

## Nutrition Objective

Teach children about family style meals and how eating together can help children make healthy food choices.

## Materials & Ingredients

|                                |                    |
|--------------------------------|--------------------|
| Tri-colored shredded cabbage   | Cutting board      |
| 2 cans mandarin oranges        | Teacher knife      |
| 1 cucumber                     | Paper plates       |
| 1 package ramen noodles        | Serving containers |
| Low fat sesame ginger dressing |                    |



## Food Preparation

- Wash and slice the cucumber (enough for everyone to have a piece), drain the oranges, open the cabbage, and place all in separate serving containers.
- While still in the package, crush the ramen noodles. Pour into a serving container.
- Discard the seasoning packet.



## Lesson Introduction

**Question of the Day:** Why do you like to eat vegetables with your family?  
**Read and discuss:** *My Food, Your Food, Our Food* by Emma Carlson Berne

- What are foods you like to eat?
  - What are some ways we can eat our food? (*spoons, chopsticks, hands, etc.*)
  - Why should we eat vegetables? (*they're delicious, good for us, full of vitamins and minerals*)
  - Scan the QR code on the book or use this link to listen to the book in song form.  
<https://cantatalearning.com/products/my-food/>
- TSGOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

## Lesson Process

- Children and adults wash their hands
  - **Introduce and discuss** the lesson ingredients. Children guess what vegetables were used to create the tri-colored cabbage by looking at the colors and textures.
  - Children pass the serving containers around to serve themselves the ingredients.
  - Children cut cucumbers, oranges, and cabbage into smaller pieces using plastic knives.
  - Drizzle with dressing if desired.
  - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 7a, 8a, 11a, 11c, 12b, 20a, 37

## Share your Story

- Why is it important to eat together? (*it's fun, we talk about our day, we get to know each other better*)
  - Tell me what meals look like at your house. (*table, coffee table, TV tray, couch, with mom/dad, brothers/sisters, grandma/grandpa*)
  - What is your favorite family meal? (*Sunday dinner, spaghetti, enchiladas, etc.*)
  - Who prepares meals at your home? (*dad, mom, grandma, uncle, etc.*)
- 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

## Extension Activity:

### Art

**Materials:** paper plates, markers, pre-cut yarn in different colors, buttons or googly-eyes, glue, and craft sticks.

- Children use the materials to make the faces of members of their families. Ask questions to help them such as, “What color are your mom’s eyes?”, “What color is her hair?”, “Does your dad have a beard?”
- TS GOLD: 7a, 7b, 8a, 8b, 9a, 10a, 11d, 11e, 12a, 12b, 29, 33, 37, 38

### Puppet Connection

Use a puppet to ask children questions about their families. Help children see the connections they have with their friends in the class.

- How many people are in your family? What does your family like to do together? Does your family like to (cook, read, play, dance) together?
- TSGOLD: 2a, 2c, 2d, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 12a, 12b, 29, 37, 38

# Physical Activity

### Music and Movement

#### **When We Eat Together**

(Tune: Here We Go Around the Mulberry Bush)

Place Let’s Get Moving Activity Mats in a circle.

- Everyone sings the first verse while walking around the circle.
- Complete the move on which you land.
- Then sing the next verse while walking in a circle.
- Complete the move on which you land.
- Continue the game until all verses have been sung.

#### Song:

This is the way we pass our plates,  
pass our plates, pass our plates.  
This is the way we pass our plates  
when we eat together.

#### Other verses:

This is the way we use our forks  
This is the way we pour our milk  
This is the way we wash our plates  
TSGOLD: 2c, 4, 8a, 8b, 12a, 37

### Ball Handling Skills

- Using Painter’s Tape, create two straight lines about 20 feet apart.
  - Children line up on the starting line with a ball.
  - Call out a vegetable or fruit and a movement. If children like that fruit or vegetable, they will complete the action.
    - Example: “If you like watermelon kick your ball to the finish line”.
    - Example: “If you like cucumbers dribble your ball with your feet”.
  - Everyone returns to the starting line before calling out the next action.
- TSGOLD: 2c, 4, 6, 8a, 8b, 11a, 12b, 37

### Physical Education: Kicking

- Kicking requires a combination of balance, movement, and timing.
  - It requires children to use one foot to strike a ball while maintaining balance necessary to stay upright and use force to move the ball forward.
  - Help children develop a mature kicking pattern and work first on kicking for distance and later work on kicking for accuracy towards a specific target, kicking a moving ball, or punting.
  - See pages 125-131 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on kicking.
- TSGOLD: Objective 6: Gross-motor manipulative skills

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