



**Question of the Day:** Why is it fun to eat with your friends?

**Theme:** Fruits are healthy for our bodies, and food is most enjoyable when shared with our friends!

### Social-Emotional



- **Practice Introductions:** “Hello, my name is Lydia. I like to eat strawberries.”
- **Foster Teamwork:** To encourage good listening and teamwork, pair children and have them make their own fruit parfaits, side by side. Encourage children to talk about the ingredients and share their ideas.

### Cognitive



- **Science:** Where do different fruits grow (bushes, plants, leafy ground plants)? What time of year do they grow? What do fruits need to grow?
- **Math:** Count out how many of each fruit is added to the parfait. Discuss adding more or less fruit based on preference.
- **Art:** Have children make a paper friendship chain and decorate the clothing with their favorite fruits.

### Language & Literacy



- **Read Handa’s Surprise:** Learn all Handa’s favorite fruits during her trek to a neighboring village in Africa to share with her friend Akeyo. Emphasize friendship and sharing while reading Handa’s Surprise!
- **Language:** Discuss the different taste, smell, textures, colors and sizes of the strawberries, blueberries, and pineapple.

### Physical Activity



- **Practice Literacy with Beach Balls:** Toss the beach ball to a child. Instruct the child to say the color that is closest to their face out loud. Repeat back the color, emphasizing the first sound heard in that color word. For example, if the color is red, say “/Rr/” and have the children repeat the sound. Then, children can do moves that begin with /Rr/ together (ex. run, race, relay, rocket, etc.). Continue tossing the ball until everyone has had a turn or children are worn-out. Read p. 142-151 in your Encouraging Physical Activity in Preschoolers book for ideas to help children develop catching skills.

## Friendship Fruit Parfait - Lesson Process

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



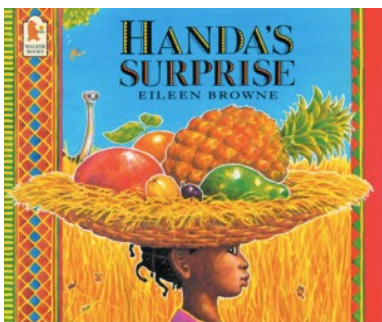
### Materials and Ingredients:

- Book *Handa's Surprise* by Eilene Browne
- 1 Container strawberries
- 1 Can (20 oz) pineapple rings
- 1 Container blueberries
- 1 Low fat vanilla yogurt (32 oz.)
- Plastic spoons, knives, paper plates, serving bowls and plastic cups



### Preparation:

- Everyone wash hands with soap and water.
- Open and stir yogurt.
- Have children help rinse strawberries and blueberries.
- Open canned pineapples, drain and rinse, and place in serving bowl.
- Place strawberries and blueberries in serving bowls.



### Introduce Lesson to Children:

- Read *Handa's Surprise* to the children.
- Ask: *Why it is fun to eat with your friends?*
- Tell children they will be making a friendship fruit parfait with a partner and perhaps, new friend. They will get to explore three different fruits and learn about why fruit is healthy for their bodies.



### Lesson Process:

- Have children wash their hands.
- Distribute fruit to children to practice cutting the fruit with plastic knives.
- Have children get into pairs to make their own parfaits with a friend. Allow time for each pair to explain which ingredients they choose to add and why.
- Eat and enjoy the fruit parfait with friends!



### Family Letters:

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