

Nutrition Objective

Promote the importance of and encourage eating a variety of colorful vegetables.

Materials & Ingredients

Arugula	Teacher knife
Canned sliced olives	Cutting board
Shredded carrots	Tongs or spoons
Cucumber	Knives
Low-fat creamy dressing	Paper plates
Serving containers	



Food Preparation

- Olives, shredded carrots & arugula: Put in serving containers; children will serve themselves small amounts (i.e. 2 olive slices, 2-4 pieces of arugula, 6 pieces of carrot).
- Cucumbers: Wash and cut into pieces, 1-2 pieces per child (rounds and/or spears).
- Children will use the vegetables to make their own veggie bugs.

Lesson Introduction

Question of the Day: *Why should we eat colorful vegetables?*

Read and discuss: *Up Down and Around* by Katherine Ayers

- Which veggies grow up? Which grow down? Which go round & round? (review text)
- Discuss the colors of the growing produce. Review steps for planting seeds.
- What bugs did you notice in the garden? Can you count them? (*some bugs help plants and some bugs eat them; worms, bees, butterflies and ladybugs are good for plants! Grasshoppers are not.*)
- What meal did the family enjoy? What foods on the table would you like to try?

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



Lesson Process

- Everyone washes hands.
 - Introduce and discuss the ingredients for the delicious "Veggie Bugs".
 - What grows up? (*arugula, olives, cucumbers*) and what grows down? (*carrots*)
 - Model using ingredients to make a "Veggie Bug". (see picture)
 - *Cucumber- body; lettuce- wings, olives- eyes & spots, carrots- antennae & legs*
 - Drizzle with dressing and describe the taste: "*It's cool, crunchy, and a little sweet.*"
 - Remind children they can make their own creations; theirs do not have to look like the teacher's.
 - Children serve themselves and use plastic knives to cut the food into smaller bites and make their own veggie bugs (*or cars, flowers, faces, etc*).
 - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 1b, 7a, 8a,b, 9a,b,c, 11a,b, 11e, 14a

Share your Story

- Children share their creations and discuss what they like about them.
- What else could you create out of vegetables?
- What was your favorite food we tried today and why?
- With whom could you make edible art creations at home?

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

School to Home

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

Lesson Extensions

Extension Activity: Bug Sorting

- Put out a tub of plastic bugs and have children work together to sort the bugs by color, size, number of legs, wings, etc. Children can use a pair of tweezers or tongs while sorting to work on fine motor manipulation.
 - Have children describe the different ways they chose to sort the bugs.
- TSGOLD: 2c, 7a, 8a, 8b, 11a, 11c, 11d, 12a, 12b, 13, 21a, 22, 37, 38

Extension Activity: Bug Hunt

Materials: magnifying glasses

- Go on a bug hunt! Children look around the playground or nearby grassy area to see if they can spot any bugs. Look under rocks, twigs, and bark or search on tree trunks. Children describe the bugs in detail.
- If no bugs are out that day, have children think about what kinds of bugs they have seen outside in the past.

TSGOLD: 2c, 8a, 8b, 9a, 9b, 9d, 10a, 11a, 11c, 11d, 12a, 12b, 37, 38

Physical Activity

Music and Movement

Play song #12 “Dance Freeze” from the Happy and Healthy CD

- Explain to the children we will dance and move while the music plays and freeze when the music stops.
- Give children creative freedom to dance or move their bodies as they please.
- Join the children and model different movements they could try out
- Expand the fun by adding in objects from around the room with which children can dance (stuffed toys, balls, scarves, etc.).

TSGOLD: 2c, 4, 5, 7a, 8a, 8b, 11a, 11e, 35, 37

Obstacle Course: End of Year Checklist

Using a variety of portable play equipment (cones, hula hoops, tunnels, balance cones, activity mats, etc.) help children create an obstacle course.

- Give children ideas of how to set an obstacle course up (circle, straight line with a beginning and end, etc.)
- Encourage the use of multiple skills throughout the course (hopping, jumping, balancing, tip toe, crawl, etc.)
- Once the course is set up, demo the moves and course for the children to visually see what they will be doing.
- Watch for areas where children may struggle and work on those specific skills with them.

