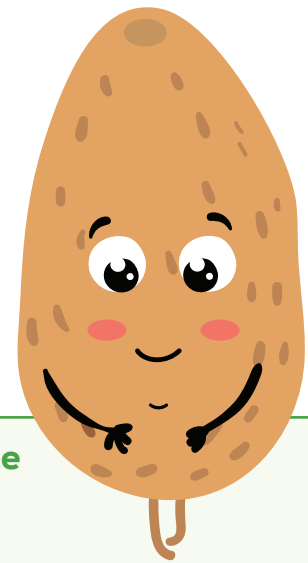




HEALTHY EATING ACTIVITY

Sweet Potatoes



YOU WILL NEED

- *Gigantic Sweet Potato* book by Dianne De Las Casas
- Bowl with Lid
- Small Bowls (1 per child)
- Spoons (1 per child)
- Food Grade Gloves (for serving)

Sweet Potato Applesauce

(Servings 20)

Ingredients

- 2 Sweet Potatoes
- 1 Cup of Unsweetened Applesauce
- 1 Tbsp Honey
- 1 Tbsp Ground Cinnamon

Instructions:

Pierce sweet potatoes 4-5 times with fork to allow steam to escape. Microwave 5-6 minutes or until the sweet potato is tender, flipping the potatoes over halfway through. Once tender, split the sweet potato in half and scoop out the inside into a bowl. Mash potatoes and stir in ingredients. Cover and refrigerate until served.

**All vegetables should be properly washed and prepared in a manner that is safe for consumption using clean utensils and wearing food grade gloves.*

PREPARATION

- Read the book to familiarize yourself with its content.
- Prepare the sweet potato applesauce up to 1 day ahead of serving.

LARGE GROUP ACTIVITY

What to Do	What You Could Say
<p>Pull out the <i>Gigantic Sweet Potato</i> book and allow children to look at the cover. Make sure all children are seated quietly and everyone can see the book.</p>	<p>“We are going to read a story about sweet potatoes today! Can anyone share with me what you know about sweet potatoes? What color is a sweet potato? That’s correct, it is orange!”</p> <p>“Can anyone tell me what they see on the cover of our book? That is right, it is a sweet potato! How would you describe the size of the sweet potato? Is it bigger or smaller than the farmer? You are right, it is bigger! Let’s read the book and see how we grow a big, sweet potato!”</p>

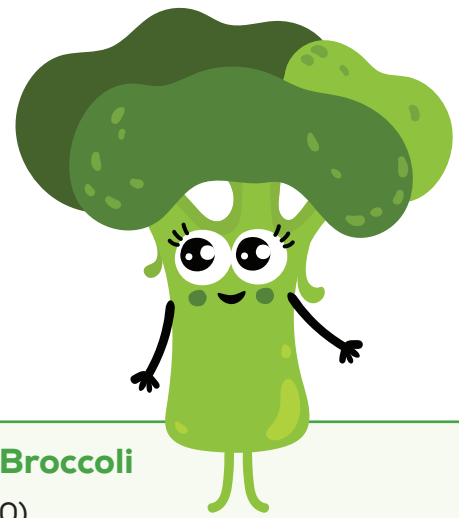
EXPLORATION ACTIVITY

What to Do	What You Could Say
<p>Read the <i>Gigantic Sweet Potato</i> book.</p>	<p>"That was a fun story! They all worked together to pull out the big sweet potato! Would you like to explore a real-life sweet potato with me?"</p>
<p>Have children wash their hands and then guide children to their tables.</p> <p>Pass out the sweet potato applesauce on a plate with a spoon to each child. Encourage children to taste their sweet potato apple sauce.</p> <p>PEAS TIP: If children do not want to try the sweet potato, be sure to respect their feelings. Encourage them to explore the sweet potato using their other senses (sight, touch, smell, sound).</p>	<p>Encourage children by saying "I see that you explored the sweet potato applesauce with your sense of taste! What do you think? How would you describe the taste?"</p>
<p>When children are finished eating, encourage them to clean up and wash their hands.</p>	<p>"I hope you enjoyed exploring sweet potatoes and tasting the Sweet Potato Applesauce with me, I know I enjoyed it!"</p>



