

# More Than Mud Pies

6th edition

A Nutrition Curriculum Guide for Preschool Children



National Food Service Management Institute  
The University of Mississippi

ET48-12

2012

**National Food Service Management Institute  
The University of Mississippi**

*Building the Future Through Child Nutrition*

**MISSION**

The mission of the National Food Service Management Institute is to provide information and services that promote the continuous improvement of child nutrition programs.

**VISION**

The vision of the National Food Service Management Institute is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the National Food Service Management Institute at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room, 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

© 2012 National Food Service Management Institute, The University of Mississippi  
www.nfsmi.org • 800-321-3054

Suggested Reference Citation:

National Food Service Management Institute. (2012). *More than mud pies: A nutrition curriculum guide for preschool children (6th ed.)*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

# More Than Mud Pies

## A Nutrition Curriculum Guide for Preschool Children

Sixth Edition prepared by  
National Food Service Management Institute  
The University of Mississippi  
University, Mississippi  
2012

### **REVIEW AND REVISIONS BY**

Paula Pierce, PhD, RD  
Nutrition Consultants, Aurora, Colorado

### **GRAPHIC DESIGN BY**

Vicki Howe  
National Food Service Management Institute

### **PROJECT COORDINATORS**

Barbara Washington  
Sharon Walls  
National Food Service Management Institute

### **EXECUTIVE DIRECTOR**

Katie Wilson, PhD, SNS  
National Food Service Management Institute

First Edition prepared by  
Mile High Child Care Association  
Colorado Child Care Coalition  
Colorado Department of Education  
Denver, Colorado  
1980

Revised Edition prepared by  
Nutrition Education and Training Program  
School Food Services  
Division of Administration and Finance  
Mississippi Department of Education  
Jackson, Mississippi  
1982, 1989

Third, Fourth, and Fifth Editions prepared by  
National Food Service Management Institute  
The University of Mississippi  
University, Mississippi  
1998, 2004, 2009



# Table of Contents

## Introduction

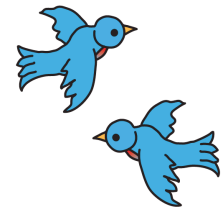
Eating Habits of Preschoolers .....	1
Nutrition Education Curriculum Goals .....	1
Getting Families Involved in the Nutrition Education Program .....	2
Using the Curriculum .....	2
Lesson Outline .....	3
State and Local Requirements on Food Preparation in Child Care Centers and Preschools .	4
Teaching Preschoolers the Importance of Good Nutrition .....	4
Suggestions for Presenting Nutrition Education and Food Preparation Activities .....	5
Nutrition Education Is an Essential Part of the Child Care Center and Preschool Program .	7

## Preliminary Skills Lessons

Mealtime Routines for Health and Manners .....	11
The Food Groups .....	15
Measuring Manipulation .....	19
Kitchen Safety .....	21
How to Follow a Picture Recipe .....	25

## Fall Lessons

An Apple a Day Keeps the Doctor Away .....	29
Identifying New Foods .....	33
A Family's Guide to Mealtime with Children .....	35
Making Mealtime Memorable .....	36
Shopping Spree .....	37
A Family's Guide to Buying Better Nutrition .....	39
Historical Foods in America .....	43
Breads and Grains .....	45
A Family's Guide to Whole Grains .....	47



My Body .....	49
A Family’s Healthy Food Guide .....	51
Where Foods Come From .....	55
Pumpkin Possibilities .....	57
Pizza Party .....	59
Food Games .....	61
Pasta Possibilities .....	63
Harvest Feast .....	65
How Much? .....	67
A Family’s Guide to Child-Size Portions .....	69

## **Winter Lessons**

In Praise of Family Meals .....	73
Warm Winter Cookies .....	75
Family-Teacher-Child Winter Celebration .....	77
Starting the New Year Right with Healthy Beans and Peas .....	79
Seeds Can Grow in Winter .....	81
Super Soups .....	85
Who Has Trouble Finding Food in Winter? .....	87
Healthy Snacks for Winter .....	89
A Family’s Guide to Easy Snacks for Winter .....	91
Snack Ideas for You and Your Child to Make Together .....	92
Simple Smoothies .....	93
How Do I Feed My Teeth? .....	95
Why Brush My Teeth? .....	97
A Family’s Guide to Keeping a Healthy Smile .....	99
Start the Day With Breakfast .....	101
A Family’s Guide to Quick and Easy Breakfast Ideas .....	103
Pancakes .....	105

## Spring Lessons

The Chicken and the Egg . . . . .	109
Food Forms . . . . .	111
Splendid Sandwiches . . . . .	113
Special Spring Salads . . . . .	115
Eggs-Stravaganzas . . . . .	117
Herbs and Spices . . . . .	119
Food Tasting Party . . . . .	121
Planning for a Garden . . . . .	123
Indoor Gardens . . . . .	127
Garden Guide . . . . .	131
Totally Tortilla . . . . .	135
Celebrating Family Day . . . . .	137
Weather Watch . . . . .	139
Planting a Garden . . . . .	141

## Summer Lessons

Blueberry Muffins and Butter . . . . .	145
Rice Around the World and Here at Home . . . . .	147
Water... It's What We Drink . . . . .	149
Healthy Snacks for Summer . . . . .	151
A Family's Guide to Healthy Snacks for Summer . . . . .	153
Tropical Fruits . . . . .	155
How Food Spoils, How You Preserve It . . . . .	157
Understanding Food Allergies . . . . .	159
Quick and Crunchy Trail Mix . . . . .	161
Let's Make Farmer Cheese . . . . .	163
Going Fishing . . . . .	165
Let's Have a Picnic . . . . .	167
Vegetables From Our Garden . . . . .	169
Homemade Ice Cream . . . . .	173
Clipart from <i>More Than Mud Pies</i> . . . . .	175





# INTRODUCTION

## Eating Habits of Preschoolers

Preschoolers have very specific ideas about foods and how and when they want to eat. Families and preschool staffs should recognize and respect the food behaviors of each child. Young children should be guided by adults to explore new foods in an environment that promotes social development.

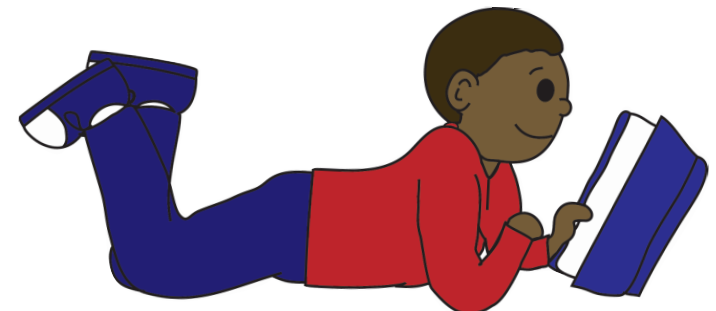
- Preschool children generally prefer mildly flavored foods. Spicy or strong flavored foods are an acquired taste.
- Simple foods that are low or moderate in sugars and fats teach healthful food choices.
- Overcooked vegetables are frequently disliked.
- Most young children like raw vegetables.
- Fruits are liked either raw or cooked.
- Meats and chicken are favorite foods.
- As children get older, they develop definite preferences for familiar foods, making exposure to a variety of foods and flavors at the preschool age important.
- Many preschoolers' diets are low in vitamins A and C, and iron.
- Offering a variety of foods ensures children get the nutrients they need.

- Children can decide how much food they want to eat each day.
- Caregivers can support children by honoring a child's feelings of hungry and full.

## Nutrition Education Curriculum Goals

Nutrition education lessons help children to:

- Enjoy a variety of healthful foods
- Learn about new foods in a fun and exciting way
- Understand their feelings of hunger and fullness
- Learn ways to group and describe foods
- Learn to refuse food politely



## Getting Families Involved in the Nutrition Education Program

The preschool or child care center staff should work in partnership with the children's families to achieve the nutrition objectives of the program. The effort made to involve families helps ensure that children practice at home what they learn at the child care center or preschool. Good eating habits learned in the preschool and child care center must carry over to the home if they are to last! Here are some suggestions for involving parents.

1. Send menus home with the children.
2. Have families serve on a menu planning committee with teachers and food service staff. A different group of families could serve each month.
3. Encourage families to observe the lessons whenever possible and to share meals and snacks, and accompany children on field trips to where food is grown, purchased, or prepared.
4. Have nutrition information available at family meetings.
5. Sponsor international family pot-luck dinners to introduce various cultural and ethnic foods.
6. Follow through on the What Families Can Do suggestions listed in *More Than Mud Pies*. Send copies of the Family Guides home with the children.

## What about the cost?

Nutrition education should be adequately reflected in the budget. The materials needed for nutrition education activities should be a part of the preschool and child care center program budget (cost per child per year). Some of the lessons will involve preparing foods that meet U. S. Department of Agriculture (USDA) meal or snack requirements and can be covered by the current reimbursement rate. For those activities that do not meet these requirements, program funds will need to be used.

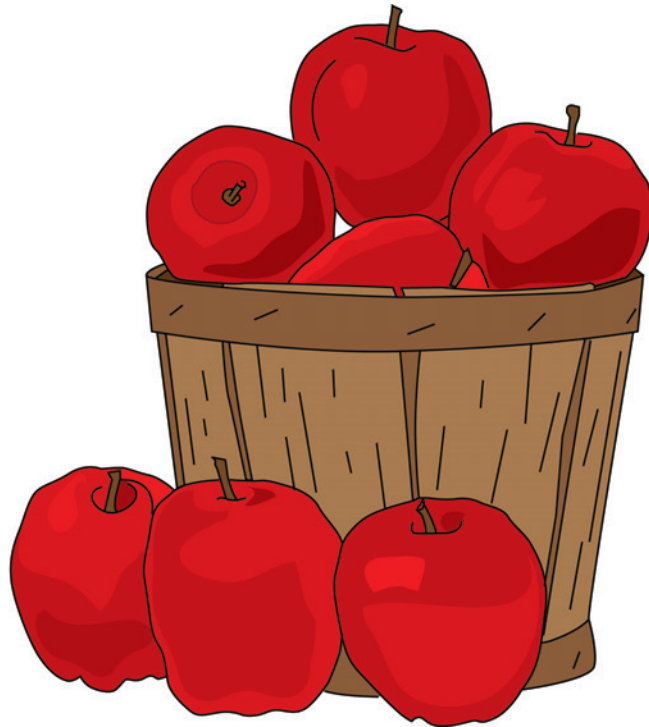
In order to economize, centers and preschools can collect and recycle materials that will be useful in food preparation activities. Garage sales, family kitchens, restaurant close-out sales, and thrift stores are all good sources of utensils and other materials.

## Using the Curriculum

The *More Than Mud Pies* nutrition education curriculum is designed to provide both staff and children with enjoyable activities that encourage positive ideas about nutrition and foods. Before beginning the activities and recipes, the children should develop confidence with the skills needed to prepare and enjoy foods.

The five preliminary lessons activities, Mealtime Routines for Health and Manners, The Food Groups, Measuring Manipulation, Kitchen Safety, and How to Follow a Picture Recipe, introduce these skills. The

preliminary skills can be taught daily or on a once-a-week schedule. As soon as the children have some experience with these skills, begin the seasonal activities. The curriculum materials include 54 lessons. Each lesson is built around the season. The teacher should note that most activities in the lessons are adaptable to any time of the year. The activities introduce the ideas of food sources, nutrients, and the five senses.



### Lesson Outline

- **Opportunities for Learning**—specific objectives to be achieved by children performing the activity
- **Things to Do Before the Lesson**—advance preparation requirements for staff
- **Activities with Things You'll Do**—steps to follow to complete the activity
- **Things You'll Need**—list of all supplies and materials needed to complete the activity
- **What Families Can Do**—suggestions that involve families

Additional information may include

- Discussion suggestions for teachers with children.
- Books to read and songs to sing may be listed.

The recipes used in *More Than Mud Pies* were selected to reflect the principles of good nutrition—variety, balance, and moderation. Lessons create an awareness of the importance of food choices to growth and health.

### *Special Notes for the More Than Mud Pies Lessons*

All lessons assume the following steps are taken.

1. All foods are washed.
2. All work surfaces are cleaned and sanitized before and after each food-related activity.
3. Children and teachers always wash hands before and after each food-related activity.
4. Napkins, plates, cups, and other needed tasting equipment is provided whenever food is eaten.
5. Water is always a good beverage to serve anytime food is tasted.
6. Remember that peanut butter and nuts are common allergens for young children. They may have an allergic reaction to coming in contact with it as well as eating it.



## **State and Local Requirements on Food Preparation in Child Care Centers and Preschools**

All local fire and health departments' rules or regulations concerning the placement of appliances or food safety requirements, which might prevent children from participating in all the steps of the lesson, should be followed.

Be sure to check with all sponsoring agencies for restrictions on allowing children to participate in food

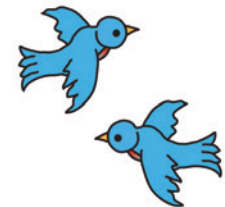
activities when the food will be consumed by the children. Some state agencies may have regulations about crediting foods prepared by children as part of the reimbursable meal or snack.

## **Teaching Preschoolers the Importance of Good Nutrition**

Nutrition education activities in the preschool and child care settings can help shape the eating habits of young children. The concept of eating a variety of foods from each of the five food groups can be taught to preschoolers.

The child who has learned about making wise food choices can apply that knowledge in elementary school where children may choose their own foods at breakfast and lunch. Since children spend an extended part of their day in child care, food preparation and nutrition education activities support learning healthful eating behaviors taught at home.

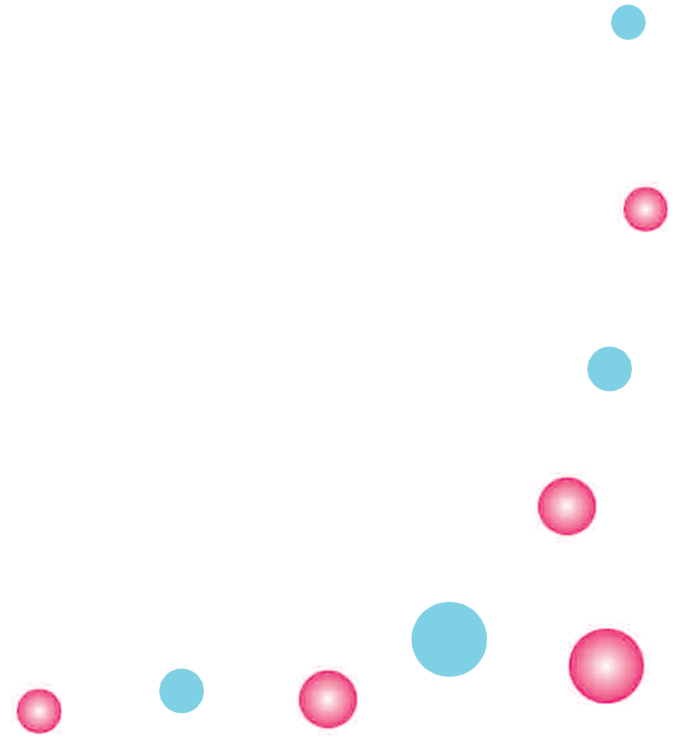
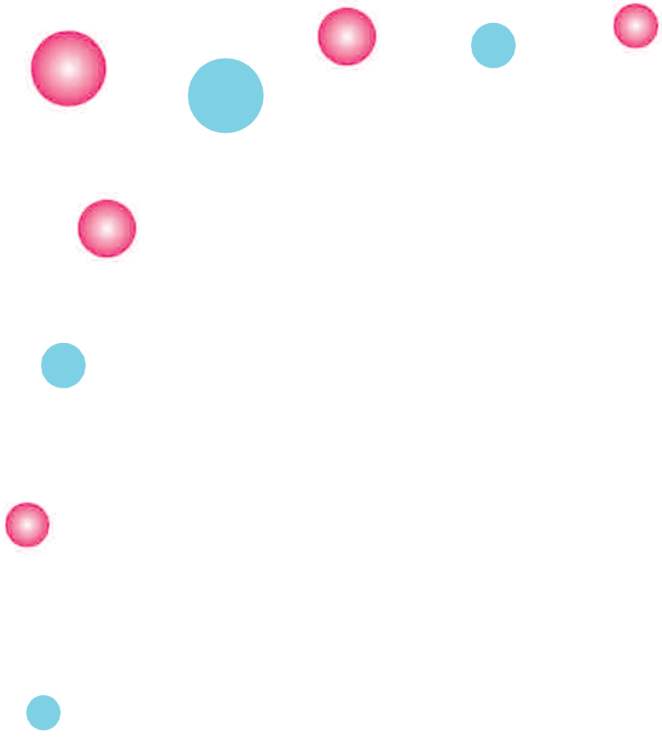
Food preparation is a fascinating, hands-on tool for learning about healthful eating, and it is fun! Cooking provides children with a sense of personal achievement as they meet their own food needs. Children can only pretend to drive a car or be a fireman, but they really can cook and produce real food that other people will eat.





## Suggestions for Presenting Nutrition Education and Food Preparation Activities

1. Prepare for each lesson at least one week in advance.  
A well thought out cooking experience allows the teacher to devote full attention to the children, instead of wondering if all the necessary supplies are available.
2. Make the lesson a special occasion.  
Wear a special costume (colorful apron, floppy hat) for weekly lessons. Have washable aprons made for the children (pillowcases with holes cut for neck and arms).
3. Children should be supervised at all times when around potentially dangerous equipment such as knives or appliances.  
Use volunteers, such as foster grandparents and parents, to supervise children with peeling, grating, slicing, and measuring.
4. Make certain that all children are involved.  
Divide into small groups at separate tables with all materials and ingredients at each table.
5. Provide enough praise and reinforcement to make the experience rewarding to children.  
Cooking experiences should not focus on the end results. The process is more important.
6. Let children experience things for themselves as much as possible.  
Let them use their senses. Everyone should have a chance to smell, feel, and taste.
7. Help children observe and talk about color, texture, size, and shape.  
Talk about what happens when ingredients are combined and the effects of different temperatures on food.
8. Cleanup should be an ongoing activity.  
Have sinks with running water and soap nearby so children can wash hands while they prepare food.
9. Follow through on projects so everyone has a chance to taste what has been made.



## **Nutrition Education Is an Essential Part of the Child Care Center and Preschool Program**

In addition to learning about foods and healthful eating, nutrition education activities provide opportunities for the overall objectives of the preschool or child care center program to be accomplished. In addition to promoting wise food choices, nutrition education offers valuable learning experiences to young children who are learning skills they will use throughout life. Nutrition education provides exciting, stimulating activities that allow children to practice pre-reading, math, science, motor, and language skills. Communication and cooperation skills are learned as children work together during cooking and mealtime experiences.

### **Common Objectives of Nutrition Education Activities**

#### **Nutrition Awareness**

By learning which foods are important for growth, strength, and energy, children may make better food choices. Children can learn to eat many different kinds of foods to keep their bodies healthy.

#### **Emotional and Social Development**

Food comforts and nourishes. It is an expression of love. Helping prepare food makes children feel that they are important. Tasting food shows children that people have different likes and dislikes. Some people like the taste of a certain food and others do not. Courtesy and sharing are encouraged.

#### **Vocabulary Enrichment**

By working with food, children can learn new words and concepts such as stir, blend, slice, grind, freeze, and melt. Children really learn the concept of stirring or slicing when they do the task during a cooking activity.

#### **Sequencing/Pre-Reading Skills**

Because activities and recipes need to be completed in a specific order, children learn the idea of sequences. Picture recipes introduce the concept of order and pre-reading skills.

### ***Scientific Concepts***

Cooking is a science experiment you can eat. Children learn the different sources of foods and how animals and plants grow. Each child has the right to know that carrots grow in the ground and do not originate in the produce section of the local supermarket. Children see foods change color and texture when heated.

### ***Quantity Concepts/Pre-Math Skills***

Simple ideas about quantity are learned in cooking activities. Mathematical concepts are learned in a fun and practical way.

### ***Motor Skills***

Food preparation gives children a chance to practice eye-hand coordination in activities such as paring, measuring, and mixing. Eye-hand coordination is important in learning to read and write.

### ***Safety Awareness***

Both parents and center staff work together to help children learn a healthy respect for appliances and utensils.

### ***Food Safety Awareness***

Children can develop good health (hygienic) practices from their association with good food handling practices. Children learn to wash hands after using a tissue, after going to the bathroom, and before handling food.



# Preliminary Skills Lessons



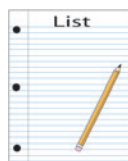


# Mealtime Routines for Health and Manners

## PRELIMINARY SKILLS LESSON 1

**Opportunities for Learning:** Children will wash hands before setting the table or touching food; say “please,” “thank you,” and “you are welcome;” use napkins and utensils in an age-appropriate manner; clear the table and stack or dispose of dishes.

### Hand Washing



#### Things You'll Need

- ✓ hand washing sink with running water and soap
- ✓ paper towels



#### Things You'll Do

- ✓ Guide the children in washing their hands before all food activities.



- ✓ Explain to the children that clean hands help prevent the spread of germs that make people sick.

- ✓ Encourage children to wash their hands for 20 seconds. (Have the children sing *Happy Birthday* while washing hands—singing one verse takes about 20 seconds.)



### Set the Table



#### Things You'll Need

- (for each child)
- ✓ paper placemats
  - ✓ crayons

- ✓ plastic serrated knives
- ✓ forks
- ✓ spoons
- ✓ napkins



#### Things You'll Do

- ✓ Give each child a paper placemat.



- ✓ Ask the children to draw a picture of a knife, fork, spoon, and napkin.

- ✓ Draw the fork and napkin on the left and the knife and spoon on the right of their placemat.
- ✓ Encourage children to put their own utensils on the placemat.

Note: It is okay if the table settings are less than perfect.

## Practice Good Manners



### Things You'll Need

- ✓ place settings from Set the Table Activity
- ✓ bowl of orange slices
- ✓ bowl of apple slices

- ✓ knife
- ✓ fork
- ✓ spoon

### Things You'll Do

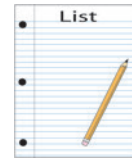


- ✓ Have children wash their hands before any food-related activity.
- ✓ The teacher passes the bowl of fruit to the children; children practice taking food with tongs or other serving utensils and saying “please,” “thank you,” and “you are welcome.”

- ✓ Make a game of it. The fruits are passed when the “magic” words (please, thank you, you are welcome) are said.
- ✓ While at the table, play this game with the children. Holding up the knife, fork, and spoon, ask the children to fill in the blank when you say:

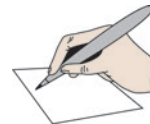
I eat my cereal with a \_\_\_\_\_. (spoon)  
I eat my meat with a \_\_\_\_\_. (fork)  
I eat my green peas with a \_\_\_\_\_.  
(fork or spoon)  
I eat my lettuce with a \_\_\_\_\_. (fork)  
I eat my yogurt with a \_\_\_\_\_. (spoon)  
I spread butter on my bread with a  
\_\_\_\_\_. (knife)  
I eat my soup with a \_\_\_\_\_. (spoon)

## Clean Up



### Things You'll Need

- ✓ dishpan
- ✓ disposable bag
- ✓ plastic scraper
- ✓ paper towels



### Things You'll Do

- ✓ Put disposable bag or dishpan on the table.
- ✓ Show the children how to scrape excess food into a disposable bag or dishpan using the plastic scraper.
- ✓ Sort and stack glassware, flatware, and dishes.
- ✓ Have the children wash their hands at the sink with running water after handling the dirty dishes.



## Books to Read

*Berenstain Bears Forget Their Manners*  
by Stan and Jan Berenstain



## What Families Can Do

Tell families the skills the children will be working on so they can help their child practice the skills at home.



## Songs to Sing

*Hey Diddle Diddle*





# The Food Groups

## PRELIMINARY SKILLS LESSON 2

**Opportunities for Learning:** Children will learn the food groups. Children will prepare a sandwich with different kinds of foods.



### The Food Groups Book



#### Things You'll Need

- ✓ pictures of different foods from each of the food groups (See list of different foods with this lesson.)
- ✓ 6 pieces of colored construction paper for each child
- ✓ tape or glue
- ✓ pieces of yarn to tie together pages of the book



#### Things You'll Do

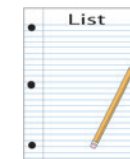
- ✓ Explain to the children that they are going to



make a book, using pictures of food, colored paper, and yarn.

- ✓ Show children pictures of foods. Explain that foods can be grouped in many different ways: by color, shape, feel, or where the food comes from. Let children group food in their own way. Tape or glue food pictures on the colored construction paper provided.
- ✓ Tie pages together with yarn.

### The Food Groups Train



#### Things You'll Need

- ✓ 7 one-half gallon clean cardboard milk cartons cut open on one side,

one covered with black paper (for the engine), and the others covered with assorted colored construction paper

✓ Pictures of food from each food group pasted on the train cars and additional pictures or food models for sorting

Discuss with the children that one way to group foods is by what the foods do for our bodies.

**Protein foods build muscles.**

Show the children the picture of the meat and beans on the train.

**Dairy foods make our bones and teeth strong.** Show children the picture of the dairy foods on the train.

**Fruits help prevent colds and heal cuts.** Show the children the picture of the fruit on the train.

**Vegetables help our skin and eyes.** Show the children the picture of the vegetable on the train.

**Bread and cereals give us energy.**

Show the children the grain picture on the train.

**Fats and sweets add extra energy**

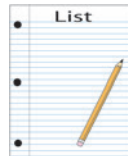
**and taste to meals.** These are “sometimes” foods. Show the children the fat and sweet foods on the train.



#### Things You'll Do

✓ Have the children load the food group train cars with the additional food pictures, matching the pictures to the ones on the cars. Help as needed.

### Food Group Sandwiches



#### Things You'll Need

#### INGREDIENTS

Whole-grain breads  
Whole wheat crackers  
Cucumbers  
Tomatoes

Apples  
Bananas  
Sliced meats  
Hard-cooked eggs  
Cheeses

#### EQUIPMENT

Plastic serrated knives  
(if appropriate)  
Tongs or fork  
Serving trays  
Napkins  
Cutting surface  
Small plates  
Food group labels



#### Things You'll Do

✓ Wash fruits and vegetables.  
✓ Arrange slices of fruits, vegetables, hard-cooked eggs, and cheese on separate trays.  
✓ Label each tray according to the appropriate food groups.  
✓ Have children select the foods to make a sandwich.  
✓ Discuss how each of the foods help the body grow and stay





healthy. For example: whole-grain bread and whole wheat crackers provide energy for growth and activity; meat and eggs build muscle; cheese (milk group) builds strong bones and teeth; and fruits and vegetables fight infection, heal cuts, and keep the eyes and skin healthy.



### Books to Read

*The Very Hungry Caterpillar*  
by Eric Carle



### Songs to Sing

*Pease Porridge Hot*



## SOME FOODS in the FOOD GROUPS

### Grains

Bagels  
Biscuits  
Boston Brown Bread  
Cereals  
Cornbread  
Corn Grits  
Crackers  
Hominy  
Macaroni  
Muffins

### Vegetables

Asparagus  
Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Corn  
Cucumber  
Eggplant  
Green Beans  
Green Peas  
Jicama  
Lettuce  
Lima Beans  
Mustard Greens

Noodles  
Oatmeal  
Pancakes  
Pita Bread  
Rice  
Rolled Wheat  
Rolls  
Spaghetti  
Tortillas  
Waffles

Mushrooms  
Parsley  
Peppers  
Potatoes  
Pumpkin  
Rutabaga  
Sauerkraut  
Spinach  
Squash  
Sweet Potato  
Swiss Chard  
Tomatoes  
Tomato Juice  
Turnip Greens  
Turnips  
Watercress  
Wax Beans  
Zucchini

### Fruits

Apple Juice  
Apples  
Apricots  
Bananas  
Blueberries  
Cantaloupe  
Cherries  
Dates  
Dried Plums  
Figs  
Grapefruit  
Grapes  
Honeydew Melon  
Lemons  
Mangos  
Nectarines

### Protein Foods

Beef  
Chicken  
Dry Beans  
Dry Peas  
Eggs  
Fish Sticks  
Ground Beef  
Ham  
Lamb

Orange juice  
Oranges  
Papaya  
Peaches  
Pears  
Persimmons  
Pineapple  
Plums  
Prune Juice  
Raisins  
Raspberries  
Rhubarb  
Strawberries  
Tangerines  
Watermelon

Liver  
Peanut Butter  
Pork  
Salmon  
Sausage  
Shrimp  
Tuna  
Turkey

### Dairy

Buttermilk  
Cheese of all kinds  
    American  
    Cheddar  
    Colby  
    Monterey Jack  
    Mozzarella  
    Parmesan  
    Swiss  
Cream

Dry Milk  
Evaporated Milk  
Fluid Milk  
    Whole  
    Reduced Fat  
    Skim/Nonfat  
Ice Cream  
Ice Milk  
Yogurt



# Measuring Manipulation

## PRELIMINARY SKILLS LESSON 3

*Opportunities for Learning:* Children will explore the ideas of more and less.



### Measure



#### Things You'll Need

- ✓water
- ✓rice
- ✓beans
- ✓flour
- ✓spatula
- ✓several plastic bowls
- ✓dry measuring cups
- ✓liquid measuring cups
- ✓measuring spoons



#### Things You'll Do



- ✓Fill bowls with water, rice, beans, and/or flour (at least one liquid and one dry ingredient).
- ✓Let the children fill liquid measuring cups with water and discuss which cup has more or less water than another.
- ✓Demonstrate how to fill measuring spoons with flour and level them off with a spatula. Show 1 tablespoon is larger than the 1 teaspoon measure.
- ✓Weigh 1 cup of each of the different ingredients so children can see that 1 cup of one ingredient weighs less or more than another.
- ✓Have children experiment on their own and practice different measurements, focusing on which measure is more or less.



## Books to Read

*Feast for 10*

by Cathryn Falwell



## Songs to Sing

*There Was an Old Woman*

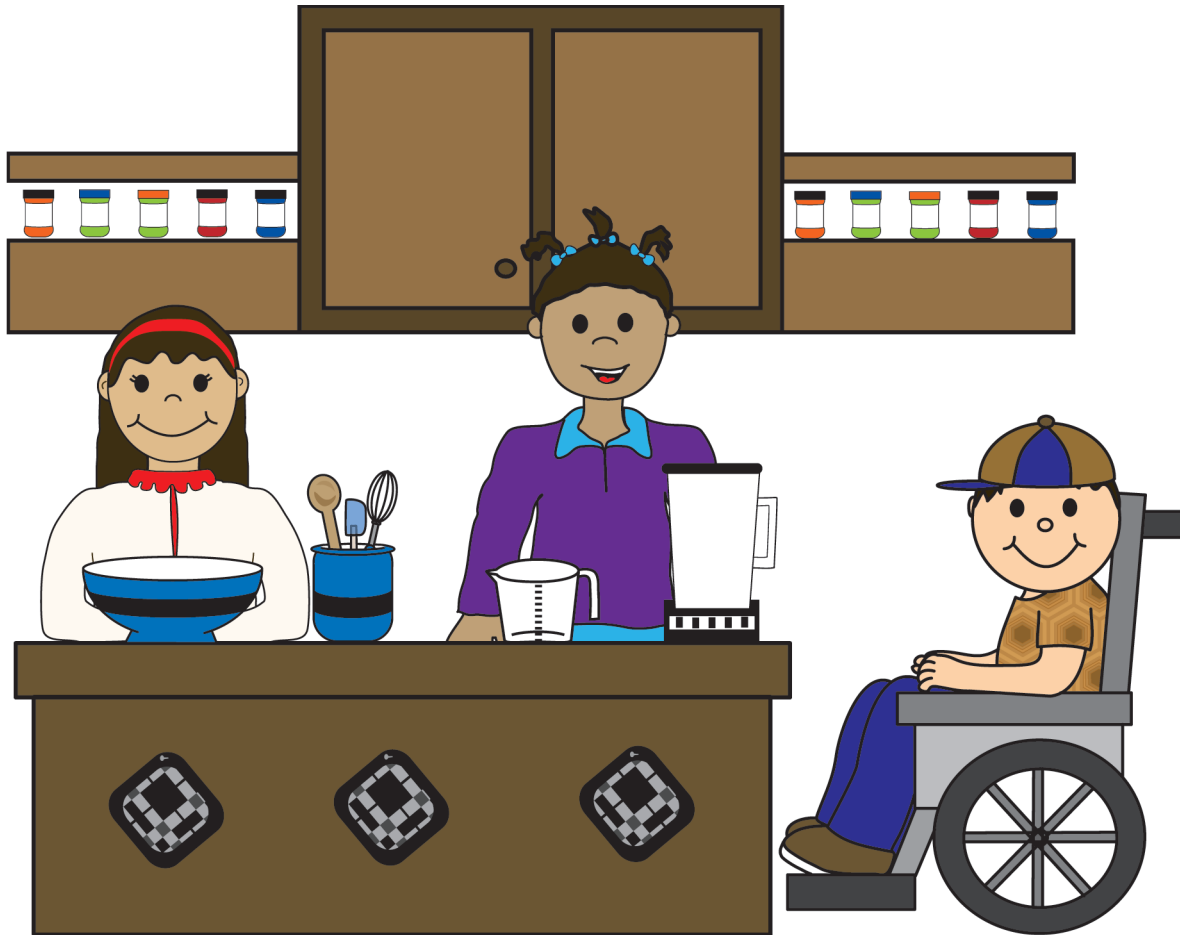
*Who Lived In a Shoe*



# Kitchen Safety

## PRELIMINARY SKILLS LESSON 4

**Opportunities for Learning:** Children will name different kitchen appliances and utensils and will practice safe behaviors to use in the kitchen.



### Kitchen Tour

#### Things You'll Do



- ✓ Take small groups of children on a tour of the kitchen.
- ✓ Ask the children to name different appliances and utensils and talk about how they are used.
- ✓ Ask the children if they know what an accident is. Tell children an accident is a mistake that hurts you or someone else. Ask children if they have ever had an accident, like falling off a chair or tripping when running.
- ✓ Tell them about the different dangers of cooking, such as very hot water, flammable objects near the range, appliances left on when not in use, and turning pot handles toward the front of the range.

- ✓ Discuss the use of potholders.
- ✓ Check for frayed cords and broken plugs on electrical equipment.
- ✓ Make sure that children are aware of where the electric cords are so they will not trip over them. Never drape a cord where children walk or play.
- ✓ Place electrical equipment on a table against the wall where the cord is plugged in for greater safety.

## Play Kitchen



### Things You'll Do

- ✓ Role play with children in their “play” kitchen or in the regular kitchen.
- ✓ Turn pot handle so it hangs over side of the range. Ask, “What is wrong?”
- ✓ Start to take something out of the oven and forget the potholder. Ask, “What is wrong?”

Note: Be sure to use empty pots and pans and a cool oven for these activities.

## Work With Utensils



### Things You'll Need

- ✓ hand washing sink with soap, running water, and paper towels
- ✓ plastic serrated knives
- ✓ cutting boards
- ✓ serving plates

## INGREDIENTS

Cheese  
1 Apple per child  
Hummus  
Crackers



### Things You'll Do

- ✓ Have children cut apples and cheese into slices with adult assistance if necessary. Have children arrange apples and crackers on serving plates and spread with hummus (Supervise children closely).



## Books to Read

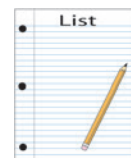
*Stone Soup*  
by Ann McGovern



## Songs to Sing

*Jack and Jill*

## Picture This!



### Things You'll Need

- ✓ small sticky pad or colored dots for children to put on the picture
- ✓ enlarged copy of the picture



### Things You'll Do

- ✓ Enlarge the picture so the children will be able to see it in a small group.
- ✓ Ask the children to take turns naming something that is wrong with the picture or could cause an accident.
- ✓ Children can put a sticky pad sheet or colored dot on the picture to show something that is wrong or could cause an accident.

