

# Graphing Vegetables

## Question of the Day

What do you like about your favorite vegetables?

## Materials

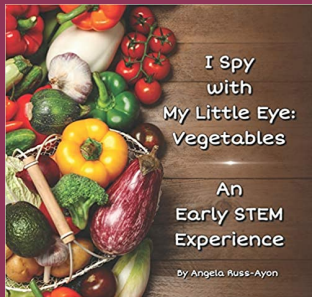
1 Bunch radishes  
2 Broccoli crowns  
1 Bag snap peas  
2 Yellow bell peppers

Serving bowls  
Plastic spoons  
Plastic knives  
Paper plates



## Food Preparation

- Wash the radishes, broccoli, and yellow peppers.
- Cut the broccoli and radishes into small bite-size pieces and the peppers into long thin strips.
- Place each vegetable in its own serving bowl.



## Lesson Process

- Read *I Spy with My Little Eye: Vegetables* with the children.
  - Have all children and adults wash their hands (scrub for at least 20 seconds).
  - Introduce children to the ingredients that will be used for today's recipe.
  - Have children independently pick their vegetables and put on their own plates.
  - Have children use their plastic knives to practice cutting any of the vegetables.
  - Sit and enjoy the vegetables with the children.
- TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 11b, 18a, 37, 38

## Extension Activity: Math

- After they have tasted each vegetable, show the children the graph and explain the different parts of it.
  - Ask children to come up one at a time and put a mark above their favorite vegetable on the graph.
  - Together count how many marks each vegetable has and write it at the top.
  - Which has the most? Which has the least? How do we know this?
  - What other vegetables could we add to our graph?
- TSGOLD: 8a, 8b, 11a, 11c, 12b, 20a, 20c, 37, 38

## Extension Activity: Science

- Place some soil in clear plastic cups. Give each child 3-4 snap pea seeds.
  - Have them push the seeds into the soil keeping the seeds next to the cup so they are visible.
  - Ask the children to make predictions about what they think will happen to the seeds over time.
  - Water, place in a sunny window, and enjoy watching the seeds sprout.
- TSGOLD: 8a, 8b, 9a, 11a, 11d, 12a, 24, 37, 38

## School to Home

- Please send home the family letters to let parents know about the fun activities shared in their child's classroom!

# Physical Activity

## Ball Relays

- Using cones, place 2 cones at the starting line and 2 cones at the finish line. Set cones up across from each other.
- Divide children into two even teams and line them up behind a cone.
- First child on each team kicks the ball down to the other side or cone, then kicks the ball back to the starting cone to pass off to the next child in line.
- Once all the children have had a turn to kick down and back the relay is complete! See which team can go the fastest.

TSGOLD: 2c, 4, 6, 11a, 11b, 37

## Music and Movement

- Find song #14 "Stretch, Run, Jump" on the COWP *Happy and Healthy* CD
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along while staying in our own circle of fun while moving!
- Start the music and join the children by modeling the different moves and directions!

# Workplace Wellness

## Did you know?

Have you heard you can create a new habit in 3 weeks?

- Start with something you enjoy doing
- Set realistic and specific goals
- Have a friend or family member join you as an accountability partner
- Small changes make a big difference over time

## Try something new

If you set a new goal this month, write down what that habit will look like 1 year from now; for example: I will walk for 30 minutes, 3 days per week. What steps will you take to continue working towards this goal each month?

## Resources

Check out these free healthy tracker Apps

<https://www.stridesapp.com>

<https://www.myplate.gov/resources/tools/startsimple-myplate-app>

<https://healthwellness.app/>

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

## Graphing Vegetables Lesson

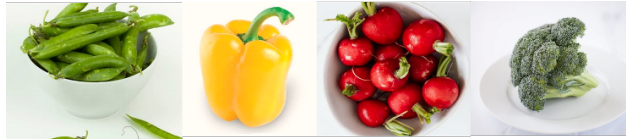
### Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify which vegetable was most liked and least liked.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

### Nutrition Education

#### Materials

- Serving containers
- Small plastic cups
- Spoons



#### Recipe Prep

- Pour snap peas into a bowl.
- Wash fresh produce.
- Cut the vegetables into strips/smaller pieces and place in serving containers.

