

The Very Hungry Caterpillar

Lesson Plan

Goal

To promote nutrition education, physical activity, and literacy with young children.

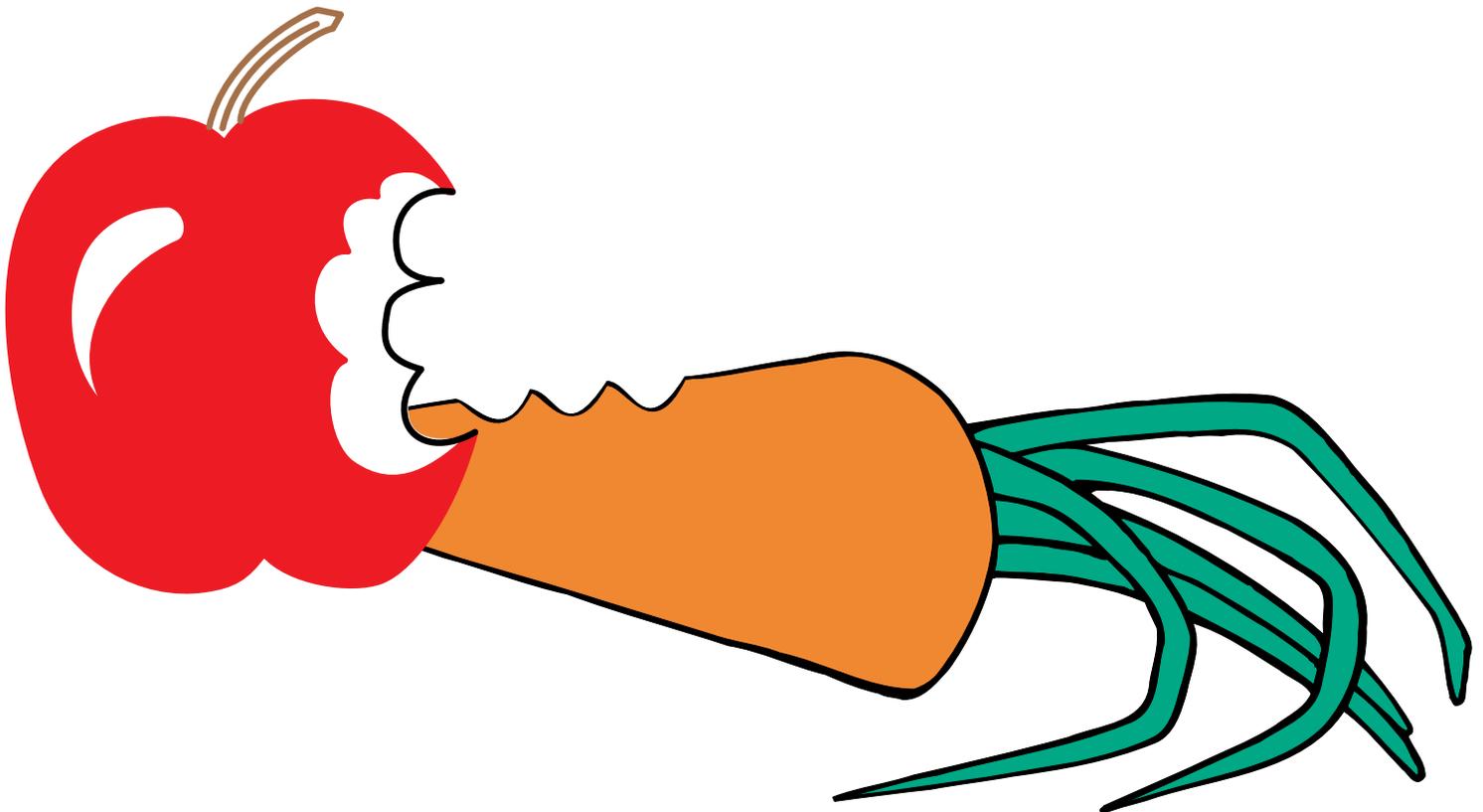
Objectives for Children

- Children will name two fruits that give them energy.
- Children will name their favorite fruit.
- Children will state how many servings of fruit they need a day.