# Picture This!



Picture This!  
Answer Key





# How to Follow a Picture Recipe

## PRELIMINARY SKILLS LESSON 5

**Opportunities for Learning:** Children will follow a picture recipe and make individual bowls of fruit salad.

### Draw a Picture Recipe



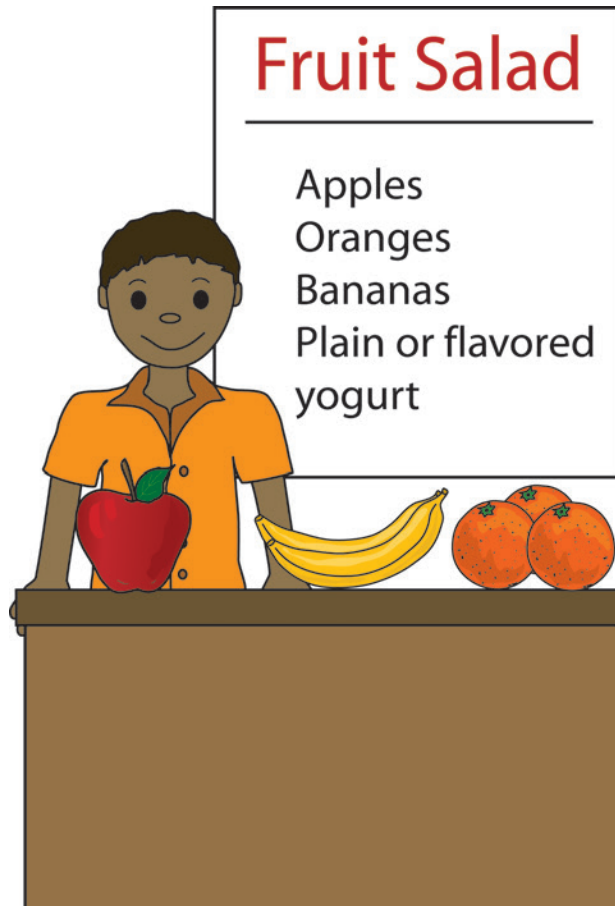
#### Things You'll Need

- ✓ poster board
- ✓ markers or crayons
- ✓ pictures of kitchen utensils and ingredients for fruit salad
- ✓ tape

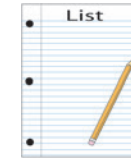


#### Things You'll Do

- ✓ On poster board, tape pictures of ingredients.
- ✓ Assemble ingredients ahead of time and put on plates arranged on the table in the order they should be added.
- ✓ Next to the ingredients, draw a picture of how much of each ingredient should be added to each child's bowl (such as 2 pieces or spoonfuls).



### Make Fruit Salad



#### Things You'll Need

- Each child will need:
- ✓ small bowl
  - ✓ fork
  - ✓ napkin
  - ✓ plastic serrated knife
  - ✓ cutting board

#### INGREDIENTS

Apples, cored and sliced  
Oranges, peeled and sliced  
Bananas, peeled  
Plain or flavored yogurt



#### Things You'll Do

- ✓ Explain that a recipe is a set of directions for making something to eat.



Each child should “read” the picture recipe and

- ✓Dice 4 pieces of apple and put in the bowl.
- ✓Cut 2 slices of banana and add to the bowl.
- ✓Add 1 piece of orange to the bowl.
- ✓Top with 2 teaspoons of yogurt and mix.
- ✓Clean up.
- ✓Talk about the different colors, sizes, and shapes of the salad ingredients.
- ✓Talk about the importance of fruit for energy and to help prevent colds and heal cuts.
- ✓Enjoy the fruit salad as part of a meal or snack.



### Books to Read

*Feast for 10*  
by Cathryn Falwell

*Cook-A-Doodle-Do*  
by Janet Stevens and  
Susan Stevens  
Crummel



### Songs to Sing

*There Was an Old  
Woman Who Lived in  
a Shoe*

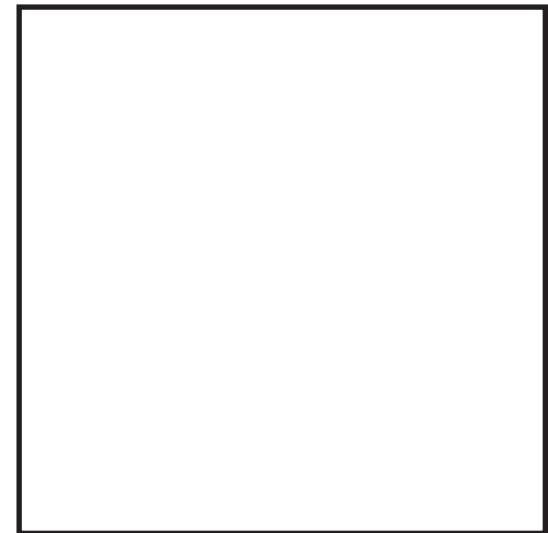
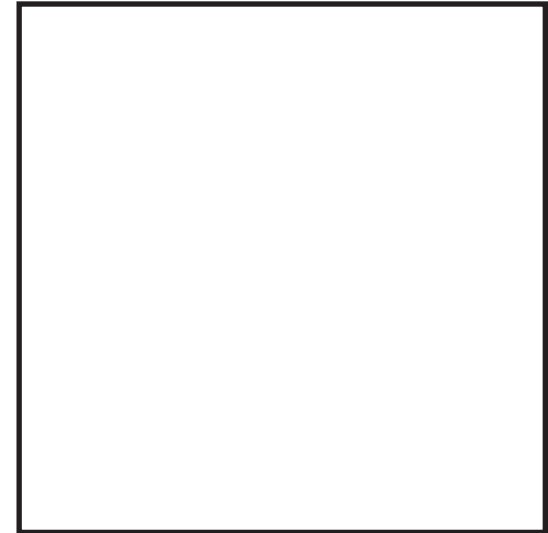


### What Families Can Do

Discuss with families that the children are learning about picture recipes. Encourage families to let their child help follow a recipe at home.

### My Great Recipes

Include recipes the children will enjoy making.



# Fall Lessons





# An Apple a Day Keeps the Doctor Away

## FALL LESSON 1

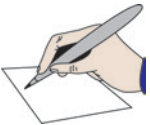
*Opportunities for Learning:* Children will use all five senses to learn about different foods.

### Learn About Apples Using the Five Senses



#### Things You'll Need

- ✓ cutting board
- ✓ plastic serrated knives
- ✓ several varieties of apples



#### Things You'll Do

- ✓ **Sight:** Give everyone a chance to look at the apple.



- Take a good look at an apple.

- What does the apple look like?
- What fruit is bigger than an apple?
- Name a fruit that is smaller than an apple.
- What color is it?
- Are all apples red?

- ✓ **Touch:** Give everyone a chance to hold the apple.

- What does it feel like?
- Is the apple heavy or light, rough or smooth?
- Is the apple cool?

- ✓ **Smell:** Give everyone a chance to smell the apple.

- What does it smell like?

- ✓ **Hearing:** Give everyone a chance to hear the apple.

- Does the apple make noise when you shake it?
- Is there a sound when you eat it?

- ✓ **Taste:** Give everyone a chance to taste the apple.

- What does the apple taste like—sweet, sour, bitter, salty?

Look at several different varieties of apples.

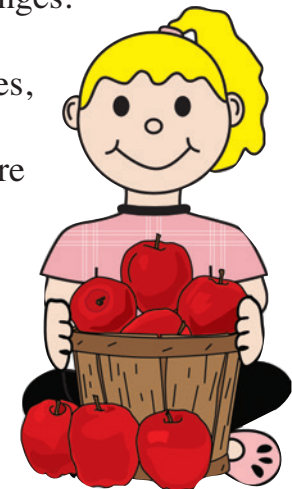
- Is the apple shiny or dull?
- What shape is the apple?

Guess what the apple looks like inside.

- How many seeds does the apple have?

Compare other fruits with apples, such as grapes, peaches, pears, bananas, or oranges.

Discuss the different textures, colors, and shapes. Are there any pits or seeds?



## Make Baked Apple



### Things You'll Need

- ✓ plastic serrated knife or apple corer
- ✓ small microwave or ovenproof pan or electric skillet
- ✓ measuring spoons
- ✓ spoon for basting
- ✓ cutting board

### INGREDIENTS

(for each child)

1 Apple

1/2 tsp Brown sugar

1/8 tsp Cinnamon

1 tsp Butter (optional)

Pinch of nutmeg (optional)



### Things You'll Do

- ✓ Wash apple.
- ✓ Cut (slice) off bottom of apple so it rests flat on cut surface.
- ✓ Remove core with apple corer leaving bottom of apple closed. (Teacher should help.)
- ✓ Place apple in pan.
- ✓ Fill core with brown sugar.
- ✓ Place 1 tsp butter (optional) on top

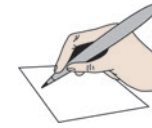


- of brown sugar.
- ✓ Sprinkle with cinnamon and nutmeg.
  - ✓ **Baking options:**
    - Add 1 cup of water to the pan and bake in 350 °F oven about 40 minutes until the apple is tender or
    - Add 1 Tbsp of water to pan and microwave on high for 10-12 minutes or
    - Cook in an electric skillet with 1 cup water at 350 °F for 50 minutes.

Baste juices over apple while cooking. (Teacher or food service personnel should do this.)

- ✓ **Talk about:** What cooking does to the apple, which ingredient sweetens the taste, where nutmeg and cinnamon come from (nutmeg is a seed of a tropical evergreen tree found in the Spice Islands; cinnamon is bark from a tree, which food group apples belong to (fruit group), which vitamin the apple supplies (vitamin C, which helps prevent illnesses and promotes the healing of wounds).

## More About Apples



### Things You'll Do

- ✓ Discuss where apples come from.
- ✓ Visit an apple orchard. If you are unable to visit an orchard, find a picture of an apple tree or draw one.
- ✓ Apple trees come from seeds. Cut an apple and count the seeds.
- ✓ Ask: How many apple trees could we start from the seeds of this one apple?
- ✓ Talk about different foods made from apples: apple juice, cider, canned sliced apples, and applesauce.



## Apple Poem



### Things You'll Need

✓Poem, *Away Up High*

### AWAY UP HIGH

Away up high in an apple tree;

(Point up.)

Two red apples smile at me.

(Form two circles with fingers.)

I shook the tree as hard as I  
could. (Pretend to shake tree.)

Down came those apples;

And m-m-m they were good!

(Rub tummy.)

From *Folk Songs USA* by John  
Lomax and Alan Lomax



### Things You'll Do

✓Teach children the  
poem about apples.



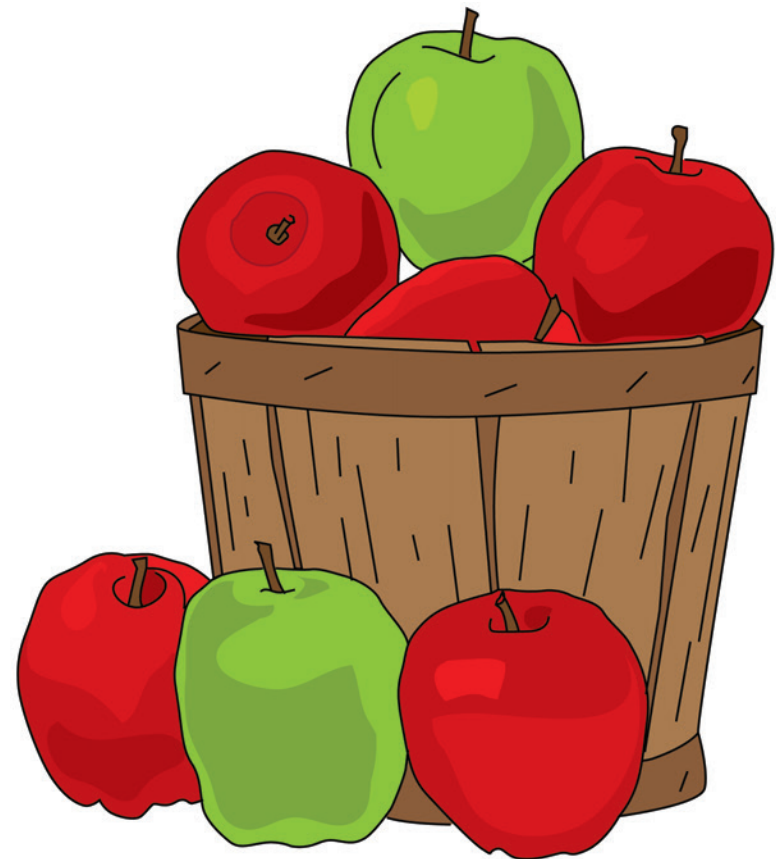
## Books to Read

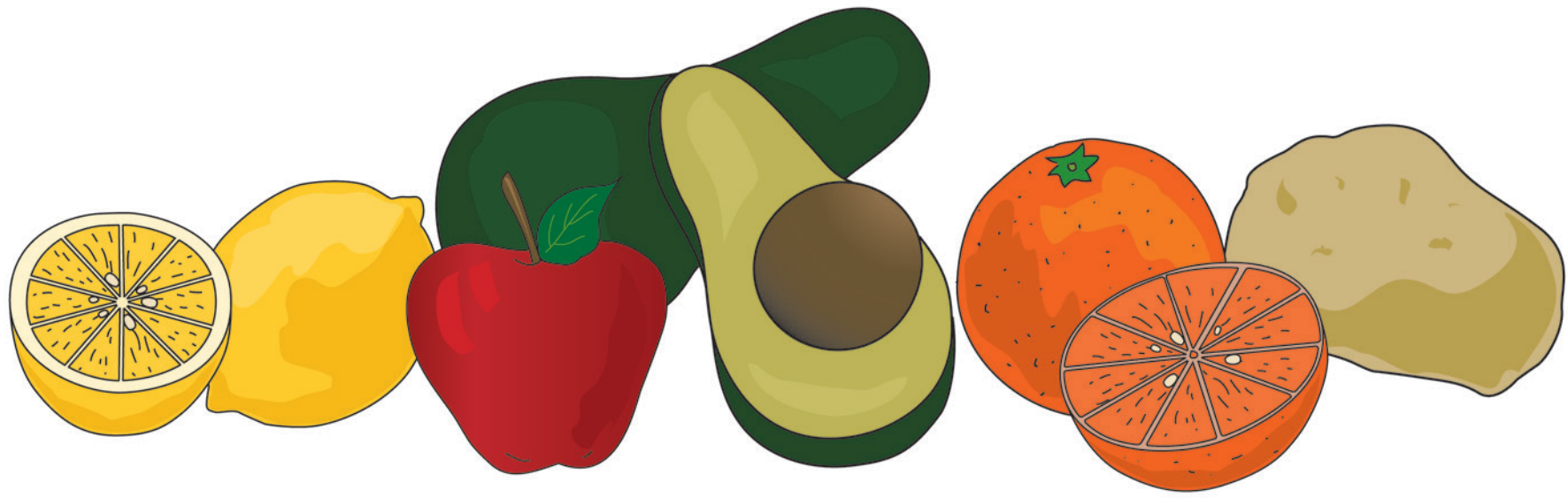
*Ten Apples Up On Top*  
by Dr. Seuss



## Songs to Sing

*Apples and Bananas*







# Identifying New Foods

## FALL LESSON 2

**Opportunities for Learning:** Children will learn to identify and name new foods. Children will identify mystery foods by touch. Children will shape and color a play dough food.

### Food Identification



#### Things You'll Need

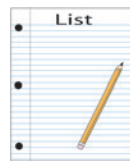
- ✓ Samples or pictures of familiar and unfamiliar foods, such as cheese, string beans, peas, lettuce, mustard greens, yogurt, sweet potatoes, tortillas, and other foods



#### Things You'll Do

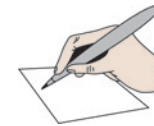
- ✓ Show samples of 10 different foods to the children.
- ✓ If you are using real foods, let the children feel, smell, and taste the foods.
- ✓ Ask the children to name the foods. What food group does each food belong to?
- ✓ Set aside those foods that children have difficulty identifying and review at a later time.

### Mystery Foods



#### Things You'll Need

- ✓ three paper lunch bags
- ✓ three familiar foods
- ✓ a fruit, a vegetable, and pasta



#### Things You'll Do

- ✓ Put familiar foods in three paper lunch bags.
- ✓ Tell the child to reach inside the bag, feel the food, and guess what it is.
- ✓ After all children have guessed, take each food out and ask the children which food group it belongs to.



## Play Dough Food Centerpieces

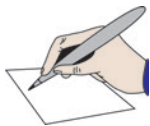


### Things You'll Need

- ✓waxed paper
- ✓large bowl
- ✓liquid measuring cups
- ✓dry measuring cups
- ✓measuring spoons
- ✓mixing spoon

### INGREDIENTS

- 1 cup Salt
- 1/2 cup Water
- 1 1/2 cups Flour
- 2 Tbsp Oil
- Food coloring



### Things You'll Do

- ✓Make play dough, mixing all ingredients except food coloring.
- ✓Give each child enough play dough to shape into a favorite food. Add a few drops of food coloring to the dough. Have children work on a piece of waxed paper, mixing in the color and shaping their play dough food.
- ✓Tape the children's names to their "foods" and display in a bowl as a centerpiece.



## Books to Read

*Eating the Alphabet: Fruits and Vegetables from A to Z*

by Lois Ehlert



## Songs to Sing

*Peas Porridge Hot*



## What Families Can Do

Tell families you are teaching the children about new foods. Encourage families to serve a variety of foods at home including new foods and old favorites. Send A Family's Guide to Mealtime With Children home to the family.



## A Family's Guide to Mealtime with Children

### Family Handout for Fall Lesson 2

1. Eat with your child and set a good example. Children eat what they see others eating and enjoying.
2. Have regularly scheduled meals and snacks. Children usually need to eat every 2-3 hours during the day.
3. Make mealtime pleasant and relaxed. Children eat best when they do not feel pressured during mealtimes.
4. Offer new foods regularly. It's normal for children to be hesitant to try new foods. Children often need to see a new food 6-12 times before they want to try it.
5. Introduce new foods with old favorites. Children are more likely to try a new food when they feel they have choices.
6. Encourage your child to serve his/her own plate.
7. Avoid using games or bribes to get your child to eat, and avoid forcing your child to eat.
8. When your child refuses to eat, offer other foods that are part of the meal. For example: "Would you like some bread or peaches?" If the child refuses, additional food will be offered at the next snack or meal time.
9. Create a mealtime environment that focuses on positive family conversation.
10. Let your child help plan and prepare family meals. Setting the table can be a proud accomplishment for a child.
11. Use books and activities to increase children's interest in food and eating. Take a trip to the library and look for children's books that tell a positive story about eating.
12. Plant and tend a garden with your child. Children enjoy eating vegetables they help grow. (Hint: choose some fast-growing vegetables such as lettuce or radishes.)



## Make Mealtime Memorable

*A dozen fun things to discuss at a family meal*

1. What is your favorite food?
2. What is the best thing we have ever done as a family?
3. What is the most beautiful thing you have ever seen?
4. If you could have an unusual pet, what would it be?
5. If you could live anywhere, where would you like to live?
6. What is your favorite book?
7. What makes a person really nice?
8. What superpower would you most like to have?
9. What is your favorite movie and why?
10. How long could you go without watching TV? What would you do instead?
11. What would you like to learn to do someday?
12. What are the most fun things to do on a rainy day?

# Shopping Spree

## FALL LESSON 3

**Opportunities for Learning:** Children will play “Food Shopping.”

### Food Shopping



#### Things You'll Need

- ✓ empty food cartons and cans (Be sure all containers are clean and free of any sharp edges.)
- ✓ large cardboard boxes stacked to resemble store shelves
- ✓ paper bags
- ✓ shopping list with pictures of foods to purchase



#### Things You'll Do

- ✓ Set up special sections in the play store: dairy case, meat counter, fruit and vegetable area, bakery, grocery, and delicatessen.
- ✓ Have children put food cartons and cans in the correct sections (milk cartons in the dairy case).
- ✓ Give each child a paper bag.
- ✓ Provide a picture list of groceries for each child or ask children to shop for a meal that would provide food choices from each food group.

- ✓ The grocery store can become a permanent part of the center's play equipment. Older children can use play money and write prices on the containers for number practice.





## Books to Read

*What We Eat*

by Sara Lynn and Diane James



## Songs to Sing

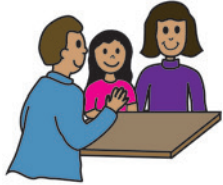
*This Little Pig Went to the Market*



## What Families Can Do

Ask families to bring clean empty food cartons and cans with labels on them such as orange juice cartons, soup cans, cereal boxes, milk cartons, egg cartons, and paper shopping bags for the children's store. Give the families a copy of *A Family's Guide to Buying Better Nutrition*.





## A Family's Guide to Buying Better Nutrition

### Family Handout for Fall Lesson 3

#### Before You Shop

1. Avoid shopping when you are hungry.
2. Shop once a week. It saves time and money.
  - Use coupons.
  - Study grocery store ads.
  - Divide food budget into 4 weeks so you will not run out before the end of the month.
  - Use unit pricing for cost comparisons.
  - Buy store brands. They are usually cheaper than name brands. The nutrition is the same.

- Buy only the amount and kind of foods your family will eat.
3. Plan meals a week in advance.
  - Choose snacks wisely: fresh fruit, raw vegetables, peanut butter.
  - Check your staples: flour, oatmeal, peanut butter.
  - Keep supplies organized.
4. Make a grocery list from your meal plan and stick to it!

#### When You Shop

##### *Save Money on the Meat Group:*

Two to three servings from the meat, poultry, fish, dry beans, and nut group are recommended.

1. Chicken and turkey are usually good buys.
2. Beef chuck cuts are money savers. Chuck can be used in soup, stews, casseroles, or chili.
3. Eggs make good main dishes. Check that eggs are not broken before buying.

4. Lean ground beef or ground turkey is tasty in meatloaf, spaghetti, and other mixed dishes.
5. Consider one or two meatless meals each week that include lowfat cheese, dry beans or dry peas such as red beans and rice as a main dish.
6. Light tuna is the least expensive kind of canned fish. Limit tuna in children's diets to two times a week.

**Save Money on the Milk, Yogurt, and Cheese Group:** Children need at least three servings of milk, yogurt, or cheese a day; teenagers need four; and adults need two to three.

1. Buy instant nonfat dry milk or evaporated milk for cooking.

2. Buy cheese in bulk form. Slice or grate it yourself. Use cheese as a meat substitute in main dishes.
3. Buy yogurt in larger containers rather than single-serving containers.

**Save Money on the Vegetable Group:** Three to five or more servings daily, including dark green or yellow vegetables, are recommended.

1. Buy fresh produce in season for best prices.
2. Buy only the amount you will use while the produce is still fresh.
3. Take time to compare prices of frozen and canned vegetables to fresh.

4. Use unit pricing to compare brands. For example: look for price per ounce.
5. You should never buy dented cans. NEVER buy leaking or swollen cans—foods may be unsafe to eat.

**Save Money on the Fruit Group:** Two to four or more servings daily are recommended.

1. Buy fresh fruit in season.
2. Compare prices of whole fruits to pre-cut, prepackaged fruits.
3. Buy only the amount you can use while the produce is still fresh.
4. Compare prices of frozen and canned fruits to fresh.



5. Look for best buys on higher or lower shelves in the grocery store.
6. Use unit pricing to compare costs.
7. Think of fruits and vegetables for snacks instead of snacks high in fat or sugar.
8. Buy juice in larger containers instead of individual servings.

**Save Money on the Bread, Cereal, Rice, and Pasta Group:** Six to eleven servings of pasta, cereal, rice, or bread each day are recommended. Half of the grain servings each day should be whole grains.

1. Buy unsweetened cereals. Most are cheaper than pre-sweetened cereals and are better for you.

2. Check unit pricing. Usually the heaviest size cereal will cost less per ounce. The size of the box may fool you.
3. Buy regular uncooked cereals such as oatmeal. Instant or quick cereals cost more than regular and save only a few minutes in preparation time.
4. Buy generic brand cereals.
5. Buy long-cooking rice rather than instant.

Note: Sweets can be expensive. It is best to limit them since most are low in nutrients. Eating too many sweets may lead to tooth decay and cause your children and family to be overweight.

## After You Shop

### Store Your Groceries Wisely:

1. Go straight home from the grocery store and quickly refrigerate foods that might spoil.
2. Keep canned and dry foods in a cool dry place.
3. Store foods in handy packages. Divide large packages such as ground beef into sizes you can freeze and use later.
4. Store fruits and vegetables without washing to prolong freshness. Handling and excess surface moisture causes faster spoilage. Wash produce properly before serving.

**Use Your Groceries Wisely:**

1. If you plan to use leftovers, make sure they are properly handled and stored. Follow state or local guidelines for safe use of leftover foods.

**Saving Resources:**

*Penny Pinching*

by Lee and Barbara Simmons

*1,001 Bright Ideas To Stretch Your Dollars*

by Cynthia Yates

## Your Ideas to Buying Better Nutrition

- 
- 
- 
- 
- 
- 
-

# Historical Foods in America

## FALL LESSON 4

**Opportunities for Learning:** Children will make seed pouches and cornmeal crisps.



### Things to Do Before the Lesson

- ✓ Make seed pouches ahead of time (cloth sewed together on three sides with an opening that can be tied shut) or use small paper bags with colorful yarn.

### Seed Pouches



#### Things You'll Need

- ✓ seed pouch (cloth or paper bags)
- ✓ colorful yarn
- ✓ dried ear of corn or picture of an ear of corn, individual dry corn kernels or popcorn, or other edible seeds or nuts



### Things You'll Do

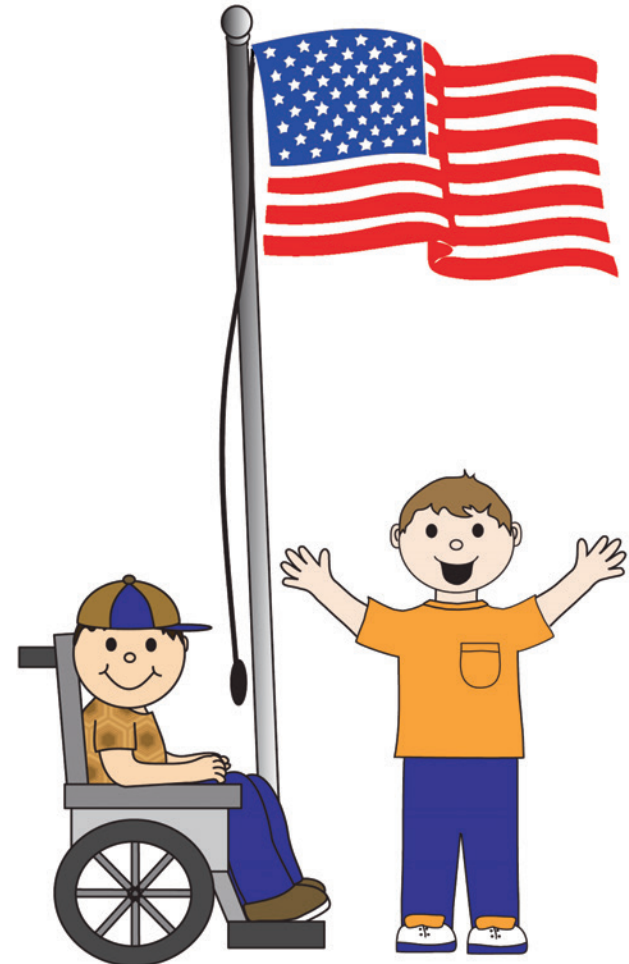
- ✓ Early Americans would save the dry seeds in their pouches for planting the next year. Children can save seeds for future lessons.
- ✓ If no dried corn on the cob is available, show children a picture of an ear of corn and then give them unpopped popcorn for their pouches.

### Cornmeal Crisps



#### Things You'll Need

- ✓ large bowl
- ✓ mixing spoon
- ✓ measuring spoons
- ✓ dry measuring cups
- ✓ sifter
- ✓ rolling pin
- ✓ baking sheets



## INGREDIENTS

1/2 cup Cornmeal  
1/4 cup Enriched all-purpose flour  
1/4 tsp Salt  
2 Tbsp Butter, melted  
4 Tbsp Milk  
Precooked meat topping (optional)  
Grated cheese topping  
Shredded lettuce topping  
Chopped tomato topping  
Drained black bean topping



### Things You'll Do

- ✓ Measure cornmeal, flour, and salt into sifter.
- ✓ Sift above ingredients into bowl. Add butter and milk. Stir.
- ✓ Knead dough for 2 minutes.
- ✓ Divide into 12 balls.
- ✓ On a lightly floured surface, roll each ball into 4" circle.
- ✓ Lift corn crisp and put on ungreased baking sheet.
- ✓ Bake in 375 °F oven for 12-15 minutes until lightly brown around edges.
- ✓ Serve cornmeal crisps topped with meat, cheese, lettuce, tomato, or beans as part of a snack or lunch.

## Think about the Early Americans

The early Americans first discovered and generously shared many of the foods we eat today. Ask the children which of these foods they like. Plan to serve these foods at meals or snacks the day the lesson is taught.

Beans  
Corn  
Fish  
Potatoes  
Pumpkins  
Sunflower seeds  
Turkey  
Wild rice

What Community Resources Are Available for Sharing Early American Culture or History?



### Books to Read

*The Foods We Eat*  
by Many Hands  
Media



# Breads and Grains

## FALL LESSON 5

**Opportunities for Learning:** Children will make bread from ground wheat berries.



### Things to Do Before the Lesson

✓ Try to get a sample of a stalk of wheat.

Contact the State Wheat Commission or a wheat farmer.

✓ Familiarize yourself with the reasons that whole wheat flour is more nutritious than white refined wheat flour.



### Field Trip



#### Things You'll Do

✓ Show children pictures of wheat fields or visit a wheat field at harvest time.

✓ Explain how a tractor is used to dig and turn the soil, plant seeds, and harvest the wheat.

### Make Whole Wheat Flour



#### Things You'll Need

- ✓ blender
- ✓ spoon
- ✓ bowl

#### INGREDIENTS

3/4 lb wheat berries  
(whole wheat kernels)  
from the grocery  
or health food store



#### Things You'll Do



- ✓ Grind wheat berries at top speed in blender for 8-10 minutes.
- ✓ Stop blender occasionally and stir flour.
- ✓ Explain that wheat berries come from a stalk of wheat.

## Make Whole Wheat Biscuits from Scratch



### Things You'll Need

- ✓ large bowl
- ✓ measuring spoons
- ✓ large spoon
- ✓ fork
- ✓ cookie sheet
- ✓ rolling pins or smooth jars
- ✓ cookie-cutters or small orange juice cans
- ✓ dry measuring cups
- ✓ liquid measuring cups

### INGREDIENTS

- 2 cups Whole wheat flour
- 3 tsp Baking powder
- 1 tsp Salt
- 1/3 cup Oil
- 1 cup Milk



### Things You'll Do

- ✓ Measure dry ingredients into large bowl.
- ✓ Stir oil into dry ingredients with a fork.
- ✓ Add milk and stir until blended.
- ✓ Let dough set for 5 minutes.

- ✓ Give each child a ball of dough.
- ✓ Roll out and cut biscuits.
- ✓ Place biscuits on ungreased cookie sheet.
- ✓ Bake at 450 °F for 10-12 minutes.
- ✓ Serve whole wheat biscuits with cheese or meat slice and juice for snack.



### Books to Read

*The Little Red Hen*  
by Paul Galdone

*Bread and Jam for Frances*  
by Russell Hoban



### Songs to Sing

*Do You Know the Muffin Man?*

### Did You Know That...?

- Many breads and cereals are made from wheat flour.
- Whole wheat and other whole-grain products are higher in fiber and other nutrients than white

flour and other grain products made without the bran and germ layers of the grain.

- Enriched breads and cereals are made from flour and grains that have the nutrients riboflavin, niacin, thiamin, folic acid, and iron added. The term “fortified” can be used to mean the same thing.
- Strong scientific evidence suggests that a diet adequate in folic acid helps prevent birth defects.
- Bulgur is cracked wheat that has been boiled and dried. Bulgur is a staple ingredient in many Mediterranean dishes. Use it like rice or potatoes in menu planning.
- Wild rice is used like rice but is really the seed of a marsh grass that is native to North America. Use in combination with white rice for a great side dish.
- Couscous is a really tiny pasta. This may be the original instant food. Couscous is delicious and easy to prepare. It is generally found in the ethnic foods section of the grocery store.



## A Family's Guide to Whole Grains

### Family Handout for Fall Lesson 5

Whole grains are a central part of healthful family meals. Nutrition experts recommend 3-4 servings of breads and grains daily. More than half of those servings should be whole grains.

Children love bread. Making the transition to more whole grains can be an adventure in good eating.

✓ If children are used to mostly white bread, begin the transition by making sandwiches with white bread on one side and whole-grain bread on the other. Cut the sandwiches into 1" strips and flip every other strip over to make a tan and white design on the serving plate.

✓ When making biscuits and homemade muffins, substitute 1/4-1/3 of the white flour with whole-grain flour.

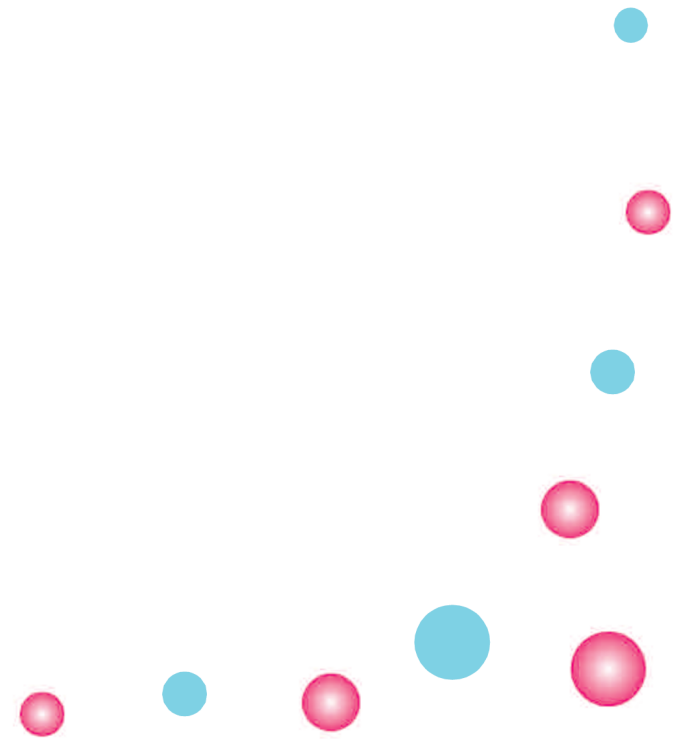
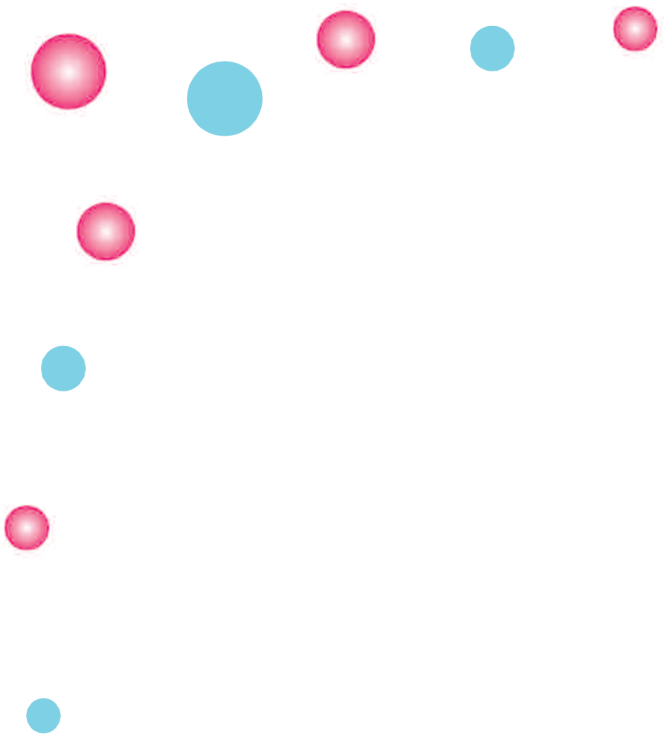
✓ Try new bread and grain products.

- Whole-grain tortillas with melted cheese, thinly sliced turkey, or egg salad make great wraps.

- Whole-grain English muffins make a great breakfast or snack.
- Whole wheat bagels are a great breakfast, snack, or alternative to bread for sandwiches. Mini bagels are fun for children and offer just the right size for small appetites.
- Whole-grain baked crackers are a nice change from the high fat white variety.
- Rye bread makes a great taste change.
- Brown and long grain rice are great in soups and stews or as a side dish at dinner.
- Add barley to soups and stews or cook in chicken broth for a new alternative to potatoes.
- Whole-grain pasta adds texture and a nutty flavor.

