

Give Me Five A Day! Lesson Plan

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WIC Program, Orange County Health Department

Goal

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

Objectives for Children

- The children will state how many fruits and vegetables they need to eat a day to stay healthy.
- The children will count 2 fruits and 3 vegetables.
- The children will say the names and colors of some fruits or vegetables.

Objectives for Parents

- The parents will state how many servings of vegetables their children need each day.
- The parents will state how many servings of fruits their children need each day.
- The parents will state the preschool children's serving size for the Fruit Group and the Vegetable Group.

Procedure

1. Wear your *Give Me 5 A Day!* apron, if you have one. Invite children into the room by offering them a fruit or vegetable plush toy to hold during story time. Tell them that after the story is read that the fruits and vegetables will be "tired" and will need to go back in the basket for a nap.
2. Have children sit "criss-cross applesauce" (crossed legged) in a circle with the teacher.
3. Go around the circle and ask each child what fruit or vegetable he/she is holding.
4. The teacher says: *"Today we are going to talk about eating five fruits and vegetables a day. Fruits and vegetables keep us healthy and give us energy. They help our eyes sparkle and our skin glow."*
5. The teacher reads the title of the book, *Give Me 5 A Day*, and the names of the authors, Kathy Reeves, Brenda Crosby, Jennifer Hemphill and Elizabeth Hoffman.
6. The teacher reads: *"Give me five, give me five, give me five a day."*
7. The teacher "high fives" the children as she reads this sentence. **Don't forget to do this - the children love it.**

8. The teacher continues to read. When the teacher reaches a page that has some of the fruits or vegetables on it that the children are holding, point to one and say: *“What is this called? Is anyone holding this?”* Hold it up for everyone to see.
9. The teacher continues to read the story and, along with the children, does the movement activities described in the book.
10. (optional) The teacher can also use colored copies of fruit and vegetable cartoons from the book to count with as story is read.

Exploring Activity

The teacher asks the children, *“How many fruits and vegetables do you need to eat a day to stay healthy?”*

The teacher says, *“That’s right—five a day.”*

The teacher then says, *“Give Me Five”* to each child and *“high fives”* them.”

The teacher then pulls three felt vegetables out of her apron pocket and lets the children take turns placing them on the felt board.

The teacher says, *“Let’s count to three.”* The teacher points to each vegetable as they count.

The teacher then pulls two felt fruits out of her apron pocket and lets the children take turns placing them on felt board.

The teacher says, *“Let’s count to two.”* The teacher points to each fruit as they count.

The teacher then says, *“Let’s all count them together--1, 2, 3, 4, 5. That makes five a day. You need five fruits and vegetables a day to stay healthy.”*

Share Time with Parents

- Tell parents we all need to eat at least 2 servings of fruit a day and at least 3 servings of vegetables a day to equal 5 a day.
- Show them what a serving size of a fruit and vegetable looks like for a preschooler by using the food models.
- Tell parents to let children help them in the kitchen preparing the fruits or vegetables. Children can wash the produce or put them into the serving bowl.
- Talk with parents about eating a rainbow of colors of fruits and vegetables.
- Ask parents if they would like to share any ideas that have helped their children to eat more fruits and vegetables.
- 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 3).
- Give each parent a copy of the Nutrition Tips for Parents (optional).

Extending and Reinforcing Activities (Optional)

1. Five A Day Glove Craft Idea (See Attachment 1)

The teacher then pulls out a “Five A Day” glove with the fruits and vegetables attached with Velcro and says:

“Look, two fruits and three vegetables make five a day.” (Wiggle each finger one at a time as you say this.) *“Lets count them: 1, 2, 3, 4, and 5.”*

The teacher then says:

“Can you point to the purple grapes?”

“Can you point to the orange carrot?”

“Can you point to the red tomato?”

“Can you point to the green broccoli?”

“Can you point to the yellow and white banana?”

Let children make their own 5 A Day glove (Attachment 1)

Have children count to five using their own five a day glove.

2. Movement Time

Play a song from the *Give Me Five A Day!* CD with the children. Ask children to partner with a friend or parent and “Give Five” to each other while the music is playing. Have children dance and move to the music.

3. Munch Time

Bring 2 different fruits and 3 different vegetables for the children to taste. Be sure to give children a hand wipe before they eat. Have them count the fruits and vegetables on their plates. Ask them the colors of the fruits and vegetables.

