ECE Fruit Crisps

Nutrition Objective

This lesson helps children recognize foods that go in the fruit, dairy, and grain groups of MyPlate. Children explore different ways foods can be prepared. Children discuss the benefits of fruits and make and taste a delicious fruity and crunchy rice cake.

Materials and Ingredients

mini rice cakes
whipped cream cheese
canned pineapple chunks
raisins
kiwi
serving containers
paper plates
teacher knife
cutting board
plastic knives
tongs or spoons



Food Preparation

Before preparing foods, show the whole foods to the children.

- Open whipped cream cheese (teacher will serve about 1 teaspoon per student).
- Drain and rinse pineapple.
- Wash kiwi leaving peels on (peels are edible). Slice kiwi so everyone will get one slice.
- Place raisins and rice cakes in serving containers.
- Place all fruits into serving containers so children may serve themselves.



Lesson Introduction

Question of the Day: What is a fresh snack you like to make with your family?

<u>*Read and discuss:*</u> *We Eat Food That's Fresh* by Angela Russ-Ayon

- What food was chopped? What food was not? (Review using text).
- What are some foods that are grown? (Review using text).
- Show the page that references sliced foods and facilitate a discussion about the edible food art.
- Why is it important to eat fruits and vegetables? *(they are full of vitamins and minerals, they help our bodies grow strong and healthy, they help clean our bodies of waste, etc.).*

TSGOLD: 8, 9, 10, 11a, d, 12

Lesson Process	• Everyone washes hands. • *Introduce and discuss* the ingredients for the Fruit Crisps. • *Model* cutting the fruits into smaller bite-size pieces. • *Model* spreading whipped cream cheese onto rice cakes and use the fruits to create your own edible fruit art snacks. Remind children they can be creative and their designs do not have to match yours. *Refer to text to help children with ideas. • *Describe the taste:* *"It's crunchy, a little sweet, and juicy."* • Children serve themselves rice cakes and fruits. Teachers add a spoonful of cream cheese to each plate. • Children use plastic knives to cut the fruits into smaller bites and create their own edible fruit art designs. • Eat together and give children time to taste and comment on the flavors and textures. TSGOLD: 1b, c, 7a, 8, 9, 10
Share your Story	• Children share how they felt about making their own fruit snack today. • Children share how they could make this snack at home with their families by using the family letter recipe. • Children share fresh foods they have grown or would like to grow. TSGOLD: 8, 9, 10, 11a, b, d
School to Home	Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Dramatic Song: I'm a Little Kernel	• Today's recipe was made with puffed rice cakes. Pretend to be a little kernel of rice that pops while baking in a hot pan. • Sing and model the moves to I'm a Little Kernel (sung to I'm A Little Teapot) "I'm a little kernel in a pot. Turn on the heat and watch me hop. When I get all warmed up then I'll pop. Yummy-yum I taste good when hot!" TSGOLD: 4, 5, 6, 8a, 34, 35

Science: Grow Brown Rice

Materials: cups, brown rice (white rice has been processed and won't grow), plastic magnifying glasses, and soil

- Discuss how today's recipe was made with brown rice cakes.
- Ask children to predict what will happen when they plant brown rice kernels.
- Children fill small cups with soil.
- Children use their fingers to sprinkle a teaspoon of brown rice kernels on top of the soil.
- Children use a spray bottle filled with water to mist the rice. Cover with plastic wrap or clear lids to keep the soil moist until sprouts emerge (about 5-7 days).
- Place in a sunny window and observe daily.

Physical Activity

Music and Movement

- Find song #15 "Here We Go Loop-Dee-Loo" on the Happy and Healthy CD. (Access songs by using the QR code or link at the bottom of the page).
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along.
- Start the music and join the children by modeling the different moves and directions!

TSGOLD: 4, 5, 6, 8a, 34, 35

Parachute Games

Materials: parachute, foam fruits, or small balls

- Review with children how to safely use the parachute.
- Lay the parachute out flat and have each child stand by a handle.
- Holding on to the parachute move in a circle using different ways to travel: walk, run, hop, gallop, skip, etc. Be sure to switch directions and switch hands.
- Now lay the parachute flat. Place the small objects on top of the parachute.
- Children pick up their handles and wait for instructions from the teacher to start shaking the parachute to get the objects moving. The goal is to work as a team to toss all the objects off the parachute.
- Try different movements: shaking high or low, using one hand or two, sitting on the ground, or shaking and jumping at the same time.

Tip: Skipping is a difficult skill that children may not master until 8 years of age. ·

- **Model for children how to skip while verbalizing what you are doing. "I am hopping on one foot twice and then the other. I am lifting my knees high."**

TSGOLD: 4, 5, 6, 7

For additional activities, songs and information, visit https://colosph.cuanschutz.edu/school-wellness

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