✓ Keep it simple and keep it fresh.

- Whole-grain bread can dry out quickly. Keep it fresh by storing it tightly wrapped in plastic, or freezing it until the day it is needed.
- Make brown rice ahead and freeze it. It thaws in the microwave and heats in minutes.

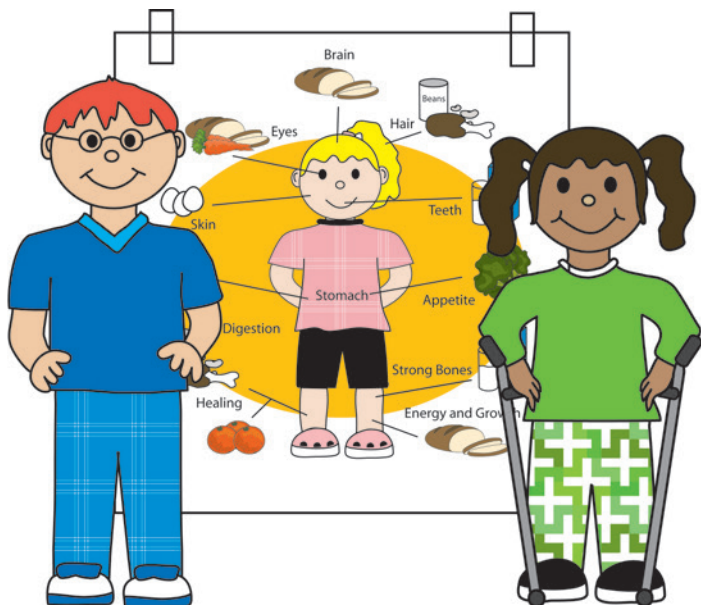




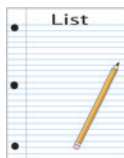
# My Body

## FALL LESSON 6

**Opportunities for Learning:** Children will match a particular food with the part of the body that the food helps.



### Make Self-Image Collage



#### Things You'll Need

- ✓glue
- ✓crayons
- ✓colored yarn
- ✓food pictures
- ✓large piece of butcher paper or brown wrapping paper for each child

✓scissors



#### Things You'll Do

- ✓Child or teacher traces the body of someone else onto the paper.
- ✓Color in the traced outlines.
- ✓Glue pictures of food next to parts of the body the food helps (milk next to teeth, broccoli next to eyes and skin.)
- ✓Connect each food to the body with colored yarn.

- ✓ While working on the project, discuss different foods and how they help the body. Use A Family's Healthy Food Guide to help with the discussion.
- ✓Hang completed collages in classroom.



### Books to Read

*My First Body Book*  
by Christopher Rice  
and Melanie Rice

*Me and My Amazing Body*  
by Joan Sweeney



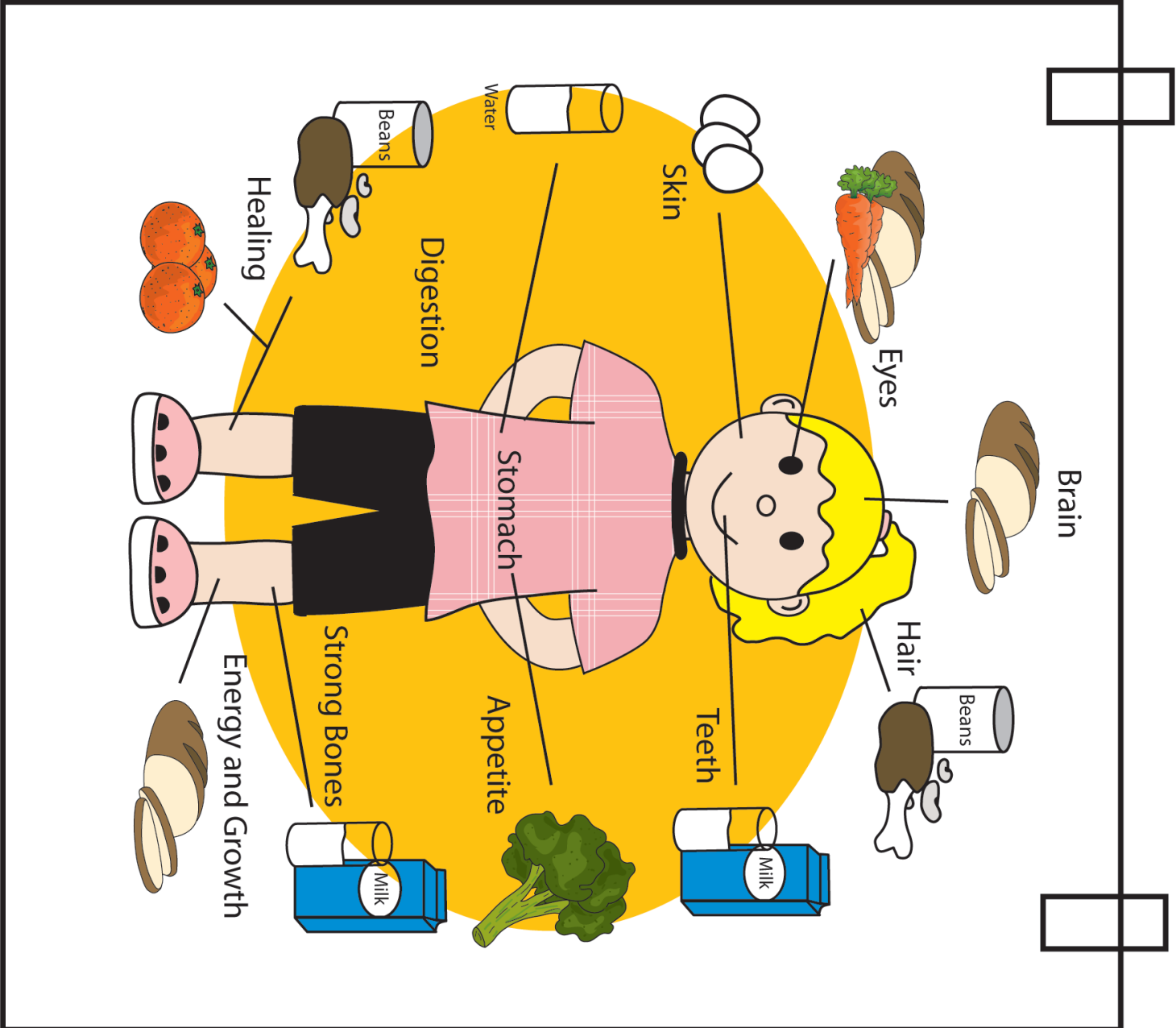
### Songs to Sing

*Head, Shoulders,  
Knees, and Toes*



### What Families Can Do

Send A Family's Healthy Food Guide home with the children and tell families that the children are learning how foods help the body stay healthy.





## A Family's Healthy Food Guide

### Family Handout for Fall Lesson 6

Nutrients are found in the foods we eat. They work together to give us energy, help us grow, heal, and protect us from infection and diseases. There are five basic food groups and each contains a different mix of the nutrients we need every day. The food groups are listed below. If children are encouraged to eat a variety of foods from each of the food groups, without added fat or sugar, they will be eating a nutritious diet. Feed your child more of the foods that provide vitamin A, vitamin C, calcium, and iron.

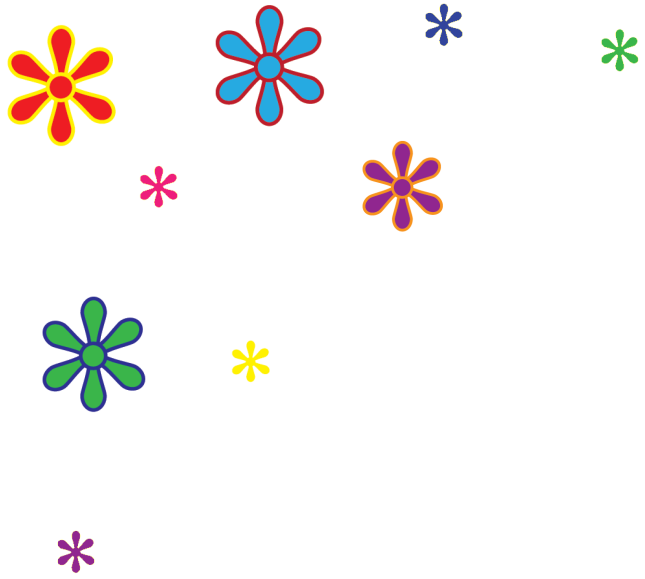
Food Group	Recommended Servings	Nutrients	Messages from the Dietary Guidelines
Fruits	3-4 servings a day (A child-size serving is 1/4-1/2 cup.)	Vitamins A and C, and dietary fiber	<p>Fruits and vegetables may:</p> <ul style="list-style-type: none"> <li>• Reduce the risk of diseases, such as heart disease and some cancers</li> <li>• Help maintain a healthy weight</li> </ul> <p>Choose a variety of brightly colored fruits and vegetables to get a healthy mix of nutrients.</p>
Vegetables	3-5 servings a day (A child-size serving is 1/4-1/2 cup.)	Vitamins A and C, iron, and dietary fiber	<p>Fruits, vegetables, and grains are the basis of a healthful diet for children and adults.</p> <p>Serve at least one fruit or vegetable at each meal and snack to get the ideal number of servings.</p>

Food Group	Recommended Servings	Nutrients	Messages from the Dietary Guidelines
Grains	3-4 servings a day (A child-size serving is 1/2 a slice of bread or 1/4-1/2 cup of cereal or grains.)	Thiamine, riboflavin, niacin, and iron	Half or more of the grains eaten should be whole grains.  Whole grains can reduce the risk of heart disease and diabetes, and help maintain a healthy weight.  Fruits, vegetables, and grains are the basis of a healthy diet for children and adults.
Dairy—including yogurt and cheese	3-4 servings a day (fluid milk) (A child-size serving is 1/2-3/4 cup.)  2-3 servings a day (other dairy foods)	Protein and calcium	Serve fat-free or low fat milk to children over the age of two years.  Serve milk at mealtimes to ensure children get the number of servings they need.
Protein Foods—including beef, chicken, fish, eggs, and beans	2-3 servings a day (A child-size serving is 2-3 ounces.)	Protein and iron	Choose lean meats.  Lean meats decrease the risk of heart disease and cancer.

Limit the fat and sugar from fried and processed foods since they contribute to weight and health concerns in children and adults.

Give special attention to these nutrients most often low in children's diets.

Nutrient	Function	Important Sources
Vitamin A	Helps vision, builds body cells	All dark green and yellow vegetables such as spinach, carrots, yams, sweet potatoes, and apricots  Liver  Fortified milk and whole milk products
Vitamin C	Helps wounds heal faster, prevents many infections	Fresh fruits such as strawberries and mango  Raw vegetables such as broccoli and peppers
Iron	Builds red blood cells	Beef  Dried beans and peas  Whole grains  Dark leafy greens  Dried fruits



# Where Foods Come From

## FALL LESSON 7

**Opportunities for Learning:** Children will learn where foods are grown.

### Field Trips



#### Things You'll Do

✓ Visit a farm, ranch, dairy farm, and/or an orchard so that children can see where food comes from. Or visit a farmers market or local gardener who would be willing to talk about gardening.

### Play Farm



#### Things You'll Need

- ✓ boxes for fencing
- ✓ strong cardboard for animals
- ✓ pictures of different animals and foods from garden and farm
- ✓ green crepe paper
- ✓ scissors
- ✓ glue
- ✓ paints and brushes



#### Things You'll Do

✓ Set up two imaginary centers in the classroom. One will be a barnyard and the other a garden.

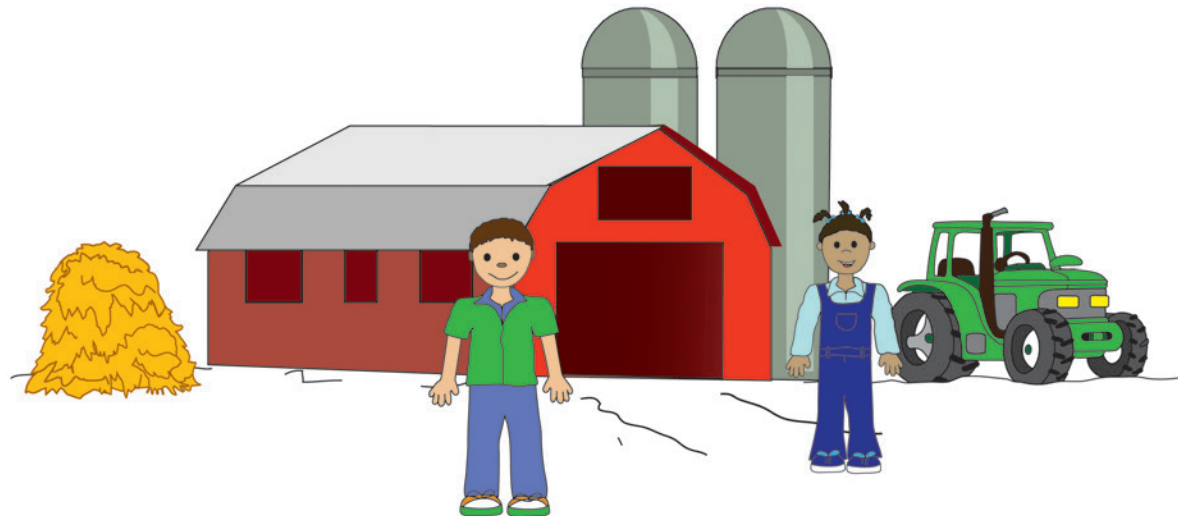
To make the barnyard:

- ✓ Help children make stand-up farm animals to put in the barnyard by gluing or taping pictures of the animals on strong cardboard.

✓ Put pictures of the food each animal provides next to the various animals (milk comes from cows).

To make the garden:

- ✓ Lay down strips of green crepe paper. Have the children plant rows of vegetables and fruits by placing pictures on rows.



✓Talk about the differences between plant and animal foods and the connection between the two. (Animals need plants for food.)



## What Families Can Do

Ask a county extension agent or 4-H member or leader to talk to families about raising animals and gardening. 4-H offices often have posters, pins, and balloons to hand out. Check in your phone book under your county to locate the extension office.



## Books to Read

*Carlos and the Squash Plant*  
by Jan Romero Stevens

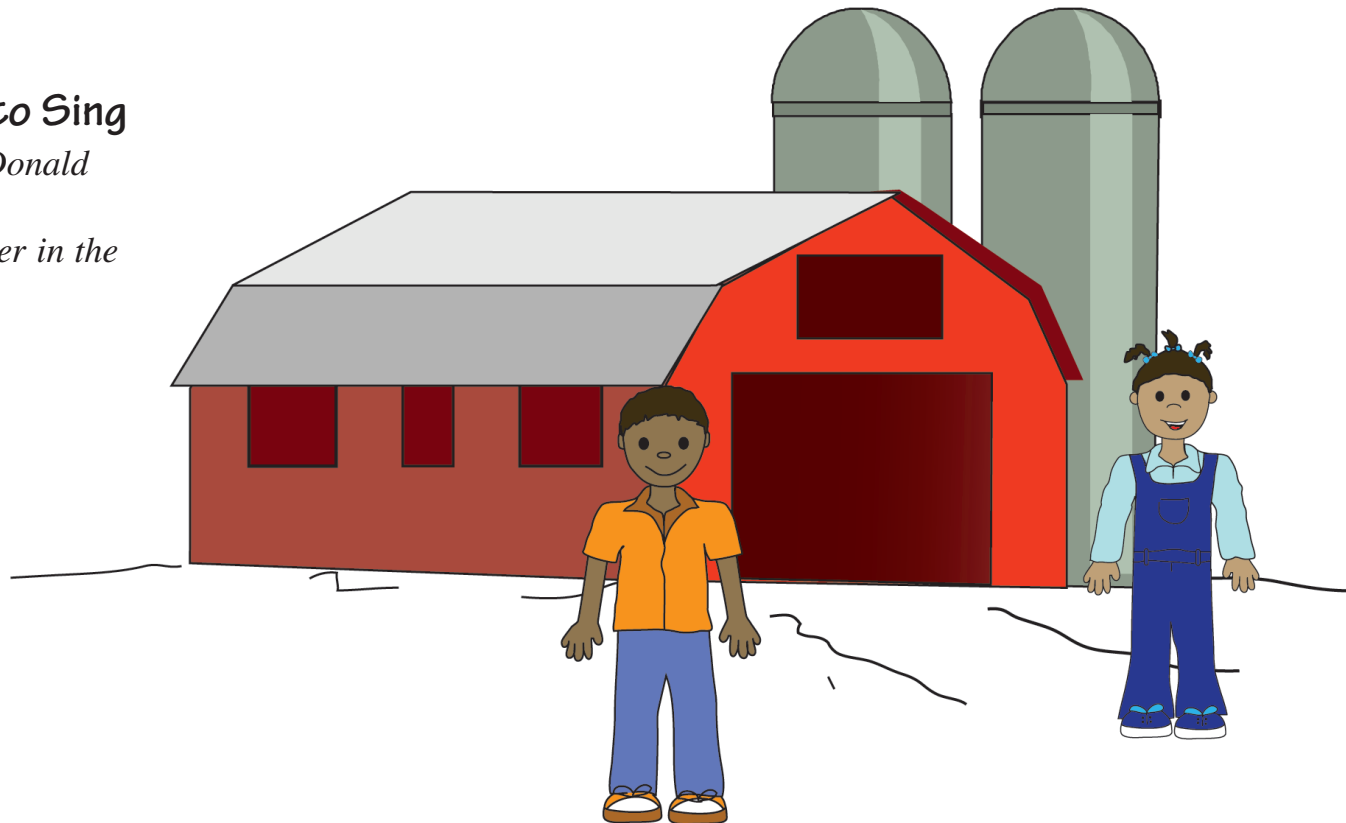
*The Ugly Vegetables*  
by Grace Lin



## Songs to Sing

*Old MacDonald*

*The Farmer in the  
Dell*





# Pumpkin Possibilities

## FALL LESSON 8

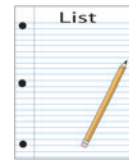
**Opportunities for Learning:** Children will make a fall chili or stew to eat out of mini pumpkins.



### Things To Do Before The Lesson

✓ Visit a nearby farm, produce center, or grocery store and bring pumpkins and other fall vegetables back to the center. These could include pumpkins, corn, squash, and turnips.

### Make Stew in Mini Pumpkins



### Things You'll Need

- ✓ sharp knife (for adult use)
- ✓ small microwave or ovenproof pan or electric skillet
- ✓ teaspoons
- ✓ saucepan
- ✓ spoons and plates

### INGREDIENTS

Golden nugget mini pumpkins  
(one for each child)

Cooking oil

Canned or home made stew or chili

Additional vegetables children can add:

Canned corn (optional)

Canned kidney or black beans (optional)  
Canned green beans (optional)

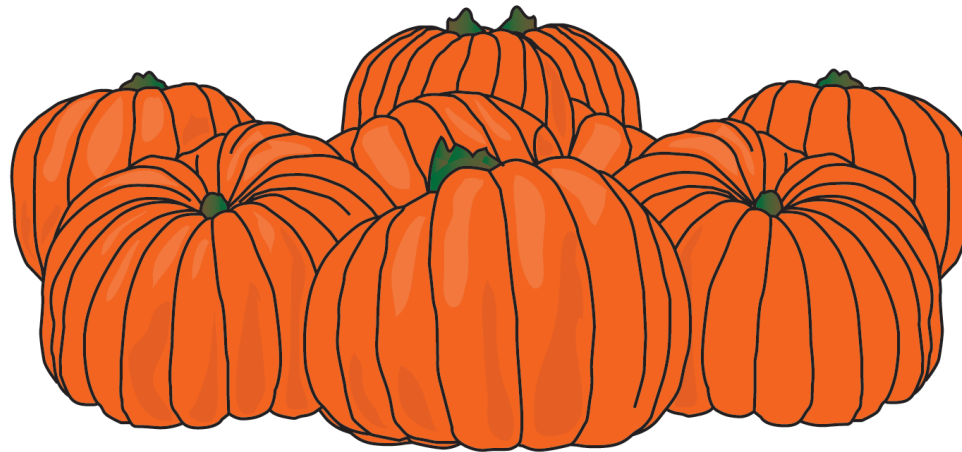


### Things You'll Do

- ✓ Have children wash their hands before food preparation.
- ✓ Remind children of safety rules when cooking.
- ✓ Preheat oven to 200 °F.
- ✓ Adult will slice tops off pumpkins.
- ✓ Using a teaspoon, let children remove seeds and pulp from each pumpkin.
- ✓ Brush insides with oil.
- ✓ Adult will place pumpkins into a shallow baking dish.



- ✓ Place pumpkin lids into another baking dish.
- ✓ Roast lids and pumpkins for 30 minutes. Remove lids and set aside. Turn pumpkins over. Roast for an additional 30 minutes. Alternatively, mini pumpkins can be cooked in the microwave on high for 10-12 minutes or cooked in an electric skillet with 1 cup water at 350 °F for 50 minutes turning halfway through the cooking time.
- ✓ Place stew in saucepan.
- ✓ Allow children to add other vegetables one at a time.
- ✓ Discuss what the vegetables are and how they grow.
- ✓ Allow children to stir to mix.
- ✓ Heat stew and place in cooked pumpkins. Serve to children when cool enough to eat.



# Pizza Party

## FALL LESSON 9

**Opportunities for Learning:** Children will make pizzas from a recipe.

### Make Mini Pizzas



#### Things You'll Need

- ✓ large poster board illustrating recipe
- ✓ pictures in front of ingredients illustrating how much of the ingredient for the pizza each child should take

#### INGREDIENTS

(for each child)

- 1/2 Whole-grain English muffin
- 2 tsp Tomato sauce
- 2 tsp Grated Parmesan cheese
- 1 Slice of cheddar or mozzarella cheese
- Mushroom slices
- Green pepper, diced

#### Things You'll Do

- ✓ Each child takes 1/2 of an English muffin and puts ingredients of their choice on top of muffin.



- 3 mushroom slices
- 5 pieces of diced green pepper
- 2 tsp tomato sauce
- 2 tsp grated Parmesan cheese
- 1 slice of cheddar or mozzarella cheese

- ✓ Each child puts his/her pizza on the cookie sheet.
- ✓ Bake in oven 15-20 minutes at 250 °F or 10 minutes at 400 °F.



✓Talk about what happens to cheese and other foods when heated. Ask children what other kinds of pizza they could make (fruits, meats).



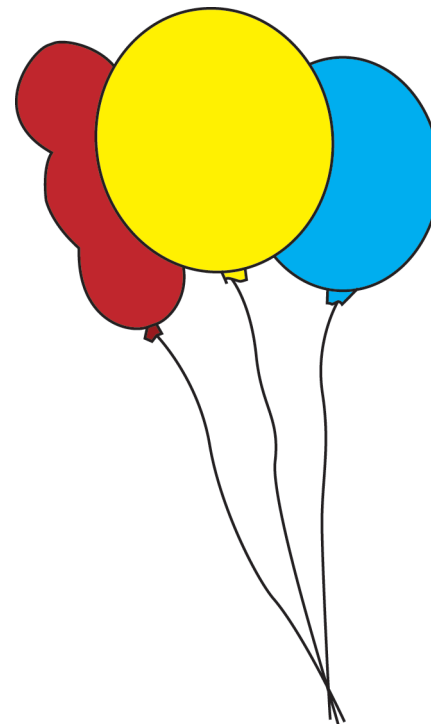
### **Books to Read**

*Little Nino's Pizzeria*  
by Karen Barbour



### **Songs to Sing**

*Pat-a-Cake*



# Food Games

## FALL LESSON 10

**Opportunities for Learning:** Children will learn more about different kinds of foods by playing food games.



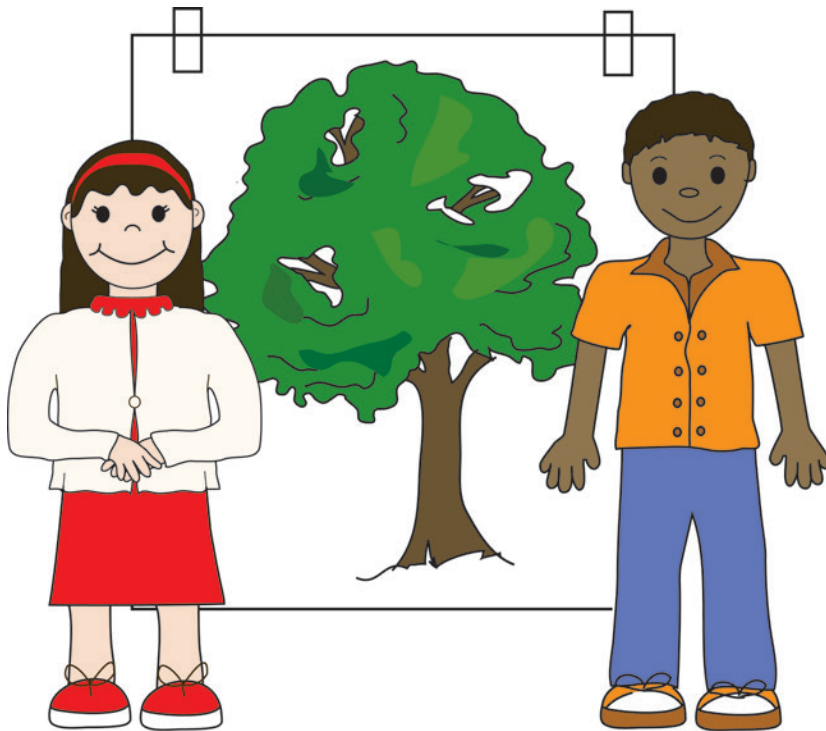
### Things To Do Before The Lesson

✓ Make food picture cards. Take 5" x 7" index cards and with the children's help, mount food pictures (include ethnic foods and

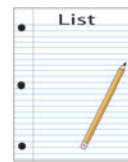
unfamiliar foods) that have been cut out of magazines and newspapers on the cards. Clip art of foods can be found in the back of this book. Food cards are necessary for all the food games.

✓ For the "Food Tree" activity draw a large tree (4'-5' tall) on a piece of brown wrapping paper.

✓ For the "Food Bingo" activity make bingo cards for each child.

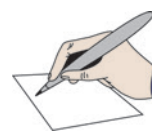


### Play "Grab Bag"



#### Things You'll Need

- ✓ food cards
- ✓ paper bag



#### Things You'll Do

- ✓ Place the food cards face down on the table or in a paper bag.
- ✓ Have the children take turns picking a card and identifying the food.

## Play "Food Tree"



### Things You'll Need

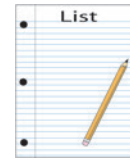
- ✓ large tree picture
- ✓ tape
- ✓ food cards



### Things You'll Do

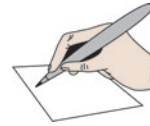
- ✓ Have children pick out all the round foods and put them on the tree. Try this again with foods of one color, soft or hard foods, or favorite foods.

## Play "Who Am I?"



### Things You'll Need

- ✓ food cards
- ✓ clothes pin



### Things You'll Do

- ✓ Clip a food card on the back of one child with the clothes pin.
- ✓ Have the child ask the other children questions to try to guess what food he/she is.

## Play "Food Bingo"



### Things You'll Need

- ✓ food cards
- ✓ dry pasta shells for markers
- ✓ bingo card for each child with food picture in the squares (each card should be different)



### Things You'll Do

- ✓ Pass out bingo cards to each child.
- ✓ Call out the names of foods.
- ✓ If the child has that food picture on the card, a pasta shell is put in that square.
- ✓ Three pasta shells in a row is bingo.

## Books to Read



*Mr. Rabbit and the Lovely Present*  
by Charlotte Zolotow

*Blueberries for Sal*  
by Robert McCloskey

## Songs to Sing



*One Potato, Two Potato*

# Pasta Possibilities

## FALL LESSON 11

**Opportunities for Learning:** Children will make noodles and a simple healthful soup which includes noodles.

### Make Noodles and Chicken Noodle Soup



#### Things You'll Need

- ✓ large bowl
- ✓ fork
- ✓ rolling pins, sturdy glasses, or unopened cans
- ✓ plastic serrated knives
- ✓ large kettle
- ✓ ladle
- ✓ cup for each child
- ✓ spoon for each child
- ✓ measuring spoons

#### INGREDIENTS

- 2 Eggs
- 3 Tbsp Cold water
- 1/2 tsp Salt
- 2 cups Whole wheat or half whole wheat and half enriched white flour
- 12 cups Low sodium chicken broth

Yield: approximately 12 cups



#### Things You'll Do

- ✓ Combine eggs and 3 Tbsp of cold water in a bowl, and mix with a fork.
- ✓ Add salt.
- ✓ Add flour.
- ✓ Mix with a fork.
- ✓ Divide dough into golf ball-sized pieces.



- ✓ Roll dough as thin as possible. Cut noodles from dough. Heat chicken broth to a simmer.
- ✓ Add noodles.
- ✓ Cook until noodles are tender, 10-20 minutes.
- ✓ Review how flour is made from the wheat berries. Talk about other foods made from flour and show pictures and food packages, such as pretzels, bread, bread sticks, cereals, crackers, and spinach noodles. Remind the children that breads and cereals give us energy to work and play and help us grow. Whole-grain breads and pasta are delicious and healthy.



**Books to Read**  
*Chicken Soup With Rice*  
by Maurice Sendak



**Songs to Sing**  
*Polly Put the Kettle On*





# Harvest Feast

## FALL LESSON 12

**Opportunities for Learning:** Children will make a seasonal dish and grow a sweet potato vine.



### Things To Do Before The Lesson

- ✓ Bake, cool, and peel one sweet potato for every two children.

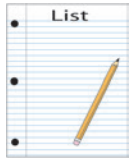


### Things You'll Do

- ✓ Mash sweet potatoes in large bowl.
- ✓ Grate small amount of orange peel and shake into each child's bowl (teacher helps).
- ✓ Cut orange in half.
- ✓ Squeeze orange half. Remove any pulp and save shell.



### Make Sweet Potato Pie

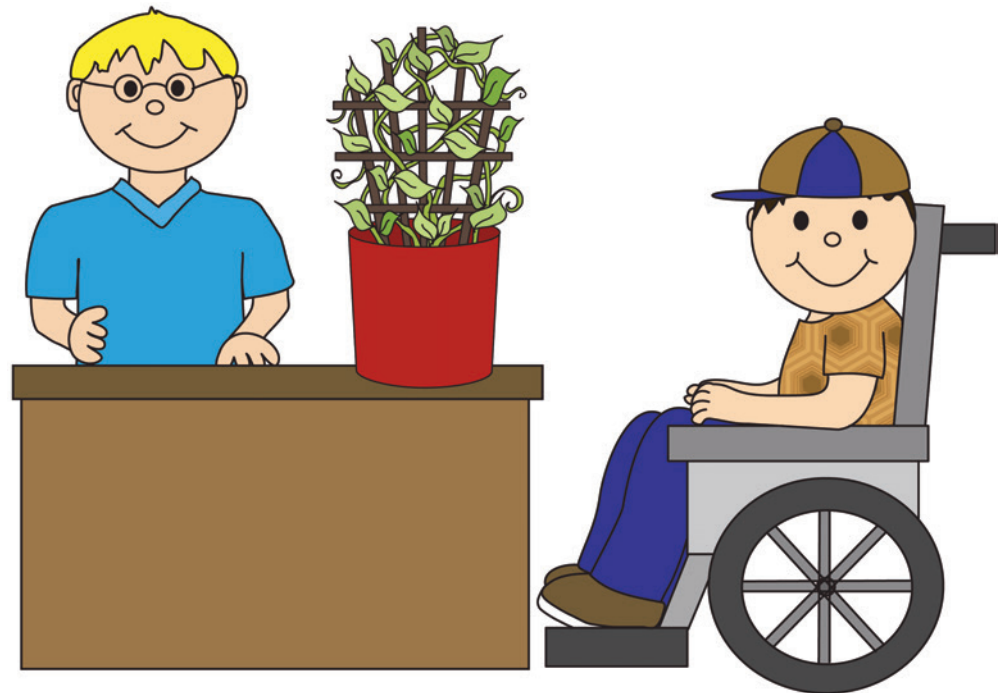


#### Things You'll Need

- ✓ orange squeezer
- ✓ wet paper towels to anchor squeezer
- ✓ spoon for stirring
- ✓ grater (for teacher's use)
- ✓ plastic serrated knife to cut orange
- ✓ measuring cups
- ✓ measuring spoons
- ✓ bowls for each child
- ✓ large bowl

#### INGREDIENTS

Sweet potatoes, cooked and peeled  
Oranges (1/2 per child)  
Small marshmallows  
Cinnamon  
Nutmeg



- ✓ Pour juice into bowl with grated peel.
- ✓ Add 1/4 cup mashed potato.
- ✓ Sprinkle with cinnamon and nutmeg.
- ✓ Stir.
- ✓ Spoon sweet potato mixture into orange shell and top with one marshmallow for each year of child's age.
- ✓ Heat in a 400 °F oven.
- ✓ Serve.
- ✓ Talk about why the marshmallows melted, why the orange peel smells good, which part of the sweet potato plant we eat (the root), other roots we eat (potatoes, carrots, radishes).

### Grow a Sweet Potato Vine



#### Things You'll Need

- ✓ 1/2 raw sweet potato per child
- ✓ glass
- ✓ toothpicks
- ✓ water



#### Things You'll Do

- ✓ Stick toothpicks around the middle of a sweet potato. Suspend the sweet potato half in glass of water using the toothpicks. Put cut side down in the water. Place the glass holding the potato near a window to get light. The vine grows quickly. Be sure to add water as needed to keep the cup full of water.



#### Books to Read

Look for books on gardening at harvest time or harvest feasts.

**My Favorite Foods for a Special Feast Are:**

Children can draw pictures or a special adult can write in it for them.

# How Much?

## FALL LESSON 13

*Opportunities for Learning:* Children will compare serving sizes of different foods.

### Make Comparisons



#### Things You'll Need

- ✓ five glasses filled with water at different levels of fullness



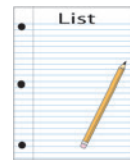
#### Things You'll Do

Ask the children:

- ✓ If you were very thirsty after playing outside, which glass of water would you want?
- ✓ Which glass has the most?
- ✓ Which glass has the least?
- ✓ Which ones have a lot?
- ✓ Which ones have just a little?



### Different Quantities of Food



#### Things You'll Need

- ✓ paper plates

#### FOOD LIST

- 2 Peanut butter sandwiches
- 1 Pea
- 2 Apples or oranges
- 1 cup Milk
- 3 Crackers
- Whole head of lettuce
- 3 Carrot sticks
- 1 Grape



### Things You'll Do

- ✓ Put each food on a different plate.
- ✓ Ask children to identify which plates have the amount of food they would want at lunch.
- ✓ Talk about what it feels like to be hungry and ready for a meal or snack. How do you know when you have had enough food?

Note: Peanuts and peanut butter can be a choking and allergy concern in young children.



### Songs to Sing

*Jack Sprat*



### What Families Can Do

Send home *A Family's Guide to Child-Size Portions*, which discusses serving sizes for preschool children.



