

# Friendship Fruit Parfait

## Question of the Day

What kinds of fruit do you like to eat?

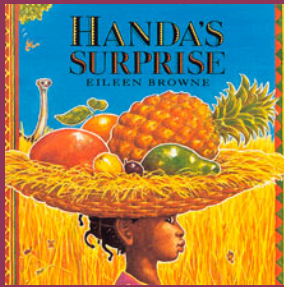
## Materials

1 Can of pineapple rings	Can opener
1 Container of strawberries	Serving containers
1 Container of blueberries	Plastic spoons
1 Container of low-fat vanilla yogurt	Plastic knives
Paper plates	Plastic cups



## Food Preparation

- Open yogurt and stir.
- Open canned pineapple; drain and rinse.
- Rinse strawberries and blueberries.
- Use serving containers for each of the 3 fruits for children to serve themselves their parfaits.



## Lesson Process

- Have all children and adults wash their hands (scrub for at least 20 seconds.)
- Introduce children to the ingredients that will be used for today's recipe.
- Have the children pick their fruits, using spoons or tongs.
- Have children use their plastic knives to practice cutting their fruits for their parfaits.
- Give children time to build their parfaits and share with their friends what they made.
- Sit and enjoy the recipe with the children!
- TSGOLD: 1c, 7a, 8b, 11a, 18a, 37, 38

## Extension Activity: Social Emotional

- What makes a good friend? Have children talk about the different traits that make a good friend.
- How do they feel when they are playing with their friends? Why do they feel that way?
- Have children think about a time when they were being a good friend to someone in their class.
- TSGOLD: 2c, 2d, 8a, 9a, 9b, 9d, 10a, 10b, 11c, 11d, 11e, 12a, 12b, 37, 38

## Extension Activity: Math

- Before making parfaits, have children guess how many berries are in each of the containers. Write down all the guesses.
- Do you think there are more blueberries or more strawberries?
- Have children count as the teacher puts the berries into the serving containers.
- Were any friends in the class close to the correct numbers?
- TSGOLD: 8a, 8b, 11a, 11c, 11e, 20a, 22, 37

## Schools to Home

- Please send home the family letters to let parents know about the fun activities shared in their child's classroom!

# Physical Activity

## Friendship Race

- Divide the class into 2 groups and have them stand on opposite sides of the room or outdoor space, forming two parallel lines so that the two groups are facing each other.
- The teacher will hold the wrist ring and call out a child's name from the group across the room, then run to that child and hand off the wrist ring.
- Next, that child will call out a friend's name from the line across the room and run to them, handing off the wrist ring.
- Continue having children run back and forth until all children have had a turn.
- TSGOLD: 2c, 2d, 4, 6, 7a, 8a, 8b, 12a, 37

## Music and Movement

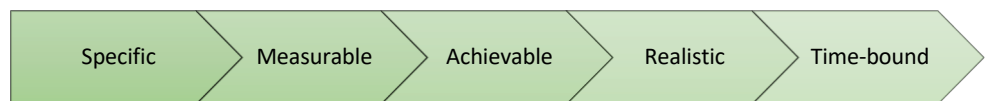
- Play Simon Says with an active twist. Spread children out around the room or outdoor space.
- Start by modeling some ideas for children. "Simon says, Do 5 jumping jacks", "Run in place", "Do 5 push-ups", "Hop like a frog", etc.
- Once children participate in a couple rounds following the teacher, give children the opportunity to lead their friends!
- TSGOLD: 2c, 4, 5, 6, 7a, 8a, 8b, 11a, 11b, 11e, 37, 38

# Workplace Wellness

## Try Something New

Writing down goals and keeping them in a place where you will regularly see them can help you be more successful. Setting goals helps with focus, direction, and follow-through. Set long term and/or short-term goals that can help you feel accomplished and successful.

**Give it a try!** Try setting a personal goal for yourself using SMART goal setting. SMART stands for:



The best advice is to start small. **Small changes can add up to make a big difference.** What is one small change you are ready to make?

## Resources

There are many worksheets online that can help you write a SMART goal. Find one at [www.samhealth.org/about-samaritan/news-search/2019/01/07/get-motivated-for-exercise-with-smart-goals](http://www.samhealth.org/about-samaritan/news-search/2019/01/07/get-motivated-for-exercise-with-smart-goals).

