



Question of the Day: How do you like to eat vegetables?

Theme: Children will practice good manners as they share a vegetable salad.

Social-Emotional



- **Practice Good Manners:** While the children eat, encourage them to practice saying “please” and “thank you”.
- **Foster Teamwork:** Practice setting the table as a class. Work together to create a pleasing tablescape.

Cognitive



- **Social Studies:** Engage children in a conversation about manners they use or special rules they follow in their homes.
- **Arts and Expression:** Draw a personalized table mat. If available, use card stock and lamination to make them durable to survive those inevitable spills!

Language & Literacy



- **Read Your Provided COWP Book:** Highlight the importance of trying and practicing new skills. Good manners are important to practice so that we remember to be polite.
- **Language:** Lead a discussion about healthy fruits and vegetables. When are good times to eat vegetables? Practice recognizing times of the day.

Physical Development & Health



- **Cooperative Play with Scarves:** Stand in line with all children facing the same direction. Begin with a scarf at the front of the line, and twist and turn the body to pass the item to the next child in line. Continue until the item reaches the last child. That child runs to the front of the line and begins again.
- **Catching Skills:** Scarves can also be a great way to practice catching skills. Read p. 144-145 in your *Encouraging Physical Activity in Preschoolers* book for ideas.

For additional activities, songs & information, visit cowpprogram.com

Manners - Lesson Process

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Materials and Ingredients



- Book *How Do Dinosaurs Eat Their Food* by Jane Yolen, *Your Fantastic Elastic Brain* by JoAnn Deak, *We Love Company* by Angela Russ-Ayon
- Plastic forks, knives, paper plates, and serving bowls
- 1 Zucchini
- 1 (15 oz) Can corn
- 1 (15 oz) Can black beans
- 2 Limes
- 1 Red bell pepper
- 1 Yellow squash
- Hot sauce

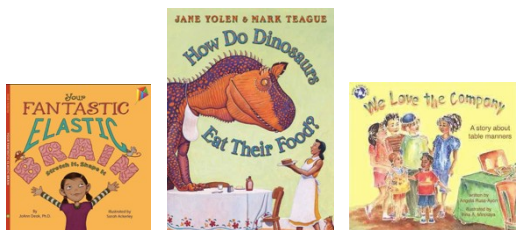
Preparation:



- Everyone washes hands with soap and water.
- Open cans of corn and beans, rinse, and drain.
- Help children rinse and wash all food items.
- In advance, cut the red bell pepper, yellow squash, and zucchini into long thin strips so that they are easy for children to cut.

Slice lime into wedges (one for each child) for children to squeeze in their Manners salad.

Introduce Lesson to Children:



- Read 1-3 of the suggested nutrition books.
- Ask what it means to be polite.
- Tell children they will be making a Manners salad. They will get to try new vegetables and talk about why vegetables are good for their bodies.

Lesson Process:



- Have children wash their hands.
- Instruct children to serve themselves and cut the veggies into smaller pieces to make a Manners salad while using good manners.
- Have children mix all ingredients on their own plate and squeeze lime on top.
- When children sit down to eat, review good table manners. Remind them to say "please pass" and "thank you" and "no, thank you" if they do not want to try something.
- Eat and enjoy the Manners salad!



Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class!