### Books to Read

*The Hungry Thing*

by Jan Slepian and Ann G. Seidler





# A Family's Guide to Child-Size Portions

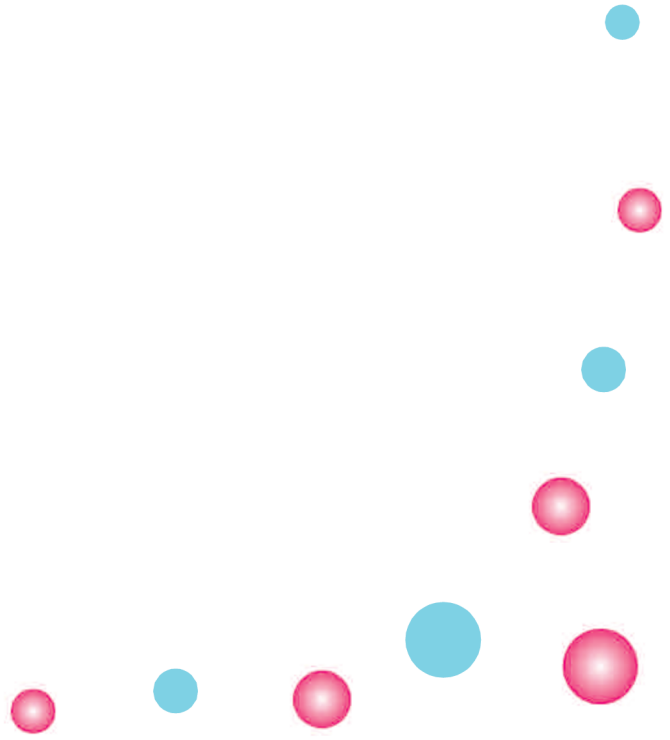
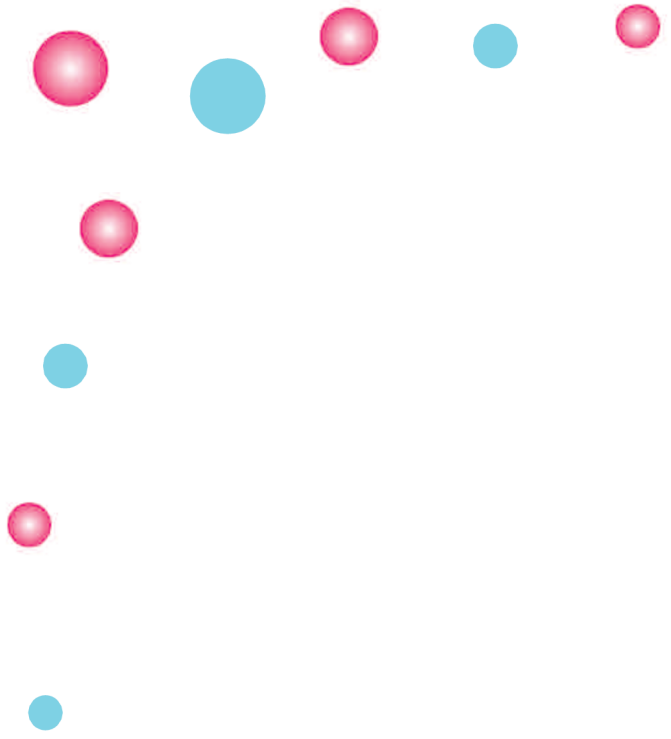
## Family Handout for Fall Lesson 13

Your preschooler, can eat the same foods as the rest of the family, but in different amounts. Let your child's appetite be your guide. Children's appetites vary from day to day. It is better to offer small servings of foods so that your child can ask for second helpings. Use these suggested quantities in the table to estimate how much to prepare.

### Examples of Child-Size Servings

	1 through 2 Years of Age	3 through 5 Years of Age
Milk	4 oz cup or glass	6 oz cup or glass
Cheese	1 oz	1 1/2 oz
Meat	1 oz cooked meat, fish, or poultry	1 1/2 oz cooked meat, fish, or poultry
Egg	1 medium	1 medium
Fruits and vegetables	1/4 to 1/2 cup	1/2 cup
Cereal	1/4 cup cooked or ready-to-eat	1/4 cup cooked or 1/3 cup ready-to-eat
Bread	1/2 slice whole grain	1/2 slice whole grain
Crackers, saltines	4 crackers	4 crackers
Crackers, graham	2 crackers	2 crackers

Adapted From: The USDA Child and Adult Care Food Program Meal Pattern Portion Sizes.



# Winter Lessons







# In Praise of Family Meals

## WINTER LESSON 1

**Opportunities for Learning:** Children will make table decorations to make meals with family and friends special.

### Individual Placemats



#### Things You'll Need

- ✓ 11" x 17" paper or construction paper in several colors
- ✓ paint, markers, or crayons
- ✓ food pictures cut from magazines, stickers, sequins, or other items to decorate the placemats (optional)
- ✓ glue or tape
- ✓ clear contact paper or lamination to cover the finished placemat (optional)



#### Things You'll Do

- ✓ Discuss with the children that mealtimes are a special

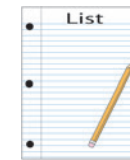
time to talk and share with family and friends.

- ✓ Ask the children who likes to share a breakfast or dinner meal



with their family. What makes the meal special? One thing that can make a meal special is to have special placemats for family members or guests. Each child will be able to make two placemats. One place mat will be for the child and a second placemat will be for a special family member or family friend.

### Festive Flower Arrangement



#### Things You'll Need

- ✓ small jars (baby food jars work well) or vases
- ✓ silk, paper, or fresh flowers in a variety of colors with stems cut to fit into the small jars or vases



### Things You'll Do

- ✓ Discuss that flowers can make a meal special. Sometimes flower arrangements are small and sometimes they are big. Today we will be making small arrangements. Has anyone seen flowers on a table at home, a store, or a restaurant? Ask the children to describe what they saw.
- ✓ Arrange the flowers in the center of the table with the jars or vases.
- ✓ Let the children create their own arrangements using the flowers provided.
- ✓ Praise each child for their originality and the beauty of their arrangement.
- ✓ Have the children place their arrangement in front of their place at the table.
- ✓ The arrangements can be sent home with the children or recycled for an activity on another day.

This week we talked about how special it is to eat with family and friends.

Eating together is a time to share conversation, learn family values, and create memories.

We know that children benefit from eating with their family. They learn healthy eating habits and can become more adventurous about the foods they want to try.



### Books to Read

*The Foods We Eat*  
by Many Hands  
Media

Here are some tips to make family meals a part of your child's life.

- ✓ Keep it simple.
  - Family meals do not have to be fancy.
  - Even small children love to help with the meal: setting the table or getting the napkins.

- Sit down together and try not to let the meal last too long. Young children often cannot enjoy a meal that lasts more than 20-30 minutes.

- ✓ Set a regular time for meals.
  - Children like to have a routine and know what is expected.
  - Regular mealtimes make children confident they will not have to wait too long to eat.

- ✓ Eat at a table.
  - Eating at a table makes it easier for children to eat from a plate and learn to use utensils.
  - It is easier to talk and listen to each other when everyone is gathered around a table.

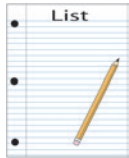
- ✓ Enjoy mealtime conversation.
  - Talk about things that are important to your child, such as what they did that day, or plans for tomorrow.
  - Turn off the TV.
  - Enjoy the meal together and focus on behavior concerns at another time.

# Warm Winter Cookies

## WINTER LESSON 2

**Opportunities for Learning:** Children will make Gingerbread cookies.

### Make Gingerbread Cookies



#### Things You'll Need

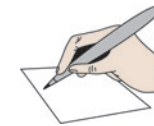
✓2 large bowls-one for dry ingredients, the other for liquid ingredients

- ✓beater
- ✓cookie cutters
- ✓rolling pins
- ✓dry measuring cups
- ✓liquid measuring cups
- ✓large spoon
- ✓measuring spoons
- ✓wax paper
- ✓cookie sheets

#### INGREDIENTS

1 cup Margarine  
1/2 cup Sugar  
4 cups Whole wheat flour  
1 tsp Ginger

1/4 tsp Ground cloves  
1/2 tsp Mace  
1/2 tsp Salt  
3/4 cup Dark molasses  
Raisins  
Cinnamon candy hearts



#### Things You'll Do

- ✓Cream margarine and sugar in large bowl.
- ✓In second bowl, mix whole wheat flour, ginger, ground cloves, salt, and mace.
- ✓Add dry ingredients and molasses alternately, beginning and ending with dry ingredients, to large bowl with creamed margarine and sugar.
- ✓Give each child a handful of dough to roll between two pieces of floured wax paper.
- ✓Cut into cookie shapes or mold cookies by hand.
- ✓Use cinnamon hearts or raisins for decoration.
- ✓Bake at 300 °F for 30 minutes.
- ✓Serve cookies with milk.



**Books to Read**  
*If You Give a Mouse  
a Cookie*  
by Laura Joffe  
Numeroff



**What Families  
Can Do**

Families can help  
children cook at

home. Children who help prepare  
a meal are more likely to eat  
new foods.



# Family-Teacher-Child Winter Celebration WINTER LESSON 3

**Opportunities for Learning:** Children will make hot cocoa. Children will make mini sculptures from cookie dough.

## Make Hot Cocoa



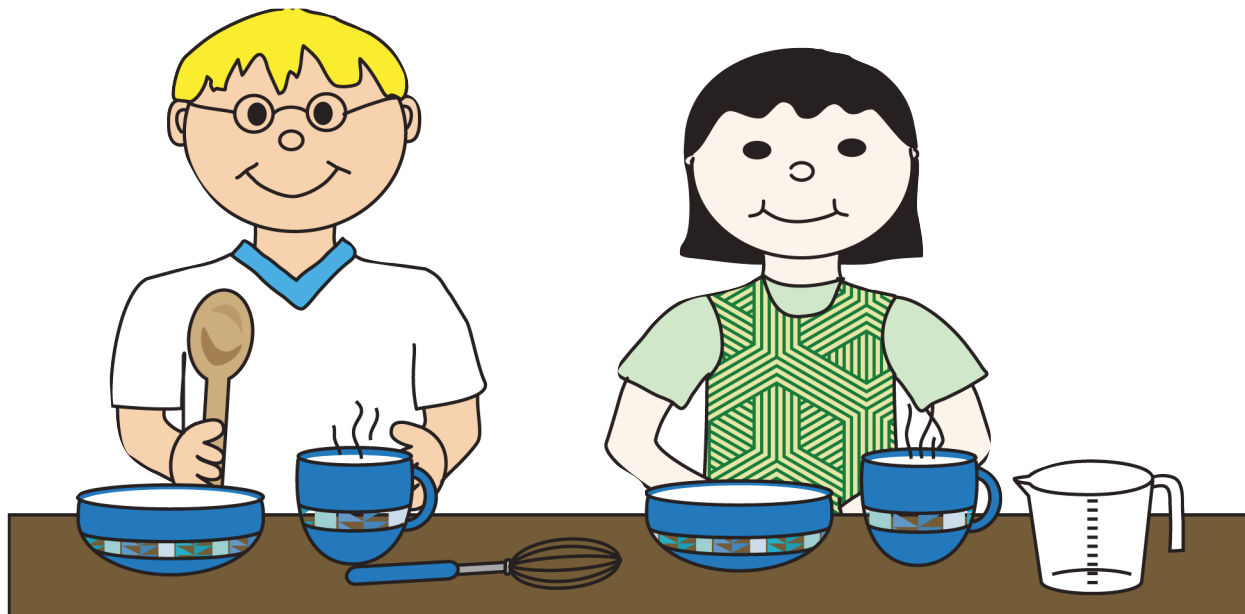
### Things You'll Need

- ✓ liquid measuring cups
- ✓ spoons

- ✓ wire whisk or hand eggbeater
- ✓ small bowls
- ✓ measuring spoons
- ✓ microwave or stove

## INGREDIENTS

- Cocoa mix
- 3/4 cup Milk per child
- Vanilla (optional)
- Nutmeg and cinnamon (optional)



### Things You'll Do



- ✓ Place milk in small bowl, pan or mug.
- ✓ Heat in microwave or on stove to a warm temperature.
- ✓ Have children add cocoa mix.
- ✓ Add 1/2 tsp of vanilla if desired.
- ✓ Add cinnamon or nutmeg if desired.
- ✓ Beat again.
- ✓ Pour into cup using funnel and serve.

## Make Mini Sculptures



### Things You'll Need

- ✓ foil or wax paper
- ✓ cookie cutters
- ✓ sequins, buttons, and/or beads
- ✓ pencil
- ✓ paper clips
- ✓ baking sheet
- ✓ paints
- ✓ brushes
- ✓ mixing bowl
- ✓ spray shellac (optional)

### INGREDIENTS

4 cups Flour  
1 cup Salt  
1 1/2 cups Water



### Things You'll Do

- ✓ Mix flour, salt, and water in bowl.
- ✓ Knead mixture and add water if too dry.
- ✓ Form shapes of figures on foil or wax paper.
- ✓ Push in sequins, buttons, or small beads.
- ✓ Bake at 200 °F for 1 hour.
- ✓ Paint on designs after baking. (Teacher can spray sculptures with shellac to preserve them.)



## What Families Can Do

Ask families to bring fruit, vegetables with dip, crackers and cheese, or other healthful snacks to accompany the cocoa the children will make.



# Starting the New Year Right with Healthy Beans and Peas

## WINTER LESSON 4

*Opportunities for Learning:* Children will prepare a traditional and healthful pea recipe for the entire class.

### Make Hopping Johnny (peas and rice)



#### Things You'll Need

- ✓ large pot with cover
- ✓ measuring spoons
- ✓ knife
- ✓ cutting board
- ✓ stirring spoon
- ✓ dry measuring cup
- ✓ liquid measuring cup
- ✓ water

#### INGREDIENTS

- 1/2 lb Lean ham or turkey, diced
- 2 cups Dried blackeyed peas (soaked overnight in the refrigerator)
- or 1 cup canned peas (no soaking needed)
- 1 Onion chopped
- 1 tsp Salt
- 1/4 tsp Pepper
- 1 cup Enriched long grain rice





### Things You'll Do

✓ Add ham or turkey to water.



✓ Chop one onion and add to pot.

✓ Add blackeyed peas, salt, and pepper.

✓ Cover pot, cook 30-60 minutes until peas are tender, stirring frequently.

✓ Add one cup of rice and cook 25 more minutes.

## Make Zucchini and Yellow Squash Sauté



### Things You'll Need

✓ frying pan with cover

✓ spatula

✓ knife

✓ cutting board

✓ measuring spoons

✓ cornbread

## INGREDIENTS

3 Small zucchini squash

3 Small yellow squash

2 Tbsp Margarine

Red pepper flakes (optional)



### Things You'll Do

✓ Slice zucchini and yellow squash on a cutting board.



✓ Stir margarine into frying pan. (Teacher or cook will do this.)

✓ Add zucchini and yellow squash.

✓ Stir.

✓ Cover and steam for 5 minutes.

✓ Garnish with red pepper flakes if desired.

✓ Serve with cornbread.



## Books to Read

Look for picture books on how beans and peas grow.





# Seeds Can Grow in Winter

## WINTER LESSON 5

**Opportunities for Learning:** Children will start to grow plants from seeds.



### Things To Do Before The Lesson

✓ Soak grapefruit, melon, lemon, and/or orange seeds overnight for planting.



✓ Soak 1/4-1/3 cup of beans overnight for bean sprouts.

### Examine Vegetables and Fruits With Seeds



#### Things You'll Need

- ✓ plastic serrated knives
- ✓ paper
- ✓ cutting boards
- ✓ jars or glasses
- ✓ potting soil or dirt
- ✓ crayons
- ✓ tape

### FOOD LIST

Apples	Melons
Cherries	Oranges
Corn	Peas
Cucumbers	Pears
Eggplant	Peppers, mild
Grapefruit	Tomatoes
Lemons	
Lima beans, in shell	





### Things You'll Do

- ✓ Ask children to name some foods with seeds.
- ✓ Cut various fruits and vegetables in half.
- ✓ Find the seeds and count them.
- ✓ Cut several lima beans in half. It is easy to see the parts of a new plant inside them; the tiny stem, leaves, and stored food.
- ✓ Fill jars or glasses with potting soil or dirt.
- ✓ Plant at least three seeds of one kind of vegetable or fruit in each container. Have children plant seeds close to the side of the glass or jar so they can see the roots grow.
- ✓ Label each pot with both the name and picture of the fruit or vegetable. (Children can draw the pictures.)
- ✓ Tell the children there is no right way to place a seed. No matter how the seed is placed, the root grows down and the stem grows up.

- ✓ After the first leaves appear, transplant seedlings to a larger flower pot.

Note: Seeds can be a choking concern for young children. Supervise children closely.



## Outdoors in a Bottle



### Things You'll Need

- ✓ large jars with lid (check with food service personnel to see if they can provide a large quart size open mouth jar)
- ✓ potting soil
- ✓ mesclun mini salad greens, other small plants, or moss from outdoors, if available
- ✓ small plastic animals (optional)
- ✓ spray bottle
- ✓ towel or rack to keep jar from rolling

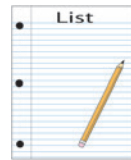


### Things You'll Do

- ✓ Place jar on its side and fill 1/4 of the way up the side with potting soil.
- ✓ Allow the children to prepare a landscape in the jar (you can have a small hill and a smooth garden area to plant the seeds).
- ✓ Decorate the hillside by covering it with moss and placing plastic animals on it (if available).

- ✓ Plant the carrot and radish seeds in the garden area.
- ✓ Spray generously with water.
- ✓ Close lid and place in a warm sunny window.
- ✓ Secure each jar on a towel or stand to keep it from rolling.

## Quick and Easy Corn Chowder



### Things You'll Need

- ✓ pot or microwave safe bowl
- ✓ stirring spoons
- ✓ serving bowls and spoons

### INGREDIENTS

- Canned cream of potato soup
- Canned corn
- Cooked diced potatoes (optional)



### Things You'll Do

- ✓ Open cans and allow the children to put soup into pan or serving bowl.



- ✓ Allow children to add corn and potatoes (they can decide how much, a little or a lot).
- ✓ Heat and serve.
- ✓ Discuss that corn is a seed that grows on the corn plant.
- ✓ Show pictures of how corn and potatoes grow.



## Grow Bean Sprouts



### Things You'll Need

- ✓dry seeds (alfalfa, mung, soy, lima, pinto, garbanzo, barley, mustard, sesame, or oat seeds)
- ✓water
- ✓bowl
- ✓dark place for seeds to germinate and sprout



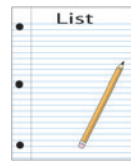
### Things You'll Do

- ✓Put several dozen seeds in a bowl and barely cover them with water.
- ✓Cover the bowl, place bowl in a dark place and wait a few days.



Note: Sprouted seeds can contain bacteria and should not be eaten raw.

## Make a Plant Person



### Things You'll Need

- ✓old nylon stocking
- ✓sawdust (or vermiculite, perlite, or soil)
- ✓2 Tbsp grass seed
- ✓twist ties
- ✓felt scraps
- ✓glue



### Things You'll Do

- ✓Cut off the foot of an old nylon stocking (10" from the toe).
- ✓Pour the grass seeds into the toe.
- ✓Add sawdust.
- ✓Tie the stocking tightly at the opening with a twist tie.
- ✓Place stocking on a saucer twist-tie end down and shape into a round head.
- ✓Attach felt eyes, nose, and mouth with glue.
- ✓Soak your plant person with water and place it in a sunny spot.
- ✓Moisten it everyday.
- ✓When the "hair" grows, give your plant person a hairdo, such as a flattop or a shag cut.



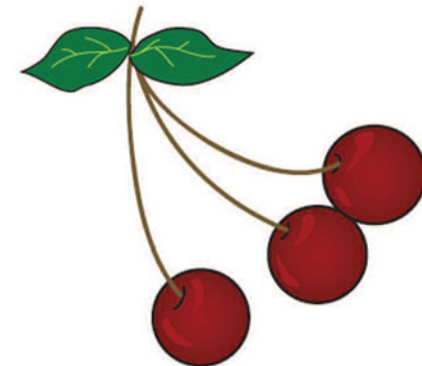
## Books to Read

*Snowy Day Stories and Poems*  
by Caroline Feller Bauer



## Songs to Sing

*Green Grass Grew All Around*



# Super Soups

## WINTER LESSON 6

**Opportunities for Learning:** Children will learn about healthful soups by preparing tomato soup.

### Smiling Soup



#### Things You'll Need

- ✓plastic serrated knives
- ✓large pot
- ✓blender
- ✓long handled spoon
- ✓serving spoons and bowls, resealable sandwich bag

#### INGREDIENTS

- 1 28-oz can Tomato puree or crushed tomatoes
- 1 14 1/2-oz can Stewed tomatoes
- 1 13 3/4-oz can Chicken broth
- 1 Carrot, scrubbed and cut into small pieces
- 1 Celery stalk (rib), trimmed and chopped into small pieces
- Salt and pepper to taste
- Lowfat sour cream
- Oyster crackers (optional)
- Grated cheese (optional)

Yield: about 6 servings



#### Things You'll Do

- ✓In a large pot, bring all the ingredients to a boil.



- ✓Simmer, covered, for about 15 minutes or until carrots are cooked.



- ✓ Puree the cooled mixture in a blender or pulse in a food processor.
- ✓ Reheat and pour into individual bowls and let children decorate their bowl with a “smile.” Children can decorate using lowfat sour cream squeezed through a small hole in a resealable sandwich bag or use oyster crackers or grated cheese.

## Cracker Collage



### Things You'll Need

- ✓ large serving dishes
- ✓ individual serving plates
- ✓ whole-grain crackers in at least 3 different shapes



### Things You'll Do

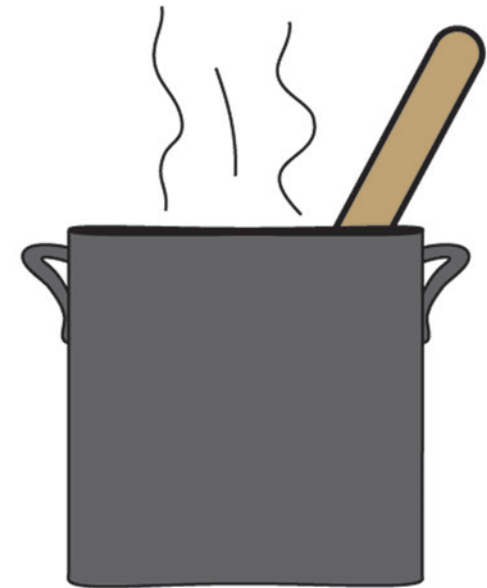
- ✓ Place differently shaped crackers on the serving dishes.
- ✓ Tell children they are going to make their own special row of crackers.

- ✓ Have children choose crackers and put them in a row in their own special order.
- ✓ Invite children to “read” their cracker order out loud. For example: “round, square, square, triangle, round.”
- ✓ Praise the children for their unique rows.
- ✓ Remind older children that the cracker collage is like the way we put letters together to make words. Each word has a special order for the letters just like each child made their own cracker row.
- ✓ Each child can enjoy their crackers with their soup.



### Books to Read

*Stone Soup*  
by Ann McGovern



# Who Has Trouble Finding Food in Winter?

## WINTER LESSON 7

**Opportunities for Learning:** Children will make bird feeders.

### How Animals Find Food in Winter



#### Things You'll Need

- ✓ pictures of animals, such as squirrels, bears, deer, elk, birds, bees, fish, butterflies, and rabbits



#### Things You'll Do

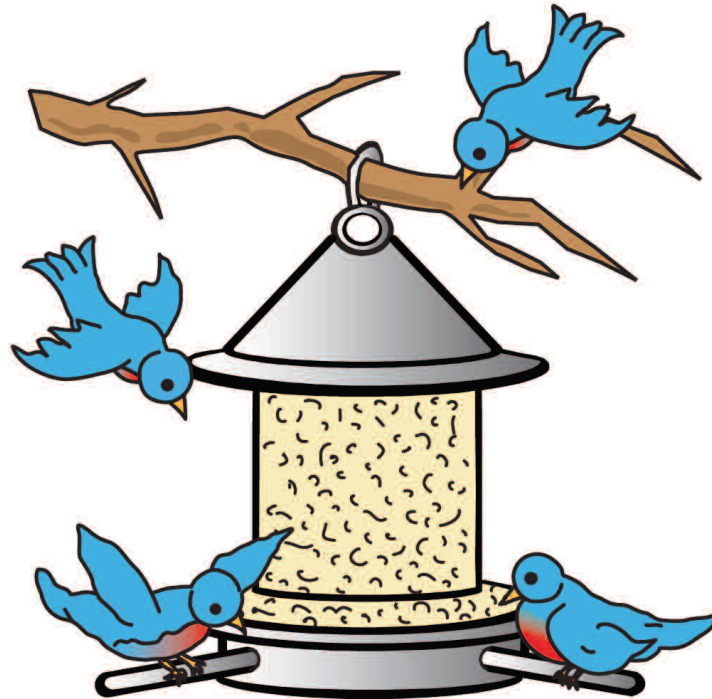
- ✓ Show pictures of animals and talk about what the

animals eat and how they find their food when the snow covers the ground. There are no berries on the bush, the insects are gone, the grass is dead and brown, and lakes are frozen.

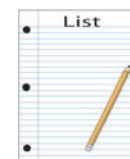
- ✓ The rabbit eats bark off bushes.
- ✓ The squirrel digs holes in the ground, buries nuts and acorns, and digs them up in the winter.
- ✓ The bear eats huge amounts of

food in the summer to gain weight and sleeps all winter.

- ✓ Some birds and butterflies go south where it is warm and there is no snow.



### Make Individual Bird Feeders



#### Things You'll Need

- ✓ small pencils
- ✓ plastic serrated knife
- ✓ gourds, tin cans, pine cones, walnut shells, or plastic detergent bottles
- ✓ string or wire
- ✓ plastic bags
- ✓ small spatula

#### MATERIALS

Suet from a local market or butcher  
Birdseed and sunflower seeds



#### Things You'll Do

- ✓ Prepare bird feeders.

#### Gourds

Cut holes in side of gourd for seeds. Punch two holes near the top of the gourd and run a piece of string

through them to hang.

### Tin cans

Remove top and bottom. Put string through can and tie to branch. Fill can with seed.

### Pine cones

Attach string, spread with peanut butter, sprinkle seeds on top, and hang outside.

### Walnut shells

Fill with peanut butter and attach string.

### Plastic detergent bottles

Wash bottle thoroughly. Remove label if possible. Cut side out of bottle. Place small amount of seeds in plastic bottle.

Send bird feeders home with children. Give each child a plastic bag of seeds for the feeder.

Note: Seeds and nuts can be a choking concern for young children. Discuss not eating the bird food.



### **Books to Read**

*Animals in Winter*  
by Henrietta Bancroft



### **Songs to Sing**

*Sing a Song of Six Pence*



### **What Families Can Do**

Families can help the child hang the bird feeder in a tree or bush. Families can go on a family neighborhood walking tour. Take a tour looking for special places birds and other wild animals can live. Look for the following materials that birds like to use to make their nests:

Thin twigs  
Animal hair  
Feathers  
Thin strips of cloth  
Long dried grasses  
Thread or yarn  
Spanish moss  
Pine needles

Look for nests in trees and warm protected places in parks and between trees and bushes. Discuss how animals stay warm in winter.

Peanuts and nuts are among the most common food allergens for young children. Therefore, if you plan to use peanuts, nuts, or products that contain either as a meal component or during an activity, it is important to observe children's behavior to identify symptoms of an allergic reaction should any occur.



# Healthy Snacks for Winter

## WINTER LESSON 8

**Opportunities for Learning:** Children will make celery canoes and vegetable juice. Children will choose healthful snacks.

### Make Healthful Snack Choices



#### Things You'll Need

- ✓ pictures of snack foods including candy, cereals, soda, apples, celery, eggs, cheese, and crackers



#### Things You'll Do

- ✓ From the food pictures, ask children which foods they like to have for snacks.
- ✓ Encourage all comments.
- ✓ Discuss that some foods are “everyday” foods and some are “sometimes” foods.
- ✓ Discuss that everyday foods are good for strong teeth, muscles, and pretty eyes. Everyday foods include



#### Things You'll Need

- ✓ plastic serrated knives
- ✓ plates for each child

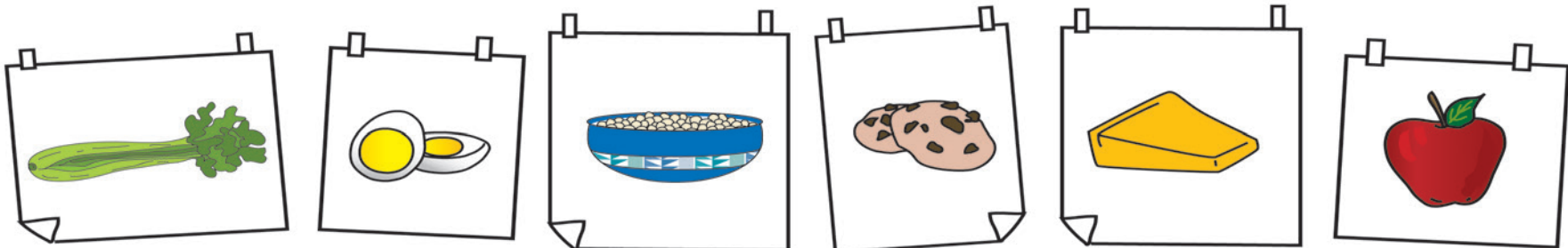
### Make Celery Canoes

#### INGREDIENTS

Celery

Hummus

Lowfat cheese spread  
(at room temperature)





### Things You'll Do

- ✓Tear off celery leaves, separate individual stalks (ribs), and wash.
- ✓Cut or break celery into 3 pieces.



- ✓Spread hummus or cheese on celery.

### Make Vegetable Juice



#### Things You'll Need

- ✓blender
- ✓plastic serrated knives
- ✓cutting boards
- ✓measuring cups
- ✓individual cups
- ✓stirring spoon



### Things You'll Do

For 1 cup to be served to 2 children:



- ✓Add 1 cup of tomato juice to blender.
- ✓Add remainder of ingredients (celery, parsley, green pepper) and blend until vegetables disappear.
- ✓Pour into individual cups.

### INGREDIENTS

- 1 cup of Tomato juice
- 1 Stalk of celery, cut into 1 inch pieces
- 1 Sprig of parsley
- 1 Strip of green pepper, about 1/8 of a pepper
- 1 Green apple wedge

Yield: 2-½ cup servings



### Books to Read

*The Berenstain Bears and Too Much Junk Food* by Stan and Jan Berenstain



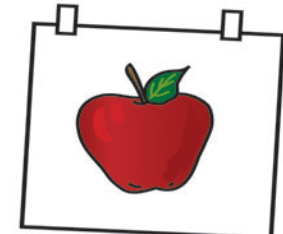
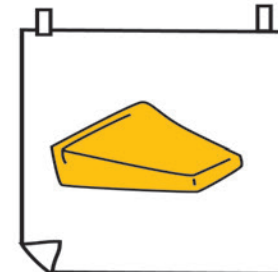
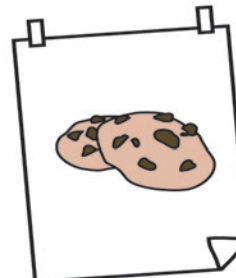
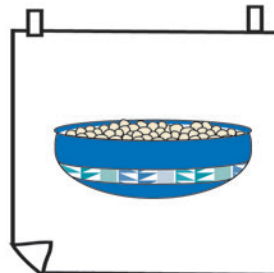
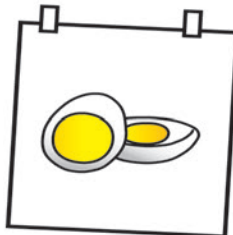
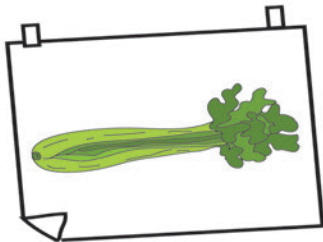
### Songs to Sing

"Ten Green Apples"



### What Families Can Do

Encourage families to serve snacks that are suggested on A Family's Guide to Easy Snacks for Winter.





# A Family's Guide to Easy Snacks for Winter

## Family Handout for Winter Lesson 8

Today \_\_\_\_\_ learned that healthy snacks can make  
(child's name)  
\_\_\_\_\_ strong and healthy and give \_\_\_\_\_ lots of energy.  
(him/her) (him/her)  
\_\_\_\_\_ made vegetable juice and celery canoes for snack.  
(child's name)




























Children need snacks between meals. Because children's stomachs are small, they may not be able to eat enough food at mealtimes to meet all their energy and nutrient needs. Snacks are best offered when your child is hungry, but not too close to mealtime. Snacks should be used to add vitamins and minerals that your child might have missed during the main meals.

- For extra protein, offer hard-cooked eggs, tuna, cheese, or meats.
- For extra vitamin C, offer strawberries, melons, oranges, tomatoes, broccoli, cabbage, potatoes, and green peppers.
- For extra vitamin A, offer green beans, broccoli, carrots, and sweet potatoes.



## Snack Ideas for You and Your Child to Make Together



- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- Banana dipped in sesame seeds
  - Orange sections
  - Cheese (in different shapes) and crackers
  - Raw vegetables (carrots, celery, green peppers) with a dip or plain yogurt (for children over 22 months only)
  - Yogurt and frozen orange juice mixed with a small amount of honey (children over the age of 2 years only) or sugar to taste
  - Frozen fruit juice in paper cups with craft sticks for frozen popsicles
  - Fruit kabobs
  - Lettuce wrapped around a filling such as peanut butter, grated carrots, raisins, pineapple, cottage cheese, cheese slice, tuna salad, or egg salad
  - Pretzel sticks with cheese cubes
  - Cheese melted on tortilla
  - Mini tacos: taco meat, cheese, lettuce, and tomato on half of a flour tortilla
  - Baked apples with crackers
  - Raisin toast
  - Bread sticks with peanut butter
  - Tuna salad with toast triangle
  - Soft pretzels with cheese
  - Pita pizzas
  - Baked potato with melted cheese
  - Rice cakes with melted cheese
  - Tortilla wedge spread with mashed beans or chili
  - Warm biscuits with cinnamon peaches

Adapted from: *Snackin' Smart*. (1996). Ohio Department of Education Division of Child Nutrition Services.

### Note:

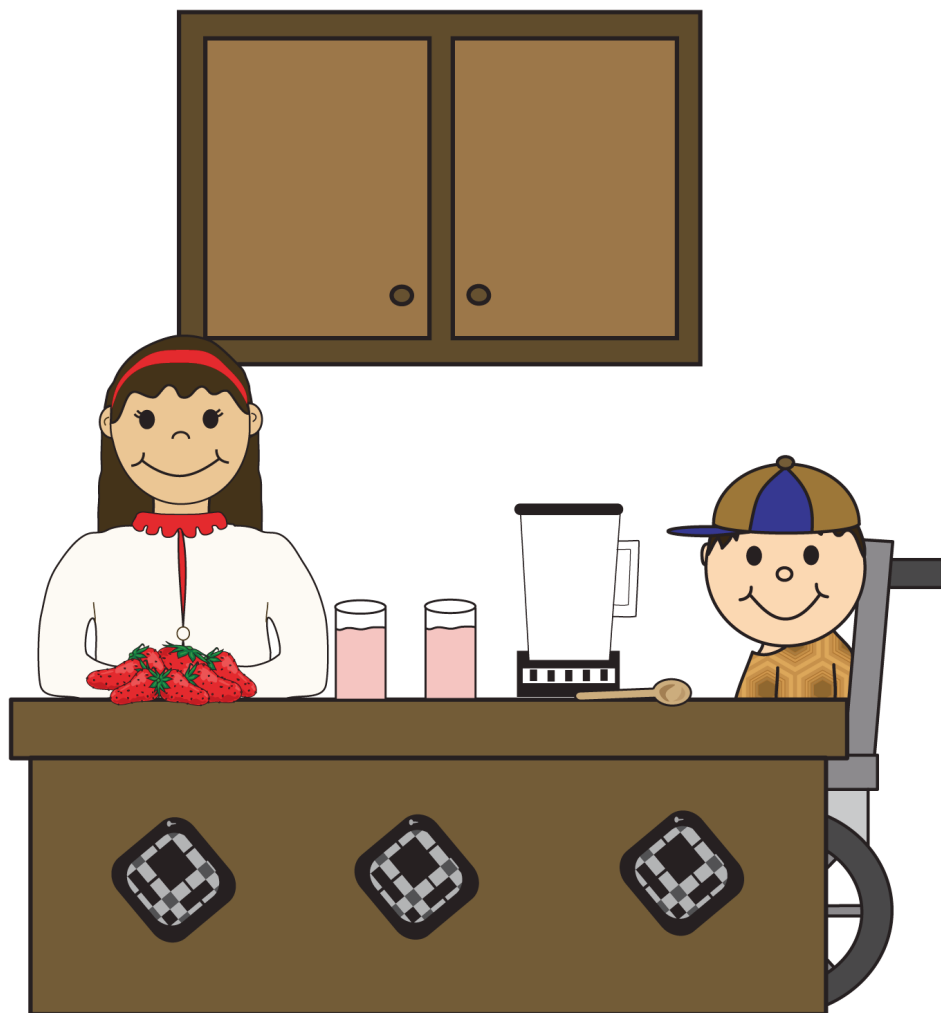
Peanuts and peanut butter can be a choking and allergy concern in young children.

