



It's Fun to Eat Vegetables and Fruits!

Preschool Lesson Plan

Concept:

Promote the importance of and encourage eating five or more servings of vegetables and fruits every day.

Sunshine State Standards and Selected Components Addressed:

Health Literacy

STANDARD 1: The student comprehends concepts related to health promotion and disease prevention. (HE.A.1.1) The student:

- a. understands positive health behaviors that enhance wellness.

STANDARD 2: The student knows how to access valid health information and health-promoting products and services. (HE.A.2.1) The student:

- a. knows sources of health information (e.g., people, place, and products) and how to locate them.

Responsible Health Behavior

STANDARD 1: The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.1) The student:

- a. knows and practices good personal health habits.

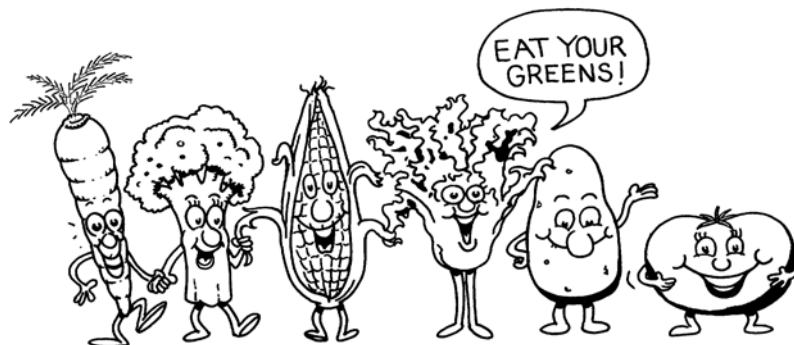
Goals:

1. Children will become familiar with a variety of vegetables and fruits and the importance of eating them.
2. Children will be made aware of where to find vegetables and fruits (grocery store, vegetable/fruit stand, farmer's market, garden).
3. Children will be made aware of the importance of eating five or more servings of vegetables and fruits each day.

Objectives:

1. Tell the children that they will be learning about vegetables and fruits. Point out the fruit and vegetable groups on the Food Guide Pyramid. Ask the children where they get their fruits and vegetables. Ask if their parent buys them at a grocery store. Tell the children that there are lots of places to get healthy fruits and vegetables. Get the children thinking about other places they might find fruits and vegetables, for example: have they ever picked an orange off a tree, or gone strawberry picking? Read Farmers Market (coloring book).
2. Activity – Construct a Shoe Box Garden
 - Collect enough shoe boxes for each child or have each child bring in a shoe box
 - Decorate the outside of the boxes (you could cover them with paper, spray paint, or let the children paint them but be sure to paste the 5 A Day logo on the box)
 - Collect pictures for the “garden”. Use old magazines or paper food models.
 - Glue the pictures to craft sticks
 - Cut slits in the bottom of the box for each craft stick
 - Push the craft sticks through the slits to make a “garden”

- After the “garden” is put together, go over the fruits and vegetable growing in the garden. Point out the 5 A Day logo, this reminds us to eat our fruits and vegetables. Tell the children to look for it in the grocery store
3. Activity – Interview with Ms. Broccoli (script provided). This is a great demonstration but will need two adults. Invite someone to come in as Ms. Broccoli. Have Ms. Broccoli wear the broccoli crown, and maybe a green shirt. Use green construction paper and cut out the broccoli crown (pattern provided).
 - Read Growing Vegetable Soup by Lois Ehlert.
 4. Activity – grow something! –So many vegetables grow quickly with very little care. As the children see their vegetables grow, tell them that these growing vegetables help us to grow strong and healthy.
 - Sweet Potatoes: Take a sweet potato and stick tooth picks around the center of the potato. Put the potato in a glass, the toothpicks keep the potato from sliding all the way down in the glass. Fill the glass with water so that the bottom half to the potato is submerged. Put in a dark room or closet until it begins to sprout, then put in a sunny place and keep watering it. Soon you will get your own sweet potato vine. Avocados can also be grown this way except do not put them in a dark room first, instead put them directly onto a sunny window.
 - Seeds: Watermelon seeds and fresh lima beans can be grown by filling a small plastic cup with dirt, plant the seed, put in a sunny location and watch your plant go. Garlic can also be grown this way, just push a clove of garlic into the soil, water regularly and place in a sunny window
 5. Play the Garden Game! Explain to the children that fruits and vegetables give you important vitamins and mineral and energy to help you grow strong. They also keep you healthy so you can play games like the Garden Game.
 - Have all the children sit in a circle. Give each child the name of a fruit or vegetable. To keep this straight give them each a garden tag to wear (pattern provided) with the name of their fruit or veggie. When everybody is seated say “Apple and Cucumber trade places” and the “apple” and the “cucumber” would trade seats. Do this until all the children have had a chance to switch. You could also say, “Garden gets tilled” and everybody has to move.
 6. Be sure to incorporate a new vegetable or fruit today at lunch, have vegetable soup or have fruit or vegetables at snack (carrot sticks with ranch dressing).