Objectives for Parents

- Parents will state how many servings from the Fruit Group a preschool child needs each day.
- Parents will state what one serving of fruit is for a preschool child.
- Parents will read to their children daily.



Procedure

1. Wear your **Give Me 5 A Day!** apron, if you have one. Invite children into the room by giving them a picture of a plum, pear, apple, orange, or strawberry (on a craft stick - see materials needed for lesson plan).
2. Have the children sit “criss-cross applesauce” (cross legged) in a circle with the teacher. Go around the circle and ask each child to name the fruit he or she is holding.
3. The teacher shows the children the cover of the book and says, “What do you think this book is about? Yes, this book is about a caterpillar and this caterpillar eats fruit.”
4. The teacher says, “Watch while I am reading and see if you see the fruit you are holding. Hold it up if you do.”
5. The teacher then holds up a picture of a plum (on a craft stick) and asks, “What is the name of this fruit?”
6. The teacher holds up a picture of an apple (on a craft stick) and asks, “What is the name of this fruit?”
7. The teacher holds up a picture of a strawberry (on a craft stick) and asks, “What is the name of this fruit?”
8. The teacher holds up a picture of an orange (on a craft stick) and asks, “What is the name of this fruit?”
9. The teacher passes out the fruit pictures so that each child is holding one. If you have a large class, you can also include the pictures of the leaf, moon, sun, caterpillar, and butterfly.
10. The teacher then says, “When you hear me say the name of your fruit picture, hold the picture up for everyone to see.”
11. The teacher reads the title of the book, **The Very Hungry Caterpillar**, and the name of the author, Eric Carle.
12. The teacher then reads the story letting children hold up their fruit pictures as the fruit is discussed.

Exploring Activity

The teacher asks the children, “Why do you think the caterpillar felt sick when he ate so much food? Why did he feel better when he ate the green leaf?”

The teacher then says, “We don’t eat green leaves, but we eat green vegetables. Can someone tell me the name of a green vegetable?”

The teacher then emphasizes that some foods are healthier choices than others. Note: Do not use the term “good” foods or “bad” foods.

The teacher says, “Fruits and vegetables give us energy and make our skin glow and our eyes sparkle. We need to eat at least 3 servings of vegetables a day and at least 2 servings of fruit a day to stay healthy.”

The teacher then says, “The caterpillar ate a lot of different fruits. Can you tell me the name of your favorite fruit?”

Share Time with Parents

Share time is when you share nutrition information from the story with the parents while the children are working on their craft project. Keep the tone conversational. The nutritionist should be listening more and the parents should be doing most of the talking. For more information on facilitated dialogues, go to:

www.nal.usda.gov/wicworks/Sharing_Center/statedev-nutritioneducation.html

Try leading out with a question such as: “Which foods in the Hungry Caterpillar do your children eat? Or, “Which fruits in the Hungry Caterpillar do your children eat?” Some points to add as they come up naturally in the discussion are:

- Ask parents if they know that many Americans eat little or no fruit.
- Share with parents that fruit has many important vitamins and also has fiber. These are essential for good health.
- Share with parents that children need 2 to 4 servings from the Fruit Group each day.
- Show parents what one serving of fruit for a preschooler looks like using food models.
- Ask parents to offer their child a fruit from the story when they go home.
- Hold up a food model of a serving of juice and tell the parents this is enough juice for their child for the day. Share with them that most pediatricians recommend only 6 ounces of juice a day for preschoolers.

Remind parents that the most important thing they can do to help their children learn to read is to read to them.

Ask parents to complete the goal setting question (Attachment 2).

Give each parent a copy of the Nutrition Tips for Parents (optional).