Honey should not be offered to children under the age of two years.

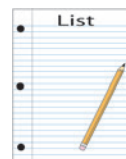
# Simple Smoothies

## WINTER LESSON 9

*Opportunities for Learning:* Children will make simple and healthful smoothies.

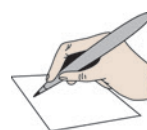


### Examine Strawberries



#### Things You'll Need

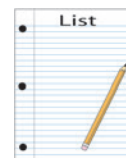
- ✓ picture of fresh strawberries
- ✓ books showing how strawberries grow



#### Things You'll Do

- ✓ Discuss that strawberries are a summer fruit. Ask children how we can keep foods safe to have them at different times of the year. Review that food can be dried, canned, or frozen to keep it safe to eat later.

### Make Strawberry Smoothies



#### Things You'll Need

- ✓ blender
- ✓ small spoon for stirring
- ✓ cups

## INGREDIENTS

(for each child)

1/4 cup Skim milk

1/4 cup Lowfat vanilla yogurt

1/4 cup Frozen strawberries

1/2 Small banana



## Books to Read

*Bread and Jam for*

*Frances*

by Russell Hoban



### Things You'll Do

✓ Have children help place all ingredients in the blender.

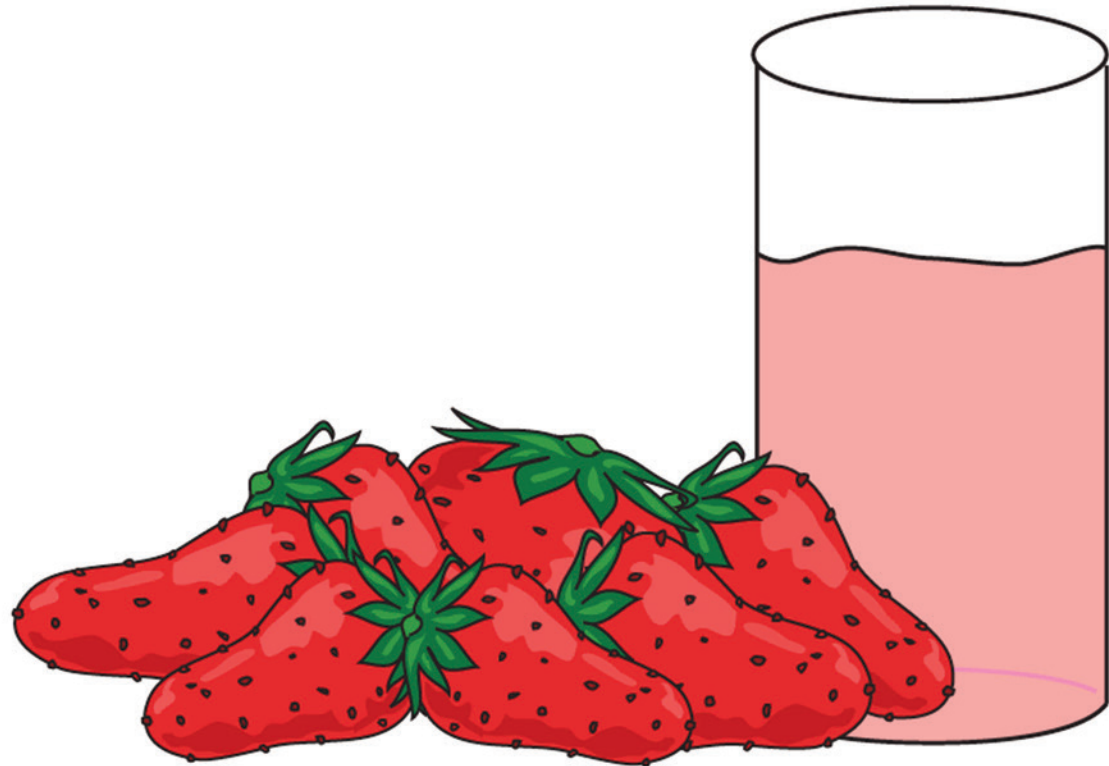


✓ Ask children what you are adding with each ingredient. Have they had that food before and how do they usually eat it?

✓ Blend until smooth adding additional milk if needed.

✓ Pour smoothie into individual cups for children.

✓ Serve with whole-grain bread or crackers.



# How Do I Feed My Teeth?

## WINTER LESSON 10

**Opportunities for Learning:** Children will choose foods which are good for their teeth.



### Things To Do Before The Lesson

- ✓ Invite a dental hygienist, dentist, or dental assistant to come to class to examine the children's teeth.
- ✓ Show the children how to brush their teeth and how to use dental floss. Talk about trips to the dentist, and foods to eat for healthy teeth.

Ask them to choose the foods that are good for their teeth.

- ✓ Show pictures of different beverages and ask children to choose the one that is best for their teeth (milk).
- ✓ Prepare a snack that is good for their teeth.

### Demonstration by Dental Hygienist



#### Things You'll Need

- ✓ toothbrush for each child
- ✓ toothpaste (sometimes provided free by the dental society)
- ✓ pictures of different foods
- ✓ pictures of different beverages (include milk)

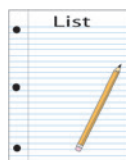


#### Things You'll Do

- ✓ Have a dental hygienist demonstrate to the children how to take care of their teeth.
- ✓ Show children pictures of different foods like fruits, vegetables, dairy products, breads, cereals, and sugars.



## Prepare Snack



### Things You'll Need

- ✓ 3/4 cup milk for each child
- ✓ 1/2 apple for each child
- ✓ cups

- ✓ plates
- ✓ plastic serrated knife



### Things You'll Do

- ✓ Prepare a snack that is good for the teeth.
- ✓ Serve 3/4 cup of milk and 1/2 apple per child.



## Books to Read

*The Berenstain Bears Visit The Dentist*  
by Stan and Jan Berenstain



## Songs to Sing

*Brush Your Teeth*



## What Families Can Do

Discuss “everyday” foods and “sometimes” foods. Sometimes foods are foods high in fat and sugar that should be eaten only occasionally.

RECORD NAMES AND PHONE NUMBERS  
OF GUEST SPEAKERS HERE...

- ①
- ②
- ③
- ④



Below is a list of sugar content of popular foods to help you make good everyday choices with your children.

**USDA recommends limiting sugar to  
10 tsp per day in adults.**

FOOD	TSP
Nouget/Caramel candy bar, 2.1 oz	5¾
Honey Bun, 3¼ oz	6
Lowfat fruit-flavored yogurt, 8 oz	7
Lowfat chocolate fudge cake, 3 oz	8½
Cola, 12 oz	10¼
Pancake syrup, ¼ cup	10¼
Lemon fruit pie, 4½ oz	11½
Vanilla shake, 20 oz	12
Cinnamon bun, 7½ oz	12¼
Orange soda, 12 oz	13
Peanut butter chocolate milkshake, 10 oz	13¾
Fruit slush, 32 oz	28
Adapted from: Center for Science in the Public Interest, August, 1999.	



# Why Brush My Teeth?

## WINTER LESSON 11

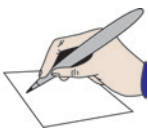
**Opportunities for Learning:** Children will help with an experiment that shows how even the hard shell of an egg can become soft.

### Bouncing Egg Experiment



#### Things You'll Need

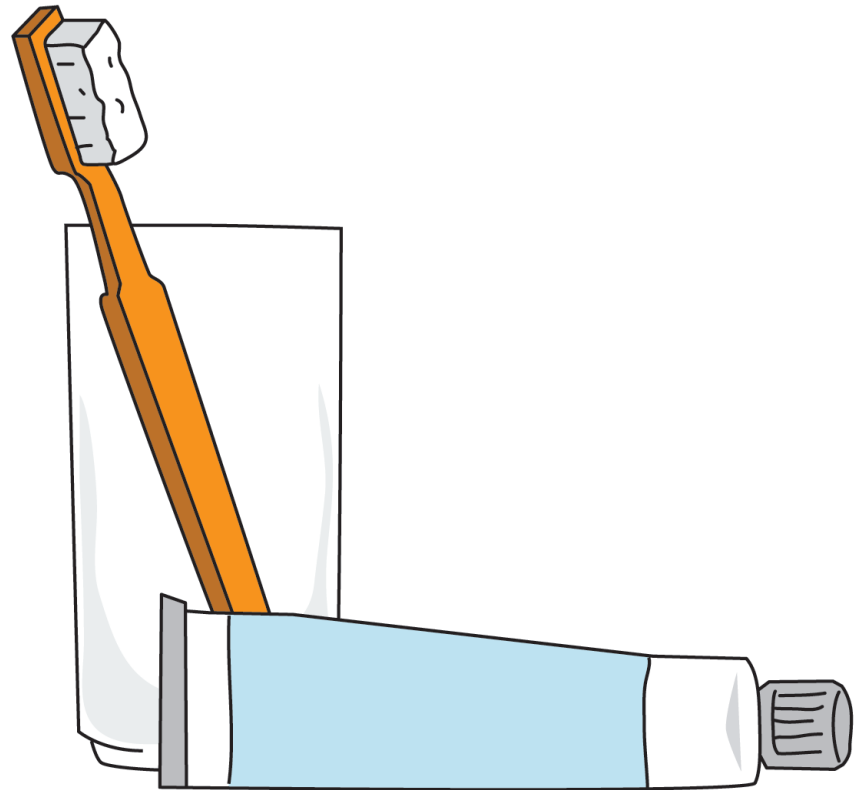
- ✓ 2 hard-cooked eggs (do not remove shells)
- ✓ 2 jars with lids large enough to hold the egg
- ✓ white vinegar (enough to cover one of the eggs in the jar)
- ✓ water (enough to cover one of the eggs in the jar)



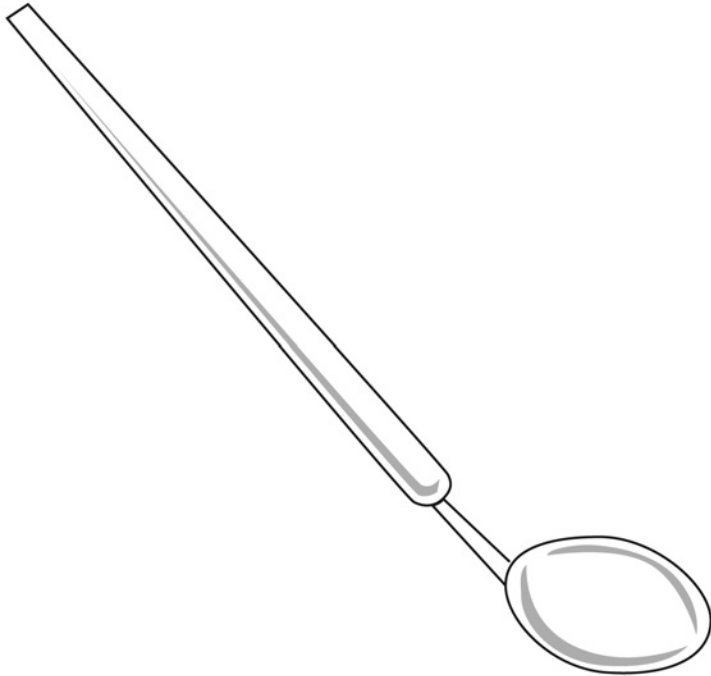
#### Things You'll Do

- ✓ Have the children examine the hard-cooked eggs.
- ✓ Ask the children to describe the egg. Tell the children the egg is made of the same kind of material as our teeth. Tell the children that you are going to do an experiment that might change the egg's shell.
- ✓ The children can help put the eggs in the jars and cover one egg with vinegar and one with water.
- ✓ Tell the children the vinegar does the same thing to the egg that sugar water can do to your teeth. Ask what they think might happen to the egg.
- ✓ Allow the eggs to sit in the water and vinegar for 48 hours (2 days).

- ✓ After 2 days replace the vinegar with water and let the egg soak for another day.



- ✓ Remove both eggs from their jars and display on the table.
- ✓ Ask the children how the two eggs are different. The egg, soaked in vinegar, will be soft and can actually be “bounced” gently on the table.
- ✓ Explain that the shell became soft in the vinegar just like eating too many sweets can make a little part of our teeth soft and that is what causes cavities.
- ✓ Discuss that sweets like candy and soft drinks are a “sometimes” food and eating sweets too often is not good for our teeth.





# A Family's Guide to Keeping a Healthy Smile

## Family Handout for Winter Lesson 11

Taking care of our teeth is a habit that begins early in life.

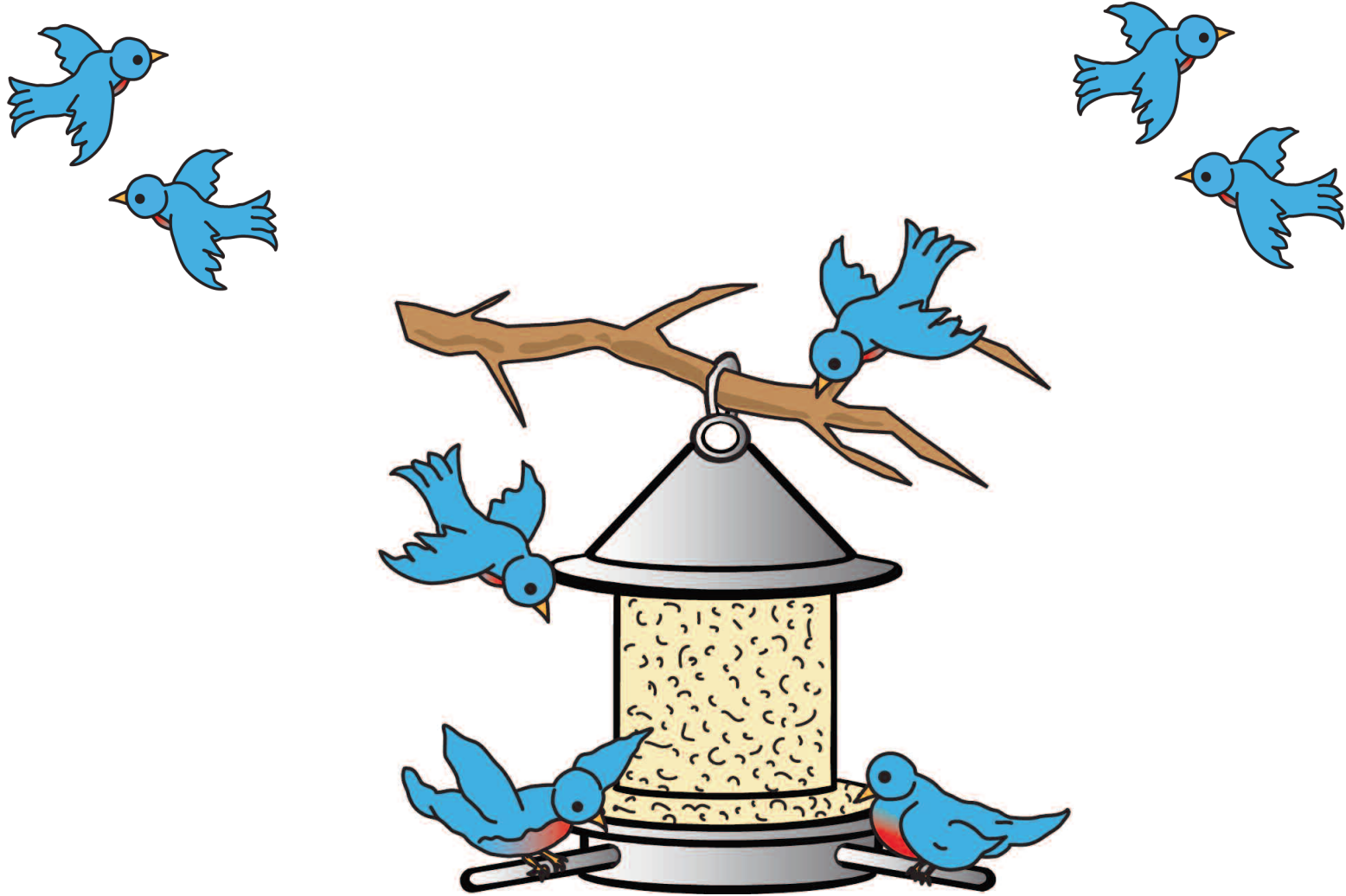
The American Academy of Pediatric Dentistry recommends a child visit a dentist by the child's first birthday. Wiping of an infant's teeth and daily brushing is recommended for all children and adults.

We know that good dental care and a nutritious diet are key to keeping our teeth healthy. We know that bacteria in the mouth break down the sugar in our foods creating an acid environment for our teeth. This acid can cause the calcium structure of the tooth to break down and causes cavities.

The best advice to keep our teeth healthy is:

- ✓Brush teeth after each meal.
- ✓Visit your dental professional regularly. Take your child to visit a dentist by your child's first birthday.
- ✓Encourage "everyday" foods like milk, cheese, meat, fruits, vegetables, and whole grains.
- ✓Limit sweet foods like candy, cake, pies, juice, and soft drinks.
- ✓Encourage regular meal and snack times during the day.
  - Eating or drinking sweet drinks and juice throughout the day can increase the chances of cavities.
- ✓Brush teeth after eating sticky or sweet foods.
- ✓Limit juice and soft drinks. (Note: the acids in juice and soft drinks damage teeth, also.)

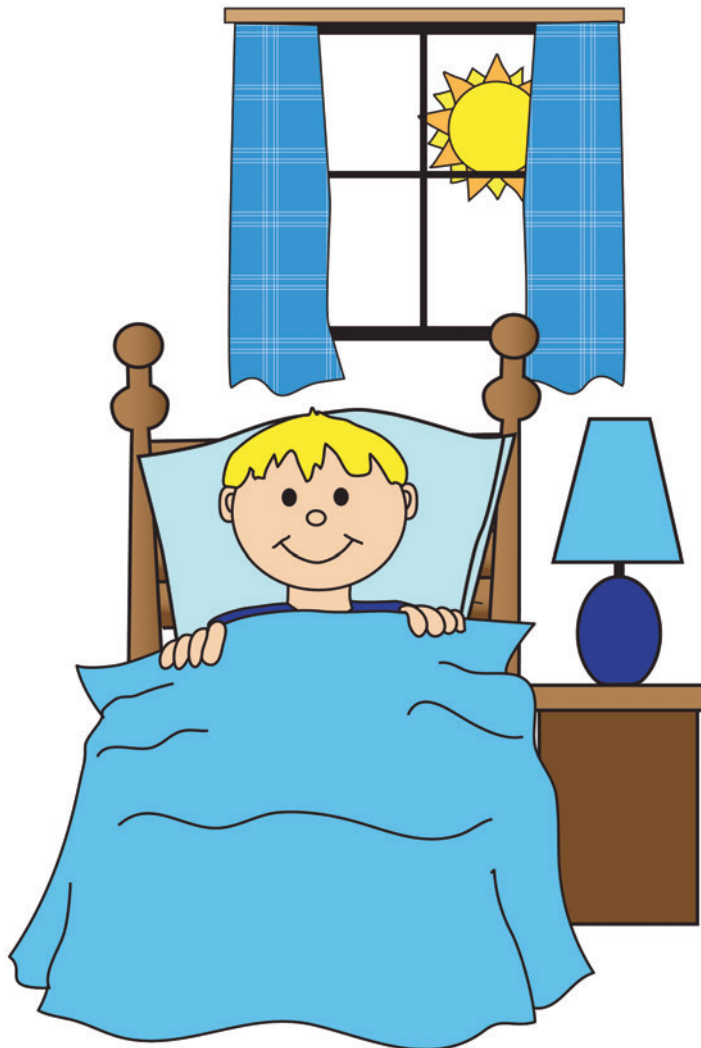




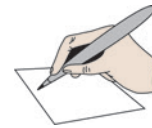
# Start the Day With Breakfast

## WINTER LESSON 12

*Opportunities for Learning:* Children will make “Cereal Mix”.



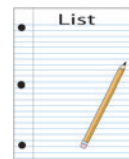
### Discuss Eating Breakfast



#### Things You'll Do

- ✓ Ask children what they like to eat for breakfast and if they make their own breakfast. (Be sure to praise children for preparing and eating their breakfast no matter what they had.)
- ✓ Ask them what their stomachs feel like if they don't eat breakfast. Do their stomachs talk to them?
- ✓ If the stomach makes noise, it is saying that it hasn't eaten since yesterday and needs something good and healthy. (Try using a puppet in this question-answer session.)

### Make Cereal Mix



#### Things You'll Need

- ✓ cereal bowls
- ✓ spoons
- ✓ dry measuring cup
- ✓ measuring spoon
- ✓ large spoon

## INGREDIENTS

- 1/4 cup Lowfat granola or whole-grain cereal
- 1 tsp Wheat germ
- 4 Pieces chopped apple
- 3 Slices banana
- 2 tsp Raisins
- Milk



### Things You'll Do

✓Combine all ingredients in bowl.

✓Serve with milk.



✓Serve cereal with juice for a snack. Ask the children to think of a name for the cereal they made.

Note: Nuts, seeds, and raisins are a choking concern and should not be used with young children. Whole-grain cereals can be substituted.

## Make Healthy Breakfasts



### Things You'll Need

- ✓individual pictures of different breakfast foods
- ✓poster with several different ideas for

breakfast menus (See A Family's Guide to Quick and Easy Breakfast Ideas.)

- ✓poster illustrating recipe cards for each ingredient



### Things You'll Do

✓Show the children pictures of different kinds of breakfast foods.

- ✓Have them combine different foods to make a healthful breakfast.



## Books to Read

*Max's Breakfast*  
by Rosemary Wells



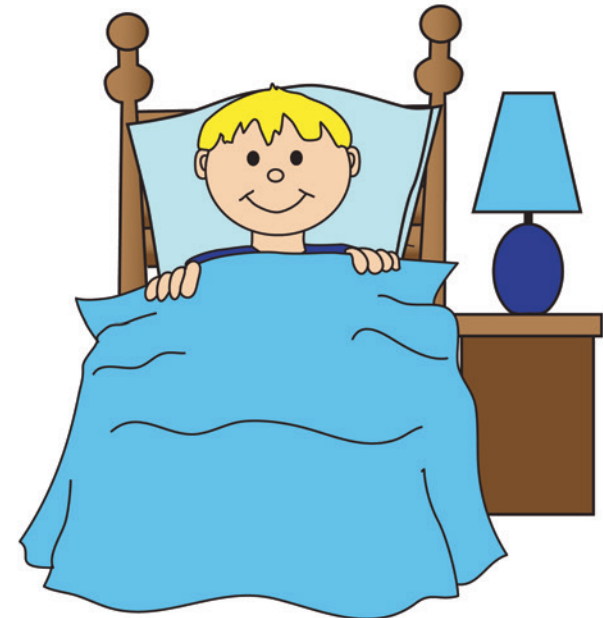
## Songs to Sing

*Peas Porridge Hot*



## What Families Can Do

Encourage families to provide a nutritious breakfast for their children each day. A Family's Guide to Quick and Easy Breakfast Ideas has some suggestions families can use.





# A Family's Guide to Quick and Easy Breakfast Ideas

## Family Handout for Winter Lesson 12

Breakfast is the most important meal of the day. A good breakfast means a happy, alert morning for your child at our center. Here are some quick and easy nutritious breakfast ideas.

- ✓ Raisin toast with peanut butter; banana; milk
- ✓ Slice of cheese melted on whole wheat bread; grape juice; milk
- ✓ Raisin toast spread with cottage cheese and topped with canned peaches; milk
- ✓ Tuna fish sandwich; pear; milk
- ✓ Yogurt; whole wheat toast; fruit; milk
- ✓ Bran muffins; banana; milk
- ✓ Hot cereal; grapefruit; milk
- ✓ Hamburger, cheeseburger, grilled cheese, pizza, or taco; sliced apple; milk
- ✓ Bagel with melted cheese; tomato juice; milk
- ✓ Cinnamon toast with applesauce; milk
- ✓ Scrambled eggs; canned apricots; toast; milk
- ✓ Cinnamon oatmeal with raisins; peaches; milk
- ✓ Ready-to-eat cereals; fruit; milk

Adapted from: *Snackin Smart*. (1996). Ohio Department of Education Division of Child Nutrition Services.





# Pancakes

## WINTER LESSON 13

**Opportunities for Learning:** Children will make pancakes.

### Make Whole Wheat Pancakes



#### Things You'll Need

- ✓ 2 large bowls
- ✓ griddle or electric frying pan
- ✓ beater
- ✓ dry measuring cups
- ✓ liquid measuring cups
- ✓ measuring spoons
- ✓ spoon or fork
- ✓ spatula

#### INGREDIENTS

- 1 1/2 cups Whole wheat flour
- 3 Tbsp Brown sugar
- 1 tsp Salt
- 3 tsp Baking powder
- 2 Eggs or equivalent
- 1 1/4 cups Milk
- 3 Tbsp Vegetable oil
- Margarine for greasing griddle or vegetable pan spray

Variety of toppings (frozen fruit, applesauce, sliced bananas, and cinnamon)



#### Things You'll Do



- ✓ In a large bowl, combine flour, sugar, salt, and baking powder.
- ✓ In another large bowl,

- break eggs and add milk and oil.
- ✓ Beat liquid mixture just enough to mix.
- ✓ Make a hole in the middle of the dry ingredients and pour in liquid.
- ✓ Stir with spoon or fork.
- ✓ Cook spoonfuls of batter on the hot griddle (teacher's task).
- Optional:
- ✓ Watch as pancakes cook. Ask children what they see happening.



Bubbles will form in the pancake. Bubbles will break on top of the pancake. What do children think the bottom of the pancake will look like? Will there be holes on the bottom? Flip the pancake over and talk about the smooth brown bottom.

Ask the children if they think the bubbles are trapped inside? Will the inside of the pancake be liquid like the batter? Discuss that the liquid becomes firm when the pancake cooks. What else changes when it cooks? What would happen if we just use a little batter? What happens if we use a lot of batter?

Make little and big pancakes. What happens if we make the pancakes close together? Make a mouse pancake with one medium size pancake and two small pancakes touching as mouse ears.

✓ Serve pancakes with different toppings.



## Books to Read

*Pancakes, Pancakes!*  
by Eric Carle



## Songs to Sing

*Mulberry Bush*





# Spring Lessons





# The Chicken and the Egg

## SPRING LESSON 1

**Opportunities for Learning:** Children will learn eggs come from chickens and will make an egg salad sandwich.



### Things To Do Before The Lesson

- ✓ Hard-cook one egg for every four children.

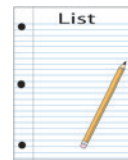
### Egg Talk



#### Things You'll Do

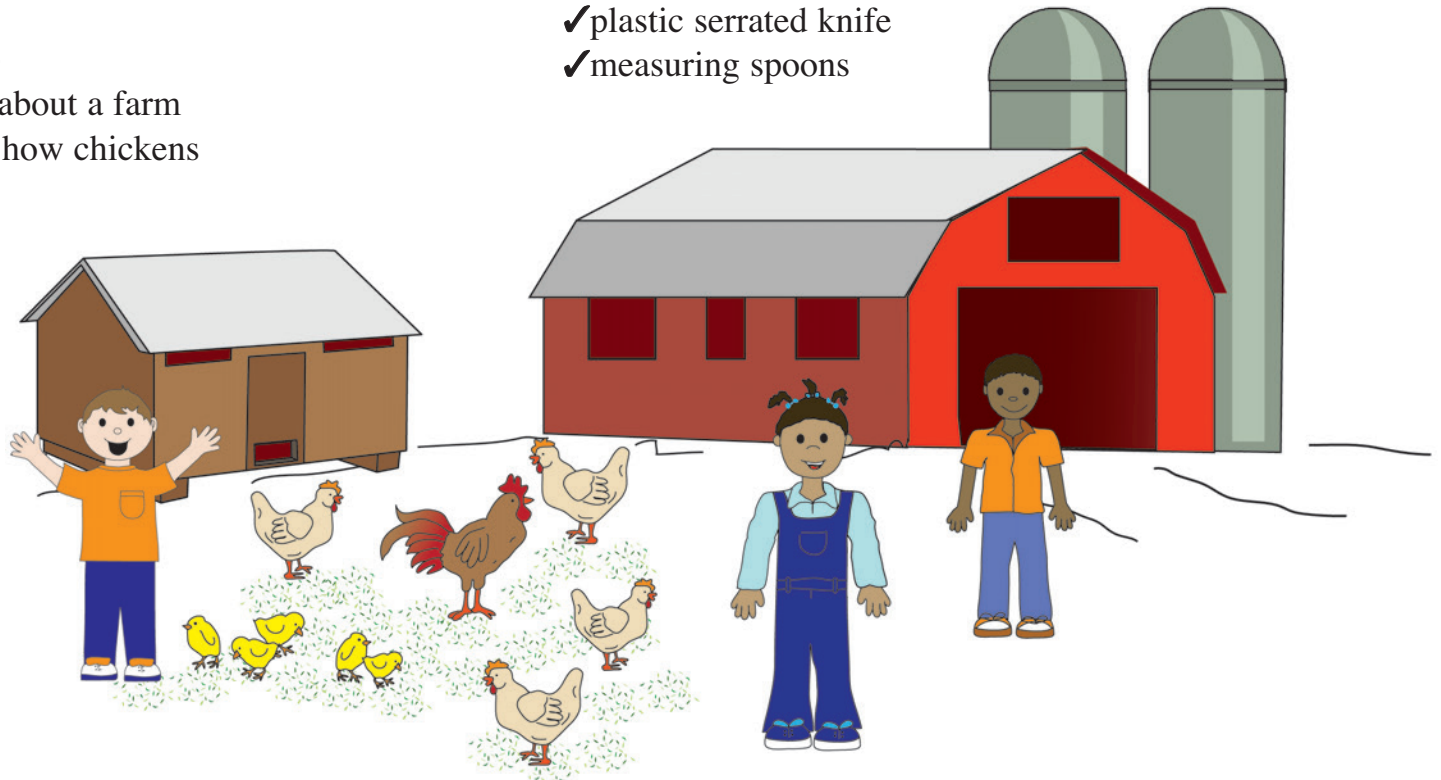
- ✓ Read a story about a farm that explains how chickens lay eggs.
- ✓ Talk about eggs. Crack an egg. Tell children that the hard shell protects the egg when the chicken lays it in the nest. The white part of the egg protects the yolk.

### Make Egg Salad Sandwiches



#### Things You'll Need

- ✓ bowl for each child
- ✓ fork
- ✓ spoon
- ✓ plastic serrated knife
- ✓ measuring spoons



## INGREDIENTS

1/4 Hard-cooked egg

1 tsp Mayonnaise

1 Slice of whole wheat bread, cut into halves



### Things You'll Do

- ✓ Peel eggs.
  - ✓ Give each child 1/4 of an egg.
  - ✓ Mash or chop egg in the bowl.
  - ✓ Add mayonnaise.
  - ✓ Mix ingredients.
  - ✓ Spread one bread half with egg mixture.
  - ✓ Cover with other half of bread.
  - ✓ Serve sandwich with milk as part of a snack or lunch.
- While eating the sandwich, talk with children about the sources of the ingredients for their lunch.
- Eggs from the chicken
  - Bread from wheat
  - Milk from the cow
- ✓ Discuss differences between a hard-cooked egg and a raw egg. How is the egg cooked?



### Books to Read

*Green Eggs and Ham*  
by Dr. Seuss

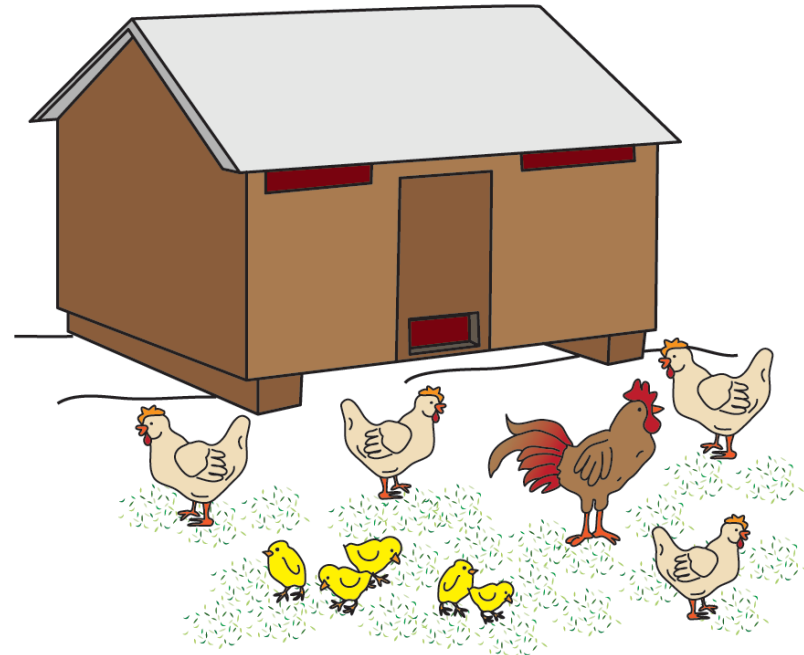


### Songs to Sing

*Humpty Dumpty*

## Safety Reminder...

Raw eggs may carry salmonella bacteria that can cause foodborne illness. Be careful to wash and sanitize all surfaces that come in contact with raw eggs. Wash hands that have touched raw eggs. Children should also thoroughly wash their hands before and after the activities described in The Chicken and the Egg lesson.



# Food Forms

## SPRING LESSON 2

**Opportunities for Learning:** Children will explore different forms of foods.

### Explore Different Forms of Food



#### Things You'll Need

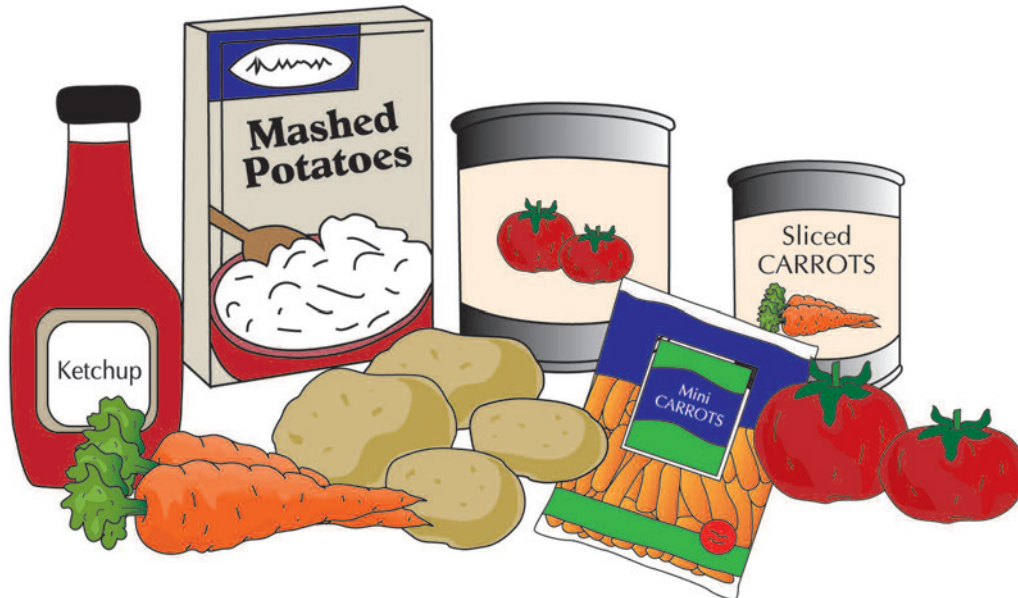
- ✓ potatoes—raw, mashed, flakes, dried, hash brown, french fries
- ✓ corn—raw on the cob, canned, frozen, popped, cornmeal, creamed corn
- ✓ peas—fresh, canned, frozen, dried, creamed peas for babies

- ✓ tomatoes—fresh, canned, catsup, stewed, paste, sauce, purée, juice, soup
- ✓ carrots—fresh, canned, bagged, frozen, juice, soup



#### Things You'll Do

- ✓ Let children examine different forms of foods.
- ✓ Explain that fresh potatoes, corn, peas, and tomatoes are the sources of all these canned, frozen, and packaged foods.