TSGOLD: 2c, 4, 5, 7a, 8a, 8b, 11a, 11b, 11d, 37

Physical Education: Obstacle Courses

- Obstacle courses are great tools to use to observe children using a variety of different skills; this can help the teacher to better understand skills that are challenging for some children.
- If there is a specific skill many children are struggling to complete, think of a way you can focus in on that one specific skill in another game or activity.
- Obstacle courses not only encourage children to use their bodies in different ways, but they also challenge them to think creatively and problem solve if they come to an obstacle that is more difficult.
- Other academic areas can be incorporated into an obstacle course (counting, letter recognition, colors, shapes, etc).
- See pages 92-93 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on obstacle courses.

TSGOLD Objectives: Traveling, Balancing, Fine and Gross Motor

For additional activities, songs & information, visit

<https://coloradosph.cuanschutz.edu/school-wellness>

Family Letter Vegetable Bug



Vegetable Bug

Summer is a great time to try fresh produce. Have your children pick out some new and interesting fruits and vegetables to try. Take a trip to a local farmer's market together. Let your children help with the washing and cutting of produce and they might be more interested in trying something new! When the weather turns hot, make delicious, cool, and easy recipes like the one below.



Scan this QR code to watch a video about how to create a veggie bug:



Fruit and Veggie Dip

Ingredients:

- Cucumbers
- Shredded carrots
- Snow peas
- Berries
- Sliced olives
- Salad dressing

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

Directions:

1. Everyone washes their hands and the produce.
2. Cut the cucumbers into pickle-like spears. Cut lengthwise, then lay the halves flat on the plate and slice lengthwise again into halves or thirds.
3. Have your child select which foods they want to put on their plate. They can use a plastic knife to practice cutting veggies into smaller pieces.
4. Give them time to explore and create a bug or other object with their veggies.
5. Drizzle with dressing and eat your creations together.



Physical Activity

Body Part Bubble Pop

Blow bubbles and have children pop the bubbles using a specific body part. Start simple with fingers, fists, and heads. Next, move to more advanced body parts like elbows, toes, ears, and noses. This activity helps with body part recognition and gross motor development.

Have fun outside with your family!



Did you know experts recommend we fill half our plates with fruits and vegetables?
Find other delicious vegetable recipes by using this link or the QR Code:
https://www.myplate.gov/myplate-kitchen/recipes?search=vegetables&items_per_page=20&sort_bef_combine=title_ASC&f%5B0%5D=food_groups%3A91

Carta Familiar

Insecto de Vegetales



Insecto de Vegetales

El verano es un buen momento para probar frutas y vegetales frescos. Deje que sus hijos escojan algunas frutas y vegetales nuevos e interesantes para probar. Vayan juntos a un mercado de agricultores locales. ¡Deje que sus hijos ayuden a cortar y lavar las frutas y vegetales, y podrían estar más interesados en probar algo nuevo! Cuando hace calor, haga recetas deliciosas, frescas y fáciles como la de abajo.



Escanee este código QR para ver un video sobre cómo crear un insecto de vegetales (video en Inglés):



Aderezo de Frutas y Vegetales

Ingredientes:

- Pepinos
- Zanahorias rayadas
- Guisantes de nieve
- Bayas
- Aceitunas rebanadas
- Aderezo para ensaladas

** Ajuste las recetas según las alergias y las preferencias

Instrucciones:

1. Todos se lavan las manos y las frutas y vegetales.
2. Corte los pepinos en tiras alargadas. Corte a lo largo, luego coloque las mitades planas en el plato y vuelva a cortar a lo largo en mitades o tercios.
3. Pídale a su hijo que seleccione qué alimentos quiere poner en su plato. Puede usar un cuchillo de plástico para practicar cortando vegetales en trozos más pequeños.
4. Déles tiempo para explorar y crear un insecto, u otro objeto con sus vegetales.
5. Rocíe con aderezo y coman sus creaciones juntos.



Actividad Física

Romper burbujas con el cuerpo

Soplen burbujas y haga que los niños rompan las burbujas usando una parte específica del cuerpo. Empiecen con los dedos, los puños y las cabezas. Luego pasen a partes del cuerpo más avanzadas como los codos, los dedos de los pies, las orejas y las narices. Esta actividad ayuda con el reconocimiento de las partes del cuerpo y el desarrollo de motor grueso.

¡Diviértanse afuera con la familia!



¿Sabía que los expertos recomiendan que llenemos la mitad de nuestros platos con frutas y verduras? Encuentre otras recetas con vegetales deliciosas para el verano usando este enlace, o el Código QR:

https://www.myplate.gov/es/myplate-kitchen/recipes?search=vegetables&items_per_page=20&sort_bef_combine=title_ASC&f%5B0%5D=food_groups%3A91