

Toddler 18-36 Months Vegetable Bug

Nutrition Objective

This lesson helps children to recognize foods that are part of the vegetable food group on MyPlate. Children create a plate of vegetables to taste.

Materials and Ingredients

spinach
canned black beans
shredded carrots

serving containers
paper plates



Food Preparation (according to CACFP guidelines)

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

- Wash spinach. Drain and rinse black beans and flatten them with a fork.
- Place all ingredients into separate serving containers.



Lesson Introduction

Read and Discuss: *Hello, World! Garden Time* by Jill McDonald

- Read each page and give children an opportunity to interact with and discuss the text.
- Interactions may look different from child to child. Offer questions such as "What do you see?", "What bug is that?", "Can you point to the bee?", "Where is the strawberry?". Provide time for children to point or verbally respond to your questions
- Encourage children to repeat words that may be new to them: root, stem, fruit, etc.

TS GOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the ingredients for today's recipe. Ask children to say each ingredient's name: spinach, black beans, carrots.
- Model creating a bug using the vegetables provided. Show your "veggie bug" to the students and tell them what you created.
- Serve a small amount of all vegetables to each child.
- Children create a veggie bug or other creation and allow them time to use their imaginations.
- Eat and enjoy your veggie bug creation and discuss the foods' flavors and textures.

TSGOLD: 1b, 1c, 2c, 7a, 8a, 8b, 11, 14a, 37, 38

**Lesson
Extension:
Nature Walk!**

Materials: *Hello, World! Garden Time* book

- Take children outside to your play area to see what kinds of bugs and plants live around the area.
- Using the book, see if you notice any of the same plants or bugs.

*If you are unable to go outside:

Discuss what kinds of plants or bugs you can see out the windows in your classroom. Ask children "Do they look the same as or different from the plants and bugs in the book?".

TSGOLD: 7a, 7b, 8a, 8b, 11a, 11b, 11c, 21b, 28

Physical Activity

Materials: scarves (optional), Happy and Healthy CD,

- Play song #12 "Dance Freeze" from the Happy and Healthy CD.
- To add a little bit of extra fun: Give each child a scarf to use while dancing.

Access all our music by using the QR Code or visiting

<https://coloradosph.cuanschutz.edu/school-wellness>.

Click on "Our Programs" and then "Child Physical Activity". Songs are at the bottom.

TSGOLD: 2c, 4, 5, 6, 8a, 8b, 11a

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>



SNAP-Ed
Division of Food & Energy Assistance

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.