### Make Vegetable Soup



#### Things You'll Need

- ✓ tray
- ✓ cutting board
- ✓ paring knife (for teacher's use)
- ✓ measuring cup
- ✓ large pot
- ✓ cups
- ✓ spoons
- ✓ large spoon

### INGREDIENTS

- 1 lb Canned diced tomatoes
- 2 Fresh tomatoes, chopped
- 4 oz Tomato paste
- 2 Raw potatoes, diced
- 2 cups Raw carrots, diced
- 1 cup Celery, sliced
- 5 cups Vegetable, beef, or chicken stock
- 10 oz Frozen peas



#### Things You'll Do



- ✓ After preparing fresh vegetables, combine tomatoes, tomato paste, potatoes, carrots, celery, and broth in a large pot.
- ✓ Simmer for 35 minutes.
- ✓ Add frozen peas and cook 5 more minutes.
- ✓ Serve vegetable soup with a cheese or meat sandwich and milk as part of a nutritious lunch. Soup also makes a good snack. Serve with whole-grain crackers and milk.



### Books to Read

*Stone Soup*  
by Ann McGovern



### Songs to Sing

*Peas Porridge Hot*

### Try New Foods...

Take a trip to the grocery store and discover the new foods that are available. Select new foods and food forms to introduce to the children. Look for dried cherries, fresh herbs, exotic grains, and other interesting foods. Make a list of new foods to introduce to the children.

- 
- 
- 
- 
- 
- 
-



# Splendid Sandwiches

## SPRING LESSON 3

**Opportunities for Learning:** Children will learn that sandwiches can come in many shapes and will make their own special sandwich.



### Things To Do Before The Lesson

✓ Discuss “What is a Sandwich?” Sandwiches are eaten around the world and can look very different. Sandwiches are always made from a bread and a filling, although the filling can be inside or on top.

### Make Sandwiches



#### Things You'll Need

- ✓ bread for sandwiches (purchase at least three different kinds of bread making sure several of the breads are whole grain.)
- ✓ plastic serrated knives
- ✓ plates

### INGREDIENTS

#### Three different kinds of bread:

Whole wheat  
Pumpernickel  
Rye bread

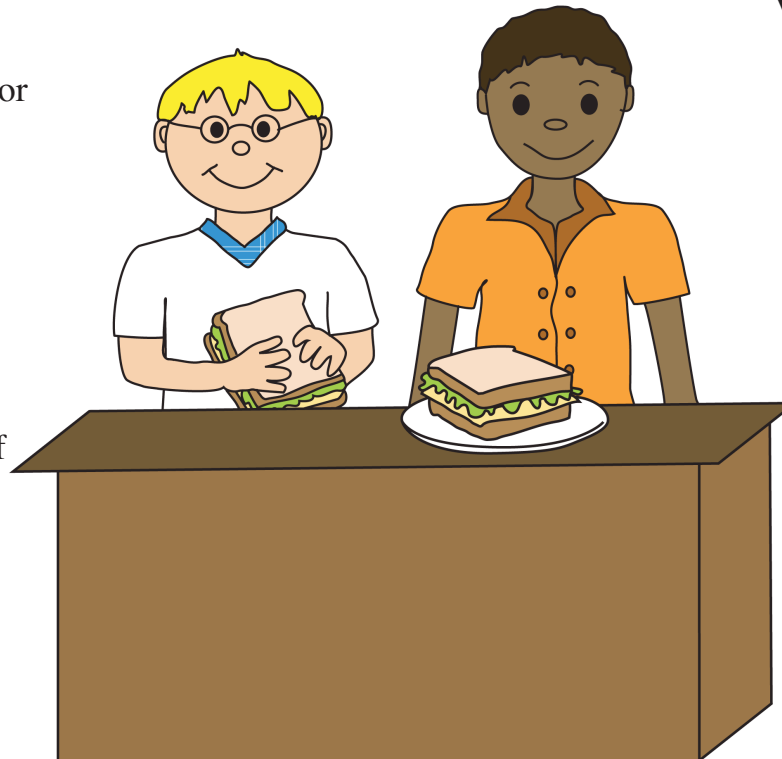
Bagels  
Tortillas  
Pita bread  
Hard rolls

#### Variety of vegetables and fruits:

Grated carrot  
Lettuce  
Mandarin oranges  
Mushroom slices  
Bananas slices  
Cucumber slices  
Mild onion slices  
Spinach  
Tomato

#### Other:

Turkey slices  
Mozzarella cheese slices  
Mayonnaise  
Hummus  
Mustard





### Things You'll Do



✓ Show each child how different breads can be used to make a sandwich. Tortillas can be rolled up, pita

can be partially split and filled, and hard rolls can be cut in half.

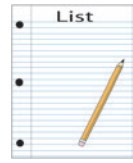
✓ Allow the children to “build” their own sandwich. An open-face sandwich can be made into a fun design or a face with fruits and vegetables.

✓ Encourage children to pick several different vegetables to go into their sandwich.

✓ Discuss that lettuce, tomatoes, other vegetables, and fruits can make a sandwich nice and thick, crunchy, and flavorful.

✓ Place sandwiches on plates, set the table, and enjoy a simple meal together.

## Plant Potatoes



### Things You'll Need

- ✓ potting soil
- ✓ saucers
- ✓ vases
- ✓ potatoes with sprouts
- ✓ plastic knife
- ✓ water



### Things You'll Do

- ✓ Show children how potatoes grow.
- ✓ Slice a new sprout off the side of a potato.
- ✓ Plant the sprout in potting soil.
- ✓ Keep well watered.
- ✓ Transplant potato plants to the garden in May.

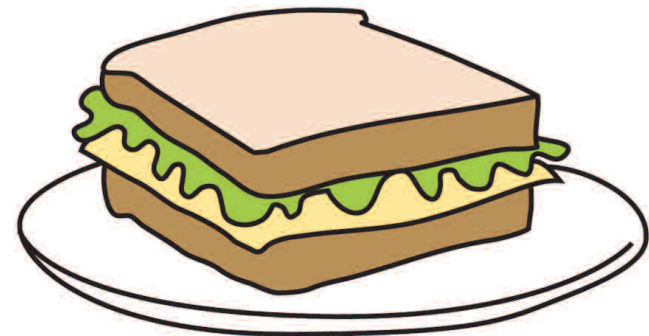
Note: Serve baked potatoes with the main meal. Potatoes are a good source of vitamin C.



### Books to Read

*It's A Sandwich*

by Roberta L. Duyff  
and Patricia C.  
McKissack



# Special Spring Salads

## SPRING LESSON 4

**Opportunities for Learning:** Children will make individual salads and discuss how salads fit into our meals.

### Make Individual Salad Baggies



#### Things You'll Need

- ✓one resealable plastic bag for each child
- ✓tongs or spoons for handling salad ingredients
- ✓lowfat salad dressing or lemon juice
- ✓plates (optional)

#### INGREDIENTS

(choose 3 or more)

- Lettuce
- Spinach
- Sliced red cabbage
- Grated carrots
- Chopped beets
- Sliced cucumber, zucchini, and/or yellow squash
- Canned corn (drained)
- Raw or cooked green beans
- Sliced tomato

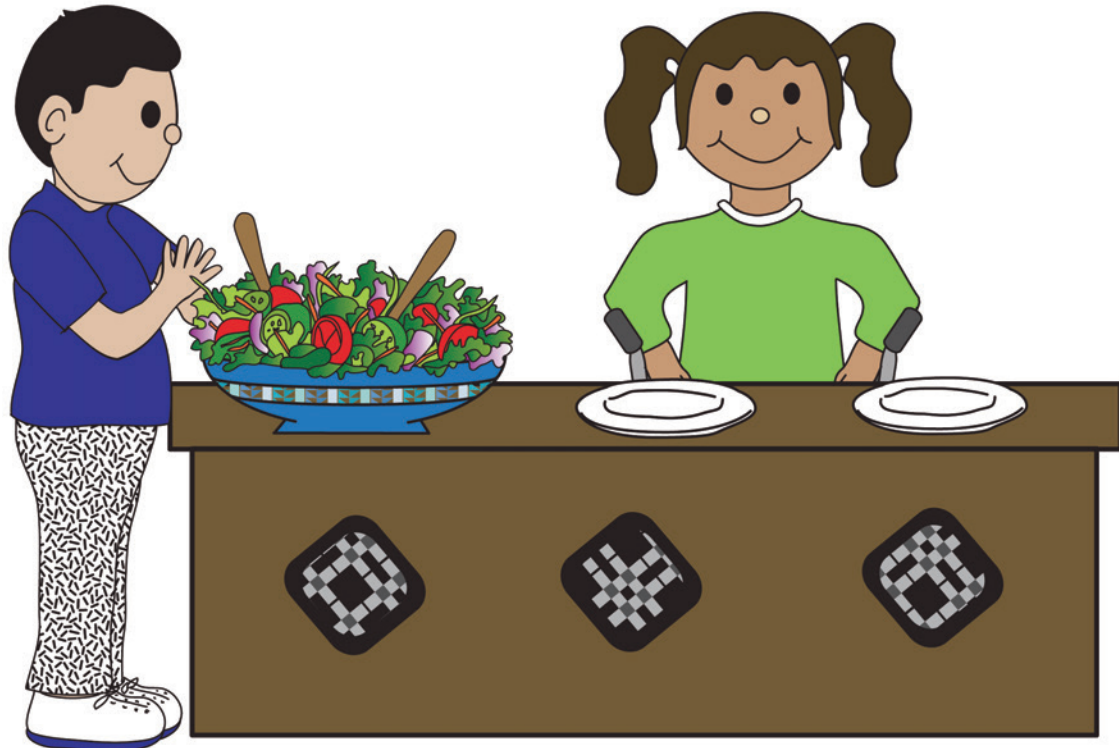
- Garbanzo beans (Chickpeas)
- Sliced chicken
- Grated cheese
- Chopped eggs



#### Things You'll Do



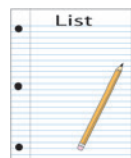
- ✓Have children wash their hands.
- ✓Show children how to put salad in an individual resealable bag.



- ✓ Explain that they can make their own salads today.
- ✓ Encourage children to choose a variety of foods for their salads, but leave the child in control.
- ✓ Prepare your own salad.
- ✓ Add salad dressing or lemon juice to the baggies, zip close, and mix.
- ✓ Sit at the table, open resealable bag, and show the children how to eat salad out of their baggie.
- ✓ Ask the children if they have ever had salad before, when they have had it, and what it was served with.
- ✓ Tell children that salad can be served in many ways. Sometimes salad is a side dish with a meal,

sometimes the salad is the main dish at the meal, and sometimes salad is a side dish and doesn't even have lettuce in it! Ask if anyone can describe a salad that has no lettuce? An example might be three bean salad, fruit salad, or Waldorf salad with apples and nuts.

### Salad Collage

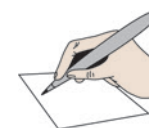


#### Things You'll Need

- ✓ food pictures from grocery flyers or magazines or from the back of this book.



- ✓ double sided tape
- ✓ construction paper



#### Things You'll Do

- ✓ Ask children to select pictures of foods that could be part of a salad.
- ✓ Remind children that salads can be a side dish or a main dish for a meal. Salads can also be mostly fruits, vegetables, or beans and do not have to be made from lettuce. Have children arrange pictures on construction paper.
- ✓ Tell children to tape the pictures of their salad in place.



### What Families Can Do

Children can take their salad collage home. Remind parents that salads are a great way to offer children the five or more servings of fruits and vegetables they need each day.

# Eggs-Stravaganzas

## SPRING LESSON 5

**Opportunities for Learning:** Children will make open face egg sandwiches. Children will take part in a science experiment.

### Make Open Face Egg Sandwiches



#### Things You'll Need

- ✓ egg-shaped cutter
- ✓ small mixing bowl for each child
- ✓ plastic knife and spoon for each child
- ✓ plates for each child
- ✓ plastic knives for spreading

#### INGREDIENTS

Hard-cooked egg  
Mayonnaise  
Pickle relish  
Mustard  
Chopped celery (optional)  
Whole wheat bread

#### Things You'll Do

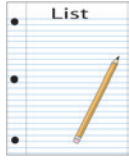
- ✓ Cut bread with cutter.
- ✓ Show children how to chop up the egg in their bowl.



- ✓ Add other ingredients as desired.
- ✓ Allow children to mix, taste, and adjust seasoning in their individual mixing bowl.
- ✓ Spread bread with egg mixture.
- ✓ Serve sandwiches with milk or water for a fun snack.



## Egg Science or the Magic of the Floating Egg



### Things You'll Need

- ✓ 2 glasses of warm water (about 8 oz each)
- ✓ 7 Tbsp salt

- ✓ one fresh egg



### Things You'll Do

- ✓ Ask the children if they think an egg will float or sink in a glass of water.



- ✓ Have one of the children help you gently place the egg in a glass of water.
- ✓ Have the children tell you what happened (the egg will sink to the bottom of the glass).
- ✓ Ask the children if they think you can make the egg float.
- ✓ Have the children take turns adding the salt to a glass of water and stir until it is dissolved.
- ✓ Have the children watch carefully as one of the children gently helps you place the egg in the glass.
- ✓ Ask the children what happened.

What is different between the two glasses? (Children may say the salt is helping to hold the egg up.)

The adult explanation is that salt increases the density of the water, making the egg float.



# Herbs and Spices

## SPRING LESSON 6

**Opportunities for Learning:** Children will start an indoor herb garden. Children will smell and taste herbs and spices.

### Explore Herbs and Spices



#### Things You'll Need

- ✓ fresh and dried herbs and spices that the children can smell and taste



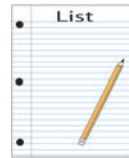
#### Things You'll Do

- ✓ Tell children that herbs and spices are used to make things smell and taste good. Herbs also help to keep the bugs away from flowers, fruits, and vegetables growing in the garden.

- ✓ Let children smell and taste different herbs.
- ✓ Show the fresh and dried forms of different herbs.



### Plant an Herb Garden



#### Things You'll Need

- ✓ small empty clay pots
- ✓ pebbles or gravel
- ✓ saucer or trays to place under pots

- ✓ potting soil (1/3 soil, 1/3 sand,

1/3 peat moss)

- ✓ packages of herb seeds (basil, chives, dill, mint, parsley)
- ✓ craft sticks
- ✓ mint seedlings
- ✓ water
- ✓ toothpicks





### Things You'll Do

- ✓Put 1/2" of pebbles or gravel in each saucer.
- ✓Fill clay pots with potting soil.
- ✓Plant seeds following package directions.
- ✓Put craft sticks through empty seed packages to identify what is growing in each pot and insert into the soil.
- ✓Water when needed. To test if water is needed, use a toothpick. If soil clings to toothpick, there is enough water. If not, it is too dry.

### How to Save and Use Herbs when They Sprout

**Sweet basil** should be cut, dried, and stored in a jar or plastic bag. It is tasty with cheese, eggs, and salad.

**Chives** will grow all year long. Cut them and use fresh or dry chives. Chives are good with cheese and in salads.

**Dill** should be cut and stored in a jar or closed plastic bag. Use it in salads or with cucumbers.

**Mint** is a perennial and grows best when started from a seedling. The children will love to chew the washed leaves. The leaves can also be added to lemonade or tea.

**Parsley** is high in vitamin C. Make certain that flower stalks do not form or the parsley will turn tough and bitter. Store clean parsley stems in a glass of water in the refrigerator.

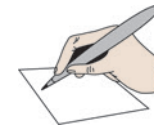
Note: Wash all herbs before tasting, storing, or cooking. Store in the refrigerator. Fresh herbs look great as flower arrangements.

### Plant Bouquet Flowers



#### Things You'll Need

- ✓prepared soil
- ✓flower seeds (asters, larkspur, pansies, cornflowers, daisies, marigolds, bachelor's buttons, and zinnias.)



### Things You'll Do

- ✓Plant flower seeds according to directions on the package.
- ✓Care for flowers as they grow.
- ✓Cut and enjoy in flower arrangements and send home with the children as a special treat for families. Combine flowers with herbs for sweet smelling arrangements.



### Books to Read

*The Ugly Vegetables*  
by Grace Lin



### Songs to Sing

*Paw-Paw Patch*



# Food Tasting Party

## SPRING LESSON 7

**Opportunities for Learning:** Children will taste and describe different foods.

### Taste Foods



#### Things You'll Need

- ✓ plates
- ✓ blindfolds
- ✓ mystery foods

### MYSTERY FOODS

Apple and orange slices  
Grapefruit and lemon slices  
Semi-sweet or  
bitter chocolate pieces  
Salted popcorn  
Raw potato  
Avocado  
Jicama



#### Things You'll Do

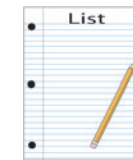
- ✓ Have the children taste one of the foods and describe it in their own words. Do not force a child to try a food.



Introduce the words bitter, salty, sour, and bland, and match them with the foods the children have tasted.

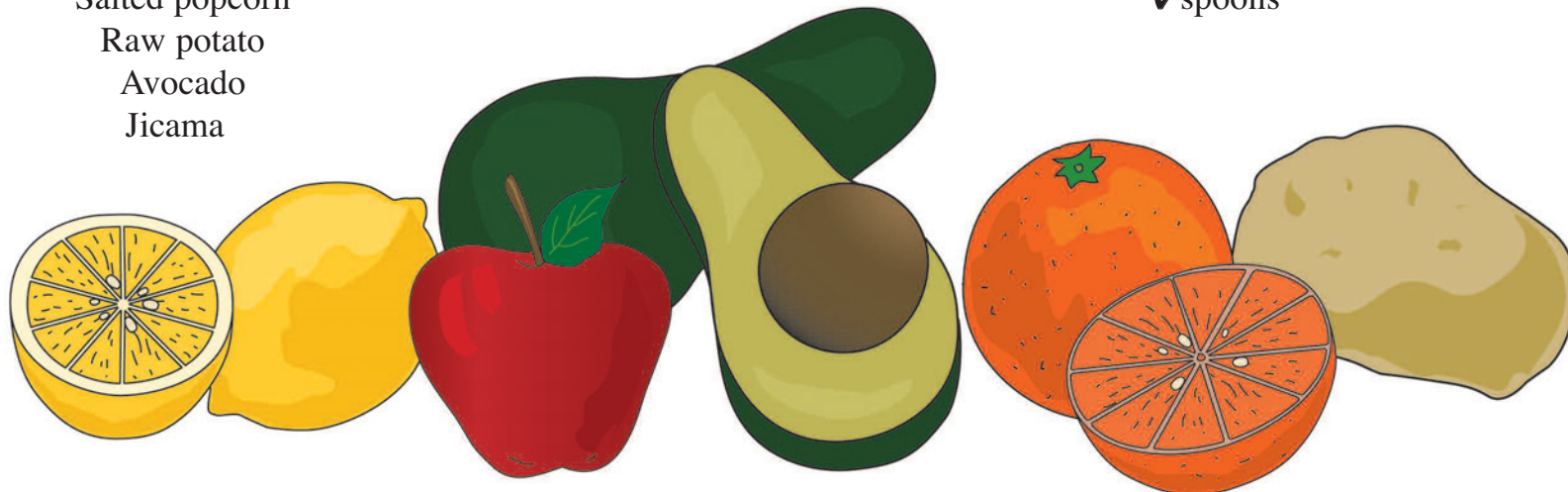
- ✓ After all the foods have been tasted, blindfold each child, give each one a different food to taste, and ask the child to describe it.

### Make Stuffed Dried Plums



#### Things You'll Need

- ✓ flavored lowfat cream cheese
- ✓ pitted dried plums
- ✓ spoons





### Things You'll Do

- ✓ Fill dried plums with cream cheese.
- ✓ Stuff nuts into dried plums and serve as a snack.



- ✓ Ask children to describe the taste.

- ✓ Tell them dried plums are a good source of iron and fiber.

Note: Nuts are a choking concern and can be omitted for young children.

## Peter Rabbit Tasting Party



### Things You'll Need

- ✓ assortment of raw fresh vegetables and fruits
- ✓ large head of cabbage
- ✓ dips

- ✓ trays
- ✓ plastic serrated edge knives
- ✓ *The Tale of Peter Rabbit* by Beatrix Potter



### Things You'll Do

- ✓ Help the children prepare the vegetables and fruits for tasting.



- ✓ Cut a flat surface on the bottom of the cabbage and scoop out the inside to create a bowl for the dip (teacher's task).

- ✓ Decorate the front of the cabbage to look like a rabbit with small pieces of vegetables or fruits. Be sure to give Peter some whiskers and floppy ears.
- ✓ Read *The Tale of Peter Rabbit* and talk about the importance of vegetables and fruits. If someone has a rabbit costume, this is a fun way to have Peter tell his own story to the children.



### Books to Read

*I Will Never Not Ever Eat a Tomato*  
by Lauren Child



### Songs to Sing

*I'm a Little Teapot*



# Planning for a Garden

## SPRING LESSON 8

**Opportunities for Learning:** Children will learn about outdoor gardening.



### Things To Do Before The Lesson

- ✓ Get garden planning advice from the county extension office or an experienced gardener.
- ✓ Review with the children that plants need food like we do. Plants get their food from the soil.

### Planning and Plotting

Planning and plotting a garden is part dream work and part math! The dream part is imagining what you want to grow. The math part is figuring out how much room you need to make your dream come true. A garden can be whatever you choose, from a strawberry patch to a flowery window box to a miniature farm on your deck.

### Make Compost



#### Things You'll Need

- ✓ quart of fruit or vegetable scraps chopped finely

- ✓ clear plastic bag
- ✓ couple of handfuls of soil
- ✓ twist tie
- ✓ piece of plain charcoal





### Things You'll Do

- ✓ Put a quart of fruit or vegetable scraps in the clear plastic bag.
- ✓ Add a couple of handfuls of soil.
- ✓ Toss in a piece of plain charcoal to keep the compost smelling fresh.
- ✓ Tie the bag shut with a twist tie.
- ✓ Every few days or so, open the bag and stir it around.
- ✓ In about 3 weeks, the bag of yucky old garbage will become a bag of sweet-smelling compost.
- ✓ Ask the children why we make compost. Discuss that we



sprinkle compost around growing plants to give them the food they need to grow well. Tell children compost is made naturally

by farmers when they plow plants into the ground and in forests when the leaves break down.



## Look At Earthworms



### Things You'll Need

- ✓ clear plastic or glass jar
- ✓ spade
- ✓ dark soil
- ✓ dark piece of paper
- ✓ magnifying glass
- ✓ earthworms



### Things You'll Do

- ✓ Have a soil-filled clear plastic or glass jar ready.
- ✓ Have the earthworm crawl onto a dark piece of paper.
- ✓ Look at the earthworm with a magnifying glass.
- ✓ Look for rings, which are the muscles that help the worm plow through soil.
- ✓ Look for the "eye" that does the "sensing."
- ✓ Do not keep the earthworm out in the open for more than a minute or two.
- ✓ Drop the earthworm in the jar and watch what it does.
- ✓ Return the earthworms to the outdoors.

## Let Earthworms

### Make Compost



### Things You'll Need

- ✓ container with a lid or a covered box at least 10" deep
- ✓ shredded newspapers
- ✓ steady supply of moist kitchen scraps
- ✓ soil to start filling the container
- ✓ earthworms

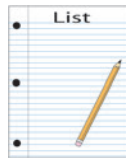


### Things You'll Do

- ✓ Put about 3" of shredded newspaper in the bottom of the container.
- ✓ Punch holes in the sides and the lid, at least a dozen in each. There must be oxygen flow and drainage.
- ✓ Fill the container halfway up with soil, leaving room for air.
- ✓ Toss in the earthworms.
- ✓ Mix in the fruit and vegetable scraps.
- ✓ Every day or so, mix in food scraps.

- ✓Cover with more dirt.
- ✓Keep a wooden paint stirrer, ruler, or spoon in the container to give the compost a stir every now and then.
- ✓Make sure your container does not dry out.
- ✓Every few weeks, take out the compost.
- ✓Add new materials and return earthworms to make another batch of compost.
- ✓Discuss that growing plants need food like we do and they get their food from compost and soil.

## Garden Planning



### Things You'll Need

- ✓picture book of gardening and farming
- ✓poster paper
- ✓colored markers



### Things You'll Do

- ✓Discuss that spring is the time of the year gardeners and farmers plan for their crops.

- ✓Ask the children if they know anyone who plants a garden and what they need to do to get the garden started.
- ✓Discuss that planting a garden takes planning and work. Gardeners plan what they want to plant, prepare the soil by digging and adding compost, and plant rows of seeds and label them.
- ✓Use the Garden Guide from Spring Lesson 9 to choose the type of garden you and the children want to plant.
- ✓Let the children draw the garden design on the poster paper.
- ✓Keep the garden design for use in Spring Lesson 13 Planting a Garden.



## Books to Read

*All Our Fruits & Vegetables*  
by Many Hands Media



## Songs to Sing

*The Ants Go Marching*

Note: Have children wash their hands after the activities.





# Indoor Gardens

## SPRING LESSON 9

**Opportunities for Learning:** Children will plant an indoor garden.

### Make Potting Soil



#### Things You'll Need

- ✓ soil
- ✓ compost
- ✓ vermiculite
- ✓ large container or bucket



#### Things You'll Do

- ✓ Mix one part soil, one part compost, and one part vermiculite in the large container or bucket.

### Decorate a Plant Pot



#### Things You'll Need

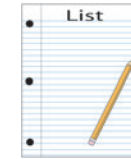
- ✓ white glue
- ✓ 3-4 yards of twine, yarn, or thin ribbon
- ✓ jar or can (clean and empty plastic milk jug, food can, coffee can, or peanut butter jar)



#### Things You'll Do

- ✓ Soak the twine in white glue.
- ✓ Slowly wind twine around a jar or can that has been covered with glue.
- ✓ Wind from the bottom of the jar or can to the top.
- ✓ Let dry.

### Paint a Clay Pot



#### Things You'll Need

- ✓ clay pots
- ✓ acrylic paints or water colors
- ✓ brushes



#### Things You'll Do

- ✓ Soak new clay pots in water for an hour before you paint them.
- ✓ Paint the pots with acrylic paint or tint them with watercolors.



## Make a Plant Pot



### Things You'll Need

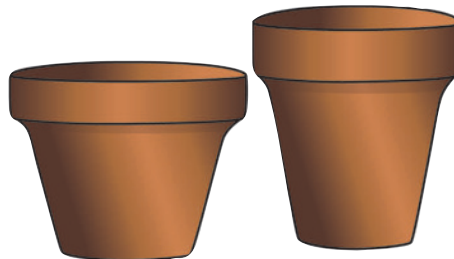
- ✓containers such as:
  - clean, empty plastic milk jugs
  - clean, empty food cans
  - old roller skates
  - old shoes or sneakers
  - unused piggy bank
  - umbrella stand
  - old jug
  - old teapot
  - old coffee pot
  - old sugar bowl
  - old saucepan
  - dog food dish
  - old cookie jar
  - old vase
  - empty coconut shell
- ✓nail
- ✓scissors or knife (teacher's use)
- ✓art supplies

Note: Use clean containers free of sharp edges.

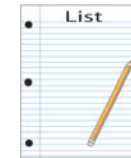


### Things You'll Do

- ✓Raid the recycling bin to find potential plant homes—let your imagination run wild. Almost any container will work.
- ✓Punch a hole for drainage on the bottom of selected containers with the nail (teacher's task).



## Plant an Indoor Garden



### Things You'll Need

- ✓tomato seeds and marigold seeds
- ✓spoons
- ✓plastic wrap
- ✓1/2 clean egg carton with cover for each child
- ✓bucket of potting mix
- ✓bucket of dirt
- ✓sticks
- ✓water



### Things You'll Do

- ✓Planting seeds indoors gives them a better start for the weather outside.
- Explain to the children that today they will be starting seeds indoors to be planted outdoors in the garden they have prepared or in bushel baskets if the center is unable to have a garden.
- ✓Give each child half a clean egg carton.
  - ✓Mix together the potting mix and dirt.
  - ✓Fill each egg carton cup with the dirt mixture.



- ✓Put 1 Tbsp of water in each cup of dirt.
- ✓Poke hole in center of the dirt with stick.
- ✓Drop tomato or marigold seeds in the holes.
- ✓Push dirt over the holes to cover seeds.
- ✓Cover the dirt with plastic wrap.
- ✓Close the cover of the egg carton.
- ✓Two days later, open the carton.  
Lift off the plastic wrap and add a little water to each egg carton cup. When the green sprouts appear, throw away the plastic wrap and put the egg cartons where the plants will get sunlight.
- ✓Transfer the marigold and tomato plants to the garden, bushel baskets, or plant containers during planting week. If the seedlings get too large before you are able to plant them in the garden, transfer to larger containers. Use a large spoon inserted deep into the soil in the egg carton cup to be sure to move all the roots with the plants. Do not pull on the plant itself.
- ✓Water immediately.



## Books to Read

*Growing Vegetable*

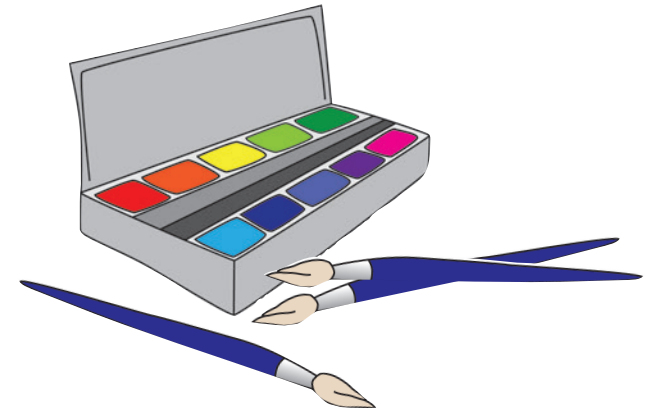
*Soup*

by Lois Ehlert



## Songs to Sing

*Six Little Ducks*

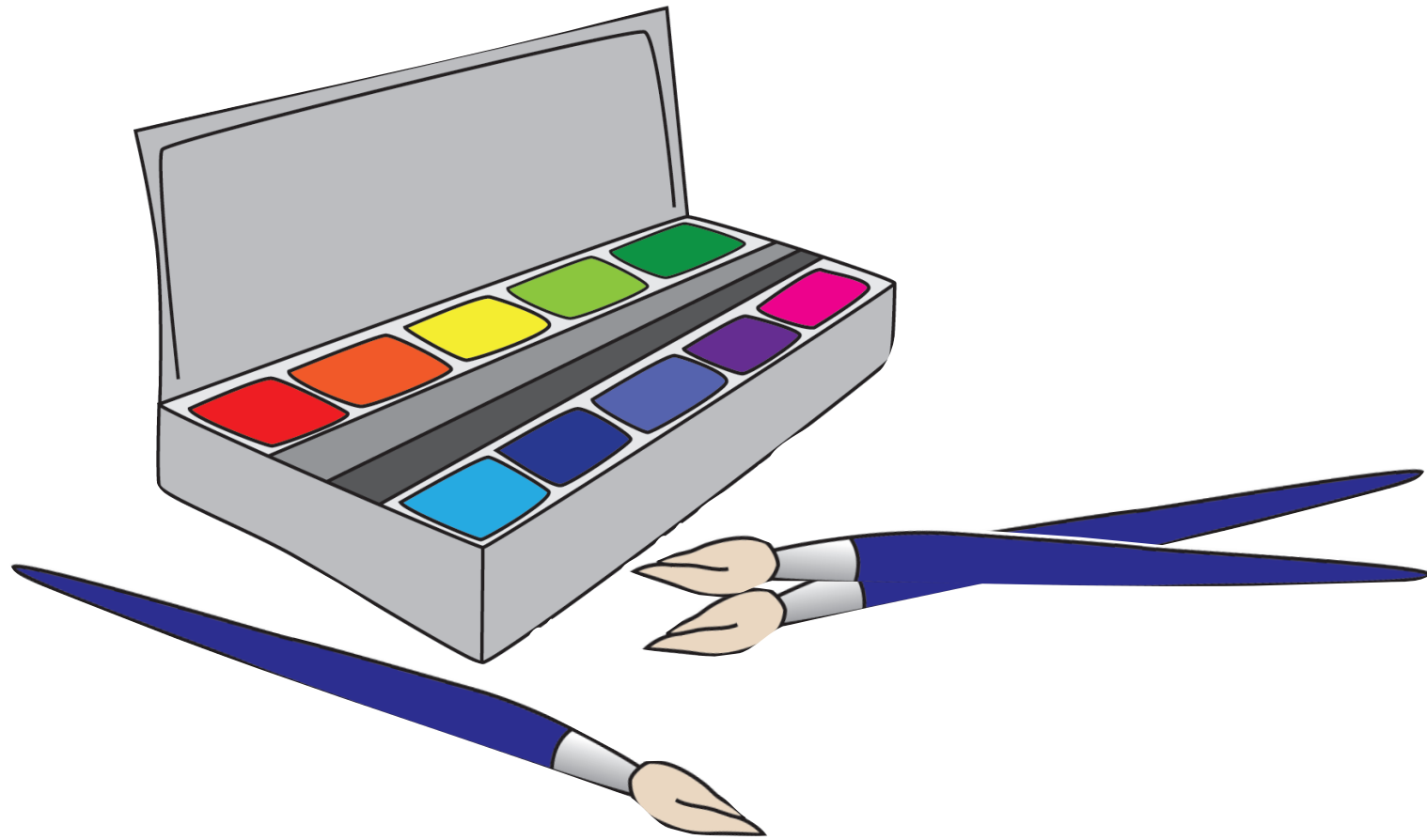


## Act Out a Poem

### LET'S PRETEND TO BE A SEED

Some little seeds have parachutes to carry them around.  
 The wind blows them swish, swish, swish,  
 Then lays them gently on the ground.  
 You are a flower seed in the warm, dark, wet ground.  
 Slowly you push out of the ground into the bright sunlight.  
 Slowly your stem reaches up to the sky.  
 Ever so slowly your leaves open to the warm sun.  
 Your flower buds grow and one day begin to open.  
 As they unfold, you become a beautiful flower of red, orange, and gold.

From *Colorado Gold* by CAEYC.





## Garden Guide

### for Spring Lesson 9

#### Fruit Orchard

##### What You Need:

- ✓seeds (apple, grapefruit, orange)
- ✓box
- ✓soil

##### What You Do:

1. Put soil in box.
2. Add seeds in a row.
3. Cover with 1/4" soil.
4. Keep moist.
5. Place near window.

#### Muffin Pan Herb Garden

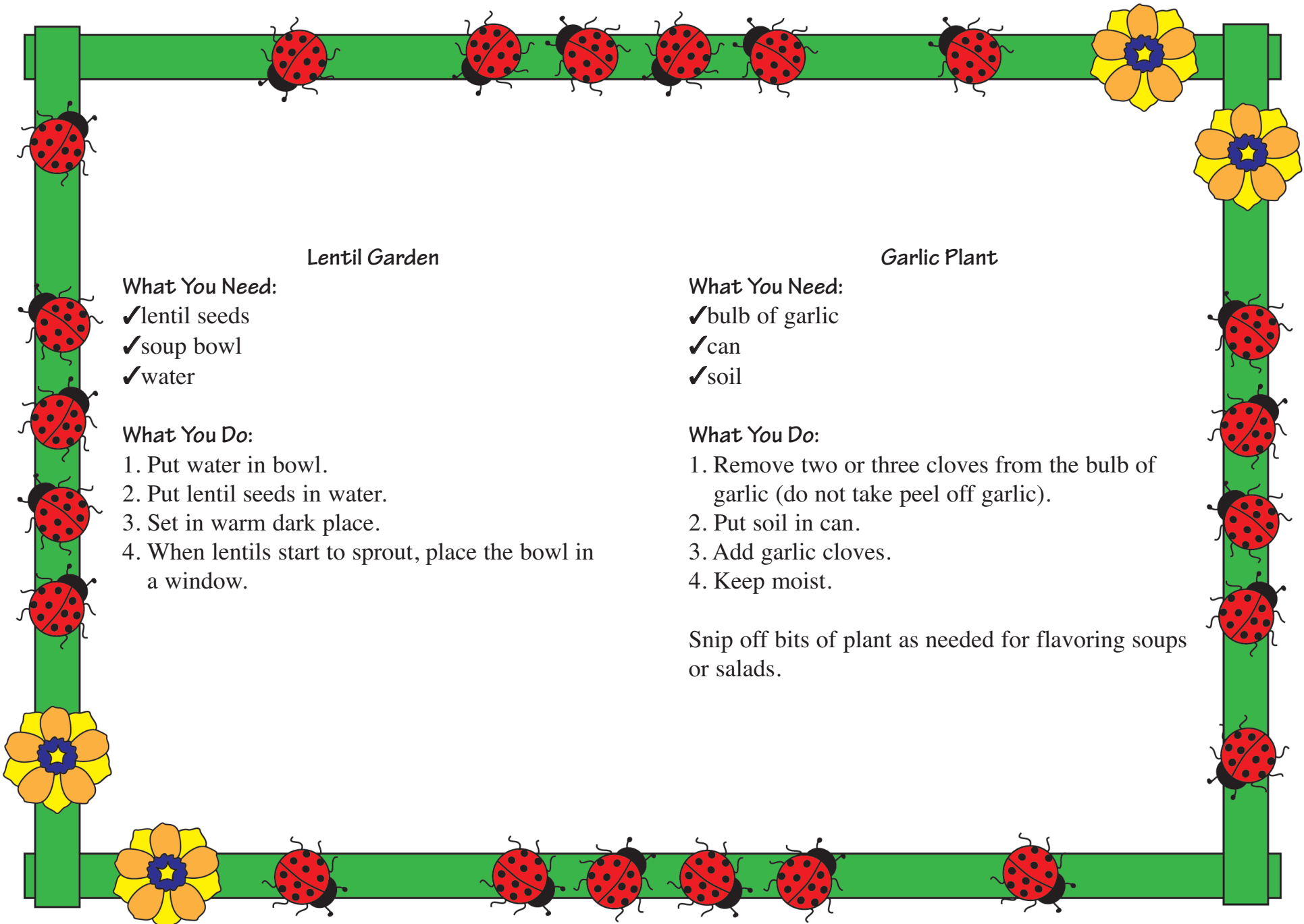
##### What You Need:

- ✓herb seeds (sage, thyme, basil, rosemary, chives)
- ✓muffin pan
- ✓soil

##### What You Do:

1. Put soil in sections of muffin tin.
2. Add seeds.
3. Cover lightly with soil.
4. Keep moist.
5. Place near window.

Cut leaves with scissors, wash, and add to salads, soups, and sandwiches.



