

Nutrition Objective

Promote the importance of and encourage eating a variety of colorful fruits.

Materials & Ingredients

blueberries
pineapple rings
canned mandarin oranges
plain yogurt
low-sugar whole grain cereal

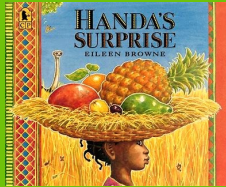
paper plates
plastic knives
serving containers
tongs or serving spoons
parfait cups
teacher knife



Food Preparation

- Drain and rinse canned fruits, and rinse blueberries.
- Divide ingredients (fruit, yogurt, cereal, into separate serving containers, add tongs and spoons). 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 try 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? (Southwest Kenya in Africa)
- Where does Handa get her fruit? (*In the grocery store? Does she pick it herself?*)
- What was Handa's surprise?

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-uvvas 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

- 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 the 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

For additional activities, songs & information, visit

<https://coloradosph.cuanschutz.edu/school-wellness>

Family Letter Fabulous Fruits



Fabulous Fruit

It's not easy to watch out for added sugars in foods. Less than 10% of your total calories should come from added sugars. Added sugars are found in many processed foods and drinks.

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!

Buy canned fruit in juice, not syrup, to keep that added sugar out.

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



Fruit Parfait

Ingredients:

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

Directions:

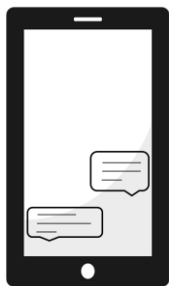
1. Drain and rinse canned fruits, and rinse blueberries.
2. Spoon yogurt into the bottom of a clear plastic cup or glass.
3. Layer fruit, cereal, and more yogurt.
4. Eat and enjoy this low sugar treat together.



Physical Activity

Experts recommend that children be active for at least one hour 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. 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 some music and everyone practices different movements using their scarves (around their feet, overhead, shaking side to side, twirling, etc.) Model various movements for the children and give them chances to choose the moves.



Text2LiveHealthy

Text2LiveHealthy

Fun tips to keep your family healthy

We will send you free weekly texts that inspire and inform you and your family on ways to eat well and be active together. You will also receive recipes, resources, and information about events in your area.

To sign up, text the word **"FOOD"** to the phone number **21333** and answer 3 simple questions.





Frutas Fabulosas

No es fácil contar las azúcares añadidas en los alimentos. Menos del 10% de las calorías totales deben venir de azúcares añadidas. Las azúcares añadidas se encuentran en muchos alimentos y bebidas procesados. Pruebe ésta receta divertida baja en azúcar. Todos pueden hacer su propio delicioso parfait de frutas. El yogurt natural es cremoso y agrio, la fruta proporcion el sabor dulce y el cereal bajo en azúcar lo hace crujiente!
Compre fruta enlatada en jugo, no en jarabe, para que no contenga azúcar agregada.

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



Parfait de Frutas

Ingredientes:

- yogurt natural
- 1 lata de mandarinas
- 1 lata de piña en trocitos
- arándanos/Moras azules
- cereal o granola bajo en azúcar

Instrucciones:

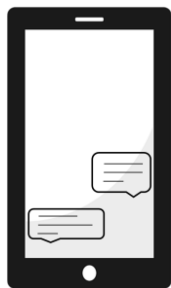
1. Escurrir y enjuagar las frutas enlatadas, y enjuagar los arándanos.
2. Colocar una cucharada de yogurt en un vaso o taza transparente.
3. Agregue fruta, cereal y más yogurt en capas.
4. Coman y disfruten este postre juntos.



Actividad Física

Los expertos recomiendan que los niños estén activos por lo menos una hora al día. 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. Practiquen lanzando la mascada al aire y atrapándola con la mano izquierda, luego con la mano derecha, luego con ambas 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 (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 textos gratuitos semanales que lo inspiraran e informaran a usted y a su familia sobre maneras de comer bien y mantenerse activos juntos. También recibirá recetas, recursos e información sobre eventos en su área.

Para registrarse, mande por mensaje de texto la palabra “COMIDA” al número de teléfono 21333 y conteste 3 preguntas sencillas.