Extending and Reinforcing Activities (Optional)

Fruit Tree Game

- The teacher places 4 large trees (made out of construction paper) and 1 large bush (made out of construction paper) on the floor.
- The teacher then places large pictures of the fruit from **The Very Hungry Caterpillar** on each tree. An apple on one tree, a pear on another tree, an orange on another, etc.
- The teacher says, “Now we are each going to pretend to be a caterpillar and pretend to eat the same fruits the caterpillar ate in the story.”
- The teacher says, “I am going to give you a picture of one of the fruits and I want you to walk over to the fruit tree that it matches and sit down next to it.”
- The teacher then gives the first child a picture of a pear and asks, “What is the name of this fruit?”
- After the child answers the teacher says, “Very good, now find the pear tree.” Continue with the rest of the children.

Butterfly Craft (Attachment 1)

- Have children make a butterfly. Encourage the children to wear the headband and wings and wave arms like a butterfly. Tell them when they are at home that they can run and flap their arms like a butterfly.

Munch Time

- Bring one or more of the fruits from the story and let the children taste it.

Movement Time

- Play a song from the **Give Me Five A Day!** CD with the children. Have children dance and move to the music.

Materials Needed for Lesson Plan

- **The Very Hungry Caterpillar** by Eric Carle www.amazon.com
- **Give Me Five A Day!** CD doh.state.fl.us/family/wic/index.html
- **Give Me Five A Day!** apron (optional) deedee@creativepockets.com
- Color copies of plum, apple, strawberry, orange (laminated or use contact paper)
- Craft sticks
- The following website has color copies needed for the story and crafts. They are free to print. Scroll down to templates. Print color pictures and laminate them and place on colored craft sticks by either stapling or gluing. Also make additional copies of the fruit and laminate them for the game. www.dltk-teach.com/books/hungrycaterpillar/felt_fun.htm
- Juice model www.enasco.com www.nutritionexplorations.org/catalog/preschool.asp

Materials Needed for Optional Reinforcing Activities

- **Fruit Tree Game**
 - Large color copies of fruit from the book, laminated so they will last longer. Go to the following website for free color copies. edtech.kennesaw.edu/traci/insects/food.htm
 - Brown construction paper for tree trunk.
 - Green construction paper for treetop.
- **Butterfly Craft (Attachment 1)**
 - See Attachment 1 for butterfly craft for list of materials.
- **Munch Time**
 - 2 fruits for tasting
 - 3 vegetables for tasting
 - Hand wipes
 - Small plates
- **Movement Time**
 - **Give Me 5 A Day!** CD or other fun music
 - CD player



Sunshine Standards

Health Literacy

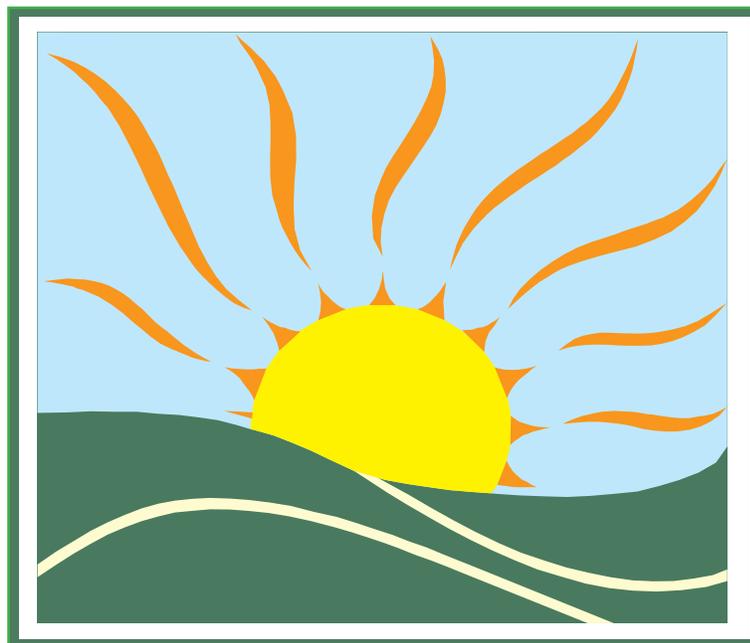
Standard 1:

- The student comprehends concepts that relate to health promotion and disease prevention. (HE.A.1.1)
- The student:
 - Understands positive health behaviors that enhance wellness.
 - Classifies food and food combinations according to My Pyramid.