## Friendship Fruit Parfait Lesson

### Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify different fruits.
- Children will be able to identify children in their class by first name.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

### Nutrition Education

#### Materials

- Serving containers
- Paper plates
- Plastic cups
- Plastic knives
- Plastic spoons



#### Recipe Prep

- Open yogurt and stir.
- Open canned pineapple; rinse and drain.
- Wash strawberries and blueberries.
- Place each fruit in a serving container for children to serve themselves.

#### Recipe Process

- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Introduce children to the recipe ingredients.
- Have children serve themselves yogurt and fruit.
- Instruct children to use their plastic knives to practice cutting their fruits into smaller bite-sized pieces for their parfaits.
- Give children time to build their parfaits and show their friends what they made.
- Sit and enjoy the recipe with the children!

#### Extension Questions

- What do you like about this recipe?
- Were there any new foods you tried today?
- What is your favorite fruit?
- What other foods could you use to make a different parfait?

### TS GOLD Standards

Social-Emotional- 1c, 2c

Physical- 7a

Language- 8a, 8b, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11b, 11e

English Language Acquisition 37, 38

## **Physical Activity**

### **Materials**

- Wrist ring
- COWP *Happy and Healthy* CD

### **Activity Process**

#### **With Equipment**

- Divide the class into 2 groups and have them stand on opposite sides of the room or outdoor space, forming two parallel lines that face each other.
- The teacher will hold the wrist ring and call out a child's name from the group across the room, then run to that child and hand off the wrist ring.
- Next, that child will call out a friend's name from the line across the room and run to them, handing off the wrist ring.
- Continue having children run back and forth until all children have had a turn.
- Explain to children the goal is to give every friend a turn to run the wrist ring across the room or outdoor space. Remind children that we are all friends.
- Differentiating for children:
  - Practice different movements to get to the other side, such as hopping, skipping, galloping, crab crawling, etc.
  - See how quickly all the children can take a turn.
  - Use more than one wrist ring to get more children moving.

#### **Without Equipment**

- Play Simon Says with an active twist.
- Spread children out around the room or outdoor space.
- Explain to children that we are going to play Simon Says, but the movements we do will get our hearts pumping and our bodies moving!
- Start by modeling some ideas for children. Try, "Simon Says do 5 jumping jacks!", "Run in place", "Do 5 push-ups", "Hop like a frog", etc. Once children do a couple rounds following the teacher, give children the opportunity to lead their friends!

### **TS GOLD Standards**

Social-Emotional- 2c, 2d

Physical- 4, 5, 6, 7a

Language- 8a, 8b, 9b

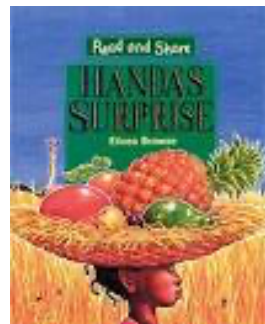
Cognitive- 11a, 11b, 11d, 11e, 12a

The Arts- 35

English Language Acquisition- 37, 38

## Literacy

- Read the book provided by COWP, *Handa's Surprise* by Eilene Browne.
- Give children time to look at the pictures and comment on what they see.
- This simple story is fun for children to re-enact.
- Ask the children the nutrition question of the day: "What kinds of fruit do you like to eat?" Allow time for discussion.
- Ask children additional follow up questions.
  - How many fruits did Handa put in her basket?
  - What happened to all the fruit in her basket?
  - What is your favorite fruit in this book?
  - What new fruit would you like to try?



## TS Gold standards

Language- 8a, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11c, 11d, 11e, 12a, 12b

Literacy- 17a, 18a

Mathematics- 20a

English Language Acquisition- 37, 38

## Reminders

- Adjust the activities to best fit your weekly schedule.
- Send family letters home to all families by the end of the delivery week.
- When you have completed the lesson, record it on your classroom COWP log.
- Reach out to your COWP contact with any questions or feedback.

