

Toddler 18-36 Months Shapes and Colors

Nutrition Objective

This lesson helps children recognize foods that go into different food groups in MyPlate. Children taste fruits and vegetables while exploring their different shapes and colors.

Materials and Ingredients

canned carrots
bananas
canned diced tomatoes

teacher knife and cutting board
serving containers
paper plates
toddler knives



Food Preparation (according to CACFP guidelines)

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

- Peel bananas and slice into appropriate sized pieces for toddlers. Place in a serving container.
- Drain carrots and tomatoes and place in serving containers.



Lesson Introduction

Read and discuss: *Eat Your Colors* by Amanda Miller

- Discuss the colorful foods and their shapes. “*The blueberry is round like a circle*”, “*Bananas are long and yellow*”, etc.
- Children share their favorite fruits or vegetables pictured in the book.

TSGOLD: 8a, 9a, 9b, 9d, 10a, 10b, 11a, 12a, 17a, 18a

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's recipe. Peel the banana and discuss the colors of the peel and fruit. Show the carrots and discuss how they are different from bananas (color, shape, and size).
- Discuss that carrots grow in the ground and can be hard and large but can also be canned or shredded into small pieces.
- Explain that tomatoes grow on vines, but can be canned, just like pumpkin and mandarin oranges. Discuss the shape of the diced tomatoes (cube, box, etc.)
- Demonstrate cutting a banana.
- Pass the carrots, tomatoes, and bananas and allow children to cut them with toddler-safe knives.
- Eat together and give children time to taste and comment on the colors, shapes, and flavors.

TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a

Music and Movement

- Song #4 “Act Like You are in a Zoo” on the Happy and Healthy CD.
 - Students act like different animals throughout the song. Join the children and model each movement.
 - Modify movements as needed for children’s individual needs.
- TSGOLD: 34, 35

Physical Activity

Skill: tossing

Materials: bean bags and rings

- Place rings on the ground and have students practice tossing the bean bags to the rings.
- Teachers hold a ring and have students place the bean bag through the ring or toss the bean bag through the ring.

TSGOLD: 4, 6, 11a, 11b, 11c, 11d

School to Home

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

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



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