Responsible Health Behavior

Standard 1:

- The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.1)
- The student knows and practices good personal health habits.



Attachment 1

Butterfly Craft

Butterfly Head Band

Materials

- Purple construction paper, cut 18” long and 4” wide
- Pictures of pear, plum, and orange (black and white)
- Black pipe cleaners, cut in half
- Tape or stapler

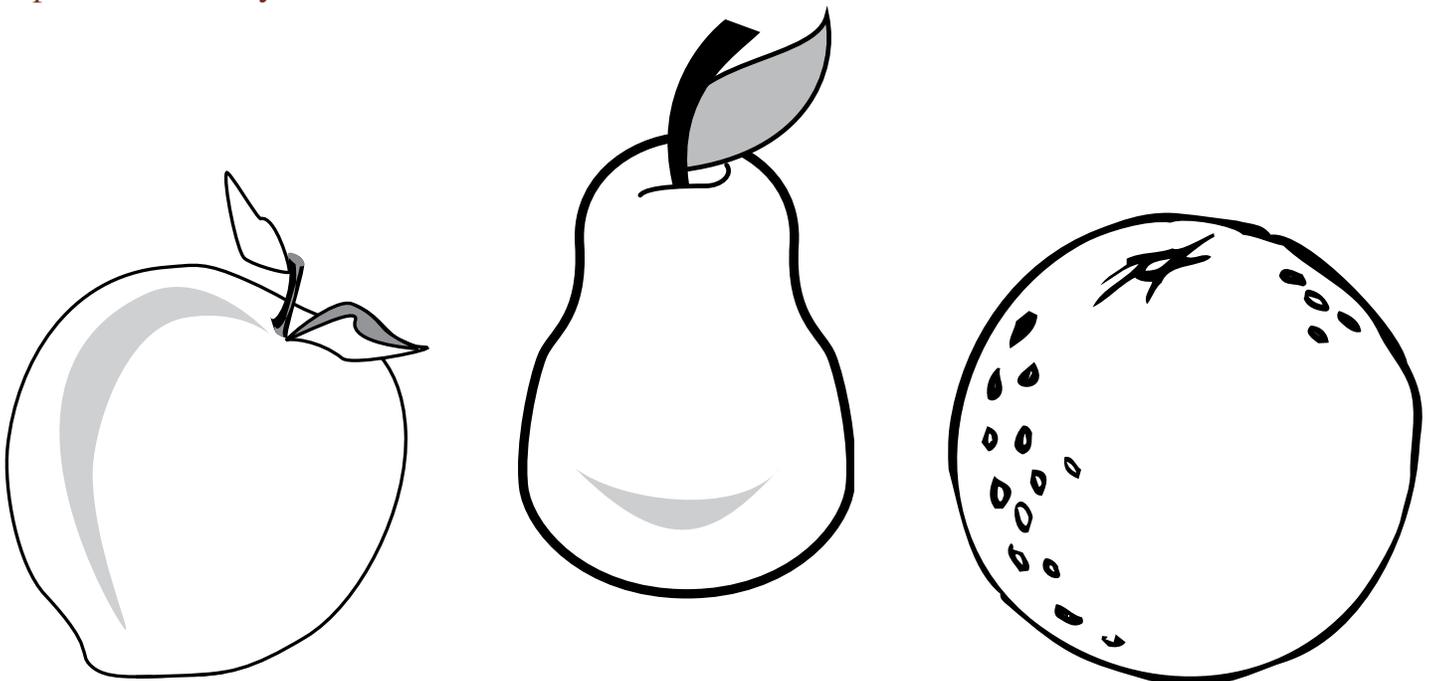
Have children color pear, plum, and orange. Glue them to center of purple paper. Poke two small holes into the top of paper on each side of the fruit. Put the pipe cleaner through and shape the pipe cleaner to look like antennae. Place head band around child’s head to size it. Staple or tape headband together.

