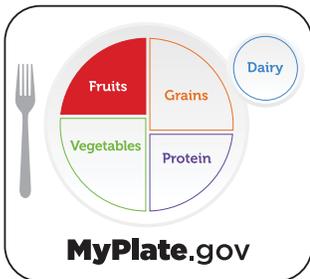


Fruits Lesson

The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear by Don Wood and Audrey Wood

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NUTRITION FOCUS Children will learn about the MyPlate Fruit Group. They will learn about different fruits and why they are healthy for them.

SNACK Fruit Basket Dice Game

PHYSICAL ACTIVITY Strawberry Mice or Fruit Kabobs

LESSON OBJECTIVES

Children will be able to do the following

1. Identify several foods that are in the Fruit Group.
2. State a nutrient that is found in most fruits.
3. State why that nutrient (vitamin C) is important for their body.

LESSON ORDER

The lesson should be taught in this order

1. Introduce the MyPlate Fruit Group.
2. Read the children's storybook, "The Little Mouse, The Red Ripe Strawberry, and the Big Hungry Bear."
3. Talk about MyPlate Fruit Group.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

REQUIRED MATERIALS

- “The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear” book by Don Wood and Audrey Wood.
- MyPlate chart, poster, or plate.
- Large dice.
- Icky Sicky plush toy.
- Plastic play fruit foods from the MyPlate plastic food play set.
- Fruit Basket Dice Game activity cards printed, cut, and folded.
- Bowl to place activity cards.
- Knight poster.
- Vitamin C poster.
- Small bottles of bubbles
 - Two bottles if choosing two volunteers, or several bottles if all children will be participating.
- Recipe, ingredients and supplies for strawberry mice or fruit kabobs.

TIPS FOR INCREASING ENGAGEMENT WHILE READING THE BOOK

- Ask if they like strawberries.
- What they would do with the strawberry.
- To crouch down like a little mouse and then stand tall and wave their arms like a big, hungry bear.

TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, play a fun physically active game, and make a healthy snack.

“Today we are going to learn about the Fruit Group. The Fruit Group is part of MyPlate.”

Show MyPlate chart, poster, or plate.

“Can you see where the Fruit Group is on MyPlate? We are going to read the book ‘The Little Mouse the Red Ripe Strawberry and the Big Hungry Bear.’ While we are reading the book, think about how it might relate to the MyPlate Fruit Group.”

Read the book

NUTRITION

Hold up the MyPlate chart, poster, or plate again.

“This is MyPlate, which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided up into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”

“The book we read had a red ripe strawberry in it. How many of you like strawberries? What other fruits are your favorites?”

Show plastic fruit play foods as prompts. Allow children to name a few.

“Fruits are good for us. In fact, MyPlate recommends that we make half of our plate fruits and vegetables.”

Show MyPlate chart, poster, or plate again.

“That means when you sit down to eat, half of this plate should be filled with fruits and vegetables! This is because these foods are full of nutrients that help us grow and stay healthy. One of the vitamins found in fruits is vitamin C. Can you hold your hand so it looks like a C? That will help us remember vitamin C!”

“Now, raise your hand if you have ever fallen and skinned your knee or cut yourself on something sharp. I think we all have. Did you know the vitamin C that is found in the fruits we eat helps our wounds and cuts heal?”

Raise your hand if you have ever had a cold or the flu. Did you feel a little like this?”

Show Icky Sicky plush toy.

Eating fruits and other healthy foods can help you from feeling like this poor guy.

Show Icky Sicky plush toy.

Show the picture of the knight holding a shield; point to the shield.

“Speaking of keeping us healthy, does anyone one know what this is called?”

Point to the shield; you may need to tell children you’re not pointing to the whole picture but what he is holding.

“It’s something knights used in medieval times, hundreds of years ago. You might have seen one in a cartoon or movie.”

Let the kids respond: a shield.

“Does anyone know what a shield does?”

Let the kids respond or answer if no one volunteers.

“It protects knights or people from their enemies and keeps their body safe.”

Show the vitamin C shield.

“I have another picture of a shield here. This shield is a little different. We are going to pretend that it is made of fruits that have vitamin C. Who can name these fruits?”

Let the kids respond: kiwi, strawberries, berries and oranges.



“That’s right! And as we just learned, these fruits contain vitamin C. Hold up your hand and show me your letter C. And just like a shield, vitamin C works to keep us healthy and protect us from getting sick. I need two volunteers to come forward.”

Hold up the vitamin C shield.

“Volunteers, please take the bubbles and blow them toward me and my shield. We are going to pretend that these bubbles are germs, and I am going to keep my body healthy with my vitamin C shield!”

