

Nutrition Objective

This lesson helps children identify more foods as part of the fruit group on MyPlate. Children create a pattern out of fresh and dried fruit to taste.

Materials and Ingredients

dried apples
canned peach slices
blueberries

paper plates
plastic knives
tongs or serving spoons
serving containers



Food Preparation

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

- Wash blueberries and drain peaches.
- Place all fruits into separate serving containers.
- Children serve themselves family-style



Lesson Introduction

Question of the Day: Why is it important to try different fruits? (full of vitamins and minerals, the fiber in them helps clean the intestines, they taste delicious, etc.).

Read and discuss: *I Spy with My Little Eye: Fruit* by Angela Russ Ayon

- What is your favorite shaped fruit in the book? (refer to text)
- What are some red fruits? (refer to text)
- How are the dried and fresh pears different and similar? (refer to text)
- What fruits did you notice in a pattern? (discuss other patterns that can be made with fruit)

TSGOLD: 11a; 12a,b; 17a,b; 18a,b,c; 21b; 24; 26

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's recipe. Talk about how the apple has been dried. The peaches have been sliced and canned. The blueberries are fresh picked.
- Demonstrate cutting the peach slice into smaller pieces. Then model how to make a design and create patterns using the fruits.
- Children serve themselves and use plastic knives to cut the peaches into smaller bites and create their own fruit designs.
- Eat together and give children time to taste and comment on the flavors and textures.

TSGOLD: 1b; 3,a,b; 7a; 8a,b; 9a,b,c; 10a,b

Share your Story

- What other dried fruits would you like to try?
- What fruit do you have at home that you can use to make patterns?
- Do you prefer canned, fresh, or dried fruit? Why?

TSGOLD: 9a,b; 10a,b

School to Home

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

Lesson Extensions

Science: Nature Walk

- While on a nature walk look for patterns all around you.
- Children collect items from nature (twigs, leaves, rocks, etc.) and use them to create patterns.

TS GOLD: 24, 26

Math: Patterning

Materials: plastic fruits and veggies, blocks, scarves, shapes, etc.

- Children use found items to create patterns (apple, broccoli, apple, broccoli. Then try apple, broccoli, corn, etc.)
- Each child holds one item and they move themselves around to create patterns with their items.

TSGOLD: 23

Physical Activity



Music and Movement

- Scan the QR code to find The Kiboomers' "Stomp and Clap Dance" or use this link: <https://www.youtube.com/watch?v=mrXbsRPgnvY>
- 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.
- The repetition gives children the opportunity to learn the movements quickly.
- Start the music and join the children by modeling the different moves.

TSGOLD: 2c, 7a, 8b, 11a, 12a, 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.

Tip: If children struggle with balance, help them to practice wide base and narrow base balance movements.

Wide base: perform a balancing movement using multiple body parts (knees; one hand and one knee; tip toes with both feet, etc.)

Narrow base: perform a balancing movement using one body part (one knee; one foot, etc.)

TSGOLD: 2c, 4, 5, 8a, 8b, 11a, 11b, 12a, 37

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

