

# Graphing Fruits - Whole Child Adaptation



Name: \_\_\_\_\_

## My Fruit Graph

5						
4						
3						
2						
1						

**Question of the Day:** What do you like about your favorite fruits?

**Theme:** Children will discover the most and least popular fruit in the class.



### Social-Emotional

- **Class Graph & Preferences:** Have children discuss which fruit they like best and what they do if they are offered a food they do not like.

### Cognitive



- **Math:** Have the class make a bar graph. Each child will mark the bar graph with their name, a sticker, or their thumbprint next to their favorite fruit. Highlight the most and least popular fruits.
- **Sort & Categorize:** Sort the fruit by color, size, and shape. For example, order the fruits largest to smallest.

### Language & Literacy



- **Read Provided COWP Book:** Discuss how different fruits grow.
- **Sing *I Love Fruit!*:** Have children sing *I Love Fruit!* to the theme of *Three Blind Mice* (song included in lesson plan). After the children learn the song, have them sing it in a round, with half the group starting off, and the other half joining in during the second verse.
- **Practice Group Sharing:** Have each child share two reasons they chose their favorite fruit.

### Physical Activity



- **Practice Balance:** Use painter's tape to practice balancing skills. You can create straight lines or zig-zags. Children can walk forwards, sideways, and even backwards. This can be a helpful classroom activity to practice transitions and getting into lines. Read p. 108-11 in your *Encouraging Physical Activity in Preschoolers* book for ideas to encourage balancing skills.

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

## Graphing Fruits - Lesson Process

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



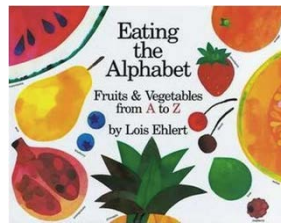
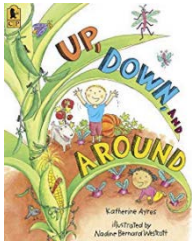
### Materials and Ingredients:

- Book *Up, Down, and Around* by Katherine Ayres, *Eating the Alphabet* by Lois Ehlert
- 4 Clementines
- 4 Kiwis
- 3 Pears
- ½ Bag seedless grapes



### Preparation:

- Everyone washes hands with soap and water
- Wash all fruit.
- Slice grapes into halves, and cut kiwis and pears.
- Peel oranges and divide into sections. Put fruit into separate serving containers.
- Other Prep: Use chart paper to make a graph (see example graph in lesson plan). Have crayons, markers, or sticky notes available.



### Introduce Lesson to Children:

- Read provided COWP book to children during circle time or whenever is convenient for your classroom.
- Ask: *What do you like about your favorite fruits?*
- Tell children that they are going to taste four different delicious fruits and decide which is their favorite.



### Lesson Process:

- Have children wash their hands.
- Show children how to taste each fruit and think about how it tastes. Have children watch as you taste a fruit and describe it as you eat it. For example, as you taste the kiwi, "It is green, it is juicy, it is tart, it is delicious and I want more."
- Have children serve themselves each fruit.
- Allow children time to taste the four fruits.
- After they have tasted each fruit, show children the class graph. Ask them to come up a few at a time and write their name, place a sticker, or put their thumbprint above their favorite fruit on the graph.



### Family Letters:

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