Toddler 18-36 Months Fruits and Vegetables

Nutrition Objective

This lesson helps children recognize foods that go in the fruit group and vegetable group on MyPlate. Children explore, taste, and learn about a variety of fruits and vegetables and why it is important to eat them.

Materials and Ingredients

- yellow squash
- canned sliced black olives
- cutting board
- teacher knife
- toddler knife
- spoons
- paper plates
- serving containers
- can opener



Food Preparation (according to CACFP guidelines)

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

- Wash green onions and open and drain olives.
- Cut onions into pieces **smaller than 1/2 inch**, and allow children to cut them into smaller pieces using toddler safe knives.
- Place foods into separate serving containers.

Lesson Introduction



Read and discuss *Fruits and Vegetables* by Gladys Rosa-Mendoza.

- Ask children if they recognize any of the fruits and vegetables in the book. For example, point to the bananas and say, “Who has tasted banana?” “What is this vegetable called?”
- Ask children what fruits or vegetables they like to eat.

TSGold: 11a, 12b, 17a, 17b; 18a, 18c

Lesson Process

- Everyone washes their hands.
- Show children the foods they will be tasting today and ask if they have tried them before.
- Serve foods on a plate and allow children the opportunity to cut with the toddler knives.
- Encourage children to lick, smell, touch, and nibble foods.
- Eat with the children and model discussing different textures and tastes of the foods. For example: “These onions are crunchy and the olives are soft!”

TSGold: 1b, 1c, 2c

Lesson Extension

Pompom Sort

Materials: cups, jumbo art pompoms or cotton balls, tongs from kitchen bin, plastic spoon

- Set out various cups and art pompoms or cotton balls on a table.
- Demonstrate for the children how to scoop the pom poms or cotton balls with the spoon to put them into or take them out of one of the cups. Use hand-over-hand instruction to help children who are struggling with this motion.
- Demonstrate using the tongs to grab and then release the pompoms or cotton balls to put them into the cups or take them out. Use hand-over-hand instruction if needed.

*If children seem frustrated with the spoon or the tongs, use hand-over-hand guidance as mentioned above but feel free to let them use a pincer grasp with their hands to sort the art pompoms or cotton balls.

TSGold: 1b, 2a, 7a, 8a, 8b, 11a, 11b, 11c, 11d, 11e, 28

Physical Activity

Bean Bag Toss – indoors or outdoors

Materials: bean bags and rings

- Line up rings in a straight line on the floor or outside on the ground.
- Children hold bean bags while standing in front of the rings.
- Demonstrate for children how to use an underhand toss to throw bean bags into different rings.

Increase the challenge for older and more advanced children: start farther away from the rings, and demonstrate throwing with an overhand toss.

*If children struggle with an overhand toss, try hand-over-hand motion, or have them go back to the underhand toss and slow down a little bit. If children struggle with underhand toss, try a hand-over-hand demonstration.

TSGold: 1b, 3a, 3b, 6, 7a, 8a, 8b

School to Home

Send home family letters to share the fun activities that children did in the classroom, and to show ways that these can be incorporated for the whole family.

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

RMPRC
School Wellness Program

SNAP-Ed
Division of Food & Energy Assistance

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.