

## Fruit Pizza - Whole Child Adaptation



**Question of the Day:** How can pizza be a surprise?

**Theme:** Trying familiar foods prepared in different ways is fun and surprising!

### Social-Emotional



- **Explore Preferences:** Explore the fruit pizza toppings with friends. Discuss which fruit children like best.
- **Share:** After children have made their fruit pizzas, split them into partners. Have children ask their friends about the pizzas they made.

### Cognitive



- **Math/Science:** Explore food groups by categorizing the fruits, dairy, and grains in this lesson.
- **Art:** Encourage students to create a design or pattern with their pizza toppings, like a flower or a smile face.

### Language & Literacy



- **Read the COWP Book:** Read a book about yummy fruits.
- **Let's Eat, Let's Talk:** Role model trying new fruits. Lead and encourage discussion about healthy and colorful fruits.
- **Language:** Ask the children open ended questions about their favorite fruit pizza combinations. Discuss size, shape, texture, and smell.

### Physical Activity



- **Get Moving with the Fruit Salad Parachute Game:** Have children stand in a circle on the ground and pull tight on the parachute. Add foam fruit provided by COWP to the center of the parachute. When you say the magic words, "fruit salad", instruct children to shake the parachute to toss the fruit into the air. You can find tips for providing positive feedback to children on p. 53-57 in your *Encouraging Physical Activity in Preschoolers* book.
- **Use Your *Happy and Healthy* COWP CD:** Play song #2 "Shake, Pound, and Roll". Pretend to make pizza dough and act out motions along with music.

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

## Fruit Pizza - Lesson Process

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### Materials and Ingredients:

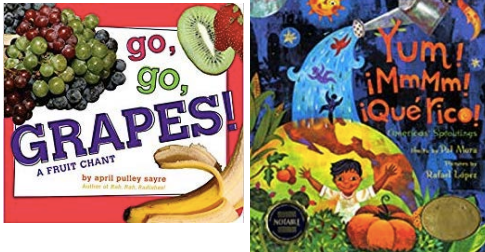
- Book *Go Go Grapes!* by April Pulley Sayre or *Yum! Mmm! Que Rico!* by Pat Mora.
- 6 Clementine oranges (seasonal)
- 1 Small container blueberries
- 1 Container (16 oz.) whipped cream cheese
- 1 Can (20 oz.) pineapple tidbits
- Whole wheat english muffins (1/2 per child)
- Plastic spoons, knives, paper plates, serving bowls and plastic cups

### Preparation:



- Everyone wash hands with soap and water.
- Open canned pineapple, rinse and drain.
- Rinse blueberries.
- Have children help peel the clementines and break them into sections.
- Place each ingredient into its own boat and set out on tables for children to serve themselves.

### Introduce Lesson to Children:



- Read the COWP book to the children during circle time or whenever is convenient for your classroom.
- Introduce the lesson and tell children they will be making a fruit pizza. They will get to explore three different fruits and learn about how fruit can give us energy to play with our friends on the playground.
- Ask: *How can you make and eat pizza without tomato sauce and cheese?*

### Lesson Process:



- Have children wash their hands.
- Show the children the different ingredients and model how to make a fruit pizza.
- Have children make their own fruit pizza. Encourage creativity.
- Lead and encourage discussion about healthy and colorful fruits.

### Family Letters:

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

