

Fruity Milkshake

Nutrition Objective

Promote the importance of eating fruit, and introduce different ways to eat a variety of colorful fruits.

Materials & Ingredients

Bananas
Berries
1% milk
Small cups
Paper plates
Tongs or spoons

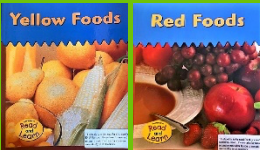
Plastic knives
Teacher knife
Cutting board
Plastic baggies
Scissors



Food Preparation

- With the peels on, cut bananas into pieces (*1 per student, about 1/4 a banana*).
- Place bananas and berries in serving containers.
- Keep milk in refrigerator until time to pour.

Lesson Introduction



Question of the Day: *How is fruit good for us? (Different fruits help us grow strong and they have vitamins and minerals our bodies need, etc.)*

Read and discuss: *Red Foods* and *Yellow Foods* by Patricia Whitehouse

- There are lots of healthy fruits and vegetables in these books.
- Which are fruits and which are vegetables? (*review text*)
- Now let's count all the **fruits!** How many fruits are in the red book? Yellow book?
- What are some of your favorite fruits to eat? What colors are they?

TSGOLD: 1b, 8a,b, 9, 11a, 20a,b

Lesson Process

- Everyone washes hands.
- Introduce and discuss the ingredients for the delicious *Fruity Milkshakes*.
- Model peeling the banana, cutting berries and banana into smaller pieces and placing them in a plastic bag. Next squish the fruit with your fingers. Using scissors cut a corner of the baggie and squeeze into a small cup. Add milk, stir, and taste.
- Describe the taste: *"It's cool, sweet, and refreshing."*
- Discuss what happened when the different colored ingredients were mixed. *Did the milk change color? What color would the milk turn if you used different fruit like peaches or plums?*
- Children serve themselves and use plastic knives to cut the fruits into smaller bites, place in baggies, and squish the fruits to make their own fruity milkshakes. *Teachers cut the corners of baggies, help get fruit into cups, and pour milk.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 1b,c, 7a, 8b, 11a, 24, 28

Share your Story

- What different fruits do you enjoy with your family? What colors are they?
- Share what fruits you would use at home to make fruity milkshakes.
- How did we use fruits to make a healthy drink? What are some other healthy drinks made with fruit? (smoothies, water with lemon, fruit water, etc.)
- What did you enjoy about today's recipe?

School to Home

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

Lesson Extensions

Extension Activity: Pretend Fruity Milkshake Stand

- Transform your dramatic play area into a milkshake stand.
 - Put out different plastic fruits and maybe even some vegetables, and see what kind of yummy milkshake combinations children can create.
 - Have paper, crayons, and pencils available for children to draw their milkshake orders or combinations that they want to share with their friends!
- TSGOLD: 2c, 2d, 7a, 7b, 9a, 9d, 11d, 11e, 14a, 14b, 37, 38

Extension Activity: Color Mixing

Materials: blue, yellow, and red paints, and paper.

- Children use primary paint colors to discover what other colors can be created by mixing them together.
 - Children create a picture with their new colors.
 - Share with each other your favorite new color and the picture you painted.
- TSGOLD: 1b, 7, 8, 9, 10, 11b, 11d, 11e, 33

Physical Activity

Music and Movement

Play song #6 *Wiggle and Jiggle* on the Happy and Healthy CD (access songs using the QR code or link at bottom of page).

- 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.
 - Start the music and join the children by modeling the different moves.
- TSGOLD: 1b, 8, 34, 35

Striking Stations

Equipment: Bats, pool noodles, rackets, assorted balls, balloons (supervision required), etc.

- Set out striking stations. For example: wiffle balls with light rackets, pool noodles with beach balls, punch balls for children to strike with their arms, shoulders, knees, etc.

Demonstrate how to safely use the equipment at each station.

- Place children in small groups to work together taking turns tossing, striking, and retrieving balls for each other.
- Children should have a turn to complete each task.
- Rotate through all stations.