HEALTHY EATING ACTIVITY

Broccoli



YOU WILL NEED

- *Monsters Don't Eat Broccoli* book by Barbara Jean Hicks
- Small Bowls (1 per child)
- 1 Clear Small Cup
- Food Grade Gloves (for serving)
- 25"x30" Paper for Prediction Panel
- Coffee Maker with liner or Vegetable Steamer with clear base

PREPARATION

- Read the book to familiarize yourself with the content.
- Prepare the Prediction Panel by writing the learning activity question "Will the water color change?"
- Precut the broccoli.*

Steamed Broccoli

(Servings 20)

Ingredients

- 2 Large Heads of Broccoli, cut
- Water

Instructions:

Cut the broccoli into small sprigs.*

**All vegetables should be properly washed and prepared in a manner that is safe for consumption using clean utensils and wearing food grade gloves.*

PREDICTION PANEL

Will the water color change?

Marian	Yes
Harmoni	Yes
Chase	No
Trinity	Yes
Charlotte	No
Micah	Yes

LARGE GROUP ACTIVITY

What to Do	What You Could Say
Pull out <i>Monsters Don't Eat Broccoli</i> book and allow children to look at the cover. Make sure all children are seated quietly and everyone can see the book.	"Today we are going to read a book about broccoli! Can anyone tell me what they know about broccoli? What color is broccoli? Who here has tried broccoli before?"
Direct children's attention to the cover of the book.	"Can anyone tell me what they see? That is right, I see broccoli! What do you know about broccoli? Who here has tried broccoli before?"

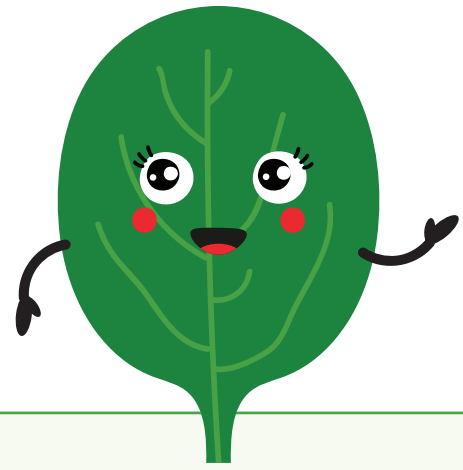
EXPLORATION ACTIVITY

What to Do	What You Could Say
<p>Introduce today’s experiment of steaming broccoli. Explain how steaming uses water to cook foods. Go around the room and ask each child if they think the water color will change when steaming the broccoli. Write children’s predictions next to their name on the prediction panel.</p> <p>Fill the clear coffee pot or steamer base with water and walk around and show the children the color of the water in your pot.</p> <p>Place the coffee liner in the coffee maker then add the broccoli (1/2 sprig per child). If using a steamer, place broccoli directly into steaming basket.</p>	<p>“Wasn’t that a fun story? The monsters said they don’t like broccoli but were eating crunchy green trees! Have you ever said you like food and then later changed your mind? That story made me hungry for some broccoli!”</p> <p>“Today for our activity we are going to steam broccoli! Have you ever seen water boil? Steam comes out when we boil water. Has anyone seen steam before? Steam rises from the water when the water gets hot and it looks like a cloud!”</p> <p>“Water has no color (show children water in a clear cup). When we steam our broccoli do you think the water will change color? Remember broccoli has chlorophyll which makes the broccoli green! Can you predict if the water will change color? To predict means to guess about what we think will happen!”</p>
<p>As the water boils, allow the children to see the steam coming from the coffee maker or steamer. Make sure they are seated a safe distance away from the steam.</p>	<p>“Do you see the steam coming out? When water gets hot it turns into steam and looks like a cloud.”</p>
<p>Allow the broccoli to cook until tender (5-6 minutes) then remove the water and allow broccoli and water to cool.</p> <p>Once the water is cooled, add water to the clear cup. Allow each child to observe the water.</p> <p>Ask children to compare what they are observing to their prediction panel.</p>	<p>“Take a look at the water! Did the water color change? What color is the water now? It is green! Can anyone tell me why the water changed color? That’s right! It is the chlorophyll!”</p> <p>“Let’s now compare our findings to our predictions using our Prediction Panel.”</p> <p>“I had a lot of fun learning what makes the broccoli green, but it made me hungry! And guess what? Now we can eat our steamed broccoli!”</p>
<p>Pass out a broccoli sprig to each child.</p> <p>PEAS TIP: If children do not want to try the broccoli, be sure to respect their feelings. Encourage them to explore the broccoli using their other senses (sight, touch, smell, sound).</p>	<p>“I see that you tried the broccoli! What do you think? How would you describe the taste?”</p>
<p>When children are finished eating, encourage them to clean up and wash their hands.</p>	<p>“I hope you enjoyed exploring broccoli and tasting the Steamed Broccoli with me, I know I enjoyed it!”</p>



