

# What Shapes Can I Eat?

## Nutrition Objective

Children explore fruits and vegetables through shapes. Children create and taste a shape snack treat.

## Materials & Ingredients

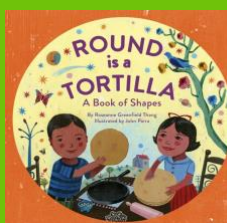
whole wheat crackers  
hummus  
mini peppers and cucumber  
paper plates

teacher knife  
cutting board  
tongs or spoons  
plastic knives



## Food Preparation

- Wash vegetables.
- Cut cucumbers into round thin medallions (*enough for everyone to have two*).
- Place crackers and vegetables into serving containers (*If necessary, cut mini peppers in half so each child has one piece*).



## Lesson Introduction

**Question of the Day:** Why is it important to try a variety of foods? (*It is good for your body, you learn how different foods taste, fruits and veggies have different textures*)

**Read and discuss:** "Round is a Tortilla" by Roseanne Thong.

- After each shape, have children name foods that are that shape (round: apple, grape; square: bread, cheese; triangle: watermelon slice, tortilla chip, etc.)
  - Many Spanish words are introduced in the text (glossary in back). Discuss the Spanish words and what they mean in English. Spanish speakers can share their expertise; practice the words in both languages.
  - Children identify foods in the book they have tried or would like to try.
- TSGOLD: 8a, 9a, 9b, 9d, 11a, 11e, 12b, 17a, 18a, 37, 38

## Lesson Process

- Everyone washes their hands.
  - **Introduce** and discuss the lesson ingredients and talk about the different shapes. (square or round: cracker; round: cucumber, garbanzo beans - hummus is made from mashed garbanzo beans; clover: bell peppers).
  - **Model creating shapes** out of cucumber rounds and mini peppers: For example, use a plastic knife and cut a cucumber in half and then in half again to make four triangles.
  - **Model** how to make a cracker creation, and encourage children to be creative.
  - Give each child a spoonful of hummus.
  - Children serve themselves and create their vegetable shapes with plastic knives.
  - Children spread hummus on the crackers and use the vegetables to create designs.
  - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 1c, 7a, 8a, 8b, 11a, 11c, 37

## Share your Story

- What are your favorite shapes to eat at home? (round kiwi, square cheese, triangle watermelon, etc.)
  - Guacamole is a dip mentioned in the book. What other dips do you like? What do you eat with dip? (ranch, salsa, chips, vegetables, fruits, etc.)
  - In Round is a Tortilla, the grandma is called "abuela". What do you call your grandma?
- TSGOLD: 2c, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 11e, 12a, 12b, 37, 38

## School to Home

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

# Lesson Extensions

## Sort Musical Instruments

- Gather all the musical instruments (drums, maracas, triangles, etc.).
  - Children identify and sort each instrument by its shape.
  - Sort the instruments in a new way by thinking of new categories: large and small, metal, wood, etc.
  - If you do not have a variety of instruments, have children think of musical instruments, draw them on the white board, and then sort.
- TSGOLD: 8a, 8b, 11a, 11c, 11e, 12a, 12b,13, 21b, 22, 37, 38

## Shape Stamp Art

- Materials: variety of thick and thin plastic shapes, paint, paper, brushes, paper plates
- Pour paint onto paper plates.
  - Children dip thick plastic shapes into paint or use paintbrushes to paint thin shapes.
  - Press the paint-filled shapes onto paper to create a beautiful picture.
  - Children identify which shapes they used and share their pictures with the class.
- TSGOLD: 2c, 7a, 7b, 8b, 9a, 11a, 11b, 11e, 12a, 12b, 13, 21b, 33, 37, 38

# Physical Activity

## Music and Movement

- Find song #4 “Act Like You are in a Zoo” or song #19 “Animal Acts” on the *Happy and Healthy* CD. Tell the children you are taking a trip to the zoo and will act like different animals throughout the song. Join the children and model each movement; modify movements as needed for children’s individual needs. Encourage children to spread out and move around the room or outdoor space.
- TSGOLD: 2c, 4, 7a, 8a, 8b, 11a, 11e, 14b, 37

## Exploring Shapes while Traveling

- Use painter’s tape, chalk, cones, or movement mats to create large shapes on the ground. Children can help with this.
  - Call out traveling skills to complete while following the outline of the shape. Examples: skip around the square, gallop around the circle, crab crawl around the rectangle, etc.
  - Children can help pick the movements. This is a great activity to do indoors and outdoors.
- TSGOLD: 4, 7a, 8a, 8b, 11a, 11c, 11e, 12a, 21b, 37

## Physical Education: Traveling Skills

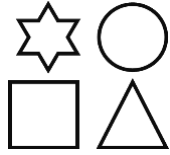
- Traveling skills are the most basic skills that will make up a child’s foundation of physical skills. These skills include walking, running, skipping, climbing, and galloping. These skills, aside from skipping, typically should be mastered by the age of 5.
  - The best way to introduce children to these skills is by modeling the moves next to them and providing cues for refining the skill and many opportunities to practice.
  - Practicing traveling skills does not require any equipment and is one of the best ways to get children up and moving and increasing their heart rates.
  - See pages 87-96 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on traveling skills.
- TSGOLD: Objective 4 Traveling Skills

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



# Family Letter

## What Shapes Can I Eat?



### Exploring Shapes

Try exploring new foods with children in fun ways by being creative with their snacks. This can help them with brain development by learning new shapes, discovering colors, and talking about foods.