4. 5 A Day Hand Craft (Attachment 2)

Materials Needed for Lesson Plan

- Fruit and vegetable plush toys: Fruit Seedies and Veggie Friend Seedies by Gazelle ~\$2.30 each from Neat Solutions 1.888.577.6328 or www.neatsolutions.com
- Basket and plastic fruits: ~\$20 fruits and vegetables www.lakeshorelearning.com
- *Give Me Five A Day!* apron (optional) deedee@creativepockets.com
- *Give Me Five a Day!* book
http://www.doh.state.fl.us/family/wic/Documents/Five_A_Day/fiveaday.htm
- Food Models <http://www.enasco.com/>
<http://www.nutritionexplorations.org/catalog/preschool.asp>
- Copies of Attachment 3 that have been cut
- Felt Board and felt fruits and vegetables: ~\$19.95 each for board and ~\$7.95 for each fruit and vegetable set from Neat Solutions 1.888.577.6328 or www.neatsolutions.com
OR Make your own fruits and vegetables to put on felt board as shown on pages 13-17 of this document.

Materials for Optional Reinforcing Activities

1. Five A Day Glove Craft Idea

- Storytime glove for teacher: inexpensive glove, Velcro, pictures of fruits and vegetables (see Attachment 1) OR small plastic fruits and vegetables
- Storytime glove for children (see Attachment 1)
 - Crayons
 - Latex gloves (obtain from clinic or purchase in any grocery or dollar store)
 - Black and white pictures of fruit and vegetable cartoons
 - Glue sticks
 - Scissors

2. Movement Time

- *Give Me 5 A Day!* CD or other fun CD
- CD player

3. Munch Time

- 2 fruits for tasting
- 3 vegetables for tasting
- Hand wipes
- Small paper plates

4. Hand Craft (Attachment 2)

- White paper
- Crayons
- Pencils
- Scissors
- Pictures of fruits and vegetables
- Staple
- Craft stick

Sunshine Standards

Health Literacy

Standard 1:

The student comprehends concepts that relate to health promotion and disease prevention.

(HE.A.1.1)

The student:

- a. Understands positive health behaviors that enhance wellness.
- b. Classifies food and food combinations according to the Food Guide Pyramid.

Standard 2:

The student knows how to access valid health information and health-promoting products and services. (HE.A.2.1)

The student knows sources of health information (e.g., people, place and products) and how to locate them.

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 Five A Day Glove Craft Activity

Children's glove

Latex gloves (small or extra small)

Crayons

Black and white cartoons of grapes, banana, tomato, broccoli, and carrot

Scissors

Glue

Have children color fruits and vegetables. Then let children or parents cut them out and glue one to each finger of the glove. Have children count the fruits and vegetables on his/her finger.

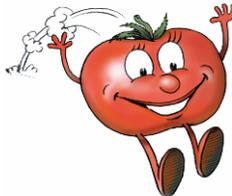
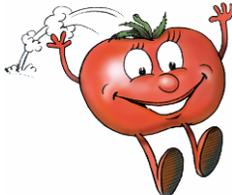
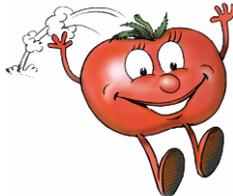
Teacher's glove

White inexpensive glove (for example: gardening glove)

