

Graphing Your Favorite Fruit

Nutrition Objective

Introduce different fruits as healthy food choices and encourage children to eat fruit.

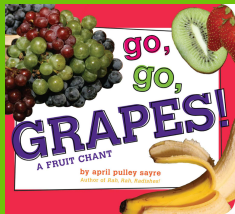
Materials & Ingredients

canned mandarin oranges can opener
kiwis cutting board
pears chef knife (adult only)
berries serving tongs and spoons
serving containers plastic knives



Food Preparation

- Open and rinse mandarin oranges
- Wash kiwis, pears, and berries
- Cut the kiwis and pears into wedges (one per student)
- Place all fruits in separate serving containers with spoons or tongs



Lesson Introduction

Question of the Day: What is your favorite fruit and what do you like most about it?
Read and discuss: *go, go, Grapes* by April Pulley Sayre

- Did you know there are so many different fruits in the world?
 - Let's go back and count how many different fruits are in the book.
 - There are many rhyming words in the book. Read a section and pause when you get to the rhyming word. See if children can guess the word that rhymes and fits the message.
 - Why should we eat fruit? (*delicious, good for us, full of vitamins and minerals, etc.*)
- TSGOLD: 8a, 9a, 9b, 9d, 11a, 11e, 12b, 17a, 18a, 37, 38

Lesson Process

- Everyone washes their hands.
 - Introduce and discuss the different fruits available to taste today.
 - Model how to use tongs/spoons (not fingers) to take food from container.
 - Demonstrate how to describe the fruit as you taste. "*The kiwi is green, has crunchy seeds, and is sweet.*"
 - Children serve themselves and use plastic knives to cut the food into smaller bites.
 - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 7a, 8a, 8b, 9a, 11a, 12b, 20a, 37, 38

Share your Story

- Children share why they think it is important to eat fruit.
 - Children share which fruit they liked best and what fruits they like to eat at home.
 - Children share which fruits from the book they have tried, and which they would like to try.
- TSGOLD: 2c, 8a, 9a, 9b, 9c, 9d, 10a, 10b, 11a, 11e, 12a, 12b, 37, 38

School to Home

- Send home family letters to share the fun activities children did in the classroom.

Lesson Extensions

Graphing Fruits

- Materials:** teacher created classroom graph “[Graphing our Favorite Fruits](#)” & markers
- After children have tasted each fruit, show children the graph. Explain the different parts of the graph and how they will mark their responses.
 - Children come up one at a time and put a mark above their favorite fruit.
 - As a class count how many marks each fruit has and write it at the top.
 - Which fruit had the most marks? Which fruit had the least? How do we know this?
 - What other fruits could we add to our graph?
- TSGOLD: 8a, 8b, 11a, 11c, 12b, 20a, 20c, 37, 38

Make a Fruit Salad

- Children sit in a circle. Explain that today we are going to make a giant delicious pretend fruit salad. You can use pretend fruit and mixing bowls.
 - Each child will get a turn to add their favorite fruit to the big bowl (the middle of the circle or a real bowl). After all the fruit has been added, have children use their arms to pretend to give it a big stir.
 - Let all the children “taste” the fruit salad and describe what they taste or if they like what they are eating.
- TSGOLD: 2c, 11a, 11d, 11e, 12a, 14b, 37, 38

Physical Activity

Music and Movement

- Play Can You Keep Your Balance? song and video on YouTube <https://www.youtube.com/watch?v=rP2Husaakt0>
 - Join the children in this fun song about different ways to practice balancing.
 - Remind children this is a song to help us practice our balance skills that are so important, rather than a time to be silly.
- TSGOLD: 2c, 5, 8a, 8b, 11a, 11b, 11d, 35, 37

Hopscotch for Balance

- Using painter’s tape or chalk, create a hopscotch grid for children indoors or out.
 - Model for children how to hop through the course to practice balancing and jumping from two feet to one.
 - If children are already proficient in a simple hopscotch course, create another one that will challenge their one-foot hops more.
 - For an added challenge children can toss a beanbag onto the grid and land with one foot while retrieving the bean bag.
- TSGOLD: 2c, 4, 5, 8a, 8b, 11a, 11b, 12a, 37

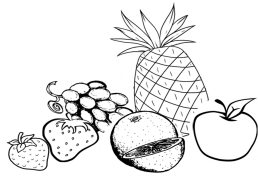
Physical Education: Lead and Follow

- Challenge children by asking them to practice wide and narrow base balance movements.
 - Practice wide base balance movements using multiple body parts (knees and elbows, hands and toes, forearms, and toes, etc.)
 - Practice narrow base balance movements using fewer body parts (one foot and one hand, one elbow and one knee, one forearm and one knee, etc.)
 - Practice balancing on one body part (knee, foot, tiptoe, bottom with feet and arms overhead, etc.)
 - See pages 98-111 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on balancing.
- TSGOLD: Objective 5 Demonstrates Balancing Skills

For additional activities, songs & information, visit
<https://coloradosph.cuanschutz.edu/school-wellness>

Family Letter

Graphing Your Favorite Fruits

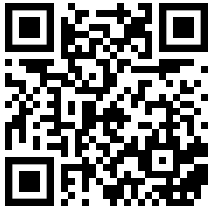


Graphing Fruits

Eating a variety of fruit provides nutrients important for our health. This week at school your child learned that eating fruits will help them stay healthy and grow strong.

