

Manners

Question of the Day

How do you like to eat vegetables?

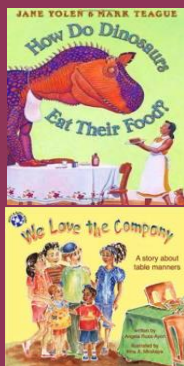
Materials

15 oz canned corn	Cutting board (adult use only)
15 oz can black beans	Can opener (adult use only)
1 yellow squash	Serving containers
1 zucchini	Plastic knives
1 red bell pepper	Plastic spoons
2 limes	Large bowl



Food Preparation

- Open and drain cans of corn and black beans and put into serving containers.
- Wash red pepper, yellow squash, and zucchini and cut into long thin strips, and put into serving containers.
- Wash limes and slice into wedges (enough for each child). Put into serving container.



Lesson Process

- Read the book *How Do Dinosaurs Eat Their Food* or *We Love the Company* with the children.
- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children the ingredients that will be used for today's recipe.
- Children serve themselves a strip of red pepper, yellow squash, and a strip of zucchini and cut them into smaller pieces.
- Children put the pieces they cut into an individual bowl and add a spoonful of corn and black beans on top. Squeeze lime on top and stir.
- Sit and enjoy the vegetable salad with the children.
- TSGOLD: 1c, 7a, 8b, 11a, 18a

Extension Activity: Social/Emotional

- Play song #1 "We Love the Company" from the COWP *Happy and Healthy* CD. Listen to the song, act out the manners, and then discuss the manners mentioned in the lyrics.
- TSGOLD: 1a, 1b, 1c

Extension Activity: Arts and Expression

- Fill one spray bottle with water.
- Hang one large coffee filter on the easel.
- Children take turns sharing the markers and coloring the coffee filter, making sure to say "Please" and "Thank You".
- Then have children take turns spraying the coffee filter with water. Allow to dry and share their creation.
- TSGOLD: 2c, 7a, 7b

School to Home

- Please send home the family letters to let parents know about the fun activities shared in their child's classroom!

Physical Activity

Teamwork with Balls

- Children stand in a circle. Use 2 balls and have children roll the balls simultaneously to other children, trying not to have the balls collide.
- Pass the ball in a circle with music. When the music stops the person with the ball gets to name a veggie.
- Have children stand in a line (# of lines = # of balls) OR in a circle. Then have children pass the ball through the line by: passing over their heads, through their legs, around their waists.

Music and Movement

- Find song #4 “Act Like You are in a Zoo” on the *COWP Happy and Healthy* CD.
- Explain to children the song is called “Act Like You are in a Zoo” so we’re going to pretend we are animals in a zoo before we have to close the zoo so the animals can go to sleep.
- Start the music and join the children by modeling the steps: a marching elephant, tiptoeing flamingo, galloping zebra, jumping kangaroo and running cheetah.

Workplace Wellness

Did you know?

The simple process of cooking at home can be empowering and improve your mood and self-esteem. A good recipe brings people joy, keeps up traditions, and helps us learn about different cultures and food history. Sharing recipes can help take the work out of meal planning and introduce your family to a special dish that has been shared by many over the years.

Try Something New

Share one of your favorite recipes this week and ask a coworker to share favorites in return. Here is a recipe suggestion for you try.

Recipe: Anytime Pizza

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split whole-wheat English muffins)
 - 1/2 cup pizza sauce
 - 1/2 cup mozzarella or cheddar cheese (part-skim, shredded),
 - 1/4 cup green pepper (chopped) and 1/4 cup mushrooms (fresh or canned, sliced) or other vegetable toppings as desired.
 - Italian seasoning (optional)
1. Toast the bread or English muffin until slightly brown.
 2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
 3. Sprinkle with Italian seasonings as desired.
 4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
 5. Heat until cheese melts.

