

Nutrition Objective

Children explore colorful fruits and learn about how they are good for their bodies.
Children make and taste fruit parfaits.

Materials and Ingredients

blueberries	paper plates
canned pineapple rings	plastic knives
mandarin oranges	serving containers
plain yogurt	tongs or serving spoons
low-sugar whole grain cereal	small cups
	teacher knife



Food Preparation

- Drain and rinse canned fruits, peel and section oranges, and rinse blueberries.
- Place all ingredients into separate serving containers.

Note: Limit the yogurt to one spoonful per student as the taste is sour.

- Children serve themselves family style.



Lesson Introduction

Question of the Day: Why is it important to eat different fruits? (*full of vitamins and minerals, the fiber in them helps clean the intestines, they taste delicious, etc.*)

Read and discuss: Handa's Surprise

- Where does Handa live? (refer to text)
- Where does Handa get her fruit? (refer to text)
- What was Handa's surprise? (refer to text)

Children share which fruits from Handa's Surprise they have tried and share if they have different names for those fruits (*revisit book and pictures: grapes-uvras or yum yums, tangerines-cuties, etc.*). Orange is برتقالة "alburtaqaliu" (al-burt-a-call-ee-u) in Arabic.

TSGOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's recipe. Talk about how the plain yogurt is creamy and sour, the fruit is colorful and sweet or tart, and the cereal is crunchy.
- Demonstrate cutting the fruit into smaller pieces. Then model how to create a layered fruit parfait. Discuss how colorful and delicious it looks.
- Children serve themselves and use plastic knives to cut the fruit into smaller bites and create their own fruit parfaits. (IMPORTANT: Help children limit the yogurt to one spoonful, as the flavor is sour, not sweet.)
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38

Share your Story

- What fruits do you put in your basket or cart at the store?
- Today we tried fruit with yogurt. What other foods taste good with fruit? (*cheese, dips, salad, pancakes, salsa, cereal, etc.*)
- How is where you live different from where Handa lives?

TSGOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 11e, 12a, 12b, 37, 38

School to Home

Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Make a Friendship Fruit Basket

Materials: paper, crayons, markers, scissors, pom poms, buttons, glitter, etc.

- Children draw baskets filled with fruit on paper and cut them out.
- Decorate the basket with glitter and buttons.
- Share the creations with your friends.
- TS GOLD: 2c, 7a, 7b, 8b, 11a, 11b, 11e, 37, 38

Math Estimation

- Before making parfaits, have children guess how many blueberries there are. Write down all the guesses.
- Children count as the teacher puts the berries into a serving container.
- Which estimate was the closest to the actual number?

TSGOLD: 8a, 8b, 11a, 11c, 11e, 20a, 22, 37

Physical Activity

Music and Movement

- Find song #7 “Clap Your Hands” on the *Happy and Healthy CD*.
- Children spread out in an outdoor space or around the room. Everyone listens to the music and follows along.
- Children use their bodies to perform different movements.
- The repetition in this song gives children the opportunity to learn the movements quickly.
- Start the music and join the children by modeling the different moves.

TSGOLD: 2c, 7a, 8b, 11a, 12a, 35, 37

Scarf Activities

- Everyone has a scarf. Practice tossing the scarf in the air and catching it with your left hand, then your right hand, then both hands. Help children learn which is their left and right hand (your left hand makes an L when looking at its back).
- Play song #12 “Dance Freeze” on the *Happy and Healthy CD*. Have children practice different movements using their scarves (around their feet, overhead, shaking side to side, twirling, etc.). Model various movements for children.
- Children make a circle and pass the scarf around while music plays. Pause the music and whoever is holding the scarf chooses a physical activity for everyone to complete (5 jumping jacks, 10 seconds running in place, 3 push-ups, etc.).

TSGOLD: 2c, 7a, 8b, 11a, 11e, 12a, 35, 37

Physical Education: Fine Motor

- Have children use their hands in as many activities as possible to help build their fine motor strength and coordination.
- Use classroom items such as scarves, bean bags, and small balls children can grasp, to practice throwing and catching, shaking, squeezing, etc. This gives children the opportunity to use different objects to work on fine motor movements.
- Building good fine motor strength and coordination will help children be successful in many physical activities as they grow.
- See pages 144-145 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more ideas about catching using scarves.