TSGOLD: 1b, 3, 4, 5, 8, 6, 1b, 3a, 3b

Physical Education: Gross Motor Manipulation Skills

- Striking helps with hand/eye coordination, understanding of body mechanics, and is a part of many games and sports.
- Encourage children to keep their eyes on the ball and not look away when a ball comes their way.
- Practice striking at a short distance so children can be successful and build confidence.
- See pages 151-168 in *Encouraging Physical Activity in Preschoolers* by Steve W Sanders for more information and activities on striking.

TSGOLD: Objective 6 Demonstrates gross motor manipulative skills

For additional activities, songs, & information visit:
<https://coloradosph.cuanschutz.edu/school-wellness>



Family Letter

Fruity Milkshake



Fruity Milkshake

Children love fruit! Eating fruit is an easy way for children to get the important nutrients they need, and drinking milk helps make their bones and teeth strong. Making this fruity milkshake is a delicious way to ensure your child adds calcium, vitamins, and minerals to their diet. Try the fun recipe below with your family.

Recipe

Nutrition Facts	
4 servings per container	
Serving size	8 oz(232g)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2mcg	10%
Calcium 229mg	20%
Iron 0mg	0%
Potassium 420mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fruity Milkshake

Ingredients:

- Strawberries
- Bananas
- 1% Milk
- Cups
- Zipper sandwich bags

Directions:

1. Wash hands and wash strawberries.
2. With skin on, cut bananas into thirds leaving the skin on.
3. Child peels the banana and cuts banana and strawberries into smaller pieces. Put in plastic bag.
4. Seal the bag and children mash the fruit by squeezing the bag with their hands.
5. Adult cuts a corner of the bag and squeezes the fruit into the cup.
6. Add milk, stir, and enjoy!

**Feel free to adjust recipe according to allergies and preferences.*

A video of this recipe can be found by using the QR code or this link: <https://bit.ly/3lkD5zL>



Physical Activity

Race Cars!

- Use painter's tape to create a racecar track in an indoor or outdoor space.
- Place the tape on the floor and have children follow the 'track' until they complete its course.

Add variety to the activity by having the course go up and down stairs, through tight spaces, under tables, or around sharp corners. Children will have opportunities to speed up and slow down, rotate, climb, duck, squat, and crawl.



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.

Carta Familiar

Malteada de Frutas



Malteada de Frutas

¡A los niños les encanta la fruta! Comer fruta es una manera fácil para que los niños obtengan los nutrientes importantes que necesitan, y beber leche ayuda a fortalecer sus huesos y dientes. Hacer esta malteada con frutas es una manera deliciosa de asegurar que sus hijos agreguen calcio, vitaminas y minerales a su dieta. Pruebe esta receta divertida a con su familia.

Receta

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Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2mcg	10%
Calcium 229mg	20%
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Potassium 420mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Malteada de Frutas

Ingredientes:

- Fresas
- Plátanos
- Leche 1%
- Vaso(s)
- Bolsas de plástico con zíper

**Por favor ajuste la receta de acuerdo a preferencias y alergias.*

Instrucciones:

1. Lavarse las manos, y lavar las fresas.
2. Cortar los plátanos en tercios con la cáscara.
3. Deje que su niño(a) pele el plátano y corte las fresas en piezas mas pequeñas. Póngalos en la bolsa de plástico.
4. Selle la bolsa y deje que los que aprieten la fruta en la bolsa con las manos.
5. Un adulto corta una esquina de la bolsa y exprima la fruta machacada en el vaso.
6. Agregue leche, mezcle y disfrute!

Encuentre un video de esta receta en el siguiente enlace:
<https://bit.ly/3lkD5zL>, o utilizando el código QR
El video es en Inglés solamente.



Actividad Física

¡Autos de carreras!

- Utilice cinta de pintor para crear una pista de carreras en un espacio adentro o afuera.
- Coloque la cinta en el suelo y haga que los niños sigan la pista hasta que completen su curso.

Agregue variedad a la actividad haciendo que el curso suba y baje escaleras, a través de espacios estrechos o alrededor de vueltas apretadas. Los niños tendrán oportunidades de acelerar y reducir la velocidad, girar, trepar, agacharse, y posiblemente gatear.



Text2LiveHealthy

Text2LiveHealthy
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.