HEALTHY EATING ACTIVITY

Spinach



YOU WILL NEED

- *Sylvia's Spinach* book by Katherine Pryor
- Small Plates (1 per child)
- Small Cups with Lids (1 per child)
- Forks (1 per child)
- Plastic Knives (1 per child)
- Food Grade Gloves (for serving)
- Measuring Tools

Spinach Salad

(Servings 20)

Ingredients

- 16 oz. Fresh Baby Spinach
- 1 long English Cucumber, sliced
- 10 oz. Cherry Tomatoes, halved
- Vinegar
- Olive Oil
- Salt
- Pepper

Ingredients Per Child

- 1/4 cup Fresh Baby Spinach
- 2 Cherry Tomato Halves
- 1 Slice of Cucumber
- 1 Premade Vinaigrette Dressing (1 Tbsp Olive Oil, 1 tsp Vinegar, Pinch of Salt & Pepper)

Instructions:

Prepare the vinaigrette dressing by mixing 1 serving of vinegar, olive oil, salt, and pepper in each small cup. Cover with lids and store until needed. (Optionally make in a large container to pour into cups later.) Precut the ingredients as indicated. When it's time to make the salad, place the spinach, halved tomatoes, and sliced cucumbers each on labeled plates in the middle of each table.*

**All vegetables should be properly washed and prepared in a manner that is safe for consumption using clean utensils and wearing food grade gloves.*

PREPARATION

- Read the book to familiarize yourself with the content.
- Prepare the vinaigrette and cut vegetables ahead of serving.

LARGE GROUP ACTIVITY

What to Do	What You Could Say
<p>Pull out <i>Sylvia's Spinach</i> book and allow children to look at the cover. Make sure all children are seated quietly and everyone can see the book.</p>	<p>"Have you ever said you don't like to eat food and then tried it and found out you do? I know I have!"</p> <p>"Today we are going to read a book about spinach! Can anyone tell me what they know about spinach? What color is spinach?"</p> <p>"In today's story, there is a girl that says she doesn't like spinach! Can you predict if she will change her mind at the end of the story? To predict means to guess what we think will happen!"</p> <p>"Let's read the story and see what happens!"</p>

