

Nutrition Objective

Teach children the importance of eating fruits and vegetables every day.

Materials & Ingredients

2 Tomatoes	Can opener (adult use only)
15 oz. Canned corn	Cutting board
15 oz. Canned black beans	Teacher knife
1 Red bell pepper	Plastic knives
2 Limes	Serving containers
Hot sauce	



Food Preparation

- Open, drain and rinse corn and black beans; put into serving containers.
- Wash red pepper, limes, and tomatoes; slice into wedges (enough for everyone to have one piece); put into serving containers.

Lesson Introduction



Question of the Day:

When you eat fruits and vegetables, how do you practice good manners?

Read and discuss: *How Do Dinosaurs Eat Their Food* by Jane Yolen or *We Love the Company* by Angela Russ-Ayon

- How do you use your manners at preschool? (*share, take turns, wait in line, eat with our mouths closed, pass the bowl, say “please” and “thank you”*)
 - Why should we eat fruits and vegetables? (*delicious, help us grow, full of nutrients*)
- TSGOLD: 8a, 9a, 9b, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Children and adults wash their hands.
 - *Introduce and discuss* the ingredients that will be used for today’s recipe.
 - Children serve themselves red pepper and tomatoes and cut them into small pieces.
 - Children add a spoonful of corn and black beans on top. Squeeze lime on top (teacher model for children); mix.
 - Remind children to use “please” and “thank you” at the table.
 - Children decide what and how much they will eat at snack and mealtimes.
 - Teach children it is okay to say, “No, thank you.” if they don’t want to try something.
 - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 1c, 7a, 8a, 8b, 11a, 37, 38

Share your Story

- Why is it important to use manners at school and home? (*it is kind, sign of respect, etc.*)
 - How do you use your manners at home? (*take turns, say “please” and “thank you”, sharing, etc.*)
 - What are some of your favorite fruits and vegetables to eat at home?
- TSGOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 12a, 12b, 37, 38

School to Home

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

Lesson Extensions

We Love the Company

- Play song #1 “We Love the Company” from the *Happy and Healthy* CD. Listen to the song, act out the manners, and then discuss the manners mentioned in the lyrics.
- TSGOLD: 2c, 7a, 8b, 11e, 14b, 37

Coffee Filter Art

- Fill one spray bottle with water.
- Hang one large coffee filter on the easel.
- Children take turns sharing the markers and coloring the coffee filter, making sure to say “Please” and “Thank You”.
- Children take turns spraying the coffee filter with water. Allow to dry and share their creation.
- TSGOLD: 2c, 7a, 7b, 8b, 11a, 37, 38

Physical Activity

Music and Movement

- Play song #16 “Make A Letter” on the *Happy and Healthy* CD.
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and make different letters using our bodies.
- Start the music and join the children by modeling the different letters and how they are made.
- Have children move through each letter slowly and in control to practice good balance while changing positions.
- TSGOLD: 2c, 5, 8b, 11a, 11b, 11e, 35, 37

Beanbag Balancing

- Each child will use their own bean bag to practice balancing it on different body parts.
- Have children take turns calling out body parts. Everyone will attempt to balance their bean bag on the identified body part.
- Add some music and movement to the activity by playing “Bean Bag Rock” that can be found on iTunes or Youtube! This song incorporates the beans bags, identifying body parts and following directions!
<https://www.youtube.com/watch?v=Ish2YYg7onE>
- TSGOLD: 2c, 7a, 8a, 8b, 11a, 11d, 12a, 12b, 35, 37

Physical Education: Balance

- Children should be able to sustain balance during simple movement experiences.
- Balance is a required part of all other skills; it is not only a physical skill but also important for safety.
- Here are some ways to develop balance: heel to toe walking (balance beam, painter’s tape, chalk line), jumping and landing on two feet, hopping on one foot, tricycle riding, and yoga poses.
- **Yoga Pretzel cards:** tree pose, airplane, and boat.
- See pages 98-116 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on balancing.
- TS GOLD Objective 5: Demonstrates balancing skills