

# Popcorn Fruit Crisps

## Nutrition Objective

Children explore different ways foods can be prepared. Children discuss the benefits of fruits and make a delicious fruity popcorn snack.

## Materials & Ingredients

mini popcorn cakes  
whipped cream cheese  
canned pineapple chunks  
kiwi  
clementines  
tongs or spoons

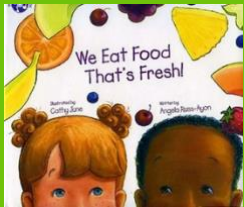
paper plates  
teacher knife  
cutting board  
plastic knives  
serving containers



## Food Preparation

- Open whipped cream cheese (teacher will serve about 1 teaspoon per student)
- Drain and rinse pineapple.
- Wash kiwi leaving peels on (peels are edible). Slice kiwi so everyone will get one slice.
- Peel and section clementines.
- Open and place popcorn cakes into a serving container.
- Place all fruits into serving containers so children may serve themselves.

## Lesson Introduction



**Question of the Day:** What is a fresh snack you like to make with your family?

Read and discuss: *We Eat Food That's Fresh* by Angela Russ-Ayon

- What food was chopped? What food was not? (Review using text).
- What are some foods that are grown? (Review using text).
- Show the page that references sliced foods and facilitate a discussion about the edible food art.
- Why is it important to eat fruits and vegetables? (*they are full of vitamins and minerals, they help our bodies grow strong and healthy, they help clean our bodies of waste, etc.*).

TSGOLD: 8, 9, 10, 11a, d, 12

## Lesson Process

- Everyone washes hands.
  - Introduce and discuss the ingredients for the Popcorn Fruit Crisps.
  - Model cutting the fruits into smaller bite-size pieces.
  - Model spreading whipped cream cheese onto popcorn cakes and use the fruits to create your own edible fruit art snacks. Remind children they can be creative and their designs do not have to match yours. \*Refer to text to help children with ideas.
  - Describe the taste: "It's crunchy, a little sweet, and juicy."
  - Children serve themselves popcorn cakes and fruits. Teachers add a spoonful of cream cheese to each plate.
  - Children use plastic knives to cut the fruits into smaller bites and create their own edible fruit art designs.
  - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 1b, c, 7a, 8, 9, 10

## Share your Story

- Children share how they felt about making their own fruit snack today.
  - Children share how they could make this snack at home with their families by using the family letter recipe.
  - Children share fresh foods they have grown or would like to grow.
- TSGOLD: 8, 9, 10, 11a, b, d

## School to Home

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

# Lesson Extensions

## Dramatic Song: I'm a Little Kernel

- Sing and model the moves to I'm a Little Kernel (sung to I'm A Little Teapot)

"I'm a little kernel in a pot. Turn on the heat and watch me hop.  
When I get all warmed up then I'll pop. Yummy-yum I taste good when hot!"

\*Find this and other great ideas for a popcorn themed unit here:

<https://www.preschool-plan-it.com/preschool-popcorn-theme.html>

TSGOLD: 4, 5, 6, 8a, 34, 35



## Science: Grow Popcorn

Materials: cups, unpopped popcorn, and soil

- Discuss how today's recipe was made with popcorn cakes.
- Ask children what they think will happen when they plant popcorn kernels.
- Children fill small cups with soil.
- Children use their fingers to press 5-10 corn kernels in the cups. Cover with soil.
- Place in a sunny window, water, and observe daily.

TSGOLD: 1b, 7a, 8, 9, 10, 11

# Physical Activity

## Music and Movement

- Find song #15 "Here We Go Loop-Dee-Loo" on the Happy and Healthy CD. (*Access songs by using the QR code or link at the bottom of the page.*)
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along.
- Start the music and join the children by modeling the different moves and directions!

TSGOLD: 4, 5, 6, 8a, 34, 35

## Physical Activity: Parachute

Materials: parachute, foam fruits, or small balls

- Review with children how to safely use the parachute.
- Lay the parachute out flat and have each child stand by a handle.
- Holding on to the parachute move in a circle using different ways to travel: walk, run, hop, gallop, skip, etc. Be sure to switch directions and switch hands.
- Now lay the parachute flat. Place the small objects on top of the parachute.
- Children pick up their handles and wait for instructions from the teacher to start shaking the parachute to get the objects moving. The goal is to work as a team to toss all the objects off the parachute.
- Try different movements: shaking high or low, using one hand or two, sitting on the ground, or shaking and jumping at the same time.

TSGOLD: 4, 5, 6, 7

## Physical Education: Skipping

- Skipping is a difficult skill that children may not master until 8 years of age.
- Model for children how to skip while verbalizing what you are doing. "I am hopping on one foot and then the other. I am lifting my knees high."
- See pages 91-92 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on running.