Resources

<https://www.choosemyplate.gov/myplatekitchen/recipes>

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

Manners Lesson

Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to demonstrate how to use good manners.
- Children will be able to determine that any time is a great time to eat vegetables.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

Nutrition Education

Materials

- Cutting board (adult use only)
- Can opener (adult use only)
- Serving containers
- Small individual bowls and plates
- Plastic knives
- Plastic spoons



Recipe prep

- Open and drain cans of corn and black beans and put into serving containers.
- Wash red pepper, yellow squash, and zucchini and cut into long thin strips and put into serving containers.
- Wash limes and slice into wedges (enough for each child). Put into serving container.

Recipe process

- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children the ingredients that will be used for today's recipe.
- Have the children serve themselves a strip of red pepper, yellow squash, and zucchini on their plates and cut them into smaller pieces.
- Have children put the pieces they cut into an individual bowl and add a spoonful of corn and black beans on top. Model how to squeeze the lime and mix all the ingredients in the bowl.
- Remind children this is just a taste and the ingredients must be shared with all their friends.
- Sit and enjoy the vegetable salad with the children.

Extension questions

- What is your favorite vegetable to eat?
- What vegetables do you like to eat at home?
- Do you like vegetables cooked or raw?
- What other vegetables do you like in a salad?

TS GOLD Standards

Social-Emotional- 1c, 2c

Physical- 7a

Language- 8a, 8b, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11b, 11e, 12a, 12b,

English Language Acquisition 37, 38

Physical Activity

Materials

- Balls
- Hula Hoops
- COWP *Happy and Healthy* CD

Activity process

With equipment

- Children stand in a circle. Using 2 balls have children roll the balls simultaneously to other children trying not to have the balls collide.
- Pass the ball in a circle while music plays. When the music stops the person with the ball gets to name a veggie.
- Have children stand in a line (# of lines = # of balls) OR in a circle. Then have children pass the ball through the line by:
 - Passing over their heads.
 - Passing through their legs.
 - Passing around their waists.

Without equipment

- Find song #4 “Act Like You are in a Zoo” on the COWP *Happy and Healthy* CD (or on our website cowpprogram.com).
- Spread children out around the room or outdoor space.
- Explain to children that the song is called “Act Like You are in Zoo” and we are going to pretend we are animals in a zoo. Then the zoo will close, so the animals can go to sleep.
- Start the music and join the children by modeling the steps: a marching elephant, tiptoeing flamingo, galloping zebra, jumping kangaroo, and running cheetah.

TS GOLD Standards

Social-Emotional- 2c

Physical- 4, 5, 6, 7a

Language- 8a, 8b

Cognitive- 11a, 11d, 11e, 14b

The Arts- 35

English Language Acquisition- 37

Literacy

- Read the book, *How Do Dinosaurs Eat Their Food* by Jane Yolen or *We Love the Company* by Angela Russ. Give children time to look at the pictures and comment on what they see.
- Discuss why manners are important.
- Ask children the nutrition question of the day: How do you like to eat your vegetables?
- Allow time to discuss.
- Ask children additional follow up questions.
 - What manners do you use at home?
 - What happens when people don't use manners?

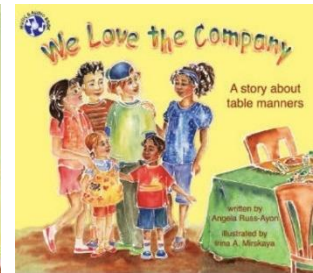
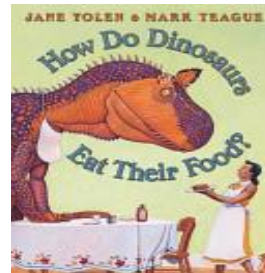
TS Gold standards

Language- 8a, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11b, 11e, 12a, 12b

Literacy- 17a, 18a

English Language Acquisition-37, 38



Reminders

- Adjust the activities to best fit your weekly schedule.
- Send family letters home to all families by the end of the delivery week.
- When you have completed the lesson, record it on your classroom COWP log.
- Reach out to your COWP contact with any questions or feedback.