### Lentil Garden

#### What You Need:

- ✓lentil seeds
- ✓soup bowl
- ✓water

#### What You Do:

1. Put water in bowl.
2. Put lentil seeds in water.
3. Set in warm dark place.
4. When lentils start to sprout, place the bowl in a window.

### Garlic Plant

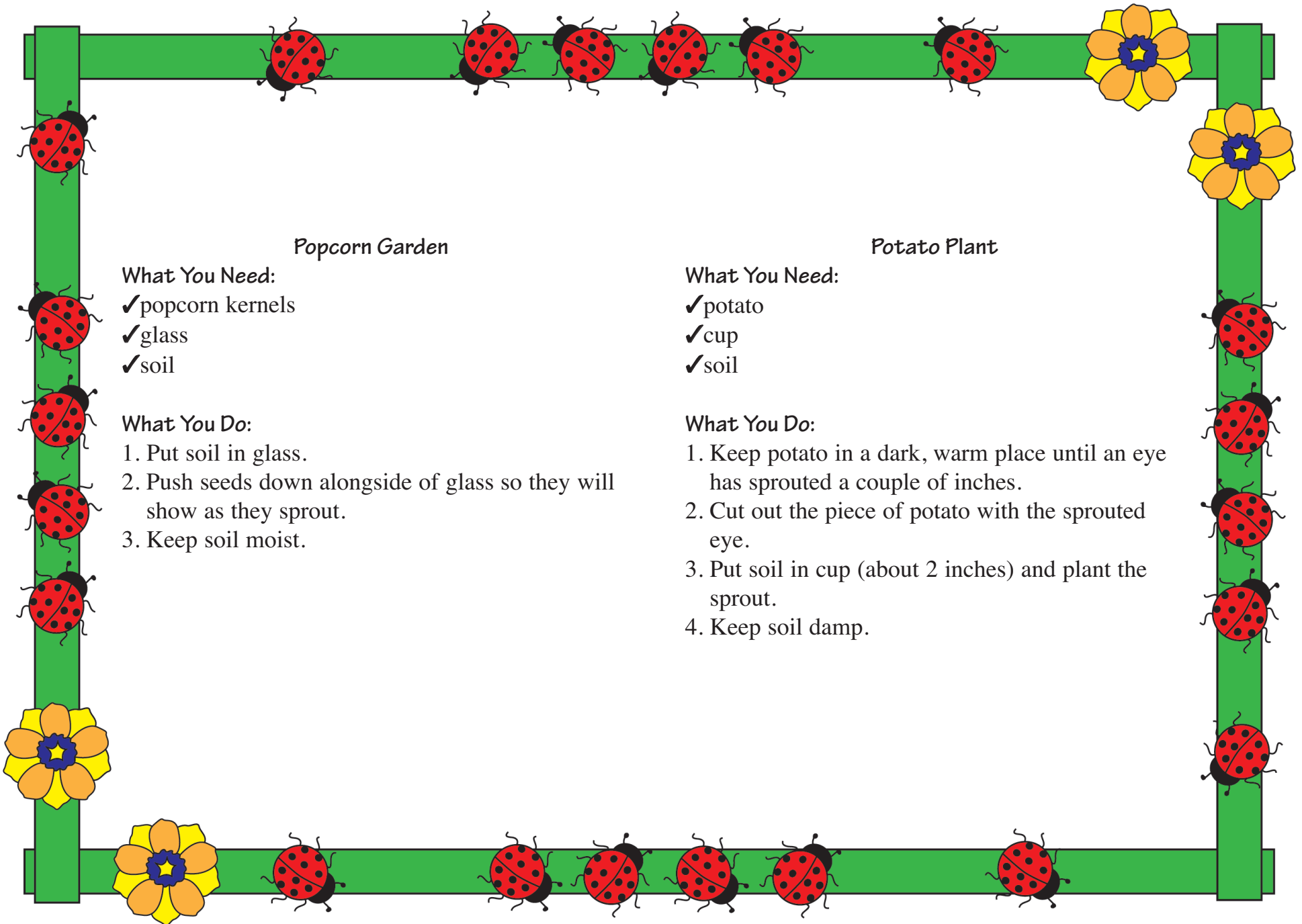
#### What You Need:

- ✓bulb of garlic
- ✓can
- ✓soil

#### What You Do:

1. Remove two or three cloves from the bulb of garlic (do not take peel off garlic).
2. Put soil in can.
3. Add garlic cloves.
4. Keep moist.

Snip off bits of plant as needed for flavoring soups or salads.



### Popcorn Garden

#### What You Need:

- ✓ popcorn kernels
- ✓ glass
- ✓ soil

#### What You Do:

1. Put soil in glass.
2. Push seeds down alongside of glass so they will show as they sprout.
3. Keep soil moist.

### Potato Plant

#### What You Need:

- ✓ potato
- ✓ cup
- ✓ soil

#### What You Do:

1. Keep potato in a dark, warm place until an eye has sprouted a couple of inches.
2. Cut out the piece of potato with the sprouted eye.
3. Put soil in cup (about 2 inches) and plant the sprout.
4. Keep soil damp.



A Place for Gardening Notes...

# Totally Tortilla

## SPRING LESSON 10

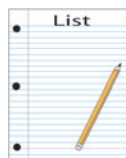
**Opportunities for Learning:** Children will make tortillas and refried beans.



### Things To Do Before The Lesson

- ✓ Wash dry beans thoroughly.
- ✓ Cover 2 cups of dry pinto beans with water and soak overnight.
- ✓ Drain beans in strainer.
- ✓ Put beans in the pot.
- ✓ Cover with fresh water.
- ✓ Simmer until tender, 2-3 hours.

### Make Refried Beans



#### Things You'll Need

- ✓ large pot
- ✓ masher
- ✓ garlic press
- ✓ long-handled wooden spoon
- ✓ strainer
- ✓ measuring spoons

### INGREDIENTS

- 1 Tbsp Vegetable oil (optional)
- 1 Clove garlic, peeled
- 1 tsp Cumin
- Pinto beans, canned or cooked
- Whole wheat tortillas

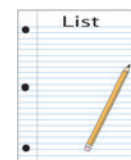


### Things You'll Do

- ✓ Drain beans.
- ✓ Mash beans.
- ✓ Add vegetable oil.
- ✓ Squeeze peeled garlic into beans using garlic press.
- ✓ Add cumin.
- ✓ Stir with long-handled wooden spoon.
- ✓ Heat for 10 minutes in pot.
- ✓ Put 1 Tbsp refried bean mixture in center of each flour tortilla.
- ✓ Fold tortillas to make a sandwich. (Purchased whole wheat tortillas can be used.)

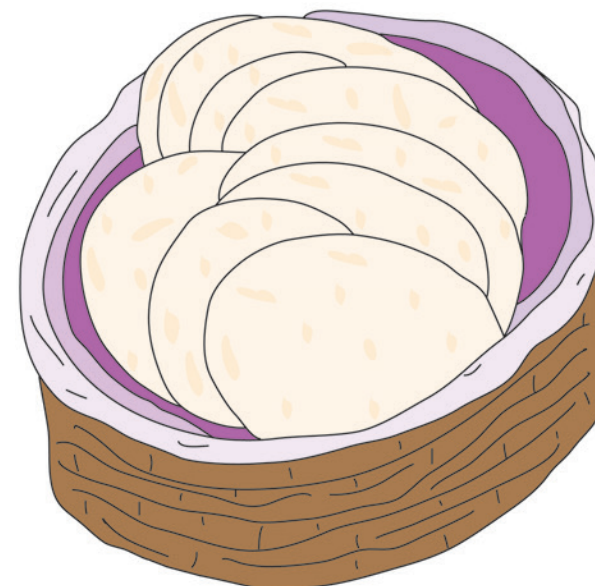


### Make Flour Tortillas



#### Things You'll Need

- ✓ mixing bowl
- ✓ dry measuring cups
- ✓ liquid measuring cups
- ✓ measuring spoons
- ✓ mixing spoon
- ✓ rolling pin
- ✓ breadboard
- ✓ griddle
- ✓ forks



## INGREDIENTS

- 4 cups Whole wheat flour
- 1 tsp Salt
- 1/3 cup Vegetable oil
- 1 cup Warm water (approximately)
- Vegetable cooking spray to coat hot griddle



### Things You'll Do

- ✓ Mix flour and salt.
- ✓ Add vegetable oil to flour and salt and mix with fork.
- ✓ Stir in enough warm water to make a firm ball of dough.



- ✓ Knead until dough is smooth.
- ✓ Let dough rest 20 minutes.
- ✓ Pinch off pieces of dough the size of a golf ball.
- ✓ Roll out on floured board to about 4" diameter.
- ✓ Cook on hot griddle 2 minutes each side (teacher's task).
- ✓ Spoon 1 Tbsp refried beans in center of flour tortillas. Fold tortillas to make a sandwich for lunch or a snack.



## Books to Read

*Carlos and the Squash Plant*  
by Jan Romero Stevens



## Songs to Sing

*Oats, Peas, Beans*



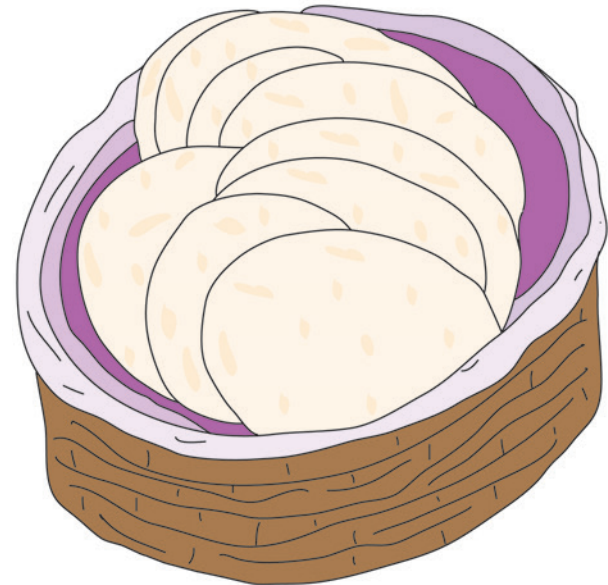
## What Families Can Do

Review with

families that the children made refried beans and/or whole wheat tortillas.

Encourage families to use tortillas or other flat breads at home. Whole wheat tortillas and flat breads, like pita bread, can be used in a variety of ways including:

- ✓ Individual pizzas
- ✓ Wrapped or folded sandwiches
- ✓ Grilled sandwiches
- ✓ Bake chips
  - Cut into smaller pieces
  - Brush or spray with oil
  - Add light sprinkle of cheese, cinnamon, or other spices or herbs (optional)
- Bake for 15 minutes at 350 °F
- Serve with hummus or salsa





# Celebrating Family Day

## SPRING LESSON 11

**Opportunities for Learning:** Children will bake banana bread.

### Bake Banana Bread



#### Things You'll Need

- ✓ spoon for stirring
- ✓ measuring spoons
- ✓ small mixing bowls
- ✓ dry measuring cup
- ✓ paper plates
- ✓ muffin pan
- ✓ cupcake liners
- ✓ foil wrap
- ✓ ribbon

#### INGREDIENTS

(for each child)

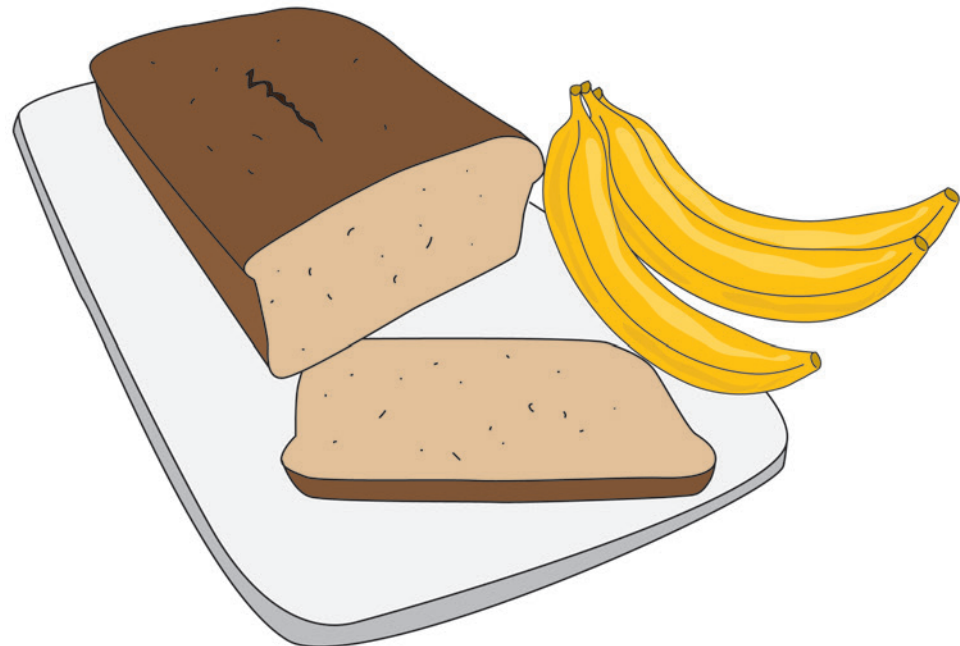
- 1 Tbsp Eggs (beaten in a bowl)
- 1 Tbsp Vegetable oil
- 2 Tbsp Sugar
- 1/4 Small ripe banana
- 1/4 tsp Baking powder
- 1/4 cup Enriched all-purpose flour



#### Things You'll Do



- ✓ Measure beaten egg into bowl.
- ✓ Add oil.
- ✓ Mash ripe banana into bowl with egg and oil.
- ✓ Stir mixture.
- ✓ Measure enriched all-purpose flour and pour onto paper plate.



- ✓ Add baking powder and sugar to enriched all-purpose flour.
- ✓ Mix dry ingredients on plate.
- ✓ Add dry ingredients to the egg and banana mixture.
- ✓ Stir dry and liquid ingredients together.
- ✓ Pour into lined muffin pan.
- ✓ Bake in 350 °F oven for 25-30 minutes or until bread tests done.
- ✓ When the bread is cooked and cooled, wrap with foil and tie a ribbon around it for a gift for their family or special friend.

Note: Let children bake enough individual breads so they can taste, too. Or have some banana bread ready for snack time.



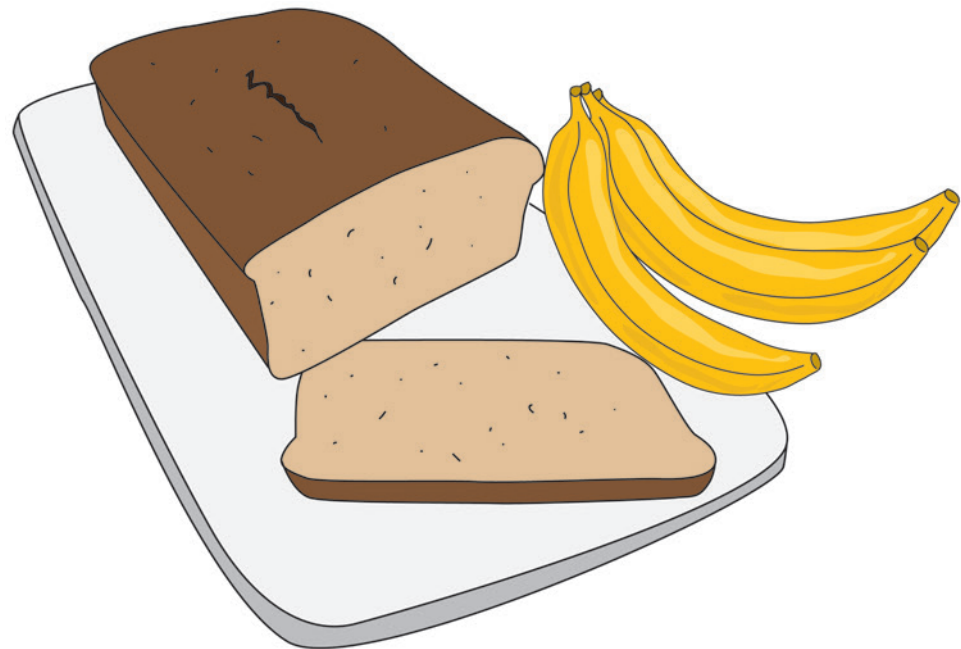
### Books to Read

*All Our Fruits and Vegetables*  
by Many Hands Media



### What Families Can Do

The children will give the banana bread as a gift to their family or special friend.



# Weather Watch

## SPRING LESSON 12

**Opportunities for Learning:** Children will track the weather on a calendar.



### Things to Do Before the Lesson

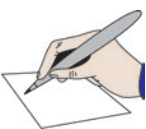
- ✓ Prepare blank calendars for the current month for each child to take home. Fill in the numbers and days of the week.
- ✓ Prepare a large calendar poster for the classroom.

### Chart the Weather



#### Things You'll Need

- ✓ paper and crayons or paint for each child's weather picture
- ✓ blank calendar for each child to take home
- ✓ large poster board calendar for classroom



#### Things You'll Do

- ✓ Talk to the children about the importance of weather to plants and animals.

- ✓ Ask them to name all the different kinds of weather they have seen (sunny, rainy, cloudy).
- ✓ Ask them what their favorite weather is and let them draw a picture of it.



- ✓ Every morning, beginning with the first of the month, have one of the children draw a picture for that day on the classroom weather calendar showing the weather for the day.
- ✓ At the end of the month, count all the different kinds of weather recorded and ask children whether there were more rainy or sunny days.
- ✓ If possible, continue the monthly weather watch throughout the year or at least throughout the planting and growing season. A felt calendar with removable numbers attached with a dot of Velcro® on the back will make the calendar more permanent.



## Books to Read

*What Makes The Weather*  
by Janet Palazzo



## Songs to Sing

*Rain, Rain Go Away*



## What Families Can Do

Children will take their calendars home so that families can help them keep track of the weather for the month. Children can draw weather pictures on the calendars to illustrate the weather.



# Planting the Garden

## SPRING LESSON 13

**Opportunities for Learning:** Children will plant an outdoor garden.

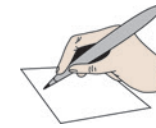
### Plant Garden



#### Things You'll Need

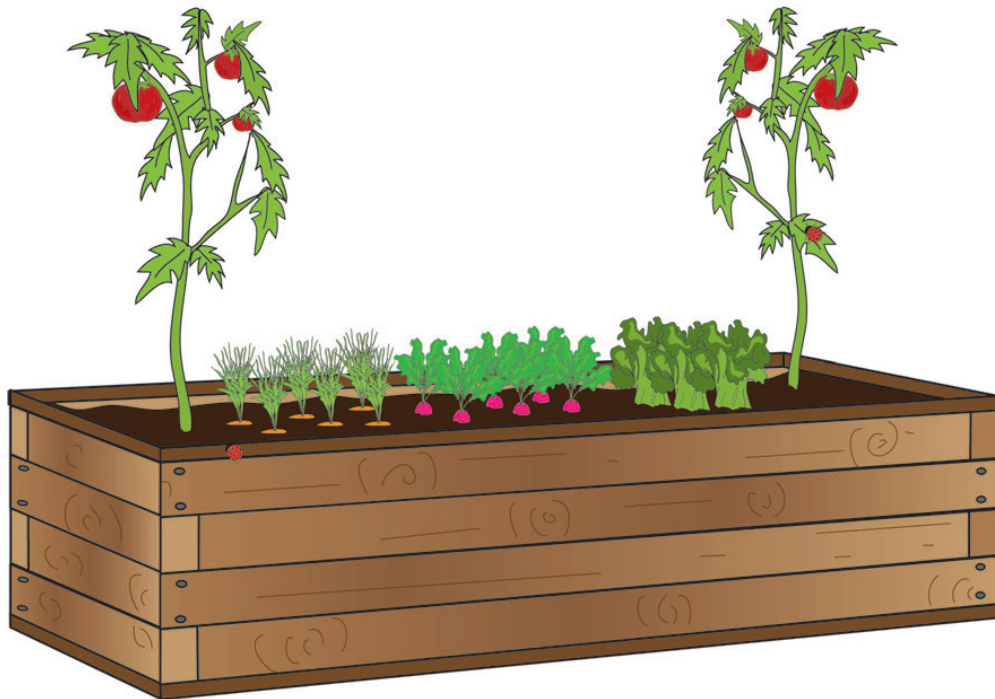
- ✓rake
- ✓string
- ✓sticks
- ✓seeds (beets, bush beans, cucumbers, lettuce, zucchini, carrots, radishes)

- ✓plants started indoors in Spring Lesson 9 (tomatoes and marigolds) or purchased seedlings
- ✓garden design from Spring Lesson 8 and Garden Guide from Spring Lesson 9
- ✓seed packet pictures
- ✓spoon



#### Things You'll Do

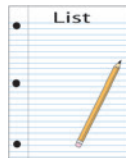
- ✓Rake the selected garden spot smooth.
- ✓Mark each row before planting by stretching a string between two sticks and putting a picture of vegetables to be planted next to each row. Follow the plan developed in Spring Lesson 8.
- ✓Leave wide path between rows so that the children will be able to plant and work without stepping on the seeds.
- ✓Plant seeds following the directions on the seed packet.
- ✓Spoon tomato and marigold plants out of egg carton cups and put in the garden.
- ✓Ask children how long they think it will be before they begin eating the vegetables from their garden. This gives them an idea of how long it takes the plants to grow.



- Beets-8 weeks
- Lettuce-5 weeks
- Bush beans-11 weeks
- Radishes-3 1/2 weeks
- Carrots-10 weeks
- Zucchini-8 to 9 weeks
- Cucumbers-11 weeks

- ✓Talk with children about the care the garden will need every day.
  - Weeding–Keep string up so they will know where seeds are planted
  - Watering
  - Spacing and thinning of seedlings

### Make Stick Garden Markers



#### Things You'll Need

- ✓paint stirrers or craft sticks
- ✓waterproof markers



#### Things You'll Do

- ✓Have children draw a picture or write with waterproof markers the name of what they have planted on a paint stirrer.
- ✓Use the markers in the garden.



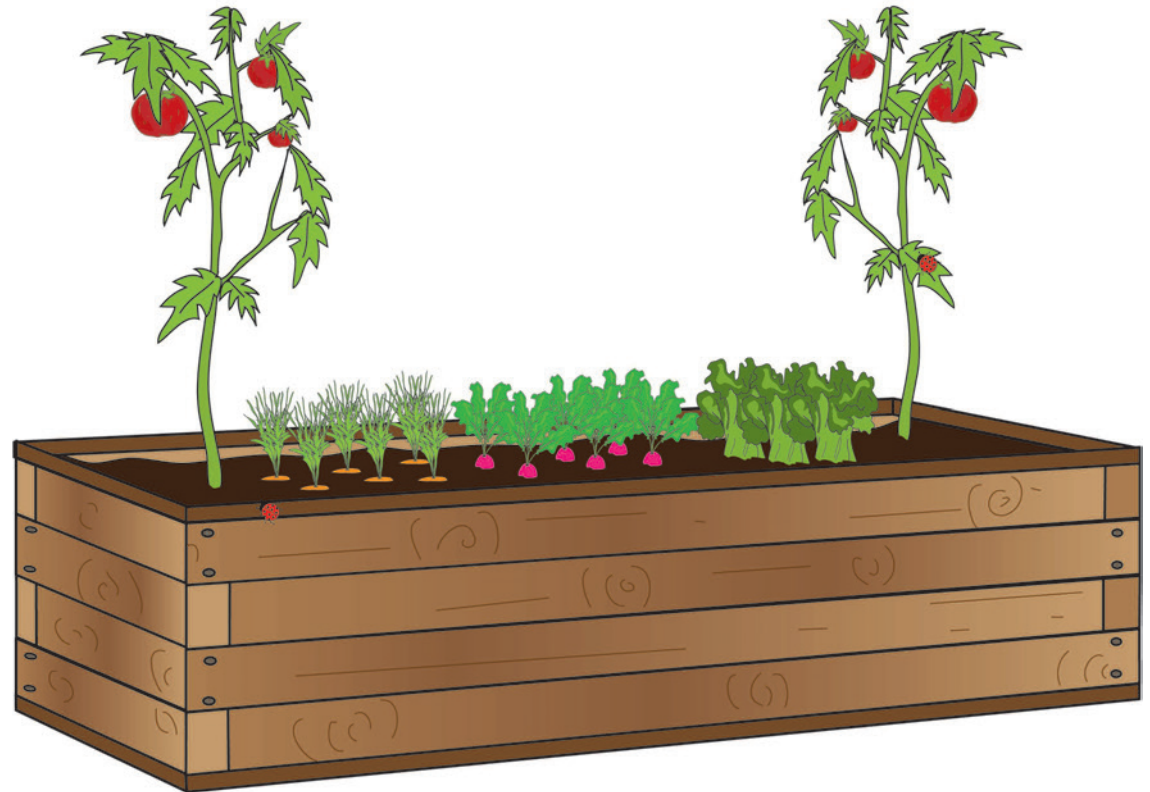
#### Books to Read

*Jody's Beans*  
by Malachy Doyle

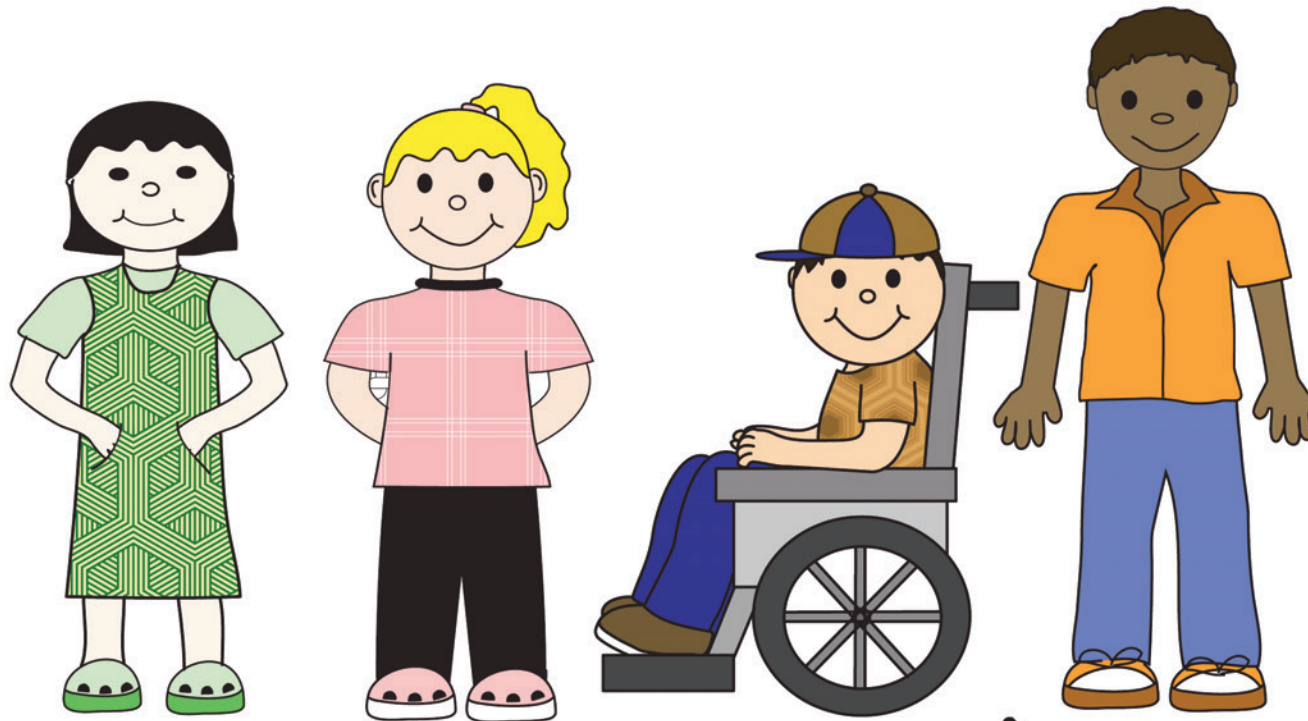


#### Songs to Sing

*Mistress Mary, Quite Contrary*



# Summer Lessons







# Blueberry Muffins and Butter

## SUMMER LESSON 1

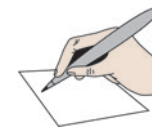
**Opportunities for Learning:** Children will prepare blueberry muffins and make butter.



### Things to Do Before the Lesson

✓ Allow 8 oz of heavy cream, without preservatives, to reach room temperature.

1 pinch Salt  
1/4 tsp Baking powder  
2 tsp Sugar  
5 Blueberries



### Things You'll Do

✓ Beat egg and milk in a bowl.



### Make Blueberry Muffins



#### Things You'll Need

- ✓ measuring spoons
- ✓ individual mixing bowls
- ✓ spoon for stirring
- ✓ egg beater
- ✓ muffin pan
- ✓ paper muffin pan liners
- ✓ paper plates

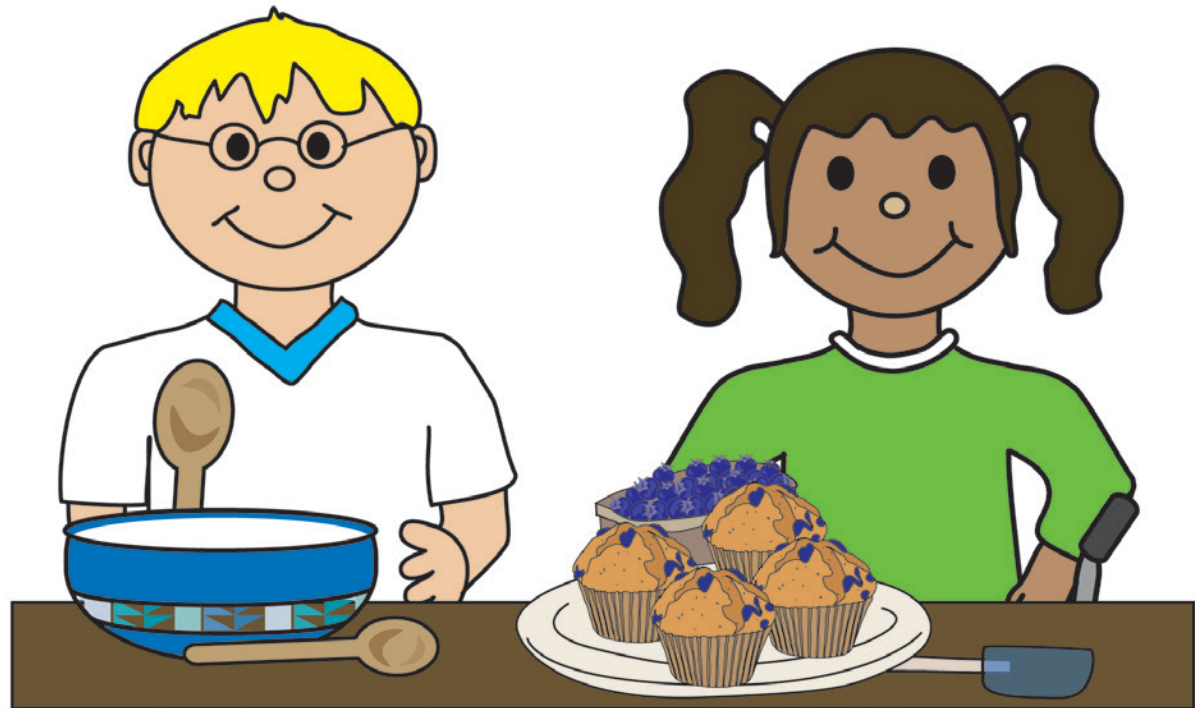
#### INGREDIENTS

(for each child)

2 tsp Beaten egg

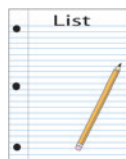
1 Tbsp Milk

3 Tbsp Enriched, all-purpose flour



- ✓Combine enriched all-purpose flour, salt, baking powder, and sugar on a paper plate.
- ✓Combine dry ingredients and egg and milk mixture in the bowl.
- ✓Add blueberries and stir.
- ✓Spoon ingredients into lined muffin pan.
- ✓Bake in 350 °F oven until top is firm or about 15 minutes.

## Make Butter



### Things You'll Need

- ✓large jar with tight lid
- ✓teaspoon
- ✓clean baby food jar with tight lid for each child
- ✓spoons
- ✓music

### INGREDIENTS

(for 18-20 children)

8 oz Heavy whipping cream

Note: Make certain the cream does not have preservatives added or it will not turn to butter.



### Things You'll Do

- ✓Pour 8 oz of heavy cream into a large jar, or divide it evenly into empty, clean baby food jars.
- ✓Shake until cream clots and butter forms (8-10 minutes).
- ✓If using a large jar, pass the jar around so everyone has a turn shaking. Shaking goes faster when done to music.
- ✓Pour off buttermilk (watery part) and press out remaining buttermilk with a spoon.
- ✓Let the children taste the buttermilk.
- ✓Spread the butter on the blueberry muffin.



## Books to Read

*Snipp, Snapp, Snurr and the Buttered Bread*

by Maj Lindman

*Blueberries for Sal*

by Robert McCloskey

*If You Give a Moose a Muffin*

by Laura Joffe Numeroff



## Songs to Sing

*Do You Know The Muffin Man?*

*Skip To My Lou*

# Rice Around the World and Here at Home

## SUMMER LESSON 2

**Opportunities for Learning:** The children will learn about rice and make a healthful snack of chicken and rice soup, and rice balls.



### Things to Do Before the Lesson

- ✓Purchase several different types of rice (brown rice, wild rice, white rice, instant rice).
- ✓Put a small amount of each rice on a display table for the children to see and discuss.
- ✓Discuss that rice is a food that has been eaten since ancient times. Rice was originally grown in Asia and Africa and was brought to the United States by early settlers. We learned to grow rice in wet lands in the southern part of the United States (South Carolina, Louisiana, Tennessee, Georgia, and Mississippi) in the 1600s.
- ✓Ask the children how they eat rice at home.
- ✓Cook brown rice for soup and/or cook brown rice in water with

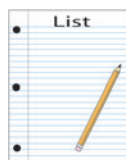
1/4 tsp sugar added for each cup of rice for the rice balls.

- ✓Remove from heat, fluff with a fork.

- ✓Replace lid and let set 5 minutes.
- ✓Cook carrots and dice.
- ✓Toast sesame seeds in 200 °F oven for 20 minutes.