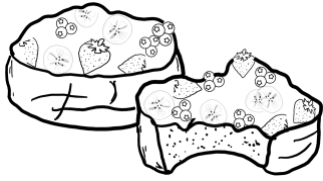
TSGOLD Objective: Gross Motor Manipulation Skills

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



# Family Letter

## Popcorn Fruit Crisps



**Popcorn Fruit Crisps**

Children and adults benefit from eating a variety of colorful fruits and vegetables. Try involving children with choosing, washing, and preparing food. The recipe below is a perfect place to start, and a fun one to make with children.

Find other delicious and healthy snack recipes by scanning the QR code or using the link:



[bit.ly/3WzckYa](https://bit.ly/3WzckYa)

### Popcorn Fruit Crisps

#### Ingredients:

- mini popcorn cakes
- fresh kiwi
- canned pineapple tidbits or chunks
- mandarin oranges, peeled
- whipped cream cheese
- 

**Tip:** Use your favorite fruits or what you already have at home.

\*feel free to adjust recipes according to allergies and preferences.

#### Directions:

1. Wash hands.
2. Rinse and slice kiwi (peels are edible and may be left on)
3. Open, drain, and rinse pineapple.
4. Child uses a plastic or butter knife to cut fruits into smaller bite-size chunks.
5. Child spreads about 1 teaspoon of whipped cream cheese onto a popcorn cake.
6. Make a design using fruit.
7. Eat and enjoy!



**Physical Activity**

Children and adults should be active each day. Exercise can help reduce stress and increase attention. When adults are active kids are more likely to be active. Try being physically active together!

Scan the QR code or visit this link to follow along with a simple physical activity video.

[https://www.youtube.com/watch?app=desktop&v=3\\_olssULEk0](https://www.youtube.com/watch?app=desktop&v=3_olssULEk0)



Finding and providing nutritious foods for your family can be challenging at times.

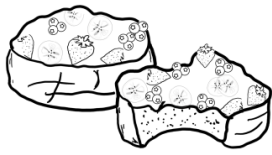
You may qualify for WIC or SNAP benefits. To find out more and apply, visit Hunger Free Colorado by using the QR code or link:

[bit.ly/3v7ypBS](https://bit.ly/3v7ypBS)



# Carta Familiar

## Pedazos de Fruta Crujiente



**Pedazos de Fruta Crujiente**

Niños y adultos obtienen los beneficios de comer una variedad de frutas y vegetales de todos colores. Trate de involucrar a los niños en el proceso escogiendo, lavando y preparando comidas. Esta receta es perfecta para empezar, y también es divertida para hacer con los niños.

Encuentre otras recetas deliciosas escaneando el código QR o el enlace en Inglés:



[bit.ly/3hzUQwJ](https://bit.ly/3hzUQwJ)

### Pedazos de Fruta Crujiente

#### Ingredientes:

- mini pasteles de palomitas de maíz (popcorn cakes)
- kiwi fresco
- 1 lata de piña en trozos
- mandarinas, peladas
- queso crema batido

**Idea:** Use sus frutas favoritas, o lo que ya tenga en casa.

\*Puede adaptar las recetas de acuerdo a alergias y preferencias

#### Instrucciones:

1. Lavarse las manos
2. Enjuaguen y corten el kiwi (las cáscaras son comestibles y pueden dejarlos sin pelar)
3. Abran, escurran y enjuaguen la piña.
4. Niños usan un cuchillo de plástico o de mantequilla para cortar las frutas en trozos más pequeños.
5. Niños empuñan 1 cucharadita de queso crema batido sobre un pastel de palomitas de maíz.
6. Hagan un diseño usando la fruta.
7. ¡Coman y disfruten!



**Actividad Física**

Los niños y los adultos deben estar activos todos los días. El ejercicio puede ayudar a reducir el estrés y concentrarse. Cuando los adultos son activos, los niños tienden a ser más activos. Traten de hacer actividades físicas juntos! Escanee el código QR, o visite este enlace para hacer actividad física siguiendo un video simple.



[https://www.youtube.com/watch?app=desktop&v=3\\_olssULEk0](https://www.youtube.com/watch?app=desktop&v=3_olssULEk0) - Video en Inglés



Encontrar y proporcionar alimentos nutritivos para su familia a veces puede ser difícil. Usted puede calificar para los beneficios de WIC o SNAP. Para obtener más información y aplicar, visite Hunger Free Colorado utilizando el código QR o este enlace: [bit.ly/3v7ypBS](https://bit.ly/3v7ypBS)

\*Puede cambiar el idioma en la parte de arriba de la página.

