

Toddler 18-36 Months Families

Nutrition Objective

This lesson helps children recognize and identify more foods in the fruit and vegetable food groups on MyPlate. Children are offered a taste of Mandarin oranges and cucumbers while practicing family-style serving.

Materials and Ingredients

canned mandarin oranges
cucumber

teacher knife and cutting board
serving container
paper plates
plastic knives



Food Preparation (according to CACFP guidelines)

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

- Wash and peel the cucumber. Cut it into small pieces appropriate for toddlers and place into a serving container.
- Drain mandarin oranges and place them into a serving container.



Lesson Introduction

Read and Discuss: *Dim Sum for Everyone* by Grace Lin.

- Point out the pictures to children and indicate how families eat together.
 - Bring attention to how each person has a different favorite food.
 - Ask children about their favorite foods.
- Use pictures to help define vocabulary such as favorite, little (point out that everything involving Dim Sum is little), dishes.

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

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's recipe. Show the children the cucumber and ask if they remember trying it before.
- Open the mandarin oranges and explain that mandarin oranges grow from seeds just like pumpkins. Mandarin oranges can also be canned.
- Tell children that mandarin oranges are fruits and cucumbers are vegetables and that fruits and vegetables help their bodies grow.
- Demonstrate how to cut a mandarin orange section and cucumber.
- Serve cucumber and mandarins. Allow children to try cutting with the toddler-safe knives.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38

Art Activity - Favorite Meals

Materials: small paper plates and jumbo crayons

- The teacher asks children to share their favorite meals and writes them on plates.
- Children “draw” and color their favorite meals on the plate to share with the class and then take home to their families.

TSGOLD: 7a, 7b, 8, 9, 10, 11a, 12a

Physical Activity - Ball Toss

Skill: aiming and throwing

Materials: various balls; bins or containers large enough to hold balls.

- Place a few large containers in a row. Children stand a few inches away from the containers, both feet facing forward.
- Give hand-over-hand instruction to teach children how to complete an underhand toss. Practice aiming and tossing balls into the containers.
- If children have difficulty with this activity:
 - Children stand closer to the containers.
 - The teacher models an underhand toss into one of the containers.

TSGOLD: 2c, 4, 5, 6, 8a, 8b, 11a, 11b, 11c

School to Home

Do you use a platform to communicate with families?

If so, share pictures of their children cutting and tasting cucumbers and mandarin oranges.

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



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