

<h2>Nutrition Objective</h2>	<p>Children learn the importance of using manners and eating fruits and vegetables at mealtimes and snacks. Children make and taste a salad.</p>			
<h2>Materials & Ingredients</h2>	<table border="0"> <tr> <td style="vertical-align: top;">tomatoes baby greens canned black beans yellow bell pepper lime tajin</td><td style="vertical-align: top;">can opener (adult use only) cutting board teacher knife plastic knives serving containers</td><td style="vertical-align: top;"></td></tr> </table>	tomatoes baby greens canned black beans yellow bell pepper lime tajin	can opener (adult use only) cutting board teacher knife plastic knives serving containers	
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<h2>Food Preparation</h2>	<ul style="list-style-type: none"> • Open, drain and rinse black beans; put into serving container. • Wash pepper, limes, and tomatoes; slice into wedges (enough for everyone to have one piece); put into serving containers. 			
<h2>Lesson Introduction</h2> 	<p>Question of the Day: How do you practice good manners when we are eating? <u>Read and discuss:</u> <i>We Love the Company</i> by Angela Russ-Ayon.</p> <ul style="list-style-type: none"> • Why should we take small portions? (review text) • Why do we wait for everyone to have food before we start eating? (review text) • 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) <p>TSGOLD: 8a, 9a, 9b, 10a, 11a, 12a, 17a, 18a, 37, 38</p>			
<h2>Lesson Process</h2>	<ul style="list-style-type: none"> • Children and adults wash their hands. • <u>Introduce and discuss</u> the ingredients that will be used for today’s recipe. • Children serve themselves sliced pepper and tomato and cut into small pieces. • Children add a spoonful of black beans on top. Squeeze lime on top (teacher model for children); mix. Sprinkle with tajin if desired. • 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. <p>TSGOLD: 1c, 7a, 8a, 8b, 11a, 37, 38</p>			
<h2>Share your Story</h2>	<ul style="list-style-type: none"> • 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? • What are some of your favorite fruits and vegetables to eat at home? <p>TSGOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 12a, 12b, 37, 38</p>			
<h2>School to Home</h2>	<p>Send home family letters to share the fun activities children did in the classroom.</p>			

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 an 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

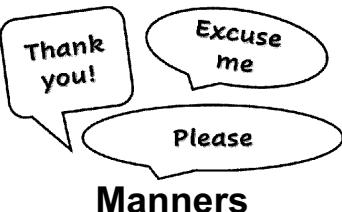
- Materials: 1 bean bag per child
- Children take turns calling out body parts. Everyone attempts to balance their bean bag on the identified body part.
 - Add some music and movement to the activity by playing "Bean Bag Rock" which can be found on iTunes or Youtube. This song incorporates beans bags, 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

Family Letter

Manners



This week your child practiced manners at school and made a fresh bean salad. An important skill for children to develop is serving themselves foods. Experts agree children eat better when they don't feel pressured to eat.

Give children the opportunity to help make this simple no-cook recipe (cut, rinse, drain, pour, stir).

Recipe

Scan this code to watch a video on how to make this fun salad.



Corn and Bean Salad

Ingredients:

- 1 15 oz. can corn, drained
- 1 15 oz. can black beans, drained and rinsed
- 1 red pepper
- 1 yellow squash
- 2 limes
- hot sauce, to taste
- whole wheat tortillas

Directions:

1. Wash hands and produce
2. Cut vegetables into small pieces (your child can use a butter knife to help with this task)
3. Place the cut-up vegetables in a large bowl and add corn and beans
4. Add lime juice and hot sauce
5. Mix well and serve with tortillas



Physical Activity

Learning passing skills helps children build their fine and gross motor skills. These skills are necessary for writing, feeding oneself, and tying shoes.

Here are some fun games you can play at home:

- Use a lightweight ball or a balled-up sock and practice tossing it to each other.
- Throw a lightweight ball up high and take turns hitting it; the goal is to keep it from landing on the ground.
- In a large space or outside, kick or throw a ball to each other.
- Place scarves or washcloths on the ground for targets; toss a ball and aim to have it land on a target.



Having trouble deciding what to eat for dinner or a snack? Use the recipe finder on the Eat Better Together website. Filter by sweet, savory, spicy, meal type, or prep time.

Allow children to choose some of the menu items as this may help them try new foods. Scan the QR code or visit: <https://eatbettertogetherco.com/recipe-finder>



Carta Familiar Buenos Modales



Buenos Modales

Esta semana su hijo(a) practicó modales en la escuela, e hizo ensalada fresca de frijoles. Una habilidad importante para que los niños se desarrollen es servirse alimentos por sí mismos. Los expertos dicen que los niños comen mejor cuando no se sienten presionados a comer. Dé a los niños la oportunidad de ayudar a hacer esta receta simple sin cocinar (cortar, enjuagar, escurrir, vaciar, mezclar).

Receta

Escaneé este código con la cámara de su teléfono para ver un video acerca de como hacer esta ensalada divertida.



Ensalada de elote y frijoles

Ingredientes:

- 1 lata de 15 oz. de elote escurrido
- 1 lata de 15 oz. de frijoles negros, enjuagados y escurridos
- 1 pimiento rojo
- 1 calabaza amarilla
- 2 limones verdes
- salsa picante al gusto
- tortillas de trigo entero

Instrucciones:

1. Lavarse las manos y lave los vegetales
2. Corte los vegetales en piezas pequeñas (su niño(a) puede usar un cuchillo de mantequilla para ayudar con esta tarea)
3. Ponga los vegetales cortados en un tazón grande, y agregue los frijoles y el elote
4. Agregue el jugo de limón y la salsa picante
5. Mezcle bien y sirva con las tortillas



Actividad Física

Aprender la habilidad de pasar ayuda a los niños a desarrollar sus habilidades motrás finas y gruesas. Estas habilidades son necesarias para escribir, alimentarse y atarse los zapatos.

Estos son algunos juegos divertidos que se pueden jugar en casa:

- Usen una pelota ligera o un calcetín atado en forma de bola y practiquen tirándola de unos a otros.
- Lacen una pelota ligera a lo alto y tomen turnos para lanzarla; el objetivo es evitar que toque el suelo.
- Pateen o lancen una pelota afuera en dirección de unos a otros.
- Pongan mascadas o toallas pequeñas en el suelo para usar como objetivos. Lancen una pelota apuntando a que aterrice sobre los objetivos.



¿Tiene problemas para decidir qué preparar para la cena o aperitivos? Utilice el buscador de recetas en el sitio web “Eat Better Together” (comer mejor juntos) disponible en español. Utilice los filtros para buscar por: tipo de comida, o tiempo de preparación, dulce, salado, o picante.

Permita que los niños elijan algunos de los ingredientes. Esto les ayudará a probar nuevos alimentos. Escaneé el código QR o visite: <https://eatbettertogetherco.com/recipe-finder>

