

Nutrition Objective

Children will be able to explain that eating colorful varieties of fruits is good for our bodies. Children will make and taste fruit parfaits.

Materials & Ingredients

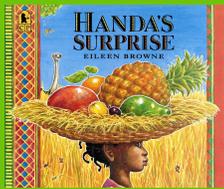
blueberries	paper plates
pineapple rings	plastic knives
canned mandarin oranges	serving containers
plain yogurt	tongs or serving spoons
low-sugar whole grain cereal	small cups
	teacher knife



Food Preparation

- Drain and rinse canned fruits, 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? (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

- 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>