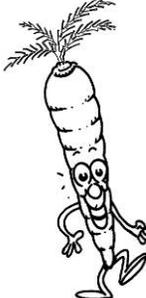
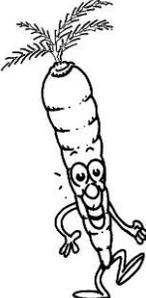
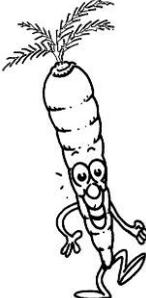
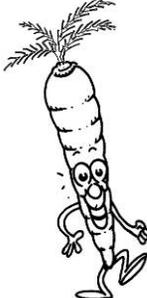
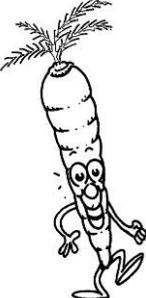
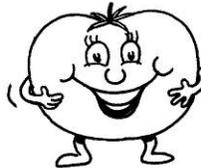
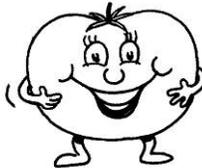
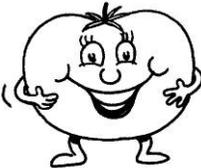
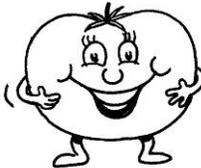
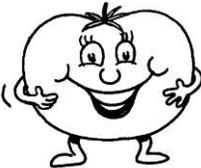
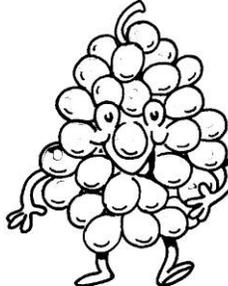
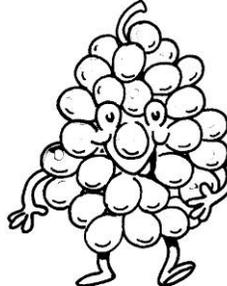
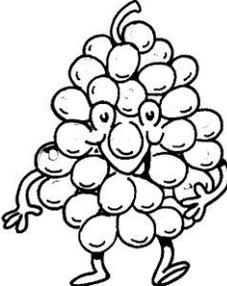
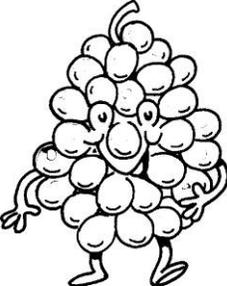
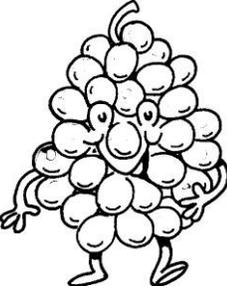
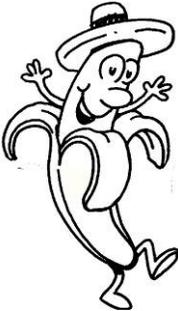
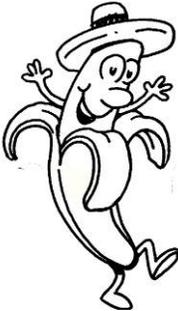
Velcro (for teacher's glove)

Laminated (or contact paper) colored fruit and vegetable pictures or small plastic fruits and vegetables

Pictures for Teacher's Glove - Laminate or use clear contact paper and then cut.



Pictures for Children's Glove - Have children and parents color and cut.



Attachment 2

Five A Day Hand Craft Activity

You will need the following:

White paper
Crayons
Pencils
Scissors
Pictures of fruits and vegetables
Staples
Craft sticks

Have children trace their hand on paper and cut it out with parents' help. Have the children color two fruits and three vegetables and cut them out. Next, let the children glue one to each finger of the cut-out "hand." Staple cut-out "hand" to craft stick.

Attachment 3 - 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 3 - 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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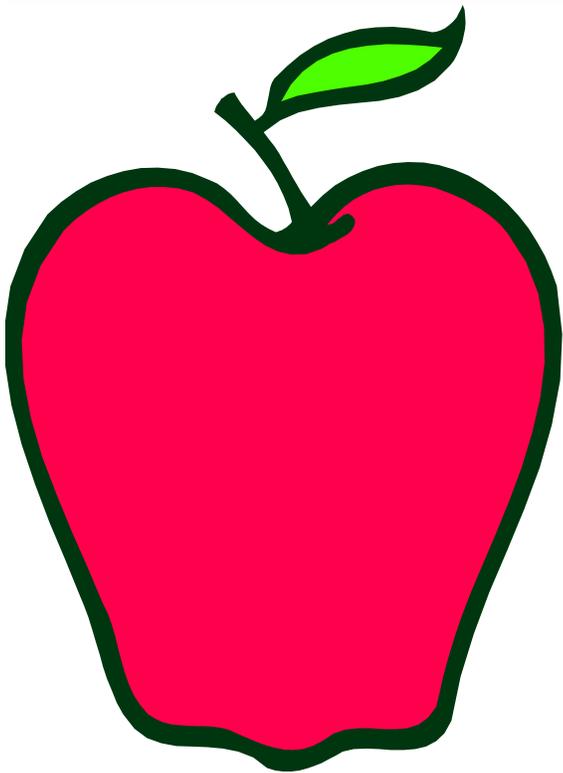
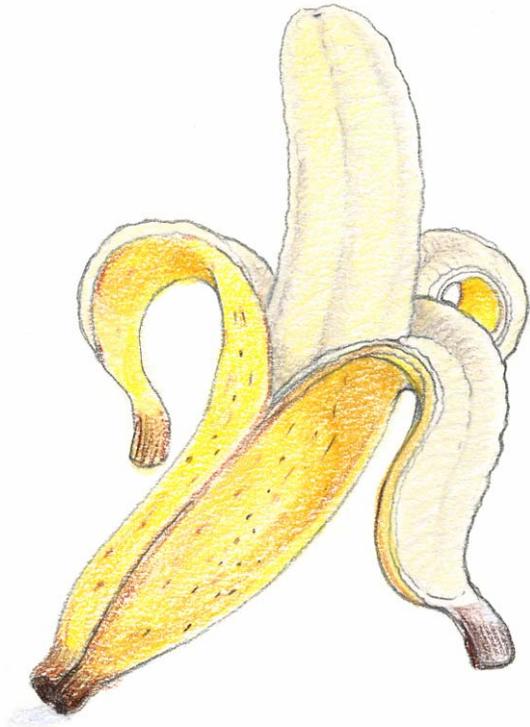
¿Qué vió o escuchó usted hoy que usted cree que su niño puede hacer en la casa?