Try to include everyone in the family to help make the simple, delicious fruit salad below.

Check out MyPlate to learn more about how fruits are good for us:
<https://www.myplate.gov/eat-healthy/fruits>



Mixed Fruit Salad:

Ingredients:

- 1 can mandarin oranges
- 1 can fruit cocktail
- 1 can pineapple chunks
- 2 apples, chopped
- 1 banana, sliced

*Adjust ingredients according to preferences, allergies, and fruits that are in season.

Directions:

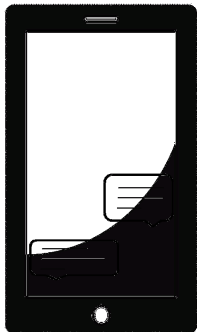
1. Wash hands
2. Drain and rinse canned fruit
3. Allow children to use plastic or butter knives to cut the fruit into bite-size pieces
4. Mix all ingredients together except bananas
5. Cover and chill; add bananas just before serving
6. Refrigerate leftovers



Physical Activity

Play "What Time is it Mr. Fox?" with your child. This game helps children practice counting and is a fun way to get moving!

- Choose a starting line and a finish line.
- To start, have the Fox stand in the middle of the play area.
- The players on the starting line say, "Mr. Fox, Mr. Fox, what time is it?"
- The fox responds with a time and the other players walk forward that many steps. For example, if the fox says, "Five o'clock," players step forward 5 steps. This continues until the fox says, "Lunchtime".
- At that point, the fox chases the players as they try to cross the finish line. The first player to the finish line becomes the new fox.



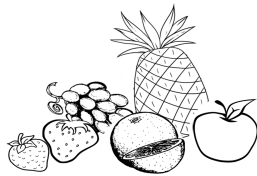
Text2LiveHealthy

Text2LiveHealthy
Fun tips to keep your family healthy

We will send you free weekly texts that inspire and inform you and your family on ways to eat well and be active together. You will also receive recipes, resources and information about events in your area.

To sign up, scan this code or text the word "FOOD" to the phone number 21333 and answer 3 simple questions.





Gráficos de Frutas

Comer una variedad de frutas proporciona nutrientes importantes para nuestra salud. Esta semana en la escuela, su hijo aprendió que comer frutas le ayudará a mantenerse saludable y a crecer fuerte.

Trate de incluir a todos en la familia para ayudar a hacer la sencilla y deliciosa ensalada de frutas a continuación.

Visite MyPlate para aprender más sobre cómo las frutas son buenas para nosotros:

<https://www.myplate.gov/eat-healthy/fruits>



Ensalada de Frutas Mixtas:

Ingredientes:

- 1 lata de mandarinas
- 1 lata de cóctel de frutas
- 1 lata de piña en trozos
- 2 manzanas picadas
- 1 plátano, en rebanadas

*Ajuste los ingredientes de acuerdo a preferencias, alergias y frutas de la estación.

Instrucciones:

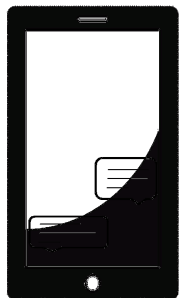
1. Lavarse las manos
2. Escurrir y enjuagar la fruta enlatada
3. Permita que los niños usen cuchillos de plástico o de mantequilla para cortar la fruta en trozos pequeños
4. Mezclar todos los ingredientes, excepto el plátano
5. Tapar y enfriar, agregar el plátano justo antes de servir
6. Refrigerar lo que sobra



Actividad Física

Jueguen "¿Qué hora es Sr. Zorro?" con su hijo(a). ¡Este juego ayuda a los niños a practicar a contar y es una manera divertida de moverse!

- Elija una línea de partida y una línea de meta.
- Para empezar, hagan que el Zorro se pare en el medio del área de juego.
- Los jugadores en la línea de salida dicen: "Sr. Zorro, Sr. Zorro, ¿Qué hora es?"
- El zorro responde con un tiempo y los otros jugadores avanzan el mismo número de pasos. Por ejemplo, si el zorro dice: "Cinco en punto", los jugadores avanzan 5 pasos. Esto continúa hasta que el zorro dice, "Hora de comer".
- En ese momento, el zorro persigue a los jugadores mientras tratan de cruzar la línea de meta. El primer jugador que cruza la línea de meta se convierte en el nuevo zorro.



Text2LiveHealthy

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Fun tips to keep your family healthy

Le enviaremos mensajes de texto gratuitos semanales que inspiren e informen a usted y a su familia sobre maneras de comer bien y mantenerse activos juntos. También recibirá recetas, recursos e información sobre eventos en su área.

Para registrarse, escanee este código QR, o mande por mensaje de texto la palabra "COMIDA" al número de teléfono 21333 y conteste 3 preguntas sencillas.