If you have more time and are in a workable space, you may want to give each child bubbles to blow at the shield while you hold it up.



PHYSICAL ACTIVITY: FRUIT BASKET DICE GAME

Print and cut the Fruit Basket Dice Game. Fold the cards and place them in a basket or bowl. Ask a child to come up and pull a card out and show the group the fruit pictured. Ask children, “Who likes the fruit shown?” Then ask the child to turn the card around and show the physical activity. Ask two children to roll the dice.

For example, the game card might say “jumping jacks.” If the pair of dice was rolled to a six (one die with a 1 and one die with a 5), the group will do six jumping jacks. Then, roll the dice again, and pull a new activity card out of the fruit basket.

NOTE: Some children may not be comfortable or able to do all the physical activities. Encourage them to do what they can. For example, if a certain child isn’t comfortable doing jumping jacks, encourage them to wave their arms and keep their feet on the ground.

Alternate Game: Orange, Orange, Grapefruit (Duck, Duck, Goose with a citrus twist)
One person is “it” and walks around the circle. As they walk around, they tap people’s heads and say whether they are an “orange” or a “grapefruit.”

Once someone is the grapefruit, they get up and try to chase “it” around the circle. The goal is to tap that person before they are able sit down in the grapefruit’s spot.

If the grapefruit is not able to do this, they become “it” for the next round and play continues. If they do tap the “it” person, the person tagged must sit in the center of the circle.

Then the grapefruit becomes “it” for the next round. The person in the middle can’t leave until another person is tagged and they are replaced.

LESSON REVIEW

While enjoying the snack, review the lesson.

Show MyPlate chart, poster, or plate. Ask children:

*“Do you remember how much your plate should be fruits and vegetables?”
Answer: Yes– half of your plate should be fruits and vegetables.”*

“Why do you think we should make half our plate full of fruits and vegetables?
Answer: They are especially healthy for us—so it is important to eat a lot of them each day.”

“Hold your hand so it makes the letter C. Do you remember what vitamin is found in fruits?
Answer: “That’s right! Vitamin C. Vitamin C helps our wounds and cuts heal and helps us stay healthy and fight infection.”

STRAWBERRY MICE

Ingredients

- Strawberries (1 for each child)
- Mini chocolate chips
- Licorice whips
- Almond slices

Instructions

Put on food prep gloves. Rinse strawberries. Cut off the top with leaves. Slice the bottom off slightly (so the mouse will sit). Cut the licorice whip to about 2 times the strawberry’s length, and place it in the back of the strawberry to make a tail. Add mini chocolate chips for the eyes and nose. Stick two almond slices on top for ears.

** Chocolate chips and licorice are “sometimes” foods, but they are okay to eat in moderation.*

**If there are tree nut allergies (or if the school is nut-free), use tiny pieces of string cheese in place of the almond slices (prepare before class).*



Alternative recipe idea

FRUIT KABOBS

Ingredients

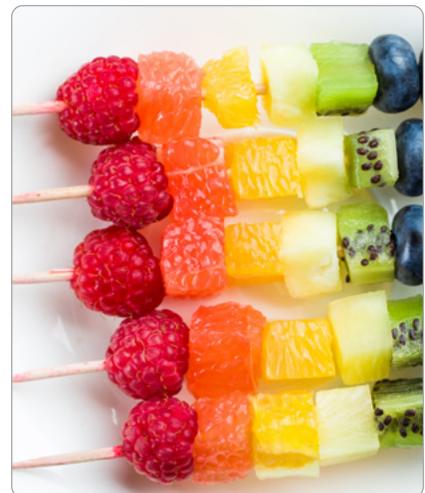
- Different fresh fruit (for example: blueberries, strawberries, pineapple, honeydew, cantaloupe)
- Cocktail straws or coffee stirrers (thin plastic straws) or wooden skewers*
- Small heart cookie cutter (optional)

Instructions

Put on food prep gloves. Wash, hull, and cut fruit into large-sized pieces. If in season, cut cantaloupe and/or honeydew into 1-inch rounds. Use small cookie cutter to make hearts or other shapes.

After children wash their hands, encourage them to string fruit carefully on the skewer or straw to make a fruit kabob. Ask parents to help children.

**Coffee stirrers are more appropriate for young children.*



HEALTHY SNACK

INSTRUCTOR NOTES:

- Regarding allergies: Check with parents before serving any snacks to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative.
- Please instruct children to wash hands before eating.
- Wear disposable gloves when preparing the following recipe(s).