

## Nutrition Objective

Children explore different ways foods can be prepared. Children discuss the benefits of fruits and make a delicious fruity and crunchy rice cake snack.

## Materials and Ingredients

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



## Food Preparation

- 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?

**Read and discuss:** *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

## Striking Stations

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.

TSGOLD: 4, 5, 6, 7

## Physical Education: Gross Motor Manipulation Skills

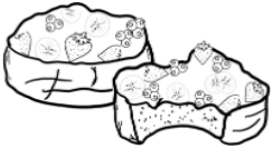
- Skipping is a difficult skill that children may not master until 8 years of age.
- Model for children how to skip while verbalizing what you are doing. "I am hopping on one foot twice and then the other. I am lifting my knees high."
- See pages 91-92 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on skipping.

TSGOLD Objective 6 Demonstrates gross-motor manipulative skills



# ECE Family Letter

## Fruit Crisps



### Fruit Crisps

Children and adults benefit from eating a variety of colorful fruits and vegetables. Try involving children with choosing, washing, and preparing food. The recipe below which includes whole grain brown rice cakes, is a perfect place to start, and a fun snack to make with children.

Find other delicious and nutrient dense snack recipes by scanning the QR code or using the link:  
[bit.ly/3WzcKya](http://bit.ly/3WzcKya)



### Fruit Crisps Ingredients:

- mini brown rice cakes
- fresh kiwi
- canned pineapple tidbits or chunks
- raisins
- whipped cream cheese

**Tip:** Use your favorite fruits or what you already have at home.

\*feel free to adjust recipes according to allergies and preferences.

### Directions:

1. Wash hands.
2. Rinse and slice kiwi (peels are edible and may be left on)
3. Open, drain, and rinse pineapple.
4. Child uses a plastic or butter knife to cut fruits into smaller bite-size chunks.
5. Child spreads about 1 teaspoon of whipped cream cheese onto a rice cake.
6. Make a design using fruit.
7. Eat and enjoy!



### Physical Activity

Children and adults should be active each day. Exercise can help reduce stress and increase attention. When adults are active, kids are more likely to be active. Try being physically active together!  
Scan the QR code or visit this link to follow along with a simple physical activity video.

[https://www.youtube.com/watch?app=desktop&v=3\\_olssULEk0](https://www.youtube.com/watch?app=desktop&v=3_olssULEk0)

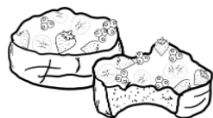


Finding and providing nutritious foods for your family can be challenging at times. You may qualify for WIC or SNAP benefits. To find out more and apply, visit Hunger Free Colorado by using the QR code or link:  
[bit.ly/3v7ypBS](http://bit.ly/3v7ypBS)



# ECE Carta Familiar

## Pedazos de Fruta Crujiente



### Pedazos de Fruta Crujiente

Niños y adultos obtienen los beneficios de comer una variedad de frutas y vegetales de todos colores. Trate de involucrar a los niños en el proceso escogiendo, lavando y preparando comidas. Esta receta es perfecta para empezar, y también es divertida para hacer con los niños.

Encuentre otras recetas deliciosas escaneando el código:  
[bit.ly/3hzUQwJ](https://bit.ly/3hzUQwJ)



### Pedazos de Fruta Crijete

#### Ingredientes:

- mini pasteles de palomitas de maíz (popcorn cakes)
- kiwi fresco
- 1 lata de piña en trozos
- mandarinas, peladas
- queso crema batido

Idea: Use sus frutas favoritas, o lo que ya tenga en casa.

\*Puede asustar las recetas de acuerdo a alergias y preferencias

#### Instrucciones:

1. Lavarse las manos
2. Enjuaguen y corten el kiwi (las cáscaras son comestibles y pueden dejarlos sin pelar)
3. Abran, escurran y enjuaguen la piña.
4. Niños usan un cuchillo de plástico o de mantequilla para cortar las frutas en trozos más pequeños.
5. Niños emban 1 cucharadita de queso crema batido sobre un pastel de palomitas de maíz.
6. Hagan un diseño usando la fruta.
7. ¡Coman y disfruten!



### Actividad Física

Los niños y los adultos deben estar activos todos los días. El ejercicio puede ayudar a reducir el estrés y concentrarse. Cuando los adultos son activos, los niños tienden a ser más activos. Traten de hacer actividades físicas juntos!

Escanee el código QR, o visite este enlace para hacer actividad física siguiendo un video simple.

[https://www.youtube.com/watch?app=desktop&v=3\\_olssULEk0](https://www.youtube.com/watch?app=desktop&v=3_olssULEk0)

- Video en Inglés



Encontrar y proporcionar alimentos nutritivos para su familia a veces puede ser difícil. Usted puede calificar para los beneficios de WIC o SNAP. Para obtener más información y aplicar, visite Hunger Free Colorado utilizando el código QR o este enlace: [bit.ly/3v7ypBS](https://bit.ly/3v7ypBS)

\*Puede cambiar el idioma en la parte de arriba de la página.