#### Recipe Process

- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children the ingredients that will be used for today's recipe.
- Pass the bowls and instruct children to choose which foods they will try.
- Sit together and try the different vegetables.
- The teacher can model tasting and describing foods; for example, as a snap pea is tasted say, "It is green, crunchy, and sweet."
- After children have tasted each vegetable, show them the class graph. Ask them to come up a few at a time and put a mark or sticky note on the graph to indicate their favorite vegetable.
- Discuss with children what the graph tells them about the four vegetables. Can they figure out which vegetable is liked the most? The least?

#### Extension Questions

- What do you like about each vegetable?
- What vegetable do you wish we were trying today?
- What vegetables do you enjoy at home?

#### TS GOLD Standards

Social-Emotional- 1c, 2c

Physical- 7a

Language- 8a, 8b, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11b, 11c, 12a, 12b

Mathematics- 20a, 20b, 22

English Language Acquisition 37, 38

## **Physical Activity**

### **Materials**

- Balls
- Cones
- COWP *Happy and Healthy* CD

### **Activity Process**

#### **With Equipment**

- Ball relay:
  - For each group of children, set up 2 cones about 10 feet away from each other.
  - Divide children into two teams. The two teams will face each other, each team lined up single file behind one of the cones.
  - The first child kicks the ball across to the child standing behind the other cone.
  - Once the ball has been passed, the child who kicked the ball runs to the end of their line so the next child in line can receive the ball as it is kicked to them.
  - Play the game again, having children throw the ball to each other. Try one and two arm throws, chest passes, and overhead throws.
- Differentiating for children:
  - Try moving the ball with the non-dominant hand or foot.
  - Move the cones closer together or farther apart.
  - Have children stand in a single file line and pass the ball over their heads, under their legs, or around to the side.

#### **Without Equipment**

- Play song #14 "Stretch, Run, Jump" on the COWP *Happy and Healthy* CD.
- Spread children out around the room or outdoor space.
- Explain that we will listen and follow along to the music. We will enjoy moving while each staying in our own circle of fun!
- Start the music and join the children by modeling different moves and directions!

### **TS GOLD Standards**

Social-Emotional- 2c

Physical- 4, 5, 6, 7a

Language- 8a, 8b

Cognitive- 11a, 11b, 12a, 12b

The Arts- 35

English Language Acquisition- 37

## Literacy

- Read the book, *I Spy with My Little Eye: Vegetables* by Angela Russ-Ayon.
- Give children time to look at the pictures and comment on what they see.
- Encourage children to find their favorite vegetables in the book.
- Ask the children the nutrition question of the day: What do you like about your favorite vegetables? Allow time for children to discuss.
- Ask children additional follow up questions.
  - Where there any new vegetables you saw in the book?
  - What is a vegetable in the book you want to try?

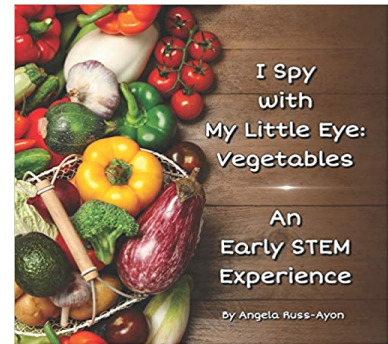
## TS Gold standards

Language- 8a, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11b, 11e, 12a, 12b

Literacy- 17a, 18a

English Language Acquisition-37, 38



## Reminders

- Adjust the activities to best fit your weekly schedule.
- Send family letters home to all families by the end of the delivery week.
- When you have completed the lesson, record it on your classroom COWP log.
- Reach out to your COWP contact with any questions or feedback.

## **STANDARDS REINFORCED**

Photocopy this form and save for your records

### **Lesson Name: Graphing Vegetables**

Date lesson conducted: \_\_\_\_\_

Lesson conducted by: \_\_\_\_\_

#### **Learning Objectives/Outcomes**

- Children will be able to actively participate and listen to the book.
- Children will be able to identify which vegetable was most liked and least liked.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

#### **REINFORCING TEACHING STRATEGIES GOLD (TSGOLD) OBJECTIVES FOR DEVELOPMENT AND LEARNING.**

##### **Social-Emotional**

1. Regulates own emotions and behaviors
  - c. Takes care of own needs appropriately
2. Establishes and sustains positive relationships
  - c. Interacts with peers

##### **Physical**

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
  - a. Uses fingers and hands