TSGOLD Objective 7a Demonstrates fine-motor strength and coordination-uses fingers and hands



Fabulous Fruits



Added sugars are found in many processed foods and drinks and can be hard to avoid. A recommended goal is to limit the added sugars in our diets. Try the fun low-added sugar recipe below. Everyone can make their own delicious fruit parfait. The plain yogurt is creamy and sour, the fruit will provide the sweet taste, and the low-sugar cereal gives it a nice crunch!

Tip: Canned fruit in juice, instead of syrup, keeps added sugars out.

Scan this QR code to watch a video on how to make this low-sugar healthy snack.



Fruit Parfait

Ingredients:

- plain yogurt
- mandarin oranges
- diced pineapple
- blueberries
- low-sugar cereal or granola

Directions:

1. Everyone washes their hands.
2. Drain and rinse canned fruits, peel and section oranges, and rinse blueberries.
3. Spoon yogurt into the bottom of a clear plastic cup or glass.
4. Layer fruit, cereal, and more yogurt.
5. Eat and enjoy this low sugar treat together.



Physical Activity

Preschoolers should be active throughout the day. Older children need to be physically active for at least 60 minutes per day. When parents are active, children are more likely to be active, too. Here's a fun and easy activity to try at home:

- Everyone has a scarf or washcloth. Practice tossing it in the air and catching it with your left hand, then your right hand, then both hands. Help children learn which is their left and right hand (your left hand makes an L when looking at its back).
- Play some music and everyone practices different movements using their scarves or washcloths (around their feet, overhead, shaking side to side, twirling, etc.) Model various movements for the children and give them chances to choose the moves.



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Frutas Fabulosas



Las azúcares añadidas se encuentran en muchos alimentos y bebidas procesados y puede ser difícil evitarlas. Una meta recomendada es limitar azúcares añadidas en nuestras dietas.

Pruebe ésta receta divertida baja en azúcar agregada. Todos pueden hacer su propio delicioso parfait de frutas. El yogurt natural es cremoso y agrio, la fruta proporciona el sabor dulce, y el cereal bajo en azúcar lo hace crujiente!

Idea: Fruta enlatada en jugo, en lugar de jarabe, ayuda evitar azúcar agregada.

Escanee este código QR para ver un video sobre cómo hacer este postre saludable y bajo en azúcar.

(video en inglés)



Parfait de Frutas

Ingredientes:

- yogurt natural
- mandarinas
- piña en trocitos
- arándanos/moras azules
- cereal o granola bajo en azúcar

Instrucciones:

1. Todos se lavan las manos
2. Escurrir y enjuagar las frutas enlatadas, pelar y separar los gajos de mandarinas, y enjuagar los arándanos.
3. Colocar una cucharada de yogurt en un vaso o taza transparente.
4. Agregue fruta, cereal y más yogurt en capas.
5. Coman y disfruten este postre bajo en azúcar juntos.



Actividad Física

Los niños en edad preescolar deben ser activos durante todo el día. Para los niños mayores se recomienda por lo menos 60 minutos de actividad física diariamente. Cuando los padres son activos, es más probable que los niños también sean activos. Aquí hay una actividad divertida y fácil para probar en casa:

- Todos toman una mascada o toalla pequeña. Practiquen lanzandola al aire y atrapándola con la mano izquierda, luego con la mano derecha, luego con las dos manos. Ayude a los niños a aprender cuál es su mano izquierda y derecha (su mano izquierda hace una L al verla por la parte de atrás).
- Toquen música y todos practican diferentes movimientos usando sus mascadas o toallas pequeñas (alrededor de los pies, arriba, de un lado al otro, girando, etc.). Modele varios movimientos para los niños y déles la oportunidad de elegir los movimientos.



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Fun tips to keep your family healthy

Le enviaremos mensajes de texto semanales gratis sobre maneras de comer bien y estar activos juntos. También recibirá recetas, recursos e información sobre eventos en su área. Escanee el código QR para inscribirse en este programa.

Tarifas por mensajes y datos pueden aplicar. Envíe la palabra AYUDA para más información. Envíe la palabra PARAR al to 97699 para dejar de recibir mensajes. No necesita comprar nada para participar. Para la política de privacidad y Términos y Condiciones visite:
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