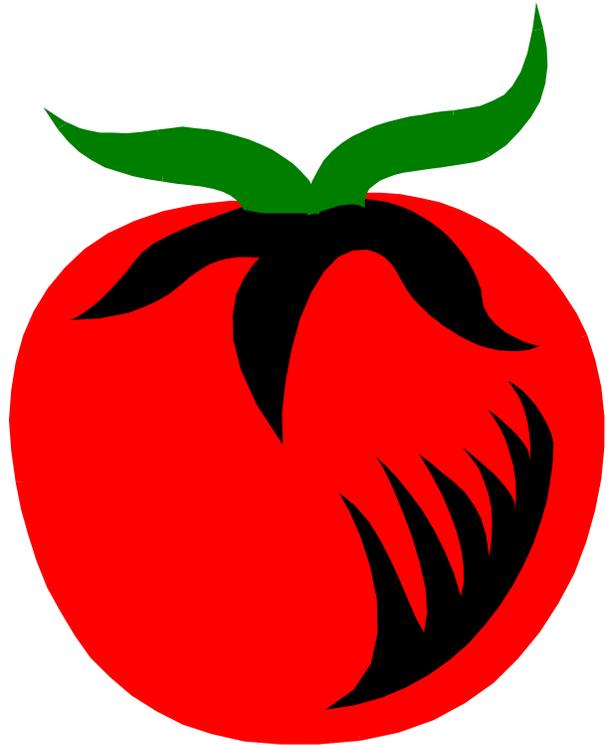
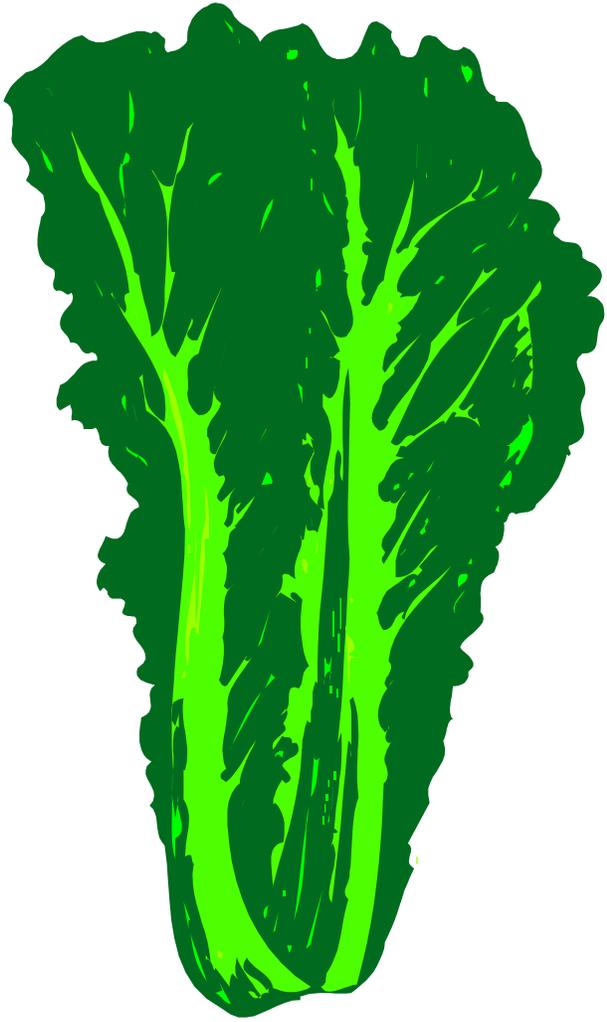
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