

## Nutrition Objective

This lesson helps children recognize and identify foods in the fruit and dairy food groups on MyPlate. Children learn about the importance of eating fruit, and they make and taste a delicious fruity milkshake.

## Materials and Ingredients

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

bananas

plastic knives.

paper plates

berries

teacher knife

scissors

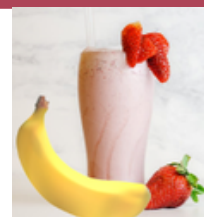
1% milk

cutting board

tongs or spoons

small cups

plastic baggies



## Food Preparation

- With the peels on, cut bananas into pieces (1 per student, about  $\frac{1}{4}$  banana).
- Place bananas and berries in serving containers.
- Keep milk in the refrigerator until time to pour.

**Question of the Day:** How is fruit good for us? (*Different fruits help us grow strong and they have vitamins and minerals our bodies need, etc.*)

**Read and discuss:** *Red Foods and Yellow Foods* by Patricia Whitehouse

- Let's look for the healthy fruits and vegetables in these books.
- Which are fruits and which are vegetables? (*review text*)
- Now let's count all the **fruits!** How many fruits are in the red book? Yellow book?
- What are some of your favorite fruits to eat? What colors are they?

TSGOLD: 1b, 8a,b, 9, 11a, 20a,b



## Lesson Introduction

## Lesson Process

- Everyone washes hands.
- Introduce and discuss the ingredients for the delicious Fruity Milkshakes.
- Model peeling the banana, cutting berries and banana into smaller pieces, and placing them in a plastic bag. Next squish the fruit with your fingers. Using scissors cut a corner of the baggie and squeeze into a small cup. Add milk, stir, and taste.
- Describe the taste: "It's cool, sweet, and refreshing."
- Discuss what happened when the different colored ingredients were mixed. *Did the milk change color? What color would the milk turn if you used different fruit like peaches or plums?*
- Children serve themselves and use plastic knives to cut the fruits into smaller bites, place in baggies, and squish the fruits to make their own fruity milkshakes.  
\*Teachers cut the corners of baggies, help get fruit into cups, and pour milk.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 1b,c, 7a, 8b, 11a, 24, 28

## Share your Story

- What different fruits do you enjoy with your family? What colors are they?
- Share what fruits you would use at home to make fruity milkshakes.
- How did we use fruits to make a healthy drink? What are some other healthy drinks made with fruit? (smoothies, water with lemon, fruit water, etc.)
- What did you enjoy about today's recipe?

## Lesson Extensions

### Extension Activity: Pretend Fruity Milkshake Stand

- Transform your dramatic play area into a milkshake stand.
  - Put out different plastic fruits and maybe even some vegetables, and see what kind of yummy milkshake combinations children can create.
  - Have paper, crayons, and pencils available for children to draw their milkshake orders or combinations that they want to share with their friends!
- TSGOLD: 2c, 2d, 7a, 7b, 9a, 9d, 11d, 11e, 14a, 14b, 37, 38

### Extension Activity: Color Mixing

- Materials: blue, yellow, and red paints, and paper.
- Children use primary paint colors to discover what other colors can be created by mixing them together.
  - Children create a picture with their new colors.
  - Share with each other your favorite new color and the picture you painted.
- TSGOLD: 1b, 7, 8, 9, 10, 11b, 11d, 11e, 33

## Physical Activity

### Music and Movement

- Play song #6 *Wiggle and Jiggle* on the Happy and Healthy CD (access songs using the QR code or link at bottom of page).
- Children spread out in an outdoor space or around the room. Everyone listens to the music and follows along.
  - Children use their bodies to perform different movements.
  - Start the music and join the children by modeling the different moves.
- TSGOLD: 1b, 8, 34, 35

### Striking Stations

- Equipment: bats, pool noodles, rackets, assorted balls, etc.
- Set out striking stations. For example: wiffle balls with light rackets, pool noodles with beach balls, punch balls for children to strike with their arms, shoulders, knees, etc.
- Demonstrate how to safely use the equipment at each station.
- Place children in small groups to work together taking turns tossing, striking, and retrieving balls for each other.
  - Children should have a turn to complete each task.
  - Rotate through all stations.
- Tip:** If children struggle with striking:
- Encourage children to keep their eyes on the ball and not look away when a ball comes their way.
  - Practice striking at a short distance so that children can experience success and build confidence.
- TSGOLD: 1b, 3, 4, 5, 8, 6, 1b, 3a, 3b

For additional activities, songs and information, visit

<https://colosph.cuanschutz.edu/school-wellness>