Butterfly Wings

Materials

- Orange construction paper
- Red, yellow, purple, green and orange crepe paper
- Stapler

Cut crepe paper into 12 18” strips. Staple 6 strips of crepe paper onto ONE side (longest side) of each piece of the construction paper. Roll paper into a tube (rolling small end to small end) and staple together. Let crepe paper strips stream down. Children can wear these on their arms and flap like a butterfly.

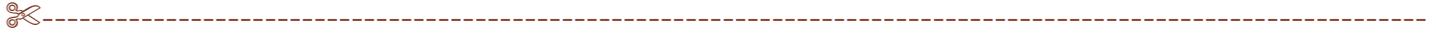


Attachment 2

Parent Goal Setting (English Version)



What did you see or hear today that you think your child would like to do at home?



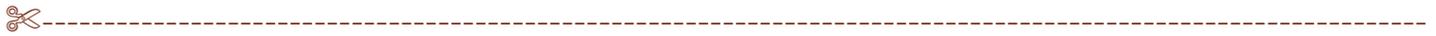
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Attachment 2

Parent Goal Setting (Spanish Version)



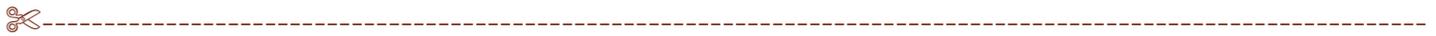
¿Qué vió o escuchó usted hoy que usted cree que su niño puede hacer en la casa?



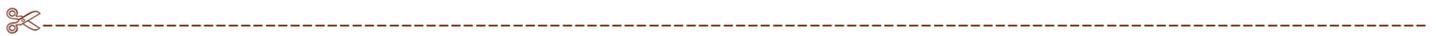
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Nutrition Tips for Parents

Fruit Juice

You probably already know that you should try to keep your child from drinking too many sweet drinks (such as soda, tea, fruit drinks, and sports drinks), but what about 100% fruit juice? While 100% fruit juice has vitamins and minerals, too much of a good thing is not good for your child! Both juice and sweet drinks can spoil your child's appetite for other foods needed for proper growth. They can also cause diarrhea or add calories that can lead to your child becoming overweight.

How much juice should my child drink?

- Limit 100% fruit juice to 2 to 4 ounces per day for infants and 4 to 6 ounces per day for toddlers and preschoolers. Limit other sweet drinks to occasional treats.

What can I give my child instead?

- Give your child about four servings of milk daily. A serving size is 1/2 to 3/4 cup.
- Children are more likely to drink milk with meals.
- Offer water instead of juice or other sweet drinks between meals.

What if my child keeps asking for more juice?

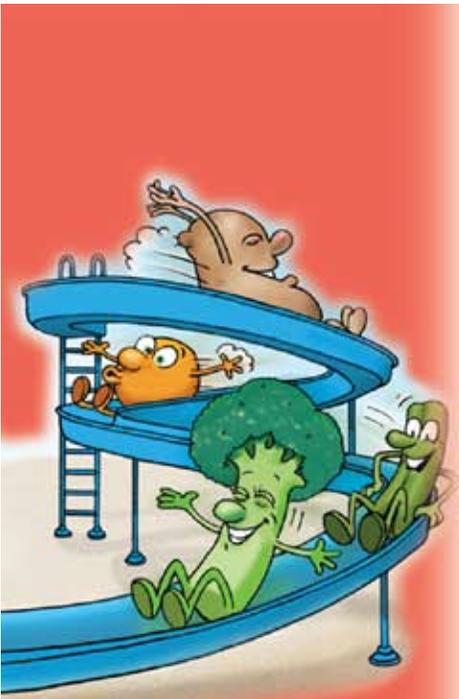
- Offer a choice of milk or water instead. If both are refused, firmly tell your child that these are the choices. You control what your child is offered. Children will drink water if they are thirsty.

