ECE Families

Nutrition Objective

This lesson helps children explore food groups on MyPlate while exploring family-style meals. Children make and taste a crunchy salad.

Materials & Ingredients

tri-colored shredded cabbage
Mandarin oranges
cucumber
ramen noodles
low fat sesame ginger dressing

cutting board
teacher knife
paper plates
serving containers



Food Preparation

Before preparing food, show the whole foods to the children.

- Wash and slice the cucumber (enough for everyone to have a piece), peel the Mandarin oranges and separate into wedges, open the cabbage, and place all in separate serving containers.
- While still in the package, crush the ramen noodles. Pour into a serving container.
- Discard the seasoning packet



Lesson Introduction

Question of the Day: Why do you like to eat vegetables with your family?
Read and discuss: *My Food, Your Food, Our Food* by Emma Carlson Berne

- Why do we need food? (review text)
- What are some ways we can eat our food? (spoons, chopsticks, hands, etc.)
- Why should we eat vegetables? (they're delicious, good for us, full of vitamins and minerals)
- Scan the QR code on the book or use this link to listen to the story in song form. https://cantatalearning.com/products/my-food/

TSGOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Children and adults wash their hands
- Introduce and discuss the lesson ingredients. Children guess what vegetables were used to create the tri-colored cabbage (see ingredient list on package) by looking at the colors and textures.
- Children pass the serving containers around to serve themselves the ingredients.
- Children cut cucumbers, oranges, and cabbage into smaller pieces using plastic knives.
- Drizzle with dressing if desired.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 7a, 8a, 11a, 11c, 12b, 20a, 37

Share your Story	• Why is it important to eat together? (it's fun, we talk about our day, we get to know each other better) • Where and with whom do you eat meals at home? (table, coffee table, TV tray, couch, with mom/dad, brothers/sisters, grandma/grandpa) • What is your favorite family meal? (Sunday dinner, spaghetti, enchiladas, etc.) • Who prepares meals at your home? (dad, mom, grandma, uncle, etc.) TSGOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 11e, 12a,12b, 37, 38
School to Home	• Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Extension Activity: Art	Materials: paper plates, markers, pre-cut yarn in different colors, buttons or googly-eyes, glue, and craft sticks. • Children use the materials to make the faces of members of their families. Ask questions to help them such as, "What color are your mom's eyes?", "What color is your grandpa's hair?", "Does your dad have a beard?" TS GOLD: 7a, 7b, 8a, 8b, 9a, 10a, 11d, 11e, 12a, 12b, 29, 33, 37, 38
Puppet Connection	Use a puppet to ask children questions about their families. Help children see the connections they have with their friends in the class. • How many people are in your family? • What does your family like to do together? TSGOLD: 2a, 2c, 2d, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 12a, 12b, 29, 37, 38

Physical Activity

Music and Movement



When We Eat Together
(Tune: Here We GoAround the MulberryBush)
Place Let's Get Moving Activity Mats in a circle.

- Everyone sings the first verse while walking around the circle.
- Complete the move on which you land.
- Then sing the next verse while walking in a circle.
- Complete the move on which you land.
- Continue the game until all verses have been sung.

Song:
This is the way we pass our plates,
pass our plates, pass our plates.
This is the way we pass our plates
when we eat together.
Other verses:
This is the way we use our forks
This is the way we pour our milk
This is the way we wash our plates
TSGOLD: 2c, 4, 8a, 8b, 12a, 37

Ball Handling Skills

- Using painter's tape, create two straight lines about 20 feet apart.
- Children line up on the starting line with a ball.
- Call out a vegetable or fruit and a movement. If children like that fruit or vegetable, they will complete the action.
  - Example: "If you like watermelon kick your ball to the finish line".
  - Example: "If you like cucumbers dribble your ball with your feet".
- Everyone returns to the starting line before calling out the next action.

Tip: Kicking requires a combination of balance, movement, and timing. Help children develop their kicking skills by first practicing kicking for distance and then practicing kicking for accuracy, kicking a moving ball, or punting a ball.
TSGOLD: 2c, 4, 6, 8a, 8b, 11a, 12b, 37

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

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