## **STANDARDS REINFORCED**

Photocopy this form and save for your records

Lesson Name: Friendship Fruit Parfait

Date lesson conducted: \_\_\_\_\_

Lesson conducted by: \_\_\_\_\_

### **Learning Objectives/Outcomes**

- Children will be able to actively participate and listen to the book.
- Children will be able to identify different fruits.
- Children will be able to identify children in their class by name.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

### **REINFORCING TEACHING STRATEGIES GOLD (TSGOLD) OBJECTIVES FOR DEVELOPMENT AND LEARNING**

#### **Social-Emotional**

1. Regulates own emotions and behaviors
  - c. Takes care of own needs appropriately
2. Establishes and sustains positive relationships
  - c. Interacts with peers

#### **Physical**

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
  - a. Uses fingers and hands

#### **Language**

8. Listens to and understands increasingly complex language
  - c. Comprehends language
  - b. Follows directions
9. Uses language to express thoughts and needs
  - a. Uses an expanding expressive vocabulary
  - b. Speaks clearly
  - d. Tells about another time or place
10. Uses appropriate conversational and other communication skills
  - a. Engages in conversations
  - b. Uses social rules of language

#### **Cognitive**

11. Demonstrates positive approaches to learning
  - a. Attends and engages
  - b. Persists
  - d. Shows curiosity and motivation
  - e. Shows flexibility and inventiveness in thinking
12. Remembers and connects experiences
  - a. Recognizes and recalls
  - b. Makes connections

**Literacy**

17. Demonstrates knowledge of print and its uses
  - a. Uses and appreciates books
18. Comprehends and responds to books and other texts
  - a. Interacts during read-alouds and book conversations

**Mathematics**

20. Uses number operations and concepts
  - a. counts

**The Arts**

- 35: Explores dance and movement concepts

**English Language Acquisition**

37. Demonstrates progress in listening to and understanding English
38. Demonstrates progress in speaking English

**REINFORCING HEAD START / EARLY LEARNING OUTCOMES FRAMEWORK****Domain: Perceptual, Motor, and Physical Development**

- Sub-Domain: Fine Motor
- Sub-Domain: Health Safety and Nutrition

**Domain: Language and Communication**

- Sub-Domain: Attending and Understanding
- Sub-Domain: Communicating and Speaking
- Sub-Domain: Vocabulary

**Domain: Literacy**

- Sub-Domain: Comprehension and Text Structure

**Domain: Approaches to Learning**

- Sub-Domain: Emotional and Behavioral Self-Regulation
- Sub-Domain: Cognitive Self-Regulation (Executive Functioning)
- Sub-Domain: Initiative and Curiosity
- Sub-Domain: Creativity

**Domain: Social and Emotional Development**

- Sub-Domain: Relationships with Adults
- Sub-Domain: Relationships with Other Children
- Sub-Domain: Emotional Functioning
- Sub-Domain: Sense of Identity and Belonging

## **REINFORCING COLORADO ACADEMIC STANDARDS**

### **Comprehensive Health**

- CH.P.2.1 Distinguish between healthy and unhealthy foods.
- CH.P.2.2 Develop self-management skills and personal hygiene skills to promote healthy habits.
- CH.P.3.1 Children develop healthy relationships and interactions with adults and peers.
- CH.P.4.1 Identify ways to be safe while at play.

### **Dance**

- DA.P.1.1 Demonstrate simple phrases of movement safely in time and space.

### **Music**

- MU.P.1.2 Respond to rhythmic patterns and elements of music using expressive movement.

### **Physical Activity**

- PE.P.1.1 Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.
- PE.P.2.1 Recognize the positive feelings experienced during and after physical activity.
- PE.P.3.1 Demonstrate understanding of positive social interaction with teachers and peers.
- PE.P.4.1 Understand basic safety rules and principles.

### **Reading, Writing and Communicating**

- RW.P.1.1 Children comprehend and understand the English language (Receptive Language).
- RW.P.1.2 Children use language to convey thoughts and feelings (Expressive Language).
- RW.P.2.1 Children understand and obtain meaning from stories and information from books and other texts.