How can I get my child to drink water?

- Serve water in a sports bottle or in your child's favorite cup with a straw. Keep a colorful container of water in the refrigerator. Offer water flavored with a bit of fresh lemon or lime. Dilute juice with water. Mix juice with unsweetened seltzer water in place of soda. Set an example. Drink water with your child.

Dental Health Tip: Frequently drinking juice, milk, or other sweet drinks from a baby bottle or sippy cup can cause your child's teeth to get tooth decay. Children should stop using a bottle by age 12 to 14 months. Do not let your child go to sleep with a bottle that is filled with juice, milk, or a sweet drink. Sippy cups may be used at mealtime to help prevent spills. Between meals only give water in the sippy cup. Gradually give your child a cup without a lid, so he/she can get used to using a regular cup.

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Ideas de Nutrición para Padres

Jugo de Fruta

Usted probablemente sabe que debe tratar de evitar que su niño tome demasiadas bebidas dulces (tales como soda, té, bebidas de fruta y bebidas deportivas), pero ¿qué se sabe acerca del jugo de fruta al 100%? A pesar de que el jugo de fruta al 100% tiene vitaminas y minerales, ¿demasiado jugo no es bueno para su niño! Tanto el jugo como las bebidas dulces pueden disminuir el apetito de su niño y privarlo de otros alimentos que son necesarios para el crecimiento adecuado. Estos también pueden causar diarrea y añadir calorías que pueden causar el sobrepeso en su niño.

¿Cuánto jugo debe tomar mi niño?

- Limite la cantidad de jugo a 2-4 onzas por día para infantes y de 4-6 onzas por día para los niños mayores de un año y de edad preescolar. Limite las bebidas dulces para ocasiones especiales.

¿Qué le puedo dar a mi niño en su lugar?

- Ofrezcale a su niño aproximadamente 4 porciones de leche al día. Una porción es de 1/2 a 3/4 de taza.
- Es más probable que su niño tome leche con las comidas.
- Ofrezca agua en lugar de jugo u otras bebidas dulces entre comidas.

¿Y si mi niño continua pidiendo más jugo?

- Ofrezcale la alternativa de leche o agua. Si rehusa estos dos, dígame firmemente que esa es la única alternativa. Usted controla lo que se le ofrece a su niño. Los niños tomarán agua si tienen sed.

¿Cómo puedo hacer que mi niño tome agua?

- Sirva agua en una botella deportiva o en la taza favorita de su niño con un sorbeto (paja). Mantenga una botella de agua de color atractivo en la nevera. Ofrezca agua con un poco de limón o lima. Diluya el jugo con agua. Mezcle jugo con agua carbonatada sin azúcar en lugar de soda. Sea un buen ejemplo. Beba agua con su niño.

Idea para la Salud Dental: Si su niño toma jugo, leche o bebidas dulces de la botella o de la tazita de bebé puede que tenga problema con las caries dentales. Los niños deben dejar la botella de 12 a 14 meses de edad. No permita que su niño se duerma con una botella que está llena de jugo, leche o una bebida dulce. Las tazitas de bebé pueden ser usadas durante las comidas para evitar el derrame. Entre comidas solamente ofrezcale agua en la tazita. Gradualmente dele a su niño una taza sin la tapa para que se acostumbre a tomar en una taza regular.

WIC provee oportunidades iguales a todos.

