

Staff Pages

This Week's Topic: Flavorful Fruit
This Week's Lesson: Fun Fruit Salad

Today in your classroom children learned why it is important to eat colorful fruits every day. Fruit provides vitamins, minerals, and fiber, and they are low in fat and salt.

- On the back of this page is your lesson plan for this week's lesson "Fun Fruit Salad." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Bring Flavorful Fruits to Your Classroom



1. Children learn by watching you. **Enjoy fruit every day with meals or as snacks.**
2. **Play a fruit salad game.** Map out a "salad bowl" on the floor using masking tape. Give each child a picture of colorful fruit. Have them "jump" in the bowl when you name their fruit. Have them "mix" the salad by jumping up and down. (Try this with vegetables to make a "tossed salad.")
3. **Make a fruit kabob.** Place colorful, bite-size pieces of soft fruit on a popsicle stick.
4. **Plan a field trip** to an apple orchard and pick some local, fresh apples to eat!
5. **Highlight a "Fruit of the Month"** and plan activities that focus on fruit that is in season. (Try this with vegetables too.)



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Fun Fruit Salad

Goals & Objectives: To provide children with knowledge and awareness of the importance of eating more fruits, especially colorful ones.

Prep Time: 15 Minutes

Activity Time: 15 Minutes

Supplies You Will Need

- Choose at least 3 different colorful fruits. Example: Kiwi, watermelon, cantaloupe.
- Cutting board, knife, serving bowls, serving spoons, small cups or bowls for individual fruit salads, spoons, and napkins.

Preparation for Activity

- Read through entire lesson.
- Purchase fruit. Wash and cut fruit into bite size pieces. Place each fruit into separate serving bowl. Save one whole sample of each fruit for discussion and demonstration.

Activity

1. **Ask the children to wash their hands.** 
2. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Fruits come in many colors, shapes and sizes.
 - Eating a variety of colorful fruits gives us energy for work and play and helps our body grow healthy and strong.
 - Fruit taste great.
3. **Using the whole fruit, name each of the fruits.** Discuss the color, shape, feel, and size of the fruit.
4. **Pass around whole fruits** for children to feel and smell.
5. **Display the serving bowls** with the cut up fruit (one for each colorful fruit).
6. **Provide each child with a napkin and a small cup or bowl and a spoon.**
7. **Pass around serving bowls of fruit, and serving spoons. Allow children to serve themselves** fruit they want in their fruit salad using the serving spoons.
8. **Ask children how the fruit tastes,** if they like it and will eat this type of salad at home.

Extension Activity

- Sensory Experience: offer children different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- Ask children to draw pictures of colorful fruit. Display pictures on a rainbow, color wheel or color chart.

Options

For a CACFP creditable snack, prepare enough fruit for each child to have a ½ cup portion and serve an additional component such as ½ ounce of low-fat cheddar cheese to meet CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Today your child learned that fruit comes in many colors. Offering your child many colorful fruits and vegetables are ways to make eating healthy food delicious and fun.

Home Activity: Make a colorful fruit salad with your child.



Tips



-  Let your child help choose at least 3 colorful fruits to make your salad.
 -  Keep it safe: rinse fruits under clean, running water before preparing or eating them. Children can help wash the fruit.
 -  Let your child help by measuring, adding ingredients to the bowl, and stirring. With supervision, preschool children can cut soft fruits using a plastic knife.
 -  Try to make half your plate fruits and vegetables. They take their lead from you. Eat fruits and your children will too.
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Make half your plate **fruits** and **vegetables**



Try this fun activity for a child friendly fruit or vegetable:

 Make a colorful kabob: Cut fruit such as melon, apple, orange and pear into small pieces. Children can put fruit on a popsicle stick, chop stick or coffee stirrer to make a fun fruit kabob. For a veggie version try vegetables like zucchini, cucumber, sweet peppers and tomatoes.



Today we made a colorful kabob.

Directions: Make a colorful kabob with your child. Your child can draw a picture of the fruits or vegetables.