

Nutrition Objective

Children use their five senses to explore and taste fresh fruits and vegetables while learning about their benefits.

Materials and Ingredients

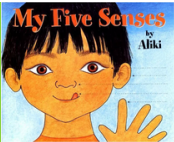
kiwi
grapefruit
cauliflower

paper plates
plastic knives
tongs or serving spoons
serving containers



Food Preparation

- Wash produce.
- Leave peel on kiwi and grapefruit; the skins are edible and fun for children to taste and explore their textures.
- Cut all produce into pieces so everyone gets a taste.
- Place in separate serving containers.



Lesson Introduction

Question of the Day: How can you use your five senses to enjoy foods?

Read and discuss: My Five Senses by Aliko

- What does it mean to be aware? (*review text in book*)
- What items did the child in the book taste? (*review book*)
- When we eat, what senses do we use? (*all of them!*)
- Plug your nose while eating and describe what happens.

TSGOLD: 1b, 8a,b, 9a,b,c,d, 10a,b, 11a, 12a,b, 18a,c

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the fruits and vegetables. Children describe what they see (shape, color, size) using their sense of sight.
- Model touching, smelling, and tasting a piece of grapefruit with peel on; touch and describe the peel, smell and describe the fruit, describe what you notice (*fresh smell, smooth, bumpy, tart, sour, etc.*)
- Children serve themselves and use plastic knives to cut the food into smaller bites.
- Children use their senses to explore the different textures and flavors.
- Ask children which fruit or vegetable smells the best and why.
- Ask children which fruit or vegetable they can hear.
- Encourage discussion (*the inside of the kiwi is slippery, but the outside is fuzzy, the seeds of the kiwi are crunchy, the grapefruit is tart and juicy, etc.*)
- Eat together and give children time to taste and comment on the flavors and textures; compare tastes when noses are plugged and unplugged. Offer dip and discuss children's thoughts about how it changes the tastes or their enjoyment of vegetables.

Share your Story

- Which fruit or vegetable from today did you most like? Why?
- Which of your five senses do you think is the best and why?
- Why is it important to enjoy fruits and vegetables with your senses? (Using our senses helps us enjoy them and they are good for our bodies)
- What happens to your stomach when you smell food cooking?

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

School to Home

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

Lesson Extensions

Mystery Box

- Put a few small items of varying textures and sizes (some items could make sounds) into a paper bag.
 - Children explore the items without looking and use their senses (not taste 😊) to discover and describe the objects (*it feels soft, it makes a crinkling sound, etc*)
 - Children make guesses and then see if they are correct.
 - Children can find objects in the room to place in a bag and play this with a friend.
- TSGOLD: 1b, 4, 8a,b, 9a,b,c,d, 11a,d, 12a,b

Nature Walk

- Materials: magnifying glasses
- Go on a nature walk.
 - Stop, close your eyes, and listen for one minute. What do you hear?
 - Use magnifying glasses to take a closer look at objects (*blade of grass, bugs, twigs, bark, etc.*). Feel the objects and describe their textures.
 - Stop and take a few deep breaths. What do you smell?
- TSGOLD: 4, 7, 8a,b, 9a,b

Physical Activity

Music and Movement

- Find song #14 “Stretch, Run, Jump” 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 follow along while staying in our own circle of fun while moving!
 - Start the music and join the children by modeling the different moves and directions!
- TSGOLD: 2c, 6, 8a, 8b, 11a, 11b, 35, 37

Target Practice

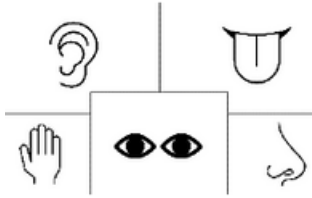
- Materials: baskets, cones, hula hoops, various sized balls
- Set up baskets, cones, and/or hula hoops around the classroom or outdoor space.
 - Children practice throwing or kicking different sized balls at or to the various targets.
 - Encourage children to throw overhand and to step into the ball before kicking.
 - As children progress, the targets can be moved farther away.
- TSGOLD: 4, 5, 6

Physical Education: Gross Motor Manipulative Skills

- Throwing is one of the most complex of all manipulative skills, but one children enjoy doing in many different settings and in various activities.
 - To be successful in many children's games and sports, learning how to throw properly is a skill children must develop.
 - Giving children a direct target to aim for can help them learn that the position of the body will impact the trajectory of the object being thrown.
 - Model pointing to the target and throwing with the opposite hand. Step into the throw using an overhand motion.
 - Remind children to use less force when the target is close and more force when the target is farther away.
 - See pages 132-142 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on throwing and catching.
- TSGOLD Objective 6 Demonstrates gross-motor manipulative skills



My Five Senses



Children eat best when they can see, taste, touch, and smell their food. Involving your children in preparing meals and snacks gives them more chances to see new foods. Some foods can be heard: apples crunch, oranges squirt, snow peas snap! Try setting out a few new fruits and vegetables for your family to try and use as many senses as you can to taste them.