Materials Needed:

Scissors
Crayons
Yarn
Shoeboxes
Paint- washable, non-toxic
Craft sticks
Construction paper
Farmers Market- coloring book
Growing Vegetable Soup by Lois Ehlert
Seeds or vegetables to plant
 Sweet potatoes
 Avocado pit
 Watermelon seeds
 Fresh lima beans
 Garlic cloves
Tooth picks
Glass to plant in
Plastic cups
Soil

Sample Copies of Handouts and Posters:

Blank Food Guide Pyramid (can be enlarged to poster size)
Pictures for a "Shoe Box Garden"
Script for "An Interview with Ms. Broccoli"
Broccoli Crown pattern and "5 A Day" logo
List of Fruits and Vegetables and Garden Tag
Parent newsletter

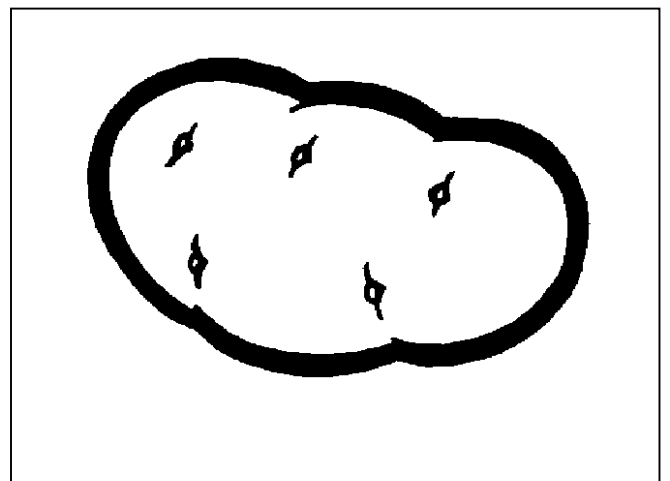
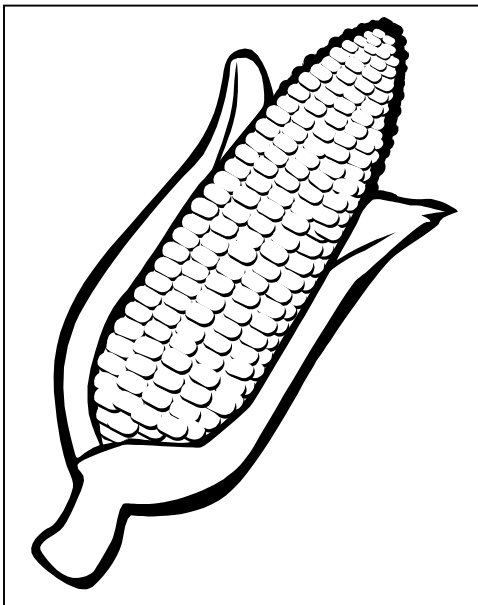
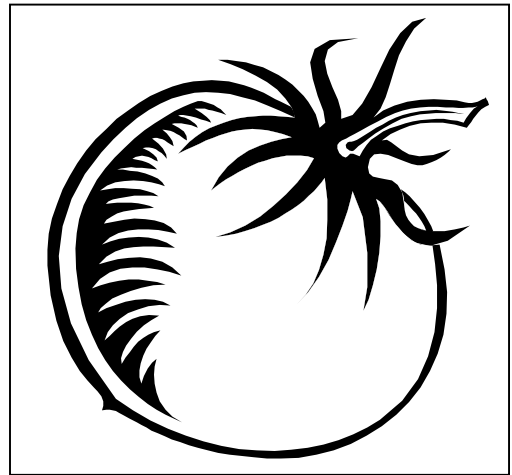
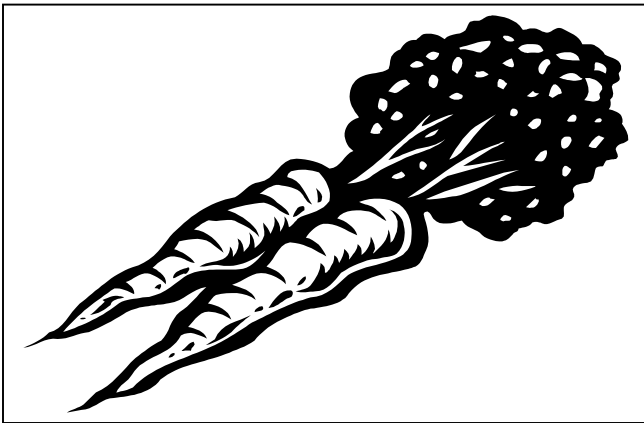
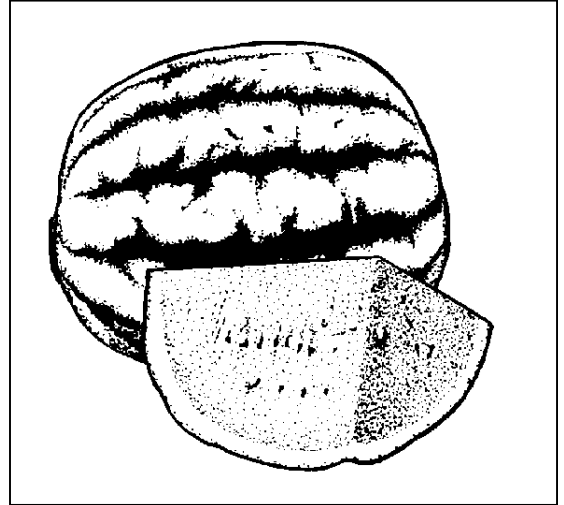
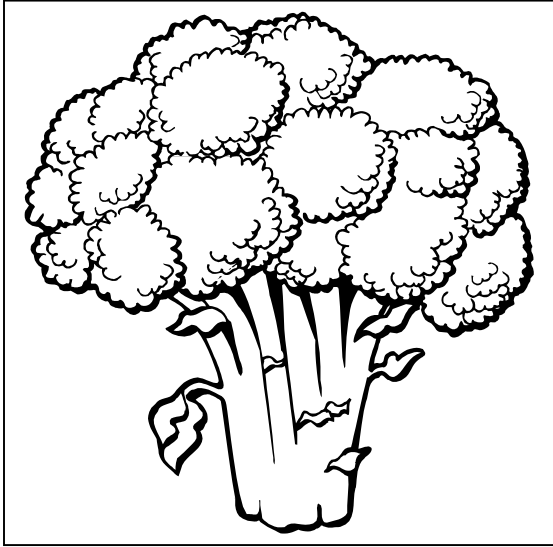
Important Tips:

Children may need to see a new food offered 6-12 times before they decide to like it. Don't give up on that new fruit or vegetable after only 1 or 2 tries.

Resources:

Growing Vegetable Soup by Lois Ehlert (1987) Voyager Books
Farmers Market Coloring Book, this can be downloaded at
 www.ams.usda.gov/directmarketing/coloringbook/htm
 www.usda.gov

Vegetables and Fruits for your "Shoe Box Garden"





Attention

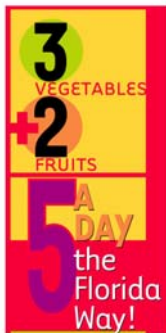


Dear Parent or Guardian,

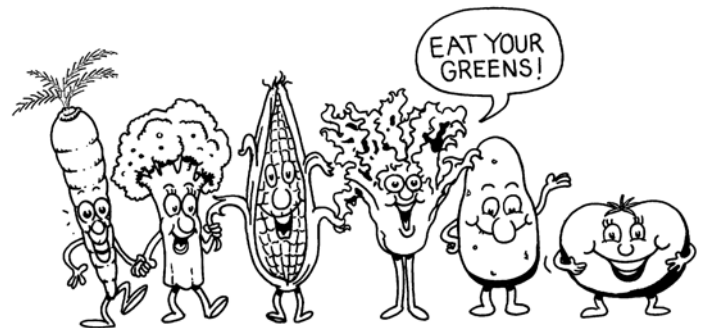
Your child has been learning about fruits and vegetables. Vegetables and fruits are low in calories and fat and high in vitamins, minerals and fiber. Regular consumption of fruits and vegetables is associated with lower risk of cardiovascular and heart disease, hypertension or high blood pressure, diabetes, obesity, birth defects, and many types of cancers.