# Family Letter

## Friendship Fruit Parfait



### Friendship Fruit Parfait

Today in class your child discussed with their friends their favorite fruits. Fruits are important for young children because they contain many essential nutrients such as potassium, fiber, and vitamin C. Try the recipe below at home with your family.

### Recipe

#### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(46g)</b>
Amount per serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 0g	0%
<b>Total Sugars</b> 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 39mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Friendship Fruit Parfait

##### Ingredients:

- 1 container of vanilla low-fat yogurt (32 oz.)
- 1 container of strawberries
- 1 can of diced pineapple (15 oz.)
- 1 pint of blueberries

##### Directions:

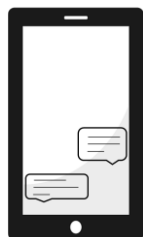
1. Open pineapple; drain and rinse.
2. Spoon yogurt into the bottom of a clear plastic cup or glass.
3. Spoon strawberries on top of yogurt.
4. Spoon more yogurt on top of strawberries.
5. Spoon pineapple on top of yogurt.
6. Spoon yogurt on top of pineapple.
7. Spoon blueberries on top of yogurt.
8. Continue to layer fruit and yogurt.
9. Eat and enjoy!



### Physical Activity

Repetition and following directions are important skills for your preschooler to learn. Engage your child in these skills by playing an active version of Simon Says.

Say, "Simon Says do 5 jumping jacks!" Here are more ideas: run in place, do 5 push-ups, hop on one foot, or think of other creative ways to get your hearts pumping. Once you have led a few times, have your child be Simon.



### Text2LiveHealthy

## Text2LiveHealthy

Fun tips to keep your family healthy

We will send you free weekly texts that inspire and inform you and your family on ways to eat well and be active together. You will also receive recipes, resources and information about events in your area.

**To sign up, text the word "FOOD" to the phone number 21333 and answer 3 simple questions.**



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

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This institution is an equal opportunity provider.

# Carta Familiar

## Parfait de Frutas de la Amistad



### Parfait de Frutas de la Amistad

Hoy su niño(a) habló acerca de sus frutas favoritas enc lase con sus amigos. Las frutas son importantes para niños pequeños porque contiene muchos nutrientes esenciales como potasio, fibra y vitamina C. Prepare ésta receta en casa con su familia.

### Receta

Nutrition Facts	
servings per container	(46g)
Serving size	
Amount per serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 39mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Parfait de Frutas de la Amistad

### Instrucciones:

#### Ingredients:

- 1 envase de yogur de vainilla bajo en grasa (32 oz.)
- 1 envase de fresas
- 1 lata de piña (en trocitos) (15 oz.)
- 1 pinta de arándanos

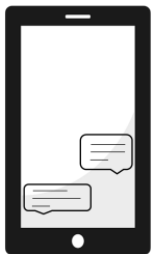
1. Abrir y escurrir la lata de piña.
2. Colocar una cucharada de yogur en un vaso o taza transparente.
3. Agregar una cucharada de cerezas sobre el yogur.
4. Agregar una cucharada de yogur sobre las cerezas.
5. Agregar piña sobre el yogur.
6. Agregar más yogur sobre la pina.
7. Agregar arándanos sobre el yogur.
8. Continuar formando capas de fruta y yogur.
9. ¡Comer y disfrutar!



### Actividad Física

Repeticiones, y seguir instrucciones son habilidades importantes para que su niño(a) aprenda. Haga que su hijo(a) aprenda éstas habilidades jugando una versión activa del juego Simón Dice.

Pruebe con "Simón dice hacer 5 saltos!" O intenten correr en el lugar, hacer 5 flexiones, saltar sobre un pie u otras formas creativas de hacer que su corazón lata rápido. Una vez que hayan completado un par de veces, haga que tu hijo sea Simón.



### Text2LiveHealthy

**Text2LiveHealthy**  
Consejos divertidos para mantener a su familia saludable

Le enviaremos mensajes de textos gratuitos semanales que lo inspiraran e informaran a usted y a su familia sobre maneras de comer bien y mantenerse activos juntos. También recibirá recetas, recursos e información sobre eventos en su área.

**Para registrarse, mande por mensaje de texto la palabra “COMIDA” al número de teléfono 21333 y conteste 3 sencillas preguntas.**