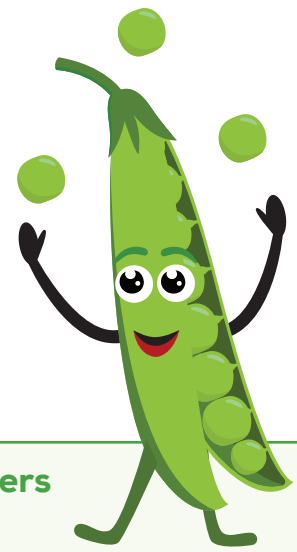
EXPLORATION ACTIVITY

What to Do	What You Could Say
<p>Have children wash their hands and then guide children quietly and orderly back to their seats at the table.</p> <p>Place salad ingredients on labeled plates in the middle of each table. Place one vinaigrette dressing, plate, fork and knife per child at their seat.</p> <p>Allow each child to take turns measuring their spinach from the plate.</p>	<p>"Today we are going to have a fun activity making your very own snack to enjoy! We are going to make a salad that we can enjoy together! One of our vegetables is spinach! Can anyone tell me what they know about spinach?"</p> <p>"To make our salad, we are going to use our cutting skills and measuring tools. Are you excited? Let's get started!"</p> <p>"First, we are going to measure $\frac{1}{4}$ cup of spinach from the plate on your table and place them on your own plate. Let's all feel our spinach! What does spinach feel like? Do they feel smooth or rough?"</p>
<p>Instruct children to take 1 slice of cucumber and 2 tomato halves. Some children may need additional assistance with measuring their ingredients.</p>	<p>"Next, tear your spinach into small pieces."</p> <p>"Now take 1 slice of cucumber and place it on your plate."</p> <p>"Count 2 tomato halves and place them on your plate."</p>
<p>Demonstrate to the children how to cut the cucumber into small pieces.</p>	<p>"Cut your cucumber into small pieces with your knife."</p>
<p>Demonstrate to the children how to gently stir the vinaigrette and add it to the salad. Instruct children to repeat your actions. Some children may need additional assistance with mixing.</p>	<p>"For our last step, we are going to add our vinaigrette dressing to our salad and mix well using a fork."</p>
<p>Once children have their salad ready, encourage children to taste their salad.</p> <p>PEAS TIP: If children do not want to try the spinach salad, be sure to respect their feelings. Encourage them to explore the spinach salad using their other senses (sight, touch, smell, sound).</p>	<p>"I see that you tried the salad! What do you think? How would you describe the taste?"</p> <p>"I hope you enjoyed tasting the salad with me, I know I enjoyed eating our special snack today!"</p>
<p>When children are finished eating, encourage them to clean up and wash their hands.</p>	<p>"I hope you enjoyed exploring spinach and tasting the Spinach Salad with me, I know I enjoyed it!"</p>



HEALTHY EATING ACTIVITY

Sweet Peas



YOU WILL NEED

- *Growing Vegetable Soup* book by Lois Ehlert
- Container with Lid for Dip
- Small Bowls (1 per child)
- Food Grade Gloves (for serving)
- 25"x30" Paper for Prediction Panel

PREDICTION PANEL	
How many peas are in my pea pod?	
Marian	4
Harmoni	16
Chase	10
Trinity	6
Charlotte	7
Micah	20

Pea Puree Dip with Crackers

(Servings 20)

Ingredients

- 16 oz Frozen Peas, thawed
- 1/2 tsp Salt
- 1 Clove Garlic, minced or 1/8 tsp Garlic Powder
- 1/4 Black Pepper
- 1 Lemon, juiced or 4 Tbsp of Lemon Juice
- 1/4 Cup of Olive Oil
- Whole Grain Crackers (2 per child)

Instructions:

Blend all the ingredients except crackers together. Cover and refrigerate until served.* Serve with crackers for dipping.

**All vegetables should be properly washed and prepared in a manner that is safe for consumption using clean utensils and wearing food grade gloves.*

PREPARATION

- Read the book to familiarize yourself with its content.
- Prepare the Prediction Panel by writing the learning activity question "How many peas are in my pea pod?"
- Optionally, prepare the pea puree dip up to 1 day ahead of serving.

LARGE GROUP ACTIVITY

What to Do	What You Could Say
Pull out the <i>Growing Vegetable Soup</i> book and allow children to look at the cover. Make sure all children are seated quietly and can see the book.	"We are going to read a story about growing vegetable soup today! Can anyone share with me which vegetables you like in your vegetable soup? I like peas because you can plant them at home and grow more!"
	"Now you tell me what you know about plants. What do plants look like? Where can you find plants? Did you know plants start off as seeds? A seed is a small package that has a little plant inside. It contains the food that feeds the plant as it grows!"
	"A pea is an edible seed! Edible is a thing that we can eat. As we read the book, we will watch how tiny seeds grow into big vegetables!"

