Toddler 18-36 Months
Fabulous Fruits

Nutrition Objective

This lesson helps children recognize fruits and grains as part of the food groups on MyPlate. Children explore a variety of colorful fruits through pictures in books and by tasting a canned and a fresh fruit.

Materials and Ingredients

canned peaches
avocado
whole wheat crackers

teacher knife and cutting board
serving containers
paper plates
toddler knives





Food Preparation (according to CACFP guidelines)

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

- Drain and rinse canned peaches to remove excess sugar. Place in a serving container.
- Wash the avocado. Cut into the center length-wise until you hit the pit. Cut around the pit, rotating the avocado as you cut. Twist and rotate each half in opposite directions until they separate.
- Save the pit to show to children.

Lesson Introduction



Read and Discuss: the provided fruit book.

- Read each page and allow children time to discuss new and familiar fruits.
- Tell students that fruits have seeds inside which can grow into new plants.
- Discuss the colors of each fruit, what fruits they see, etc.
- Ask children which fruits they like or would be willing to try.

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

Lesson Process

- Everyone washes their hands.
- *Introduce and discuss* the ingredients for today's recipe. Show children the peach slices and talk about their color. Tell children that peaches grow on trees and discuss what they smell like and feel like: *"They smell sweet. The peaches feel squishy and soft."*
- Discuss the color of the avocado and tell children that avocados also grow on trees and are a fruit.
- Scoop the avocado into a serving dish and use a spoon or fork to mash into a soft consistency.

Lesson Process

- *Demonstrate* for children dipping a cracker into the avocado to taste it.
- Scoop some avocado onto each child's plate and serve with crackers. Serve each child a few peach slices and allow them to cut into smaller pieces using 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

Lesson Extension: Fine motor activity

Materials: plastic bin, plastic fruit, water, small brushes, eyedropper

- Fill plastic bin with enough water in which children can play.
- Children wash plastic fruit.
- Add an eyedropper or small brushes to enhance fine motor skills practice.

TSGOLD: 7a, 7b, 8a, 8b, 11a, 11b

Physical Activity: Scarf Dance

Materials: small scarves

- Children stand in a gross motor movement area.
- Demonstrate how to toss the scarf in the air with two hands and catch with two hands. Then demonstrate a one-handed toss and catch.
- Play music or sing and encourage children to dance as they toss and catch the scarves.
- If children have difficulty with this activity:
  - Child holds the scarf with thumb and forefinger to drop on the floor and pick up.

TSGOLD: 2c, 4, 5, 6, 7a, 8a, 8b,11a, 11b

School to Home

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

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

RMPRC School Wellness Program

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