Unfortunately, because vegetables and fruits can be costly and are often rejected the first time they are introduced, many people grow up not eating them. Only 20 % of children get the recommended five servings a day! A new food may need to be offered to a child 6-12 times before a child decides they will like it. Don't give up! Serve only a small quantity along with old favorites. Eating a variety of fruits and vegetables is essential in keeping your family healthy. Introducing children to new fruits and vegetables at a young age encourages healthy eating habits that can last a lifetime. To ensure the health of the people you love, serve and encourage "5 a Day for better health".

Sincerely,



Tips to get children to eat vegetables and fruits



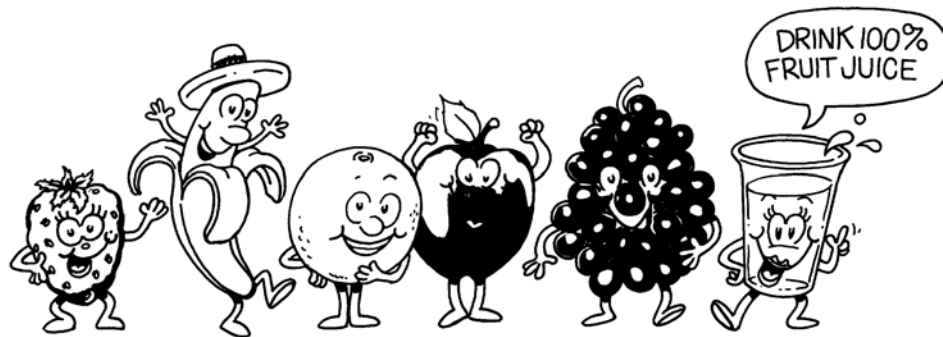
- Involve children in the process of picking out and preparing fruits and vegetables. When you go to the grocery store ask your child to pick out a new vegetable or fruit and then find a way to prepare it.
- Be a good role model; don't make faces or bad remarks about foods. Your children will follow your lead.
- Don't say things like "Don't put that on his/her plate, he/she will never eat it anyway." Your child will hear that and think it is ok not to eat that food.
- Offer the new food in small quantities with old favorites.

Smart shopping tips

- Buy fresh vegetables and fruit when they are in season. They will taste better and be less costly.
- Refrigerate fresh produce.
- Many fruits can be frozen. If you know fruit might go bad before anybody eats it, wash and freeze it and use it for a frozen fruit drink, fruit muffins, or toppings for pancakes or waffles.
- Buy frozen or canned.
- Check out your local farmers market or produce stands.

Tips to include vegetables and fruits in your diet:

- Drink a glass of 100% fruit juice.
- Add fruit to your waffle, pancakes, or cereal.
- Eat a salad at lunch.
- Have a piece of fruit for a snack.
- Add slices of fresh vegetables like tomatoes or cucumbers to your dinner.
- Add vegetables to a casserole.
- Set out a bowl of fruit where it is in easy reach for you and your kids and where you will see it.
- Order vegetables on your pizza instead of meat.
- Eat lettuce and tomato on your sandwich.



What is a serving size?

It's easier than you think it is to get 5 servings of fruits and vegetables a day. The following portions are based on the food guide pyramid at www.USDA.gov. Offer children ages 2-3 smaller portions.

Children 4-6

$\frac{1}{2}$ cup small or diced fruit or cooked or raw vegetable
 $\frac{3}{4}$ cup fruit juice
1 medium piece of fruit
1 cup raw leafy greens

Adults

$\frac{1}{2}$ cup small or diced fruit or cooked or raw vegetable
 $\frac{3}{4}$ cup fruit juice
1 medium piece of fruit
1 cup raw leafy greens

This information provided by 5aday.com and the Dannon Institute e-mail dannon.institute@dannon.com

The Garden Game

Make a copy of the garden tag for each child. Write the name of a different fruit or vegetable on each tag. Punch holes in the tags and run yarn through the holes. Have children wear these around their neck for the Garden Game.

