thinking</i>			
A. Inquiry			1: *13
B. Physical Science			1: *11
C. Life Science			1: *13
The Arts			
A. Expression and Representation	1, 2: H.S.13	1, 2: H.S.13	1, 2: *16
Motor Development			
A. Gross Motor Development	1: H.S.14	1: H.S.14	1: *2, *4
B. Fine Motor Development			1, 2: *2, *4