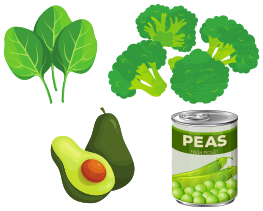
Toddler 18-36 Months Green Foods

Nutrition Objective	This lesson helps children recognize foods that go in the fruit and vegetable groups of MyPlate. Children explore and taste green fruits and vegetables and discuss why it is important to try new foods.

Materials and Ingredients

zucchini	teacher knife
canned peas	spoons
avocado	paper plates
low fat ranch	toddler knives
cutting board	serving containers
	can opener



Food Preparation (according to CACFP guidelines)

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

- Rinse zucchini and cut into small pieces; drain and rinse canned peas.
- Rinse avocado, remove pit and slice.
- Place all foods into separate serving containers.



Lesson Introduction

Read and discuss *Too Green* by Sumana Seeboruth

- Discuss with the children the facial expressions the child in the book makes. "How can you tell this child does not want to try the green food?"
- Note to children that the child in the book had never tried the green soup before, and how their facial expressions changed after tasting the soup for the first time.

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

Lesson Process

- Everyone washes their hands.
- Show children the green foods they will be tasting today.
- Ask children which green foods they have tasted before.
- Serve foods on a plate. Allow children to try cutting with the toddler-safe knives.
- Encourage children to lick, smell, touch, and nibble foods.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGold: 1b,c; 2c

Lesson Extension	*Nature Walk Art* • Take children for a nature walk on your playground or in a safe outdoor space to collect green things. • Take green things back to the classroom to have children glue or tape onto construction paper in any order they wish. TSGold: 8a, b; 24; 33
Physical Activity	*Freeze Game – indoors or outdoors* Children will cycle through 3 movements with the teacher "freezing" them in between. • Demonstrate galloping, marching, and leap-frogging (crouching down and then hopping up). • Children stand in a safe gross-motor area. • Call out one movement for everyone to do together, and then shout for children to freeze after a few seconds' time. • Call out next movement for everyone to do together, and then shout for children to freeze. • Call out 3rd movement for everyone to do together, and then shout for everyone to freeze. • Repeat as desired. TSGold: 4; 6; 8a, b
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

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