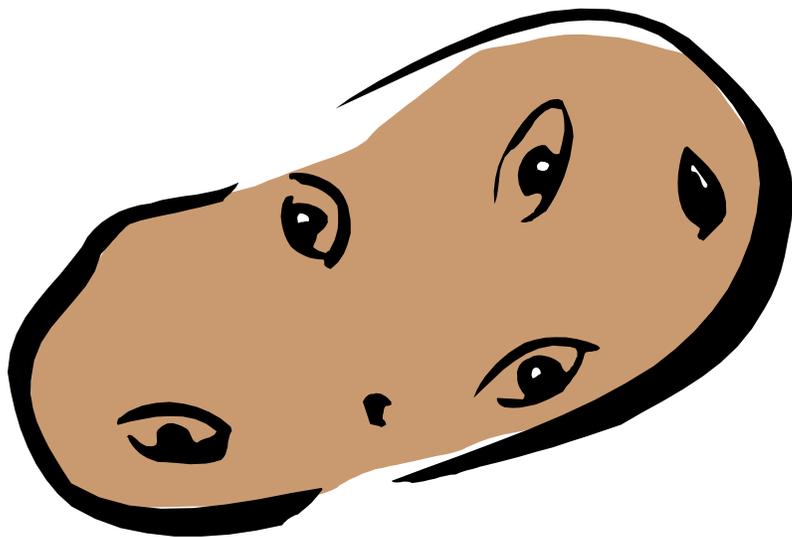
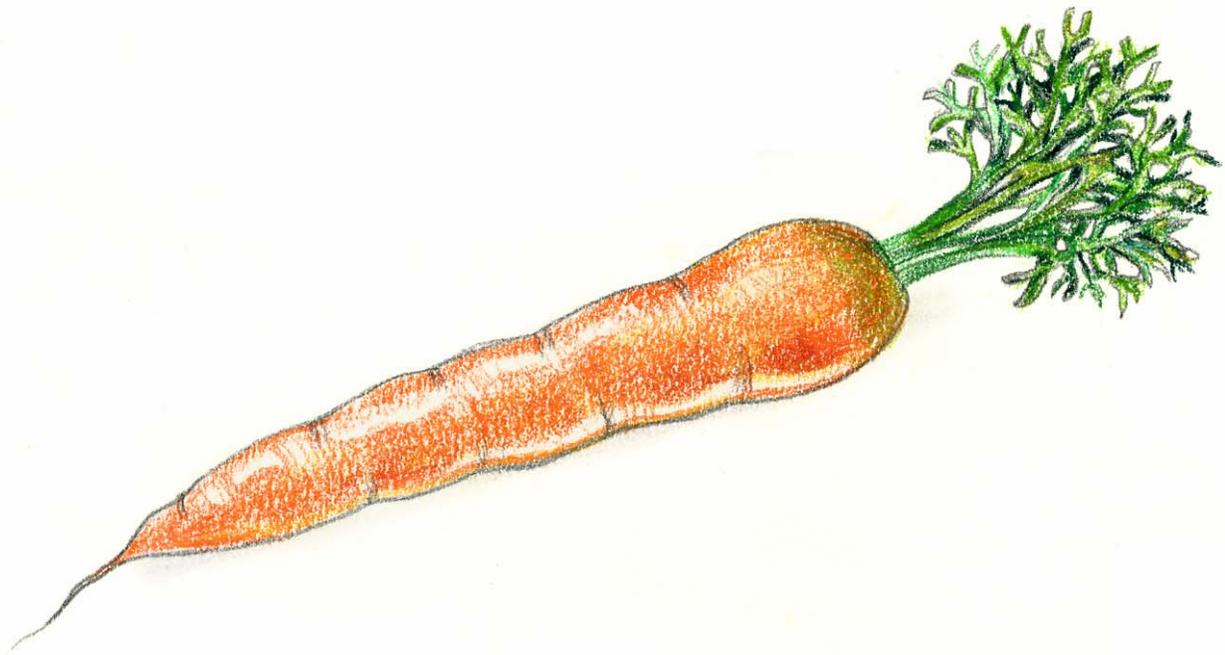
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