

UConn Husky Reads - Preschool Lesson 3: Fruit for ALL!

Theme: Fruit Group *Choose colorful fruit any time of day for a healthy snack!*

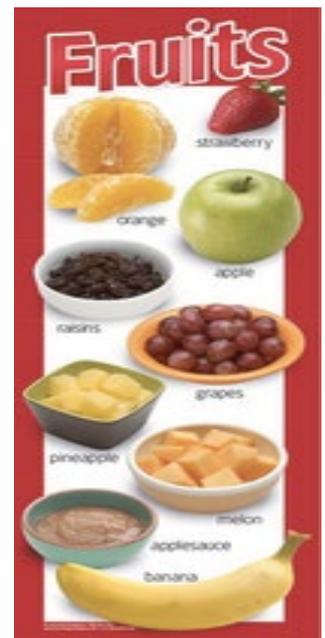
In this lesson, children are taught to associate eating fruit with staying healthy and to recognize the color red and the letter F for fruit.

Learning Objectives:

1. Children will recognize fruit as a food group on MyPlate.
2. Children will recognize that fruits come in different colors.
3. Children will be able to identify two types of fruit.

Introduction: 5 minutes

- Greet the children and ask if they remember last week's lesson, "Filling MyPlate with Healthy Choices."
- Display the MyPlate poster, identify each food group by name and color and have the children repeat them after you. Explain that it is important to eat foods from each group and to exercise every day to stay healthy and strong.
- Point out the **red** section and explain that it represents the fruit group - have them repeat "fruit". Reinforce that the word *fruit* begins with the letter 'F'.
- Hold up the fruit poster—discuss the fruits shown, noting their different tastes, colors, shapes, and sizes.
- Use plastic food models, if available. Let them know that fruits are a great (healthy) snack any time of day and as part of a healthy meal. Ask them which fruits they like to eat and when they like to eat them. Explain that fruits have vitamins and minerals and eating them every day is very important for staying healthy!



Read Aloud: 8 minutes *Choose one book from the Book List provided*

- Introduce the book title and author.
- Show children the cover of the book and ask them to make a prediction about the story.
- Utilize Book Guide below and ask children questions before, during, and after the story when appropriate.
- After finishing the book, ask the children if they enjoyed the story. Conclude by making a connection between the story and lesson objectives.

Activity: 8 minutes *Fruit Memory Game*

You will have a felt board with 10 numbered cards (turned over) containing two of each fruit. Ask the children to pick 1 of the cards (raise hands, using their words) from the **top** row, and 1 from the **bottom** row and flip them over. Have the children name the fruit (English and Spanish) and recognize the color of the fruit that is being matched. The cards in the bottom row will have a fruit with a physical activity described on them. If the cards match, do the designated exercise on the card. If the cards do not match, turn the cards back over and have the children choose again.

Tasting: 5 minutes *Clementines*

Please be sure to have the children wash their hands before eating; wear food service gloves while preparing and serving food; and clean surfaces before and after your lesson. Peel and divide clementine into sections and place sections in serving cups. Distribute to children. While having snack with the children, discuss where and how the fruit grows, as well as shape, color, and taste of the different fruits.

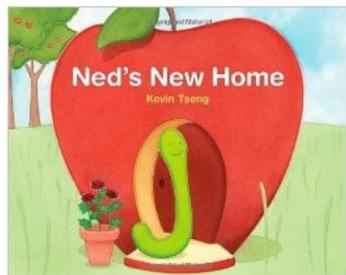
Review: 5 minutes

While children are sitting at the table, review the learning objectives of the lesson. Ask if they can name a healthy food or exercise that they learned about that day. Thank the children for spending this time with you and let them know you will be back next week with a new story, activity and food to try! Distribute stickers to the children or the teacher before leaving the classroom.

Materials needed:

- MyPlate poster
- Fruit poster by Learning Zone Express
- Fruit memory game felt board
- Fruit counting cards
- Plastic fruit models
- Stickers
- Clementines
- Serving cups and napkins
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Lesson 3 Book List and Book Guide



Ned's New Home by Kevin Tseng

Age Range: 3-7 years

Grade Level: Pre-K - 2nd

Length: 30 pages

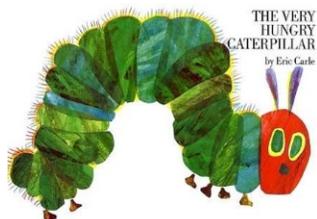
Questions to ask during the book:

- Point out that all of Ned's new homes are different fruits. For example, say "Hmm, I wonder what fruit Ned will try to live in next?"
- Ask the children to identify the fruit and its color in each illustration.
- On page 3, define the word "rot" – explain that his home was going bad like some fruit does if we do not eat it in time.
- On page 22, ask the children if they think apple pie is an "every day" food. Explain that fruits like apples, pears, kiwi, etc. can be "every day" foods – they keep us healthy and help us grow strong, but sweets like candy, pies, cakes, and ice cream are "sometimes" foods – foods that we should only have once in a while (special occasions, birthday parties, holidays, etc.).

Following the book:

Ask children to recall some of the fruits and the color of the fruits Ned lived in.

"Wow, Ned tried living in so many different fruits, even though his favorite was still apples. What's your favorite fruit?"



The Very Hungry Caterpillar by Eric Carle

Age Range: 3+

Grade Level: Pre-K - 2nd

Length: 26 pages

Questions to ask during the book:

- On each day, have the children count the number of foods with you.
- On page 18, mention that the caterpillar had a very bad stomach ache because he ate so much junk food. Note that foods like chocolate cake, ice cream, lollipops, pie, and cupcakes are all "sometimes" foods - foods that we should limit to once in a while (special occasions, birthday parties, holidays, etc.).
- On page 20, discuss "every day" foods, like fruits and vegetables, that help keep us feeling healthy and strong just like the caterpillar.
- Many of the children have completed units on butterflies. Ask them what happens when a caterpillar makes a cocoon, and have them guess what he will become.
- The colors of the butterfly's wings are the colors of the foods that he ate. Ask the students to name fruits that have the same color as the colors in his wings.

Following the book:

- "The caterpillar ate so many different fruits! What are some of your favorite fruits to eat?"