

Food Sense
ECEAP – Lesson 6
Healthy Foods Help Me Grow!

Objectives

After completing the lesson, students will be able to:

- State that healthy foods helps them grow strong and/or be healthy.
- Identify a healthy food and a not-so-healthy food when given two to compare.
- Demonstrate that it's fun to try new foods by tasting samples.

Story

The Very Hungry Caterpillar, Eric Carle, Scholastic Inc., New York, 1987.

Food Tasting

“Caterpillar Leaf Salad” (romaine lettuce, spinach, and one other leafy green of choice).

Orange segments cut into tiny tidbits to go with greens (cut small so children don't pick them out)

Supply List

Food and Serving Supplies

- 1 cup each of three leafy greens, cut into small pieces, in small containers
- 1 large orange, cut into tiny tidbits, in small container
- Small serving tongs
- Plastic forks
- Small paper plates
- Napkins

Educational Materials

- Flannel story board
- Cardboard food models with Velcro (several foods from each food group including junk foods)
- Simple MyPyramid for flannel board
- Story cards (pictures of caterpillar, foods he ate, cocoon, butterfly)
- Book

Handouts/Paperwork

- “I tasted a new food!” stickers for each student (put picture of greens in the middle)
- Parent Newsletter
- Lesson 6 info sheet for ECEAP staff
- Time verification form with date, time and codes filled in (and names if known)

INTRODUCTION

- Make sure ECEAP staff has received Lesson 6 Information Sheet, which was previously emailed/mailed to them. Give them copies now if necessary.
- Give ECEAP staff the parent newsletters for distribution.
- Explain any assistance you'll need. Set up the flannel story board with simple MyPyramid mounted on it.
- Have staff help gather the children. Start by explaining that today we're going to find out about the differences between healthy foods and not-so-healthy foods. Then we'll read a story about a caterpillar who eats both healthy and not-so-healthy foods and see what happens to him. Later we'll get to have fun tasting some of the same foods the caterpillar ate.
- Right now, let's talk about healthy foods. (Briefly explain that healthy foods help our bodies grow strong and be healthy and show representative foods from each food group. Place them near the proper category on MyPyramid. Do not explain MyPyramid in detail at this time. Take only about 2 minutes to run through the concept of healthy vs. not-so-healthy.) Do so in this manner:
 - Healthy foods give you energy to play and to think. Foods made from grain are healthy, like bread, cereal, rice and macaroni (or say whatever foods you have models of). Place the models on the flannel board below the appropriate category of the Pyramid.
 - Healthy foods help you grow. Vegetables are healthy foods. Last time I was here we talked about vegetables such as _____ (say the names of the vegetables you put on the flannel board).
 - Healthy foods make your skin smooth and your hair look nice and your eyes sparkle. Fruits are healthy foods. Here are some fruits: _____ (name and put on board).
 - Healthy foods make your bones and muscles strong. Foods like _____ (use dairy and protein food models) are healthy foods.
 - Healthy foods help our bodies a lot. We need to eat healthy foods every day.
 - But then, just like caterpillar is going to find out in the story, there are foods that if we eat too much of, are unhealthy. Not-so-healthy foods do NOT help our body be healthy. Examples of not-so-healthy foods are candy, pie, cake, soda pop, potato chips, French fries (or whatever examples you have for the flannel board). If we want to have a healthy body, we need to eat these foods only in small amounts and only once in a while, not every day.
- Are you ready to hear about the caterpillar? Okay! This story is called "The Very Hungry Caterpillar" by Eric Carle. See if you can tell which foods he eats that are healthy, and which ones are not so healthy.
- After the end of the page on which caterpillar eats all the fruit, ask, "Are these foods healthy foods?) Yes!
- After the end of the mostly junk food pages, ask, "Are most of these foods healthy? No, most of them, such as the cake and ice cream and lollipop and cupcake are foods we should eat just now and then, maybe as a treat, not all the time."
- Finish the story.
- How did Mr. Caterpillar feel after he ate healthy food? (Good) How did he feel after he ate not-so-healthy foods? (Sick.) What made him feel better? (A leaf—a healthy food.)

GROUP ACTIVITY

- Mr. Caterpillar ate a leaf from a plant. You would NOT want to eat a leaf from any old plant, it could make you sick. But did you know that some of the healthy foods we eat are

leaves? Look at these: Show a lettuce leaf, spinach leaf and other leafy green leaf. These are leaves that people eat. Pass leaves around, letting children touch them, but not eat them.

- Have children talk about the leaves. What color are they? Are they soft? Are they crisp when you bend them? Are they smooth? Collect the leaves and discard.
- Maybe you've never tasted some of these leaves, but today you'll get a chance to have them in Caterpillar Leaf Salad. This salad has yummy leaves, just like Mr. Caterpillar ate, and little bits of oranges. The leaves taste crisp and good. The juice from them orange makes them even more yummy. Our mouth and tummy will be happy to taste healthy food!
- It's fun to taste new foods, isn't it? It's the only way you find out if you like it or not. Here you can always spit it out into your napkin if you don't like it. Has anyone ever tasted a food they never had before, thought they might not like it, and then ended up loving it? That's happened to me before too. It's fun to taste new foods! I have a game for you to play too, while you taste your Caterpillar Leaf Salad.

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

Tasting Experience – Caterpillar Leaves topped with Orange Tidbits

Let children choose the leaves to put on their plate, and a few orange Tidbits. Gently encourage at least one bite of each leaf, reminding children they can spit it out into their napkin if they don't like it.

Hands-on Activity

Have children categorize healthy foods and not-so-healthy foods. Show two foods at a time (laminated food models) and let them discuss if necessary which type of food it would be considered. Show them several pairs of food, one pair at a time.

Alternate Hands-on Activity

Set out the story cards of caterpillar, the foods he ate, cocoon, and butterfly. Ask the children to put the cards in order of what happened in the story.

While the children are at the tasting station, ask questions to determine whether objectives were achieved. Ask things such as:

- Why do we want to eat healthy foods? How often should we eat healthy foods?
- Why do we want to eat not-so-healthy foods only once in a while?
- How do you like trying new foods?

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

NOTE: After session, wipe healthy/not-so-healthy food models with sanitizing solution and let air dry.