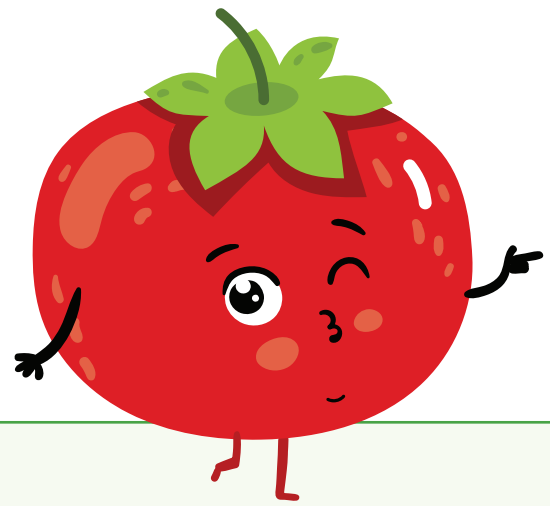
EXPLORATION ACTIVITY

What to Do	What You Could Say
<p>Introduce today's activity about peas.</p> <p>Have children wash their hands and guide children quietly to their tables.</p>	<p>"Today we are going to work with peas! Can anyone tell me what they know about peas? Who has seen a pea before? What do they look like? Can anyone tell me something they know about peas?"</p> <p>"Did you know that a pea is a seed! Can anyone tell me what a seed is? A seed is a little package of food that feeds the plant as it grows! The seeds are hidden inside the pea pod."</p>
<p>Show children the pea pod and then open it to reveal the seeds inside.</p>	<p>"Every pea pod has a different number of peas inside! Today we are going to explore how many peas are inside our pea pod!"</p>
<p>Go around the room and ask each child how many peas they think will be in their pea pod. Write their predictions next to their name on the "Prediction Panel."</p>	<p>"Now that we made our predictions, let's all open the pea pod and see how many peas we find inside!"</p>
<p>Demonstrate how to open the pea pod by applying pressure on the seam. Allow children to follow you. Some children may need additional assistance.</p>	<p>"Do you see what I see? Can anyone tell me what they've found inside the pea pod? What shape are the peas? What color?"</p> <p>"Now let's each count how many peas we have inside our pea pod!" Some children may need additional assistance with counting their peas.</p>
<p>Go around the room and have children share how many peas are in their pea pod and write it next to their name.</p>	<p>"Let's compare our findings to our predictions! Was the number of your peas bigger or smaller than your prediction?"</p> <p>"Now everyone take a pea and try it! How many peas do you have now? Take another pea and try it! How many peas do you have now? That's great counting!"</p> <p>I had a lot of fun exploring the peas, but it made me hungry! And guess what? I have a special pea snack for you!"</p>
<p>Pass out the pea puree dip with two crackers to each child. Encourage children to taste their pea puree dip with the crackers.</p> <p>PEAS TIP: If children express hesitancy to try the pea puree dip, continue to encourage them to explore the pea with their other senses. Praise children regardless of if they tried the pea puree dip. Be sure to try the peas with them!</p>	<p>"I see you explored the pea puree dip with your sense of smell! What did it smell like?"</p>
<p>When children are finished eating, encourage them to clean up and wash their hands.</p>	<p>"I hope you enjoyed exploring sweet peas and tasting the Pea Puree Dip with me, I know I enjoyed it!"</p>



HEALTHY EATING ACTIVITY

Tomatoes



YOU WILL NEED

- *I Will Never Not Ever Eat a Tomato* book by Lauren Child
- 2 Containers with Lids
- Large Plates (1 per ingredient per table)
- Small Plates (1 per child)
- Small Bowls (1 per child)
- Spoons (1 per child)
- Plastic knives (1 per child)
- Food Grade Gloves (for serving)
- Measuring Tools

PREPARATION

- Read the book to familiarize yourself with the content.
- Prepare the lime juice, tomatoes, and sweet peppers ahead of serving.

Tomato Salsa

(Servings 20)

Ingredients

- 2 Pints of Cherry Tomatoes, halved
- 2 Colorful Sweet Peppers, sliced
- 1 (15.5 oz) can of Black Beans, rinsed & drained
- 3 Small Limes, juiced
- 1-1/2 tsp Salt
- 1/2 tsp Black Pepper
- Whole Grain Tortilla Chips

Ingredients Per Child

- 4 Cherry Tomato Halves
- 1 Slice of Sweet Pepper
- 2 Tbsp Black Beans
- 1/2 tsp Lime Juice
- 1/8 tsp Salt & Black Pepper Mixture
- 2 Crackers

Instructions:

Precut ingredients. Squeeze lime juice into a container. Drain and rinse black beans. Cover and refrigerate in a container until served. When it's time to make the salsa, place ingredients on labeled plates in the middle of each table.* Premix salt and pepper in small bowl or cup.

