

Food Sense
ECEAP – Lesson 4
Yummy, Yummy Fruit Salad

Objectives

After completing the lesson, students will be able to:

- State that fruits are good to eat.
- Identify three fruits.
- Match color and shape of different fruits to pictures of fruits.

Story

Yummy, Yummy Fruit Salad, The Wiggles, Grosset & Dunlap, New York, 2003.

Music

Yummy, Yummy Fruit Salad, The Wiggles, Koch Records, 2003.

Food Tasting

Seasonal fruits that would go into a fruit salad.

Supply List

Food and Serving Supplies

- 1 cup each of three or four cut-up seasonal fruits (remember to cut grapes in half to avoid choking) in small bowls.
- Small serving spoons.
- 4-ounce souffle' cups
- Plastic spoons
- Napkins

Educational Materials

- Flannel story board
- Large paper fruit bowl (with Velcro)
- Large plastic fruit models (with Velcro) (e.g. orange, cherries, bananas, strawberry, pineapple, grapes)
- Cardboard fruit models of watermelon and apple (with Velcro).
- Small plastic fruit models (6 each of orange, strawberry, pineapple, grapes)
- Six laminated cards with outline of each small plastic fruit, colored in appropriately to match the plastic fruit.
- Book and tape with music

Handouts/Paperwork

- "I tasted a new food!" stickers for each student (put one of the sample fruits in the middle)
- Parent Newsletter
- Lesson 4 info sheet for ECEAP staff
- Time log for teacher and volunteer signatures

INTRODUCTION

- Make sure ECEAP staff has received Lesson 3 Information Sheet, which was previously emailed to them. Give them copies now if necessary.
- Give ECEAP staff the parent newsletters for distribution.
- Explain any assistance you'll need.
- Ask staff how to use cassette tape player. Insert tape so it is ready to play.
- Set up story board with fruit bowl on it.
- Have staff help gather the children. Start by explaining that today we're going to read a story about fruit and fruit salad. (Optional: Ask who likes fruit? Good—almost all of you!) Explain that they'll get to taste some fruits too.
- Today's story is called "Yummy, Yummy Fruit Salad" by The Wiggles. And on our story board we have an empty bowl that's going to get filled up with fruit for a yummy fruit salad. "Fruit is good to eat! It tastes good and it's good for your body." (Repeat this statement several times during the lesson to achieve objective of students being able to state that fruit is good to eat.)
- Read the story. As the fruits are mentioned in the story, add them to the fruit bowl on the felt board.
- When the story asks "What other fruit do you want to include?" put the rest of the plastic fruit models on the flannel board. Exclaim about what a yummy fruit salad that would be. "Fruit is good to eat! It tastes good and it's good for your body."
- Now we get to hear a song about a yummy fruit salad.

GROUP ACTIVITY

Instruct children to stand up and hold hands to form a circle. Drop hands. Explain that as we hear the song, we can act it out. Every time you hear the words "fruit salad" make the shape of your bowl like this (demonstrate holding hands in a circular form in front of you). Every time we hear "yummy, yummy" let's rub our tummy to show it's yummy (demonstrate rubbing tummy in circular motion). Okay, show me "fruit salad" (make hands in circle) Good! Show me "yummy, yummy" (rub tummy) Good!

We're ready! Play tape—bounce or sway in time to music and act out other parts of tape too, such as peeling bananas, tossing in grapes, cutting fruit. Then clap during time when there's not many motions to make. Come up with other motions such as passing out plates, eating, washing dishes and putting things away. (Practice several times before first class.) Bounce or sway the entire time. Praise children at end of song.

"Fruit is good to eat! It tastes good and it's good for your body." Explain that during the choice time activity, children can taste some fruits from the yummy fruit salad and play a matching game.

CHOICE ACTIVITY (Continue until all children who want to participate have done so.)

Tasting Experience

- Let children pick the fruits they want to eat. Have them spoon into their serving cups.

Hands-on Activity

Have children match small plastic fruits to proper place on card with pictures of the fruits.

- Give "I tasted a new food today!" sticker to each student who tried at least one of the fruits.

Collect signatures of paid staff AND VOLUNTEERS on verification form. Fill in date, code, time (and names of staff if known), before asking for signature/initials.