STANDARDS REINFORCED

Photocopy this form and save for your records

Lesson Name: Manners

Date lesson conducted: _____

Lesson conducted by: _____

Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to demonstrate how to use good manners.
- Children will be able to determine that any time is a great time to eat vegetables.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

REINFORCING TEACHING STRATEGIES GOLD (TSGOLD) OBJECTIVES FOR DEVELOPMENT AND LEARNING

Social-Emotional

1. Regulates own emotions and behaviors
 - c. Takes care of own needs appropriately
2. Establishes and sustains positive relationships
 - c. Interacts with peers

Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
 - a. Uses fingers and hands

Language

8. Listens to and understands increasingly complex language
 - c. Comprehends language
 - b. Follows directions
9. Uses language to express thoughts and needs
 - a. Uses an expanding expressive vocabulary
 - b. Speaks clearly
 - d. Tells about another time or place
10. Uses appropriate conversational and other communication skills
 - a. Engages in conversations
 - b. Uses social rules of language

Cognitive

11. Demonstrates positive approaches to learning
 - a. Attends and engages
 - b. Persists
 - d. Shows curiosity and motivation
 - e. Shows flexibility and inventiveness in thinking
12. Remembers and connects experiences
 - a. Recognizes and recalls
 - b. Makes connections

Literacy

17. Demonstrates knowledge of print and its uses
 - a. Uses and appreciates books
18. Comprehends and responds to books and other texts
 - a. Interacts during read-alouds and book conversations

The Arts

35. Explores dance and movement concepts

English Language Acquisition

37. Demonstrates progress in listening to and understanding English
38. Demonstrates progress in speaking English

REINFORCING HEAD START / EARLY LEARNING OUTCOMES FRAMEWORK

Domain: Perceptual, Motor, and Physical Development

- Sub-Domain: Fine Motor
- Sub-Domain: Health Safety And Nutrition

Domain: Language and Communication

- Sub-Domain: Attending And Understanding
- Sub-Domain: Communicating And Speaking
- Sub-Domain: Vocabulary

Domain: Literacy

- Sub-Domain: Comprehension And Text Structure

Domain: Approaches to Learning

- Sub-Domain: Emotional And Behavioral Self-Regulation
- Sub-Domain: Cognitive Self-Regulation (Executive Functioning)
- Sub-Domain: Initiative And Curiosity
- Sub-Domain: Creativity

Domain: Social and Emotional Development

- Sub-Domain: Relationships With Adults
- Sub-Domain: Relationships With Other Children
- Sub-Domain: Emotional Functioning
- Sub-Domain: Sense Of Identity And Belonging

REINFORCING COLORADO ACADEMIC STANDARDS

Comprehensive Health

- CH.P.2.1 Distinguish between healthy and unhealthy foods.
- CH.P.2.2 Develop self-management skills and personal hygiene skills to promote healthy habits.
- CH.P.3.1 Children develop healthy relationships and interactions with adults and peers.
- CH.P.4.1 Identify ways to be safe while at play.

Dance

- DA.P.1.1 Demonstrate simple phrases of movement safely in time and space.

Music

- MU.P.1.2 Respond to rhythmic patterns and elements of music using expressive movement.

Physical Activity

- PE.P.1.1 Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.
- PE.P.2.1 Recognize the positive feelings experienced during and after physical activity.
- PE.P.3.1 Demonstrate understanding of positive social interaction with teachers and peers.
- PE.P.4.1 Understand basic safety rules and principles.

Reading, Writing and Communicating

- RW.P.1.1 Children comprehend and understand the English language (Receptive Language).
- RW.P.1.2 Children use language to convey thoughts and feelings (Expressive Language).
- RW.P.2.1 Children understand and obtain meaning from stories and information from books and other texts.

Family Letter

Manners



Manners

Your child practices their manners at meal and snack times at school. Manners are important for social-emotional learning, but they also create healthy habits. Good table manners include saying please and thank you, removing distractions such as phones or TV, and talking about our day. Make the recipe below with your family and continue practicing!