Fruits

Apple
Banana
Pear
Peach
Orange
Grapes
Watermelon
Pineapple
Mango
Nectarine
Kiwi
Plum
Honeydew
Guava
Lemon


Vegetables

Tomato
Lettuce
Squash
Broccoli
Green Beans
Carrots
Potatoes
Collard Greens
Zucchini Squash
Eggplant
Turnip
Rutabaga
Asparagus
Beet
Yucca

Is/Are Planted Here
(name of fruit or vegetable)

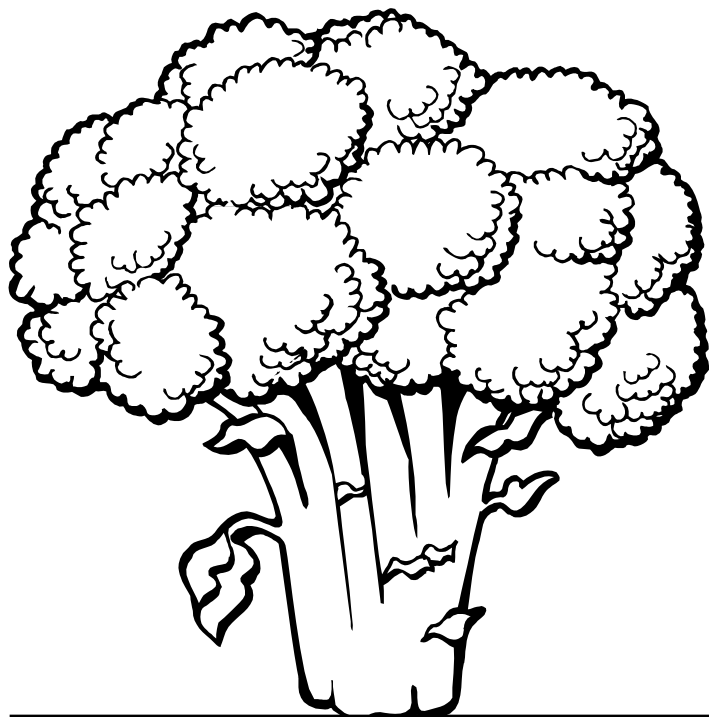
_____ **Garden**

_____ Name of teacher





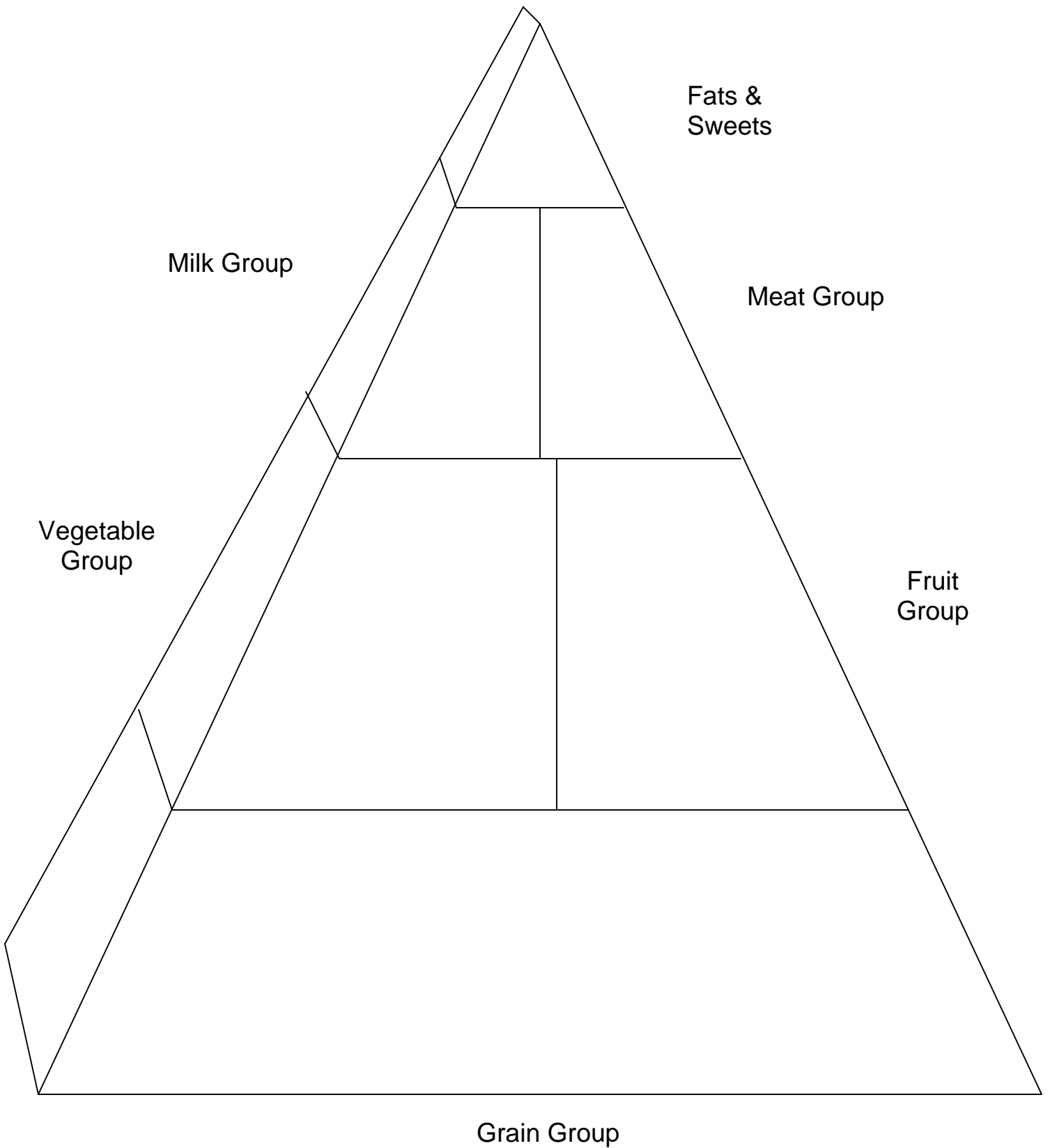
Fold a piece of green construction paper into thirds accordion or fan style. Cut out the broccoli pattern. Trace onto the green paper and cut it out. You should have half a "crown" with three pieces of broccoli. Repeat and tape the two pieces together for a broccoli crown.



Script for: “An Interview With Ms. Broccoli”

- Interviewer:** Boys and girls we have a special visitor with us today – Ms. (or Mr.) Broccoli
(Introduce Ms. Broccoli to the children – maybe shake Ms Broccoli’s hand!)
- Interviewer:** Ms. Broccoli we understand that you are very healthy
- Ms. Broccoli:** (looks very proud) Oh yes – that is true, I am very healthy!
- Interviewer:** What make you so healthy?
- Ms. Broccoli:** I have lots of vitamin A and vitamin C. Did you know vitamin A helps me have healthy eyes? (point to eyes) and skin (rub arms!). Did you know that vitamin C (do a pretend sneeze!) helps me not get colds. And I’m green, like a tree! Green is my favorite color!
- Interviewer:** Ms. Broccoli please forgive me, but I’ve heard that some people (look worried and lower voice) don’t like you.
- Ms. Broccoli:** (using Kleenex, dabbing at eyes, sniffing and speaking tearfully!) Yes, I know there are people who don’t like me and it really hurts my feelings. They could at least give broccoli a little try every now and then until they do like me.
- Interviewer:** (patting Ms. Broccoli on the back) Now – now Ms. Broccoli it’s okay! (trying to cheer her up say): Hey- how many wonderful ways are there to eat broccoli?
- Ms. Broccoli:** (starting to feel better and cheer-up) Oh – broccoli can be eaten raw with dip, or steamed and eaten plain or with shredded cheese on top, or even cooked in a casserole with chicken, mmmm– broccoli is very yummy!!!
- Interviewer:** Ms. Broccoli we want to thank you for visiting with us today. Let’s show Ms. Broccoli how much we like her by clapping! How else can we show her we like her?
Encourage children to say “by tasting and eating more broccoli”!!!

Let's Build a Food Pyramid



Decorate the shoeboxes for the activity "Guess What Food is in the Shoe Box" with a "5 A Day" logo

