

Manners

Nutrition Objective

Children learn the importance of using manners and eating fruits and vegetables at mealtimes and snacks. Children make and taste a salad.

Materials & Ingredients

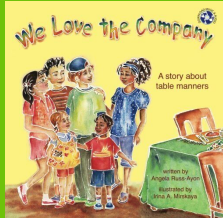
tomatoes	can opener (adult use only)
baby greens	cutting board
canned black beans	teacher knife
yellow bell pepper	plastic knives
lime	servicing containers
tajin	



Food Preparation

- Open, drain and rinse black beans; put into serving container.
- Wash pepper, limes, and tomatoes; slice into wedges (enough for everyone to have one piece); put into serving containers.

Lesson Introduction



Question of the Day:

How do you practice good manners when we are eating?

Read and discuss: *We Love the Company* by Angela Russ-Ayon.

- Why should we take small portions? (review text)
 - Why do we wait for everyone to have food before we start eating? (review text)
 - How do you use your manners at preschool? (share, take turns, wait in line, eat with our mouths closed, pass the bowl, say “please” and “thank you”)
 - Why should we eat fruits and vegetables? (delicious, help us grow, full of nutrients)
- TSGOLD: 8a, 9a, 9b, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Children and adults wash their hands.
 - *Introduce and discuss* the ingredients that will be used for today’s recipe.
 - Children serve themselves sliced pepper and tomato and cut into small pieces.
 - Children add a spoonful of black beans on top. Squeeze lime on top (teacher model for children); mix. Sprinkle with tajin if desired.
 - Remind children to use “please” and “thank you” at the table.
 - Children decide what and how much they will eat at snack and mealtimes.
 - Teach children it is okay to say, “No, thank you.” if they don’t want to try something.
 - Eat together and give children time to taste and comment on the flavors and textures.
- TSGOLD: 1c, 7a, 8a, 8b, 11a, 37, 38

Share your Story

- Why is it important to use manners at school and home? (it is kind, sign of respect, etc.)
 - How do you use your manners at home?
 - What are some of your favorite fruits and vegetables to eat at home?
- TSGOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 12a, 12b, 37, 38

School to Home

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

Lesson Extensions

We Love the Company

- Play song #1 “We Love the Company” from the Happy and Healthy CD. Listen to the song, act out the manners, and then discuss the manners mentioned in the lyrics.
- TSGOLD: 2c, 7a, 8b, 11e, 14b, 37

Coffee Filter Art

- Fill one spray bottle with water.
 - Hang one large coffee filter on an easel.
 - Children take turns sharing the markers and coloring the coffee filter, making sure to say “Please” and “Thank You”.
 - Children take turns spraying the coffee filter with water. Allow to dry and share their creation.
- TSGOLD: 2c, 7a, 7b, 8b, 11a, 37, 38

Physical Activity

Music and Movement

- Play song #16 “Make A Letter” on the 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 make different letters using our bodies.
 - Start the music and join the children by modeling the different letters and how they are made.
 - Have children move through each letter slowly and in control to practice good balance while changing positions.
- TSGOLD: 2c, 5, 8b, 11a, 11b, 11e, 35, 37

Beanbag Balancing

- Materials: 1 bean bag per child
- Children take turns calling out body parts. Everyone attempts to balance their bean bag on the identified body part.
 - Add some music and movement to the activity by playing “Bean Bag Rock” which can be found on iTunes or Youtube. This song incorporates beans bags, identifying body parts, and following directions.
- <https://www.youtube.com/watch?v=Ish2YYg7onE>
- TSGOLD: 2c, 7a, 8a, 8b, 11a, 11d, 12a, 12b, 35, 37

Physical Education: Balance

- Children should be able to sustain balance during simple movement experiences.
 - Balance is a required part of all other skills; it is not only a physical skill but also important for safety.
 - Here are some ways to develop balance: heel to toe walking (balance beam, painter’s tape, chalk line), jumping and landing on two feet, hopping on one foot, tricycle riding, and yoga poses.
 - **Yoga Pretzel cards:** tree pose, airplane, and boat.
 - See pages 98-116 in Encouraging Physical Activity in Preschoolers by Steve W. Sanders for more information and activities on balancing.
- TS GOLD Objective 5: Demonstrates balancing skills