## Chicken and Rice Soup



### Things You'll Need

- ✓saucepan
- ✓cooked brown rice
- ✓chicken broth

- ✓spoon for stirring
- ✓cups
- ✓spoons
- ✓napkins



### Things You'll Do

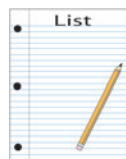
- ✓Ask the children to look at the display of different types of rice.



- ✓Encourage children to describe how the different types of rice look. How are they alike and how are they different?

- ✓Put chicken broth and cooked rice in saucepan and heat.
- ✓Children can enjoy chicken and rice soup as part of a meal or snack.

## Make Rice Balls



### Things You'll Need

- ✓heavy saucepan
- ✓wax paper
- ✓platter or tray

### INGREDIENTS

Brown rice, cooked  
(cook enough rice for each child to have 1/2 cup cooked rice)

Salt

Cooked carrots (or canned), diced

Plums (canned or fresh), diced

Sesame seeds, toasted



### Things You'll Do

- ✓First have children wash their hands. To form rice balls, have children wet their hands and sprinkle a small amount of salt on them.



- ✓Shape rice into small balls.
- ✓Push a tidbit (carrot or plum) into the middle and re-shape into a ball.
- ✓Roll rice in toasted sesame seeds.
- ✓Place on a platter covered with wax paper and refrigerate until ready to eat.

- ✓Talk with children about rice and how it grows in fields of water called rice paddies. Many people in the world eat rice like we eat bread.

Note: Always refrigerate all cooked rice dishes unless they are eaten within a short period of time from when they were prepared.



### Books to Read

*Foods We Eat* from Many Hands Media



### What Families Can Do

Look for ways to plan meals around healthy whole-grain rice recipes. Begin a recipe contest for families to share rice recipes that are low in cost and family friendly.

# Water... It's What We Drink

## SUMMER LESSON 3

**Opportunities for Learning:** Children will drink water to satisfy their thirst.

### Drinking Water



#### Things You'll Do

- ✓The center should have either a child-size drinking fountain or a water bottle filled with water and paper cups on a low counter for the children's use. At first there will be a lot of drinking, but once the children are familiar with the water, they will drink only when they are thirsty.
- ✓Discuss with the children that their bodies are saying "I need water" when they are thirsty. Water is the most important beverage. The human body is over half water (60% water by weight). Even the teeth and bones are partly water.
- ✓Ask the children if they ever see water on their skin in the summer? We need water to help

keep us cool by sweating. We need more water when it is hot outside because we sweat more in the summer than other times of the year. Water also helps the stomach digest food and keeps our bodies healthy.



- ✓Ask children what foods have lots of water? Milk, fruits, and vegetables; celery is 94% water, carrots are 88% water, and watermelon is 93% water.
- ✓Ask children how we use water (drinking, bathing, washing dishes, cleaning, cooking).

### Water, Water Everywhere and Only SOME to Drink Walking Tour



#### Things You'll Do

- ✓Take children on a neighborhood walking tour.
- ✓Look for water wherever you walk (puddles, rain, ponds, dew on the grass in the morning).
- ✓Ask children if all water is safe to drink.

- ✓ Ask if they would drink from a mud puddle.
- ✓ Discuss that even clear looking water may not be safe to drink.
- ✓ Tell that our cities work hard to keep the water from our taps clean and safe.
- ✓ Remind children that we only drink water from the tap or other safe water.

### Taking Care of the Earth by Conserving Water



#### Things You'll Need

- ✓ pictures of how water is treated to make it safe
- ✓ pictures of a desert
- ✓ pictures of scenes with lakes and ponds



#### Things You'll Do

- ✓ Show pictures to the children and ask them to describe each picture.
- ✓ Discuss that our communities work hard to keep our water clean. Some parts of the world do not have enough water and even

when we do have plenty of water (show the lake and pond pictures), we still need to take care of the earth by not wasting water.

- ✓ Ask the children what wastes water. Letting the water run when we are not using it is one of the biggest ways we waste water.
- ✓ Talk about turning the water off when it is not being used (contact your local water board for other ways to save water).



### Books to Read *Gregory, the Terrible Eater*

by Mitchell Sharmat



### Songs to Sing *It's Raining, It's Pouring*

### Help Children Care

What are ways that children can start to take care of their world? Plan activities that help children appreciate the beauty around them. List ways that the child care center can help children take care of their world.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Healthy Snacks For Summer

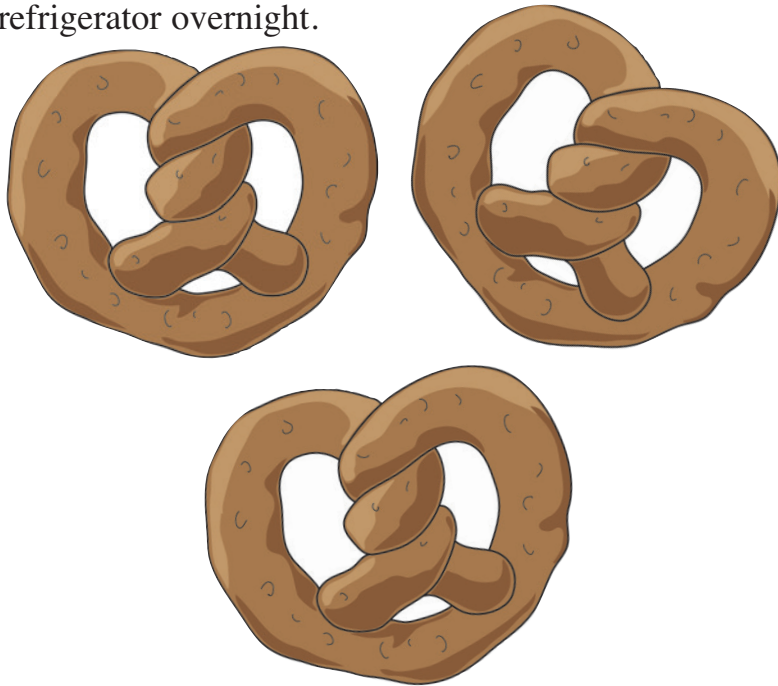
## SUMMER LESSON 4



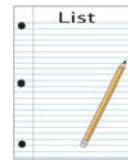
**Opportunities for Learning:** Children will make homemade pretzels and Orange Froth.

### Things to Do Before the Lesson

- ✓ Mix together whole wheat bread dough for two loaves prior to lesson or purchase frozen dough and thaw in refrigerator overnight.



### Make Homemade Pretzels



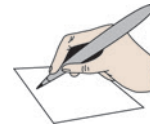
#### Things You'll Need

- ✓ greased baking sheet
- ✓ shallow pan with 1" of boiling water
- ✓ pictures of snack choices (fruit, vegetables, juice)
- ✓ measuring spoons
- ✓ pastry brush
- ✓ vegetable pan spray

#### INGREDIENTS

(for 2 dozen pretzels)

- 2 16-oz Loaves whole wheat bread dough
- 1 Egg white, slightly beaten
- 1 tsp Water



#### Things You'll Do

- ✓ Each child shapes a small amount of dough into 1-1/2" ball.
- ✓ Roll each ball into a rope 12" long.
- ✓ Help children shape the pretzels into a knot (or any design the child wants).



- ✓ Arrange pretzels 1" apart on well-greased baking sheet.
- ✓ Let them rest for 20 minutes.
- ✓ Combine egg white and water; brush on pretzels.
- ✓ Place shallow pan with 1" boiling water on lowest rack in oven.
- ✓ Bake pretzels on baking sheet above pan of water at 350 °F for 20 minutes.
- ✓ Discuss how whole wheat pretzels are a nutritious snack. (They are prepared from whole wheat dough, which contains lots of natural vitamins and minerals.) Discuss other nutritious snacks like fruits and vegetables.

## Make Orange Froth



### Things You'll Need

- ✓ cups
- ✓ blender
- ✓ liquid measuring cup
- ✓ dry measuring cup

### INGREDIENTS

- 3 cups Water
- 6 oz Frozen orange juice
- 1 cup Instant nonfat dry milk
- Banana (optional)



### Things You'll Do

- ✓ Mix all ingredients in a blender and serve with pretzels as a reimbursable snack.



### Books to Read

*Each Orange Has 8 Slices*  
by Paul Giganti, Jr.



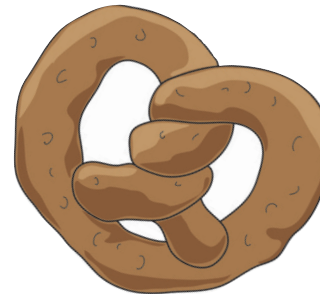
### Songs to Sing

*Row, Row, Row Your Boat*



### What Families Can Do

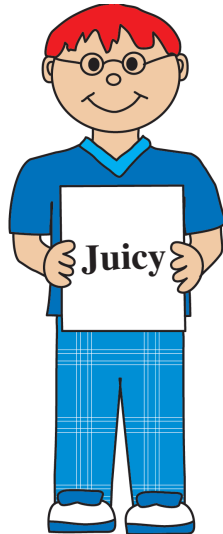
Send A Family's Guide to Healthy Snacks for Summer home to families.





# A Family's Guide to Healthy Snacks for Summer

## Family Handout for Summer Lesson 4



apples  
oranges  
grapefruit  
berries  
tangerines  
tomatoes  
peaches  
apricots  
cantaloupe  
watermelon  
pineapple  
pears  
plums  
canned fruits



carrots  
radishes  
turnips  
potato  
cauliflower  
cabbage  
green pepper  
celery  
cucumbers  
lettuce wedges  
jicama  
sweet potato  
zucchini



water  
orange juice  
vegetable juice  
reduced-fat milk  
buttermilk  
apple juice  
cranberry juice  
pineapple juice  
grape juice  
nectars  
tomato juice  
milk shake



eggs  
cheese cubes  
cottage cheese  
yogurt with graham crackers  
enriched cereals  
meat cubes  
bran muffins  
fruit breads  
muffins  
peanut butter  
milk shake  
sandwiches



# Tropical Fruits

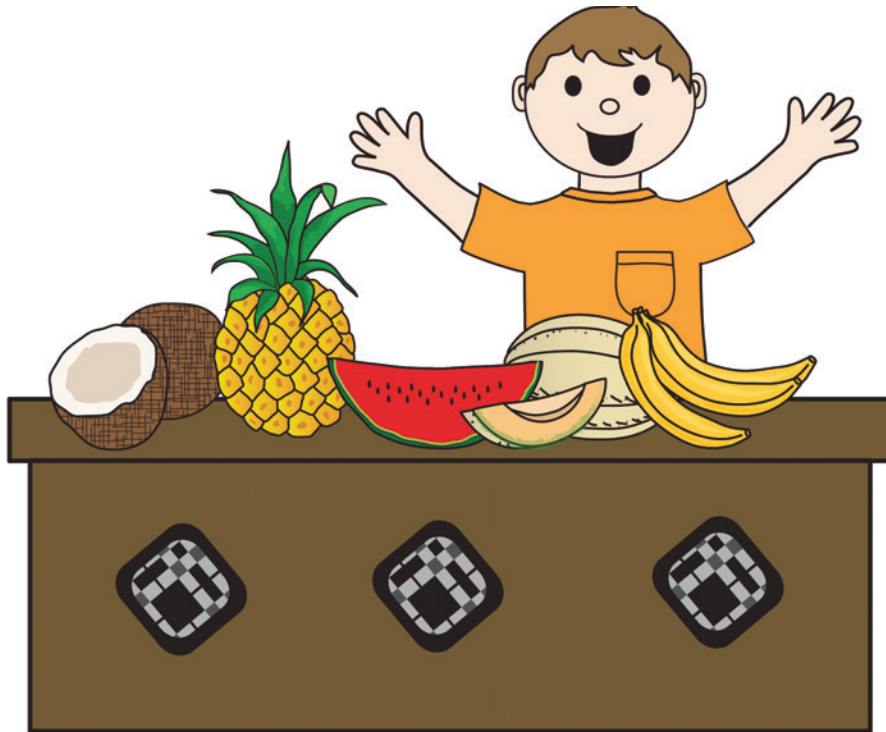
## SUMMER LESSON 5

**Opportunities for Learning:** Children will examine various fruits. Children will make a tropical fruit salad.

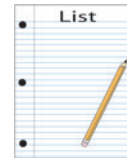


### Things to Do Before the Lesson

- ✓ Put coconut in 350 °F oven for 30 minutes to take the skin off easily.
- ✓ Peel and cut pineapple.



### Let's Learn About Fruits



#### Things You'll Need

- ✓ pineapple (pina)
- ✓ cantaloupe and/or watermelon (melon and/or sandia)
- ✓ strawberries (fresas)
- ✓ coconut (coco)
- ✓ peaches (duraznos)
- ✓ bananas (platanos)
- ✓ grapes (uvas)
- ✓ dried plums (cirvelas)
- ✓ blindfold



#### Things You'll Do

- ✓ Spread fruits on a table and ask the children to name them, in both Spanish and English, if possible.
- ✓ Have each child pick up a fruit and describe how it feels and smells.
- ✓ Blindfold each child and ask him/her to find the fuzzy fruit, two that smell alike, one with a lot of little balls.



## Grow Lemon and Orange

### Trees



#### Things You'll Need

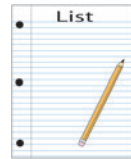
- ✓ seeds from a lemon and an orange
- ✓ paper towels
- ✓ planting pots
- ✓ moist, rich soil
- ✓ popsicle sticks
- ✓ clear plastic wrap



#### Things You'll Do

- ✓ Save the seeds from a lemon and an orange.
- ✓ Let seeds dry on a paper towel for a day or two.
- ✓ Plant seeds in moist, rich soil.
- ✓ Put a few popsicle sticks around the edge of the pot and cover with clear plastic wrap.
- ✓ Keep the soil moist and in time you'll see a stem poking through the soil.
- ✓ When you see leaves, remove the plastic wrap and watch the trees grow.

## Make Tropical Fruit Salad



#### Things You'll Need

- ✓ large bowl
- ✓ melon baller
- ✓ sharp knife for pineapple (for teacher's use)
- ✓ smaller knives for other fruits (for teacher's use)
- ✓ sharp tool (for teacher's use)
- ✓ hammer
- ✓ utensils for tossing
- ✓ small cups
- ✓ pineapple
- ✓ bananas
- ✓ oranges
- ✓ coconut
- ✓ kiwi
- ✓ mango
- ✓ papaya
- ✓ grater
- ✓ cutting board



#### Things You'll Do

- ✓ Wash all fruits.
- ✓ Cut pineapple into 2" slices.
- ✓ Peel and slice fruits (teacher's task).



- ✓ Shake coconut so children can hear milk splashing.
- ✓ Pound two holes in the coconut.
- ✓ Drain milk out and let children have a taste.
- ✓ Pound coconut with a hammer to break open. (teacher's task)
- ✓ Pull coconut meat away from shell.
- ✓ Grate 1 cup of coconut (teacher's task).
- ✓ Toss fruit and coconut together for a tasty salad.
- ✓ Talk with children about their favorite fruit and why fruits are such good snacks in the summer (cool and juicy).



### Books to Read

*All Our Fruits and Vegetables* from Many Hands Media



### Songs to Sing

*Apples and Bananas*

# How Food Spoils, How You Preserve It

## SUMMER LESSON 6

**Opportunities for Learning:** Children will explore ways food spoils. Children will make fruit leather.



### Things to Do Before the Lesson

✓Five days prior to the lesson, leave a piece of cheese exposed to air to demonstrate what happens to food when it is not protected. Also, place a piece of cheese in a plastic bag in a warm, dark place.

### Explore Ways Food Spoils



#### Things You'll Do

- ✓Show children the two pieces of cheese left to spoil. Ask the children what happened to the cheese. Tell them that the white or green growth they see is called mold.
- ✓Talk about how other foods spoil. (Milk turns sour. Bread

becomes moldy. Apple juice ferments and tastes like vinegar. Pears overripen and turn dark and mushy.)

- ✓What do we do to stop food from spoiling? (Put milk and apple juice



in the refrigerator. Can fruits and vegetables. Dry foods.)

### Make Fruit Leather



#### Things You'll Need

- ✓plastic serrated knife
- ✓cutting surface
- ✓blender
- ✓large saucepan
- ✓baking sheets
- ✓wooden spoon
- ✓vegetable pan spray

#### INGREDIENTS

- 2 cups Fully ripe fruit
- Ground cinnamon, nutmeg, or cloves
- Lemon or orange peel (optional)
- Raisins (optional)
- Coconut (optional)

Note: Use cherries, plums, apricots, peaches, berries, apples, or a mixture. You can use overripe fruit, but avoid using any fruit that is bruised.

Note: You can also use a commercial food dehydrator to make fruit leather. Many commercial dryers come with a special sheet to be used for fruit leather.



**Books to Read**  
*Curious George Goes to the Hospital*  
by Margaret Rey



**Songs to Sing**  
*Skip To My Lou*



### Things You'll Do

- ✓ Wash fruit, but do not peel.
- ✓ Remove pits.
- ✓ Cut into large chunks.
- ✓ Place in blender and purée.
- ✓ Simmer over low heat for 10 minutes. This blends flavor, especially if citrus peel or raisins are added.
- ✓ Lightly coat baking sheet with pan spray.
- ✓ Pour fruit mixture onto sheets.
- ✓ Spread evenly with wooden spoon about 1/2" thick.
- ✓ Dry for about 4 hours in a 150 °F oven with door ajar.
- ✓ When dry, roll and store. Fruit leather keeps frozen or stored in tightly covered container for 6 months to a year.



# Understanding Food Allergies

## SUMMER LESSON 7

*Opportunities for Learning:* Children will learn that some people cannot eat certain foods.

### Some Foods Are Not Healthy for Everyone



#### Things You'll Do

- ✓ Ask children if they know anyone who cannot eat a certain food.
- ✓ Explain that some foods that are healthy for most of us, can make some people sick. Sometimes a food can cause a stomachache or a rash, or even make it hard for the person to breath.
- ✓ Discuss that people can be allergic to milk, eggs, nuts and peanuts, fish, or the wheat we use to make bread.

- ✓ Ask the children if someone was allergic to milk, what foods would be necessary to stay away from (milk, pudding, ice cream, yogurt, and cheese).
- ✓ Sometimes people that are allergic to a food may have a special food to use instead.
- ✓ Discuss that we want to help our friends avoid foods that could make them sick. If we have friends that are allergic to foods, we always want to ask their family before offering them a food.

Note: If a child is allergic to wheat, be sure to review substitutions with their family to be sure they are acceptable for the child.



## Making a Wheat-Free Snack for Someone Allergic to Wheat



### Things You'll Need

- ✓tasting plates
- ✓plastic knives

### INGREDIENTS

Rice crackers  
Canned bean dip (wheat free)  
Hummus and/or jar of mild salsa



### Things You'll Do

- ✓Tell the children this would be a healthy snack for a person who is allergic to wheat because the crackers are made with rice and the spreads do not have any wheat or wheat flour.
- ✓Allow the children to taste the crackers and spreads.





# Quick and Crunchy Trail Mix

## SUMMER LESSON 8

**Opportunities for Learning:** Children will make a quick and crunchy trail mix snack.



### Things to Do Before the Lesson

- ✓Purchase ingredients for the trail mix.
- ✓Assemble measuring cups, mixing spoons, and bowls.



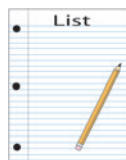
### Things You'll Do

- ✓Draw a picture recipe showing the amounts of each of the ingredients for the trail mix.

1 cup Raisins (optional)  
1/2 cup Dried cranberries (optional)

Note: Raisins and dried cranberries can be a choking concern in young children. Omit them for younger children.

## Make the Trail Mix



### Things You'll Need

- ✓large bowl
- ✓measuring cups
- ✓ingredients for trail mix
- ✓individual resealable plastic bags or serving dishes

### INGREDIENTS

- 2 cups Toasted O type cereal
- 2 cups Rice check type cereal
- 2 cups Corn check type cereal
- 2 cups Small pretzels





### Things You'll Do

- ✓ Make sure the children wash their hands before beginning any food preparation activity.



### OPTION 1

- ✓ Ask the children to help measure each of the ingredients.
- ✓ Place the ingredients in a large bowl and mix well.
- ✓ Put a portion of the trail mix in individual resealable plastic bags or serving dishes.

### OPTION 2

For a fun alternative to simply preparing the trail mix:

- ✓ Read the book, *The Beastly Feast*.
- ✓ Ask the children to choose an animal they would like to be.
- ✓ Ask each “animal/beast” to bring one ingredient for the trail mix. (Foods could be hidden around the classroom and children can search for the ingredients).
- ✓ Prepare the trail mix and the beasts can feast.



### Books to Read

*The Beastly Feast*  
by Bruce Goldstone



### Songs to Sing

*Mistress Mary Quite Contrary*



# Let's Make Farmer Cheese

## SUMMER LESSON 9

*Opportunities for Learning:* Children will make farmer cheese and taste different cheeses.

### Make Cottage Cheese



#### Things You'll Need

- ✓ enamel or glass saucepan
- ✓ cheesecloth
- ✓ spoon
- ✓ strainer

and separate from the liquid part (whey). This may take 5-10 minutes.

- ✓ Pour through the strainer lined with cheesecloth.

- ✓ Press the curd with a spoon to squeeze out the liquid.
- ✓ Discuss that all cheese starts as milk and an acid, like lemon juice, is added. All cheese starts with forming a curd.

### INGREDIENTS

1 gal Whole milk  
Pinch of salt  
Juice from 1 large lemon

#### Things You'll Do



- ✓ Heat the milk to a simmer; stir frequently.



- ✓ Add the lemon juice.
- ✓ Allow the children to

watch from a safe distance as you stir and as lumps (curds) form



- ✓Set aside 1 quart of cottage cheese.

## Make Farmer Cheese Spread



### Things You'll Need

- ✓knives (for teacher's use)
- ✓cutting surface
- ✓bowl for each ingredient
- ✓bowl for each child
- ✓spoons
- ✓measuring spoons

### INGREDIENTS

Green pepper  
Strawberries  
Crushed pineapple  
Green onions  
Cottage cheese  
Crackers



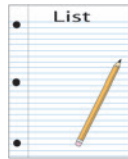
### Things You'll Do

- ✓Cut green pepper, green onion, and strawberries into small pieces.



- ✓Keep each ingredient in separate bowls.
- ✓Child will mix 2 Tbsp of farmer cheese (cottage cheese) and a choice of other toppings.
- ✓Spread on cracker or bread and serve as part of a snack.

## Cheese Tasting Fun



### Things You'll Need

- ✓Purchase three or four different cheeses. Select a cheese the children like and eat often, for instance, mild cheddar cheese.

Choose several cheeses that may be new to the children, such as: Swiss, Gouda, mozzarella, white cheddar, or colby.



### Things You'll Do

- ✓Arrange the original blocks of cheese and enough slices of each for the children to taste on a tray or platter.



- ✓Ask the children how the cheeses are alike and different. Talk about color and texture.
- ✓Let the children taste the cheeses and describe how it tastes and which is their favorite.



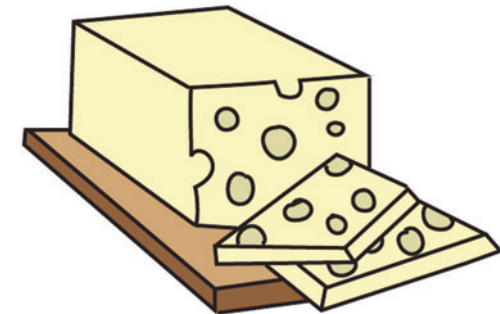
## Books to Read

*The Hungry Thing*  
by San Slepian and Ann Seidler



## Songs to Sing

*Little Miss Muffet*



# Going Fishing

## SUMMER LESSON 10

*Opportunities for Learning:* Children will play fishing. Children will make Sea Friends.

### Play Fishing



#### Things You'll Need

- ✓ scissors
- ✓ one pole or stick per child
- ✓ string attached to pole
- ✓ paper fish
- ✓ self-sticking magnets from craft store



#### Things You'll Do

- ✓ Tie a string to a magnet.
- ✓ Tie the other end of the string to a pole.
- ✓ Cut out cloth or paper fish; color if desired.
- ✓ Attach a magnet to the fish.
- ✓ Put the fish in the middle of the floor.

- ✓ Children will try to catch a fish with their poles.



#### Things to Do Before the Lesson

- ✓ Hard-cook one egg for each child.



## Make Sea Friends



### Things You'll Need

- ✓ spoons
- ✓ individual bowls
- ✓ plastic serrated knives
- ✓ measuring spoons

### INGREDIENTS

8 Hard-cooked eggs  
7 oz Tuna  
Mayo  
Paprika  
Whole wheat bread

Yield: 16 servings



### Things You'll Do

- ✓ Cut hard-cooked egg in half.
- ✓ Scoop out the yolk from the white.
- ✓ Mash one yolk with 3 Tbsp tuna and 1/2 tsp mayo for each child.
- ✓ Sprinkle with paprika.
- ✓ Fill the whites with the tuna mixture.
- ✓ Eat as stuffed eggs or slice and put on whole wheat bread for a sandwich.

- ✓ Discuss how the tuna got into the can (from sea to boat to processing plant).



### Books to Read

*Adventures of Max the Minnow*  
by William Boniface



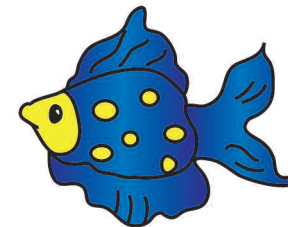
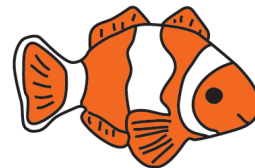
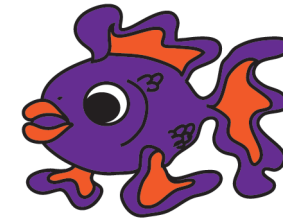
### Songs to Sing

*Row, Row, Row Your Boat*



### What Families Can Do

Ask families who enjoy fishing to come to class with fishing pole, bait, and tackle. Have families show how to catch fish and how bait is used.



# Let's Have a Picnic

## SUMMER LESSON 11

*Opportunities for Learning:* Children will prepare the food for a picnic.

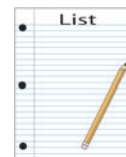


### Things to Do Before the Lesson

✓ Most of the food should be prepared the day before and refrigerated overnight to chill. Make arrangements for coolers and other appropriate storage containers so that the food will not spoil while on the way to the picnic area in the hot weather.

When preparing, storing, and transporting food, it is important to keep it out of the temperature danger zone. The temperature danger zone is between 40 °F and 140 °F. This is the temperature range in which harmful bacteria grow and reproduce rapidly.

### Prepare Food



#### Things You'll Need

Possibilities are:

- ✓ cheese sandwich
- ✓ hard-cooked eggs

- ✓fresh sliced vegetables from the garden in sealed sandwich bags
- ✓cereal, dried fruit, and raisin mixture. Raisins can be a choking concern. Omit these for younger children.
- ✓food containers
- ✓paper bag for each child
- ✓drinking cups
- ✓water for drinking and handwashing
- ✓soap
- ✓paper towels
- ✓hand sanitizer



#### Things You'll Do

- ✓Talk with children about what they would like to prepare and eat at their picnic. Guide children in planning what kind of sandwich, vegetable snacks, and cereal and raisin mixture they would like.
- ✓The day of the picnic, each child packs his/her own bag with lunch fixings that do not have to be kept cold in the cooler or ice chest, such as the cereal and raisin mixtures. Cheese slices, hard-cooked eggs, and vegetables can be bagged into individual servings and added to each lunch bag when it is time to eat.
- ✓Bring plenty of cool water in place of sugared drinks. Sugared drinks just make children more thirsty.
- ✓Be sure the children have an opportunity to cool off before eating.
- ✓Take a book to read to the children.

- ✓Be sure children wash hands before eating.



#### Books to Read

*Dora's Picnic*

by Susan Hall and Christine Ricci



#### Songs to Sing

*It's A Beautiful Day For A Picnic*



#### What Families Can Do

Ask families to help plan and join the children on the picnic outing.



# Vegetables From Our Garden

## SUMMER LESSON 12

**Opportunities for Learning:** Children will enjoy sprouting vegetables and preparing fresh vegetables for snacks and meals.

### Paint Your Garden



#### Things You'll Need

✓ posters or art book depicting the works of Claude Monet

- ✓ art paper
- ✓ watercolors
- ✓ brushes
- ✓ water



#### Things You'll Do

✓ Explain to the children that artists often draw and paint flowers. Claude Monet was a famous painter. He used his garden as a source of inspiration for his art. A work of art is a wonderful way to remember the good times spent in your garden. Let the children paint what their garden looks like.

### Grow Carrot Tops



#### Things You'll Need

✓ carrots with the green top still attached  
✓ soil filled container





### Things You'll Do

- ✓ Cut off carrot leaves, leaving just a little green.
- ✓ Trim the carrot, leaving a small piece of orange and the green on top.
- ✓ Plant the carrot tops in a soil-filled container.
- ✓ Keep the soil moist and wait.
- ✓ In a week or two you will see a fringe of new curly green growth sprouting from the top.

## Grow a Sweet Potato Vine



### Things You'll Need

- ✓ sweet potato
- ✓ glass of water
- ✓ toothpicks



### Things You'll Do

- ✓ Put a sweet potato in a glass of water, half in and half out of the water. Use toothpicks to hold sweet potato.
- ✓ Add water from time to time to keep the water level the same.

- ✓ Soon a vine will begin growing. The vine may produce a beautiful, lilac-colored flower.

## Make Baked Potato Chips



### Things You'll Need

- ✓ potatoes
- ✓ slicing knife (for teacher's use)
- ✓ cookie sheet
- ✓ vegetable pan spray



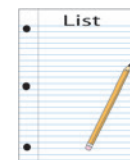
### Things You'll Do

- ✓ Slice potatoes thinly (teacher's task).
- ✓ Spray a cookie sheet with vegetable pan spray.
- ✓ Spread out the potato slices like cookies.
- ✓ Spray with vegetable cooking spray.
- ✓ Bake until the potatoes are brown and crispy.



Note: Any root vegetable can be used (sweet potatoes, rutabagas, turnips, jicama). They all taste great.

## Make Fresh Vegetable Snack



### Things You'll Need

- ✓ paper towels
- ✓ small paper or plastic cups
- ✓ knives
- ✓ trays for cutting
- ✓ serving tray

### INGREDIENTS

Fresh vegetables\*  
Lowfat dip



### Things You'll Do

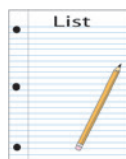
- ✓ Pass vegetables around before cutting. Discuss how they feel, smell, and grow.
- ✓ Wash vegetables.
- ✓ Dry gently with paper towels.



- ✓Cut and slice vegetables.
- ✓Arrange on a tray with dip for a delicious snack.

\*Use cauliflower, peppers, zucchini, cucumbers, celery, tomatoes.

## Make Hot Vegetable Patty Cakes



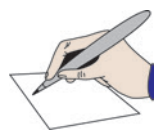
### Things You'll Need

- ✓food processor
- ✓knife (for teacher's use)
- ✓bowls
- ✓spoon for stirring
- ✓paper muffin pan liners
- ✓cutting board
- ✓measuring spoons
- ✓muffin pans

## INGREDIENTS

(for each child)

- 1/2 of 1 Carrot
- 1/4 of 1 Green onion
- 1/4 of 1 Medium zucchini
- 2 Tbsp Beaten egg
- 1/4 cup Grated cheese
- Salt and pepper to taste
- 1/2 tsp Vegetable oil
- Small sprig parsley
- 1/2 tsp Wheat germ



### Things You'll Do



- ✓Cut zucchini into large pieces.
- ✓Cut green onion into large pieces.
- ✓Cut carrot into large pieces.
- ✓Cut one sprig parsley.
- ✓Finely chop in the food processor.
- ✓Add grated cheese.
- ✓Lightly sprinkle mixture with salt and pepper.
- ✓Add beaten egg.
- ✓Add oil.
- ✓Stir ingredients.
- ✓Scoop or spoon into lined muffin pans. (Teacher puts child's name by the muffin cup.)

- ✓Top with 1/2 tsp wheat germ.
- ✓Bake patty cakes in 350 °F oven for 20 minutes until firm.



## Books to Read

*The Ugly Vegetables*  
by Grace Lin



## Songs to Sing

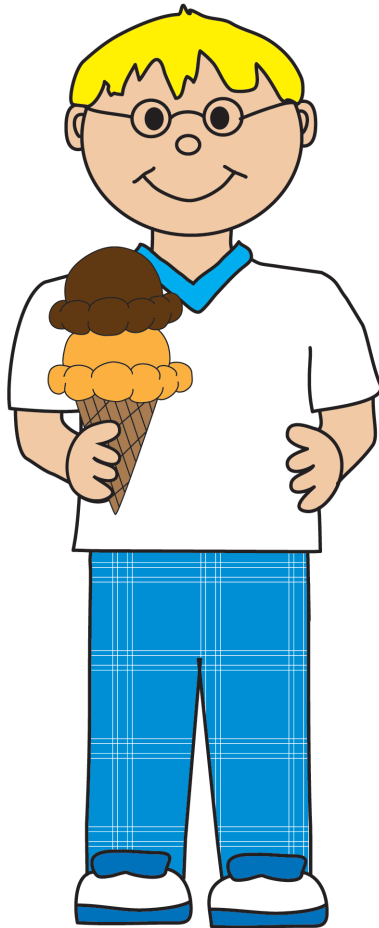
*The Farmer in the  
Dell*



# Homemade Ice Cream

## SUMMER LESSON 13

*Opportunities for Learning:* Children will make ice cream.



### Make Ice Cream



#### Things You'll Need

- ✓crushed ice
- ✓rock salt
- ✓dry measuring cups
- ✓wooden spoon
- ✓large bowl
- ✓ice cream machine

#### INGREDIENTS

- 2 cups Sugar
- 2 boxes (3.75-oz) Instant pudding
- 2 cans (12-oz) Evaporated skim milk
- 2 Tbsp Vanilla
- 2 quarts Reduced-fat milk



#### Things You'll Do

- ✓Combine sugar and dry pudding mix. Stir to blend.
- ✓Gradually add evaporated skim milk.



- ✓Stir in vanilla.
- ✓Add reduced-fat milk.
- ✓Mix well.
- ✓Freeze in ice cream machine following manufacturer's directions (teacher's task).



## Songs to Sing

*Dippity Do Da Dippity Day*

## Make Ice Cream Sundaes



### Things You'll Need

- ✓bowls
- ✓spoons

### INGREDIENTS

- Ice cream
- Fresh fruits, diced
- Whole wheat graham crackers



### Things You'll Do

- ✓Put one square of graham cracker in a bowl.
- ✓Spoon on ice cream.
- ✓Top with fruit.



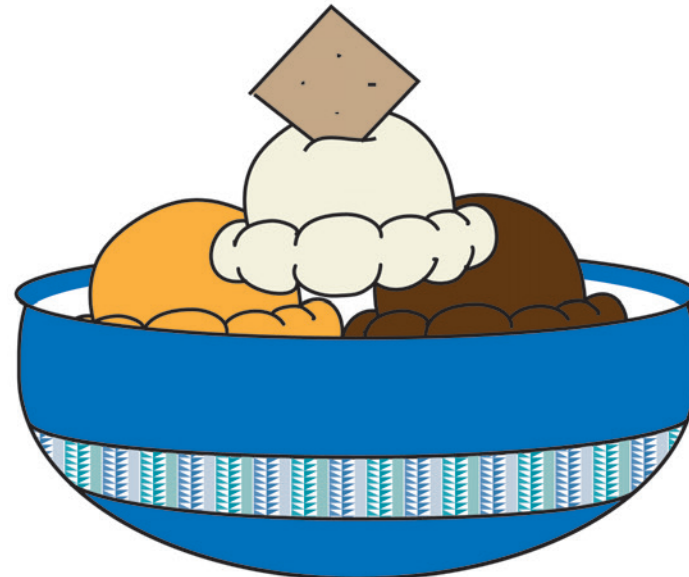
## Books to Read

*From Cow to Ice Cream*  
by Bertram T. Knight



## What Families Can Do

Send the ice cream recipe home with children. Encourage families to make ice cream and sundaes together.



Clipart from  
*More Than Mud Pies*

