

UConn Husky Reads - Preschool Lesson 10: Taste Explorers

Theme: Try New Foods *Explore NEW foods from all the food groups to grow healthy and strong!*

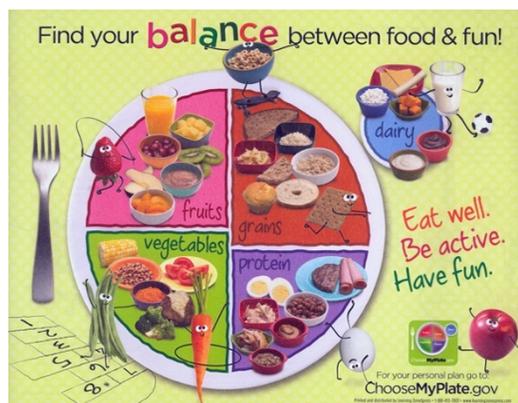
This lesson implores children to recognize that it is important to try healthy, new foods from all food groups to grow big and strong. Therefore, the tasting in this lesson consists of a variety of vegetables with a dip.

Learning Objectives:

1. Children will recall the importance of eating foods from all five food groups.
2. Children will taste and/or explore (smell, touch, etc.) new foods.

Introduction: 5 minutes

- Introduce yourselves and tell the children that you have loved coming to visit them over the last couple of weeks to read books and learn about healthy foods and exercise.
- Hold up the MyPlate poster and review the food groups. Ask students to name a food that belongs in each food group.
- Discuss the importance of eating foods from all different food groups. For example: protein for their muscles, grains for energy, dairy for strong teeth and bones, and fruits and vegetables for vitamins.
- Ask the children if they like to try new foods. Emphasize that if we never try new foods, we will never know if we like them or not!
- Explain that they can take a “no thank you bite” to help them decide if they like what is offered. It’s important that they TRY the food, not finish it!



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 provided 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.

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Activity: 8 minutes *Food Circle Game*

- Sit in a circle and toss or pass the healthy foods beach ball around to each child.
- Have the child identify the food closest to their right hand and name its food group.
- Ask the children if they've tried it – see how many different healthy foods we can name and eat.



Tasting: 5 minutes *Vegetables with dip*

Please be sure children wash their hands before eating; wear food service gloves while preparing and serving food; and clean surfaces before and after your lesson. Place a variety of vegetable bites on a plate with dip. Distribute plates to the children. Act as a role model by trying the vegetables with the children and comment how good they are. If a child does not like a vegetable, tell them it is fine and that you are proud they tasted it.

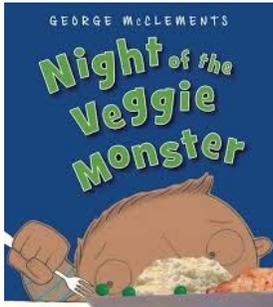
Review: 4 minutes

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 time with you. Remind them to eat healthy foods from MyPlate and to exercise every day so they can be healthy and strong. Distribute stickers to the children or teacher before leaving the classroom.

Materials needed:

- MyPlate poster
- Healthy food toss ball
- I tried It! Stickers
- Vegetable medley with dip
- Tasting plates and napkins
- Sanitation kit (disinfecting wipes, disposable gloves, paper towels, first aid, hand sanitizer)

Lesson 10 Book List and Book Guide



Night of the Veggie Monster by George McClements

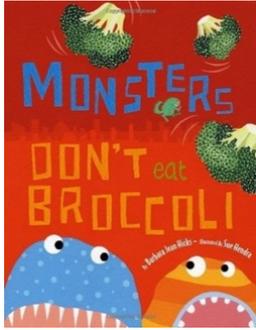
Age Range: 4-8 yrs **Grade Level:** Pre-K - 1st **Length:** 32 pages

The main character in this story is convinced that vegetables are no good but as soon as he tries a pea, he becomes the veggie monster!

During the reading:

Explain that it can seem scary to try new foods, but they won't turn into monsters! You might learn that you really like a new food if you're brave enough to try it!

Ask the students at the end if they would become a food explorer and try the broccoli.



Monsters Don't Eat Broccoli by Barbara Jean Hicks

Age Range: 3-7 yrs **Grade Level:** Pre-K - 2nd **Length:** 40 pages

These monsters refuse to eat broccoli but throughout the story we learn about all the things that monsters do like: to crunch down on!

During the reading:

Give children a role and chance to participate. For example, have them repeat the part "Fum, foe, fie, fee, monsters don't eat broccoli!"

At the end of the story, the monsters ended up liking the broccoli and even asked for more! We may end up really liking foods that at first we don't want to try!