



**Question of the Day:** What vegetables do you and your family eat?

**Theme:** Eating vegetables with our family helps us stay healthy and grow strong together.

## Social-Emotional



- **Eat Together:** To encourage positive relationships, use the conversation cards provided by COWP to encourage conversation.
- **Foster Teamwork:** Have children take turns helping to set the table, clear the table, and help their peers clean up.

## Cognitive



- **Science:** Explore: What happens when you add water to couscous?
- **Math:** How many hands made the couscous salad?
- **Art:** Create a house with popsicle sticks. Have the children draw a picture of their family on a 3 x 5 piece of paper. Glue their family picture inside the popsicle stick house.

## Language & Literacy



- **Language:** What does it sound like when you eat vegetables? What does meal time look like in your home?
- **Read *the COWP book*:** Explore family meals, traditions and the experience of helping cook meals.

## Physical Activity



- **Practice Traveling Skills:** Use cones to designate space for children to practice traveling skills such as marching, skipping, galloping, and running. Start children off moving in a straight line using cones to designate the start and end points. Later, have them practice curving around cones. Read pp. 87-98 in your book *Encouraging Physical Activity in Preschoolers* for tips about developing traveling skills.

For additional activities, songs & information, visit [cowpprogram.com](http://cowpprogram.com)

## Healthy Families - Lesson Process

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### Materials and Ingredients:

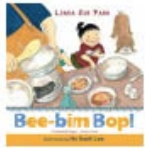
- Book *Families* by Ann Morris, *Bee Bim Bop* by Linda Sue Park, or *Carlos and the Squash Plant* by Jan Romero Stevens and COWP *Happy and Healthy CD*
- 2 Cucumbers
- 2 Tomatoes
- 1 Pkg. chicken flavored couscous (5-7 oz.)
- 1 Cup **hot** tap water



### Preparation:

- Everyone wash hands with soap and water.
- Help children rinse cucumbers and tomatoes.
- Have an adult cut cucumbers and tomatoes into large chunks so that they are easy for children to cut.
- Prep couscous: Gather a large bowl with lid, a measuring cup, a mixing spoon, and box of couscous. Follow instructions on box. **Important:** Couscous uses boiling water but for this lesson hot tap water will work fine.

### Introduce Lesson to Children:



- Read any of the suggested books in this lesson.
- Ask: *What vegetable do you and your family enjoy eating?*
- Tell the children they will be helping to prepare a couscous salad.
- Explain that they will eat “family-style” today, which means sitting around their table, passing the food around, and serving themselves. Remind them to say **please** and **thank you**, using good table manners.
- Ask: *Why is sharing family-style meals together a great thing to do every day?*



### Lesson Process:

- Have children wash their hands.
- Distribute the vegetables and ask children to cut them into smaller pieces.
- Instruct the children to serve themselves the tomato and cucumber chunks and to cut them into smaller pieces.
- Have children serve themselves some of the couscous and then mix it with the vegetables they have cut up on their plate.
- Try the recipe together!



### Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class.



**SNAP-Ed**  
Division of Food & Energy Assistance

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