##### **Language**

8. Listens to and understands increasingly complex language
  - b. Follows directions
  - c. Comprehends language
9. Uses language to express thoughts and needs
  - a. Uses an expanding expressive vocabulary
  - b. Speaks clearly
  - d. Tells about another time or place
10. Uses appropriate conversational and other communication skills
  - a. Engages in conversations
  - b. Uses social rules of language

##### **Cognitive**

11. Demonstrates positive approaches to learning
  - a. Attends and engages
  - b. Persists
  - d. Shows curiosity and motivation
  - e. Shows flexibility and inventiveness in thinking

12. Remembers and connects experiences
  - a. Recognizes and recalls
  - b. Makes connections

### **Literacy**

17. Demonstrates knowledge of print and its uses
  - a. Uses and appreciates books
18. Comprehends and responds to books and other texts
  - a. Interacts during read-alouds and book conversations

### **Mathematics**

20. Uses number concepts and operations
  - a. Counts
  - b. Quantifies
22. Compares and measures

### **The Arts**

35. Explores dance and movement concepts

### **English Language Acquisition**

37. Demonstrates progress in listening to and understanding English
38. Demonstrates progress in speaking English

## **REINFORCING HEAD START / EARLY LEARNING OUTCOMES FRAMEWORK**

### **Domain: Perceptual, Motor, and Physical Development**

- Sub-Domain: Fine Motor
- Sub-Domain: Health Safety And Nutrition

### **Domain: Language and Communication**

- Sub-Domain: Attending And Understanding
- Sub-Domain: Communicating And Speaking
- Sub-Domain: Vocabulary

### **Domain: Literacy**

- Sub-Domain: Comprehension And Text Structure

### **Domain: Approaches to Learning**

- Sub-Domain: Emotional And Behavioral Self-Regulation
- Sub-Domain: Cognitive Self-Regulation (Executive Functioning)
- Sub-Domain: Initiative And Curiosity
- Sub-Domain: Creativity

### **Domain: Social and Emotional Development**

- Sub-Domain: Relationships With Adults
- Sub-Domain: Relationships With Other Children
- Sub-Domain: Emotional Functioning
- Sub-Domain: Sense Of Identity And Belonging

## **REINFORCING COLORADO ACADEMIC STANDARDS**

### **Comprehensive Health**

- CH.P.2.1 Distinguish between healthy and unhealthy foods.
- CH.P.2.2 Develop self-management skills and personal hygiene skills to promote healthy habits.
- CH.P.3.1 Children develop healthy relationships and interactions with adults and peers.
- CH.P.4.1 Identify ways to be safe while at play.

### **Dance**

- DA.P.1.1 Demonstrate simple phrases of movement safely in time and space.

### **Music**

- MU.P.1.2 Respond to rhythmic patterns and elements of music using expressive movement.

### **Physical Activity**

- PE.P.1.1 Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.
- PE.P.2.1 Recognize the positive feelings experienced during and after physical activity.
- PE.P.3.1 Demonstrate understanding of positive social interaction with teachers and peers.
- PE.P.4.1 Understand basic safety rules and principles.

### **Reading, Writing and Communicating**

- RW.P.1.1 Children comprehend and understand the English language (Receptive Language).
- RW.P.1.2 Children use language to convey thoughts and feelings (Expressive Language).
- RW.P.2.1 Children understand and obtain meaning from stories and information from books and other texts.

# Family Letter

## Graphing Veggies



### Graphing Veggies

Vegetables are a great source of vitamins, minerals, and fiber. Children may like vegetables for a variety of flavors and textures. Try the same vegetables cooked various ways to see which versions your child likes best.

### Recipe

#### Nutrition Facts

4 Servings per container	
Serving Size: 1/2 cup prepared dip	(158 g)
Amount Per Serving	
<b>Calories</b>	<b>148</b>
<b>Total Fat 1g</b>	
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol 2mg</b>	
<b>Sodium 363 mg</b>	
<b>Carbohydrates 26 g</b>	
Dietary Fiber 6 g	
Total Sugars 4 g	
Includes 0 g Added Sugars	
<b>Protein 10 g</b>	
Not a significant source of vitamin D, calcium, iron, and potassium	