Find more delicious dip recipes at:
<https://www.myplate.gov/myplate-kitchen/recipes?search=dip>
or scan this QR code:



Fruit and Veggie Dip

Ingredients:

- ½ cup creamy peanut butter
- 1/3 cup plain, no fat yogurt
- Seasonal fruits and vegetables

**Feel free to adjust recipes according to allergies and preferences

Directions:

1. Everyone washes their hands.
2. Mix yogurt and peanut butter together in a small bowl.
3. Slice fruits and vegetables (children may use a plastic or butter knife to help with this job)
4. Dip fruits and vegetables into the dip and decide which combination is your favorite!



Physical Activity

Preschoolers should be active throughout the day. Older children need to be physically active for at least 60 minutes per day.

Going on a nature walk is fun and provides good exercise. As you walk have children describe what they see, smell, and hear. Take a close look at plants, rocks, and other objects along the way. Discussing the 5 senses and using them can make a nature walk more fun.

Here's a silly song that will help your child learn about the five senses. Sing along, follow the moves, and dance to the beat. Use the link or QR code:

<https://www.youtube.com/watch?v=uW4Lyz52Q8w>



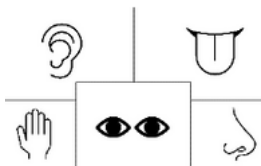

Parent Wellness Workshops

Did you know that when children use their five senses while eating, they are more likely to try new foods?

We host in-person and online FREE Parent Wellness Workshops where we teach more tips like this.

Reach out to Rosy Balleza at 720.648.8772 for more information about joining one of our workshops.

Mis cinco sentidos



¿Sabía usted que los niños comen mejor cuando pueden ver, saborear, tocar y oler la comida? Algunos alimentos pueden ser escuchados: manzanas crujientes, naranjas chorro, guisantes de nieve snap!

Pruebe a preparar algunas frutas y vegetales nuevos para su familia para probar y usar tantos sentidos como pueda para probarlos.

Encuentre mas recetas deliciosas en:

<https://www.myplate.gov/myplate-kitchen/recipes?search=dip>

o escaneeé este Código QR:



Bocadillos de Calabaza

Ingredientes:

- ½ taza de crema de cacahuete cremosa
- 1/3 taza de yogurt sin grasa
- Frutas y vegetales de temporada

** Ajuste las recetas según las alergias y las preferencias

Instrucciones:

1. Todos se lavan las manos.
2. Mezclen el yogurt y la crema de cacahuete en un tazón pequeño.
3. Corten frutas y vegetales (los niños pueden usar un cuchillo de plástico o de mantequilla para ayudar con este trabajo).
4. ¡Sumerjan frutas y vegetales en esta mezcla, y decidan qué combinación es su favorita!



Actividad Física

¿Sabía que los niños deben activos durante todo el día? Los niños mayores necesitan estar físicamente activos durante al menos 60 minutos al día.

Ir a un paseo por la naturaleza es divertido y proporciona un buen ejercicio. A medida que caminan, los niños describen lo que ven, huelen y oyen. Observen a las plantas, rocas y otros objetos en el camino. Hablar acerca de los 5 sentidos y cómo usarlos puede hacer que un paseo por la naturaleza sea más divertido.

Aquí hay una canción divertida que ayudará a su hijo(a) a aprender sobre los cinco sentidos.

Cante, siga los movimientos y baile al ritmo. Utilice el enlace o código QR: (el video es en Inglés)

<https://www.youtube.com/watch?v=uW4Lyz52Q8w>



Talleres de Bienestar para Padres

¿Sabía que cuando los niños usan sus cinco sentidos mientras comen es más probable que prueben alimentos nuevos?

Los Talleres de Bienestar para Padres en persona y en línea son GRATUITOS, y ahí hablamos de más consejos como éste.

Comuníquese con Rosy Balleza al 720.648.8772 para obtener más información sobre cómo registrarse para uno de nuestros talleres.