

Nutrition Objective

This lesson helps children explore the fruit and vegetable group on MyPlate. Children use their five senses to explore and taste fresh fruits and vegetables while learning about their benefits.

Materials and Ingredients

kiwi
grapefruit
cauliflower

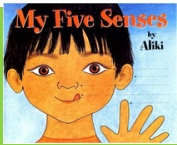
paper plates
plastic knives
tongs or serving spoons
serving containers



Food Preparation

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

- Wash produce.
- Leave peel on kiwi and grapefruit; the skins are edible and fun for children to taste and explore their textures.
- Cut all produce into pieces so everyone gets a taste.
- Place in separate serving containers.



Lesson Introduction

Question of the Day: How can you use your five senses to enjoy foods?

Read and discuss: *My Five Senses* by Aliko

- What does it mean to be aware? (*review text in book*)
- What items did the child in the book taste? (*review book*)
- When we eat, what senses do we use? (*all of them!*)
- Plug your nose while eating and describe what happens.

TSGOLD: 1b, 8a,b, 9a,b,c,d, 10a,b, 11a, 12a,b, 18a,c

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the fruits and vegetables. Children describe what they see (shape, color, size) using their sense of sight.
- Model touching, smelling, and tasting a piece of grapefruit with peel on; touch and describe the peel, smell and describe the fruit, describe what you notice (*fresh smell, smooth, bumpy, tart, sour, etc.*)
- Children serve themselves and use plastic knives to cut the food into smaller bites.
- Children use their senses to explore the different textures and flavors.
- Ask children which fruit or vegetable smells the best and why.
- Ask children which fruit or vegetable they can hear.
- Encourage discussion (*the inside of the kiwi is slippery, but the outside is fuzzy, the seeds of the kiwi are crunchy, the grapefruit is tart and juicy, etc.*)
- Eat together and give children time to taste and comment on the flavors and textures; compare tastes when noses are plugged and unplugged. Offer dip and discuss children's thoughts about how it changes the tastes or their enjoyment of vegetables.

Share your Story

- Which fruit or vegetable from today did you most like? Why?
- Which of your five senses do you think is the best and why?
- Why is it important to enjoy fruits and vegetables with your senses? (Using our senses helps us enjoy them and they are good for our bodies)
- What happens to your stomach when you smell food cooking?

TSGOLD: 8a,b, 9a,b,c,d, 10a,b, 11a, 12a,b

School to Home

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

Lesson Extensions

Mystery Box

- Put a few small items of varying textures and sizes (some items could make sounds) into a paper bag.
- Children explore the items without looking and use their senses (not taste 😊) to discover and describe the objects (*it feels soft, it makes a crinkling sound, etc*)
- Children make guesses and then see if they are correct.
- Children can find objects in the room to place in a bag and play this with a friend.

TSGOLD: 1b, 4, 8a,b, 9a,b,c,d, 11a,d, 12a,b

Nature Walk

Materials: magnifying glasses

- Go on a nature walk.
- Stop, close your eyes, and listen for one minute. What do you hear?
- Use magnifying glasses to take a closer look at objects (*blade of grass, bugs, twigs, bark, etc.*). Feel the objects and describe their textures.
- Stop and take a few deep breaths. What do you smell?

TSGOLD: 4, 7, 8a,b, 9a,b

Physical Activity

Music and Movement

Find song #14 "Stretch, Run, Jump" 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 follow along while staying in our own circle of fun while moving!
- Start the music and join the children by modeling the different moves and directions!

TSGOLD: 2c, 6, 8a, 8b, 11a, 11b, 35, 37

Target Practice

Materials: baskets, cones, hula hoops, various sized balls

- Set up baskets, cones, and/or hula hoops around the classroom or outdoor space.
- Children practice throwing or kicking different sized balls at or to the various targets.
- Encourage children to throw overhand and to step into the ball before kicking.
- As children progress, the targets can be moved farther away.

TSGOLD: 4, 5, 6

Physical Education: Gross Motor Manipulative Skills

- Throwing is one of the most complex of all manipulative skills, but one children enjoy doing in many different settings and in various activities.
- To be successful in many children's games and sports, learning how to throw properly is a skill children must develop.
- Giving children a direct target to aim for can help them learn that the position of the body will impact the trajectory of the object being thrown.
- Model pointing to the target and throwing with the opposite hand. Step into the throw using an overhand motion.
- Remind children to use less force when the target is close and more force when the target is farther away.
- See pages 132-142 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities on throwing and catching.

TSGOLD Objective 6 Demonstrates gross-motor manipulative skills

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



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