**All vegetables should be properly washed and prepared in a manner that is safe for consumption using clean utensils and wearing food grade gloves.*

LARGE GROUP ACTIVITY

What to Do	What You Could Say
<p>Pull out <i>I Will Never Not Ever Eat a Tomato</i> book and allow children to look at the cover. Make sure all children are seated quietly and everyone can see the book.</p>	<p>"We are going to read a story about tomatoes today! Can anyone tell me what they know about tomatoes? What color are they? Tomatoes come in different colors and sizes! Some tomatoes are big, and some are small!"</p> <p>"The book that we are going to read today is about a girl named Lola who is afraid of trying vegetables!"</p> <p>"Raise your hand if you were ever afraid to try something new! I see many of us have been afraid to try something new in the past. Let's read the story and find out how Lola's brother Charlie helps Lola overcome her fear of trying vegetables!"</p>

EXPLORATION ACTIVITY

What to Do	What You Could Say
<p>Introduce today's activity about tomatoes. Have children wash their hands and then guide children quietly to their tables.</p>	<p>"Wasn't that a fun story? Lola overcame her fear of trying new foods! That story made me hungry! Guess what? I have tomatoes for us to explore!"</p> <p>"We are going to make salsa that we can enjoy together! For our salsa we are going to use a rainbow of colored vegetables! One of our vegetables is a tomato! Can anyone tell me what they know about tomatoes? What color is a tomato? That's right, it's red!"</p>
<p>Instruct children to count 4 cherry tomato halves and place on their plate. Demonstrate how to cut the tomato halves into smaller pieces. Some children may need additional assistance with cutting their ingredients throughout the activity.</p>	<p>"To make our salsa, we are going to use our cutting skills. Are you excited? Let's get started!"</p> <p>"First, everyone please count 4 cherry tomato halves and place them on your plate. Let's all feel our tomatoes!" "Can you tell how the tomatoes feel? Do they feel hard or soft?"</p> <p>"Next, cut your tomatoes into small pieces and add to your cup."</p>
<p>Instruct children to take 1 slice of sweet pepper. Demonstrate to the children by showing the children how to cut the sweet pepper. Some children may need additional assistance with cutting their ingredients throughout the activity.</p>	<p>"Now take a slice of sweet pepper and place it on your plate."</p> <p>"Everyone smell your slice of pepper! How does your pepper smell? That's correct, it is sweet!"</p> <p>"Now cut your sweet pepper into small pieces and add them to your bowl."</p>
<p>Allow each child to take turns measuring 2 Tablespoons of beans and then 1/2 teaspoon of lime juice into their cups. Lastly, have each child measure 1/8 teaspoon of salt and black pepper mixture. Some children may need additional assistance with measuring out their ingredients.</p>	<p>"Now for our last step we are going to measure out the rest of the ingredients – black beans, lime juice and salt and pepper."</p> <p>"Good job, everyone! You are doing a wonderful job working together to make your salsa. Now after we have our ingredients cut, we are going to mix our ingredients well."</p>
<p>Demonstrate to the children how to mix ingredients using a spoon. Instruct children to repeat your actions. Some children may need additional assistance with mixing.</p>	<p>"Use your spoon to slowly stir your salsa to mix the ingredients. Be careful to not make it spill."</p>
<p>Once children have their salsa ready, encourage children to taste their salsa with crackers.</p> <p>PEAS TIP: If children do not want to try the tomato salsa, be sure to respect their feelings. Encourage them to explore the tomato salsa using their other senses (sight, touch, smell, sound)</p>	<p>"I see that you tried the salsa with your chips! What do you think? How would you describe the taste?"</p>
<p>When children are finished eating, encourage them to clean up and wash their hands.</p>	<p>"I hope you enjoyed exploring tomatoes and tasting the Tomato Salsa with me, I know I enjoyed it!"</p>