### Low Fat Ranch Dip

#### Ingredients:

- 1 15-ounce can great northern beans (rinsed and drained, low sodium)
- 1/4 cup water
- 1/2 cup low-fat plain yogurt
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 tablespoon chives (fresh, chopped)
- 1 tablespoon parsley (fresh, chopped)
- 1/4 teaspoon tarragon (dried)
- 1/4 teaspoon salt
- 1 tablespoon lemon juice

#### Directions:

1. Everyone washes their hands.
2. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
3. Blend for 2 minutes to make it silky smooth.
4. Use a spatula to scrape the mixture into a medium bowl.
5. Stir in the yogurt, garlic, cayenne, chives, parsley, tarragon, salt and lemon juice. Serve in a bowl.
6. Serve with fresh vegetables like tomatoes, celery, carrots, radishes, or peppers.



### Physical Activity

Guided music is a great way for kids to practice listening skills while getting their hearts pumping. Visit our website, [cowpprogram.com/physicalactivity/](http://cowpprogram.com/physicalactivity/) for guided music.

Try the song "Stretch, Run, Jump" with your family. This short song will increase your child's moderate to vigorous physical activity while they listen and follow along with three simple moves.



### Parent Wellness Workshops

Have a picky eater at home? Allow children to serve themselves fruits and vegetables on their plates during dinner. When children serve themselves, they are more likely to try new foods.

Learn tips like this and more at our Parent Wellness Workshops. Contact Kendra Gilmour at [Kendra.Gilmour@cuanschutz.edu](mailto:Kendra.Gilmour@cuanschutz.edu) to join a virtual workshop.

# Carta Familiar

## Gráficos de Vegetales



### Gráficos de Vegetales

Los vegetales son una buena fuente de vitaminas, minerales y fibra. A los niños les gustan los vegetales por la variedad de sabores y texturas. Pruebe los mismos vegetales cocinados de varias maneras diferentes para ver cuales le gustan más a sus niños.

### Receta

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Trans Fat 0g	
<b>Cholesterol 2mg</b>	
<b>Sodium 363 mg</b>	
<b>Carbohydrates 26 g</b>	
Dietary Fiber 6 g	
Total Sugars 4 g	
Includes 0 g Added Sugars	
<b>Protein 10 g</b>	
Not a significant source of vitamin D, calcium, iron, and potassium	

### Aderezo Ranch Bajo en Grasa

#### Ingredients:

- 1 lata de frijoles "Great Northern" de 15 onzas de bajo sodio (enjuagados y escurridos).
- 1/4 de taza de agua
- 1/2 taza de yogurt natural bajo en grasa
- 1/2 cucharadita de ajo en polvo
- 1/8 cucharadita de pimienta roja "cayenne"
- 1/4 cucharadita de pimienta negra
- 1 cucharadita de cebollines verdes (frescos, picados)
- 1 cucharadita de perejil (fresco, picado)
- 1/4 cucharadita de estragón (seco)
- 1/4 cucharadita de sal
- 1 cucharadita de jugo de limón

#### Instrucciones:

- Lavarse las manos.
- Licúe los frijoles y el ajo.
- Licúe por 2 minutos hasta que esté suave, agregando suficiente agua hasta que alcance la consistencia deseada.
- Use una espátula para vaciarlo a un tazón.
- Mezcle el yogurt, ajo, pimienta, cebollines, perejil, estragón, sal y jugo de limón. Sirva en un tazón.
- Sirva con vegetales frescos como tomates, apio, zanahorias, rábanos o pimientos.



### Actividad Física

La música guiada es una buena manera para que los niños practiquen sus habilidades auditivas mientras hacen latir sus corazones. Para encontrar música guiada, visite nuestro sitio de internet:

[cowpprogram.com/physicalactivity/](http://cowpprogram.com/physicalactivity/)

Pruebe la canción "Stretch, Run, Jump" con su familia. Esta canción corta aumentará la actividad física moderada a vigorosa de su hijo(a) mientras escucha y sigue con tres simples movimientos.



### Talleres de Bienestar para Padres

¿Tiene un comedor exigente en casa? Permita que los niños se sirvan frutas y verduras en sus platos durante la cena. Cuando los niños se sirven por sí solos, es más probable que quieran probar nuevos alimentos.

Aprenda consejos como éste y más en nuestros Talleres de Bienestar para Padres.

Comuníquese con [Kendra.gilmour@cuanschultz.edu](mailto:Kendra.gilmour@cuanschultz.edu) para registrarse a un taller en línea.