Everyone can help make this fun hands-on recipe below!

Experts recommend whole grains. Whole grains are packed with vitamins and minerals; they are also full of fiber which makes us feel full. Check out myplate's website:

<https://www.myplate.gov/tip-sheet/make-half-your-grains-whole-grains>



### Hummus Dip

#### Ingredients:

- 1 can garbanzo beans (chickpeas)
- lemon wedges -peels removed
- olive oil
- whole wheat crackers, whole wheat pita bread, or fresh vegetables

#### Directions:

1. Everyone washes their hands.
2. Put 1/4 cup garbanzo beans in a sandwich bag with a zipper seal.
3. Add a small piece of lemon and 1 teaspoon olive oil.
4. Remove excess air from bag and seal well. Mash beans between fingers until smooth.
5. Adult snips off bottom corner of bag.
6. Child squeezes hummus onto whole wheat crackers, pita bread, or fresh vegetables.
7. Enjoy!

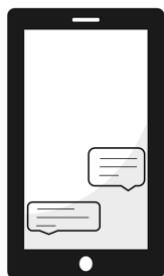


### Physical Activity

Dancing while learning is so much fun! Dance along to this silly shapes video: <https://www.youtube.com/watch?v=0B6Ge0FzHG0>

Explain to your child that we are going to watch the video, listen to the music, and follow along. Start the video and join your child by modeling the different moves and directions.

When adults are active, children are more likely to be active.



### Text2LiveHealthy

**Text2LiveHealthy**  
Fun tips to keep your family healthy

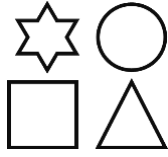
We will send you free weekly texts about ways to eat well and be active together.

- Learn more about our FREE texting program by visiting: <https://redcap.link/T2LH2020>



# Carta Familiar

## ¿Qué formas puedo comer?



### Explorando Formas

Intente explorar nuevas comidas con niños de maneras divertidas siendo creativo con sus bocadillos. Esto puede ayudarles con el desarrollo del cerebro aprendiendo nuevas figuras, descubriendo colores y hablando de alimentos.

Todos pueden ayudar a hacer esta receta divertida.

Los expertos recomiendan los granos enteros. Los granos enteros están llenos de vitaminas y minerales; también están llenos de fibra que nos hace sentir satisfechos. Visite el sitio web de myplate:

<https://www.myplate.gov/es/tip-sheet/haga-que-la-mitad-de-sus-granos-sean-integrales>

(sitio en Español)



### Crema de hummus:

#### Ingredientes:

- 1 lata de garbanzos
- Rebanadas de limón sin la cascara
- Aceite de oliva
- Galleta o pan de pita de grano entero, o vegetales frescos.

#### Instrucciones:

1. Todos se lavan las manos.
2. Ponga ¼ de taza de garbanzos en una bolsa de plástico con sello de cierre/cremallera.
3. Agregue una pieza pequeña de limón y 1 cucharadita de aceite de oliva.
4. Saque el exceso de aire de la bolsa y séllela bien. Apriete los garbanzos con los dedos hasta que estén suaves.
5. Un adulto corta con tijeras la esquina de la bolsa de plástico.
6. El(la) niño(a) expime la bolsa para sacar los garbanzos en el pan de pita, las galletas o los vegetales.
7. ¡Disfruten!



### Actividad Física

¡Bailar mientras aprendemos es muy divertido! Bailen con éste video de formas divertidas: <https://www.youtube.com/watch?v=0B6Ge0FzHG0>

Explique a su niño(a) que vamos a ver el video, escuchar la música y seguir los movimientos. Inicie el video y baile con su niño (a) modelando los diferentes movimientos y direcciones.

Cuando usted está activo(a), es más probable que sus niño(a) también esté activo(a).



### Text2LiveHealthy

**Text2LiveHealthy**  
Fun tips to keep your family healthy

Les enviaremos mensajes de texto semanales gratis sobre maneras de comer bien y estar activos juntos.

- Obtenga más información sobre nuestro programa de mensajes de texto GRATIS visitando: <https://redcap.link/T2LH2020>