HEALTHY EATING ACTIVITY

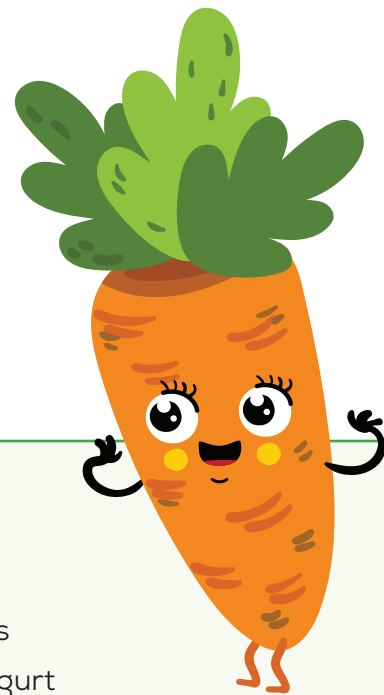
Carrots

YOU WILL NEED

- *The Carrot Seed* book by Ruth Krauss
- Small Plate (1 per table)
- Small Bowls (1 per ingredient per table + 1 per child)
- Spoons (1 per child and 1 per ingredient cup)
- Food Grade Gloves (for serving)
- Measuring Tools

PREPARATION

- Read the book to familiarize yourself with the content.



Carrot Dip

(Servings 20)

Ingredients

- 2 Bags Baby Carrots
- 16 oz Plain Greek Yogurt
- 1-1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Dried Dill
- 1/2 Tbsp of Salt
- 1/8 Tbsp of Black Pepper

Instructions:

Place carrots on plate in the middle of each table. Place dry ingredients at the front of the room so children can observe you mixing the dip together.*

**All vegetables should be properly washed and prepared in a manner that is safe for consumption using clean utensils and wearing food grade gloves.*

LARGE GROUP ACTIVITY

What to Do	What You Could Say
Pull out <i>The Carrot Seed</i> book and allow children to look at the cover. Make sure all children are seated quietly and everyone can see the book.	"We are going to read a story about carrots today! Did you know vegetables start off as seeds? A seed is a little container that has a baby plant and the food it needs to grow into a big plant! The book that we are going to read today is about a boy who plants a carrot seed. From the book we will find out what a seed needs to grow!"
Direct children's attention to the cover of the book. Point out the seed!	"Can everyone see the seed on the cover? How would you describe what the seed looks like? The seed is small and round! Let's find out together what happens to the carrot seed in the book!"

EXPLORATION ACTIVITY

What to Do	What You Could Say
<p>Introduce today's activity with carrots.</p> <p>Have children wash their hands and guide children quietly to their tables.</p>	<p>"Wasn't that a fun story? The little boy waited patiently for the carrot to grow from a seed! He must really like carrots! You know what? The story made me really hungry for a carrot! Would you like to eat a carrot with me?"</p> <p>"Today we are going to do a fun activity by making our very own snack to enjoy! We are going to make a dip for carrots to enjoy together! To make our dip, we are going to use our math skills and measuring tools. Measuring tools are used to measure amounts of things. Are you excited? Let's get started!"</p>
<p>Engage children as they observe you mix together the yogurt dip in a large mixing bowl. Tell children how much of an ingredient you are adding, and ask them to repeat the amount back to you as you measure it. Mix yogurt dip well.</p>	<p>"Let's count together. I need 2 cups of yogurt... 1... 2. Thank you for helping me count!"</p>
<p>Pass out a small tasting of the yogurt dip to each child in their bowl. Encourage children to taste the dip with carrots.</p> <p>PEAS TIP: If children do not want to try the carrot dip, be sure to respect their feelings. Encourage them to explore the carrot dip using their other senses (sight, touch, smell, sound).</p>	<p>"I see that you tried the carrot with your dip! What do you think? How would you describe the taste?"</p> <p>"I see that you explored the carrot dip with your sense of smell. What did it smell like?"</p>
<p>When children are finished eating, encourage them to clean up and wash their hands.</p>	<p>"I hope you enjoyed exploring carrots and tasting the Carrot Dip with me, I know I enjoyed it!"</p>