



ECEAP Lesson 1 – The Foods We Eat

We'll Need Your Help with...

1. Gather children for story time and introduce WSU nutrition educator.
2. After the story, help lead the tasting song on the cassette tape.
3. Organize/guide several children at a time to go to the tasting experience station during choice time.
Children will also be able to do simple puzzles of fruits and vegetables at this time.
4. Sign/initial the time verification log provided by the WSU nutrition Educator.

Story

The Foods We Eat, R. Duyff and P. McKissack. Many Hands Media.



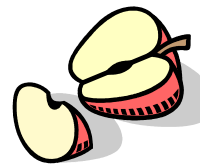
Tasting Experience

Foods in the book that the children in the story taste.

Lemon (sour), fruit (sweet), pretzel (salty), mild salsa on jicama slice (spicy).

Materials Needed from ECEAP Classroom

Cassette tape player.



Objectives

After completing the lesson, students will be able to:

- Identify three fruits or vegetables and state their colors.
- Express that tasting new foods is good and taste at least one new food at the end of the lesson.
- Manipulate fruit and vegetable puzzles to put them together in proper order.

Questions? 360-337-4651

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