Recipe

Nutrition Facts	
serving per container	
Serving size	(60g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 97mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Manners Vegetable Salad

Ingredients:

- 1 15 oz. can of corn, drained
- 1 15 oz. can of black beans, drained and rinsed
- Red pepper
- Yellow squash
- 2 Limes
- Hot sauce, to taste
- Whole wheat tortillas

Directions:

1. Wash hands and produce
2. Help your child cut vegetables into small pieces
3. Place the cut-up vegetables in a large bowl and add corn and beans
4. Add lime juice and hot sauce
5. Mix well and serve



Physical Activity

Learning passing skills helps children build their fine and gross motor skills and practice sharing. Here are some fun games you can play at home.

- Have your family sit in a circle. Pass the ball around while playing music. When the music stops, the person with the ball has to name a vegetable.
- To start, your family stands in a line. Each person passes the ball under their legs to the next person. The next round, pass over your head. The third round, alternate over and under.

Don't have a ball at home? Try a sock, scarf, or a roll of toilet paper.



Parent Wellness Workshops

Does your child love juice? The next time they ask for juice, consider giving your child a piece of whole fruit instead. Whole fruit contains fiber that is healthy for your child but is not found in juice.

Learn tips like this one and more at our Parent Wellness Workshops.

Scan the code with your phone's camera and fill out the form to SIGN UP.



SNAP-Ed
Division of Food & Energy Assistance

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Carta Familiar

Buenos Modales



Buenos Modales

Su niño(a) práctica sus buenos modales durante las horas de comida y bocadillos en la escuela. Los buenos modales son importantes para el aprendizaje socio-emocional, pero también ayudan a crear hábitos saludables. Los buenos modales en la mesa incluyen decir por favor y gracias, y no tener distracciones como celulares o televisores, y platicar acerca de las actividades en su día. Haga ésta receta con su familia y continúen practicando.

Receta

Nutrition Facts

servings per container	(60g)
Serving size	
Amount per serving	
Calories	30
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 97mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ensalada de Vegetales de Buenos Modales

Ingredientes:

- 1 lata de 15 oz. de elote escurrido
- 1 lata de 15 oz. de frijoles negros, enjuagados y escurridos
- 1 Pimiento rojo
- 1 Calabaza amarilla
- 2 Limones verdes
- Salsa picante al gusto
- Tortillas de trigo entero

Instrucciones:

1. Lavarse las manos y lave los vegetales
2. Ayude a su niño(a) a cortar los vegetales en piezas pequeñas
3. Ponga los vegetales cortados en un tazón grande, y agregue los frijoles y el elote
4. Agregue el jugo de limón y la salsa picante
5. Mezcle bien y sirva



Actividad Física

Aprender la habilidad de pasar objetos ayuda a los niños a desarrollar sus habilidades motoras finas y gruesas, y a practicar el compartir. Aquí hay algunos juegos que pueden jugar en casa.

- Siéntense todos en un círculo. Pasen la pelota de unos a otros mientras toca música. Cuando la música pare, la persona con la pelota tiene que nombrar un vegetal.
- Para comenzar la familia se para haciendo una fila. Cada persona pasa la pelota a la otra por debajo de las piernas. Durante la próxima vuelta, pasen la pelota por encima de la cabeza. Para la tercera vuelta, pasen la pelota alternando arriba, y abajo.

Si no tiene una pelota en casa, jueguen con un calcetín, un pañuelo o un rollo de papel de baño



Talleres de Bienestar para Padres

¿A su niño(a) le encanta el jugo? La próxima vez que le pida jugo, considere darle un pedazo de fruta fresca en lugar de jugo. La fruta entera tiene fibra saludable para los niños que los jugos no tienen.

Aprenda ideas como ésta, y mucho más en nuestros Talleres de Bienestar para Padres.

Escanee este código con la cámara de su celular y llene la forma para registrarse.