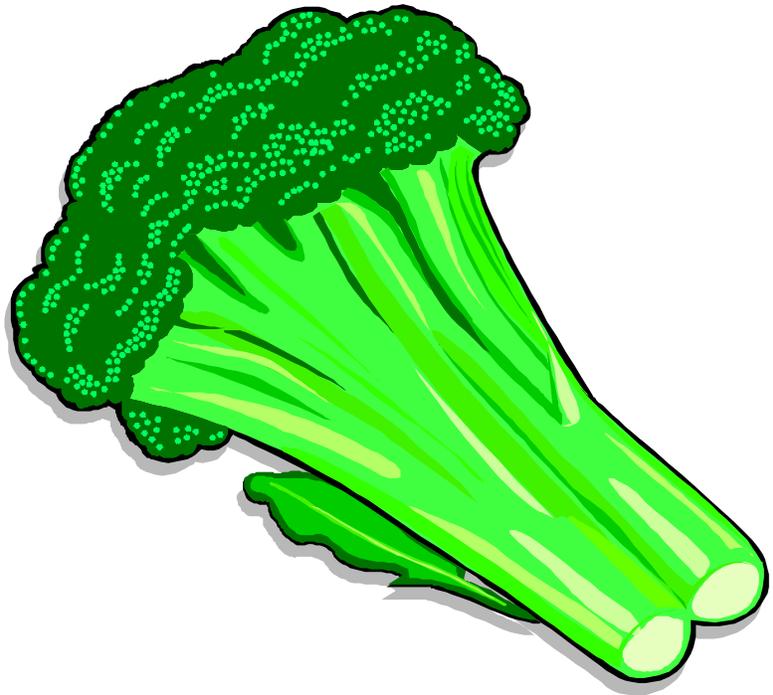
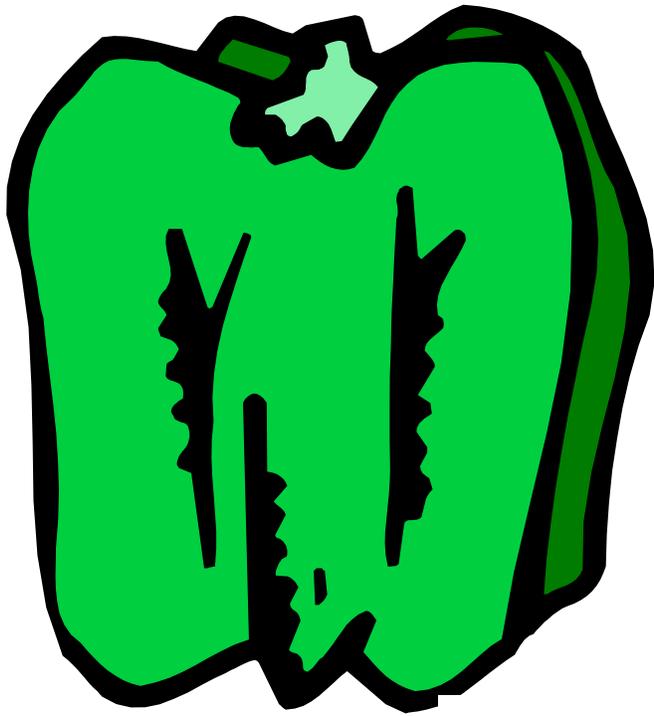
Fruits and Vegetables for Felt Board

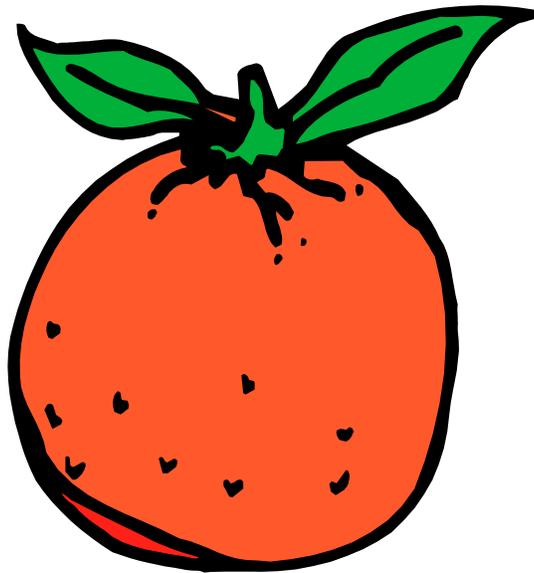
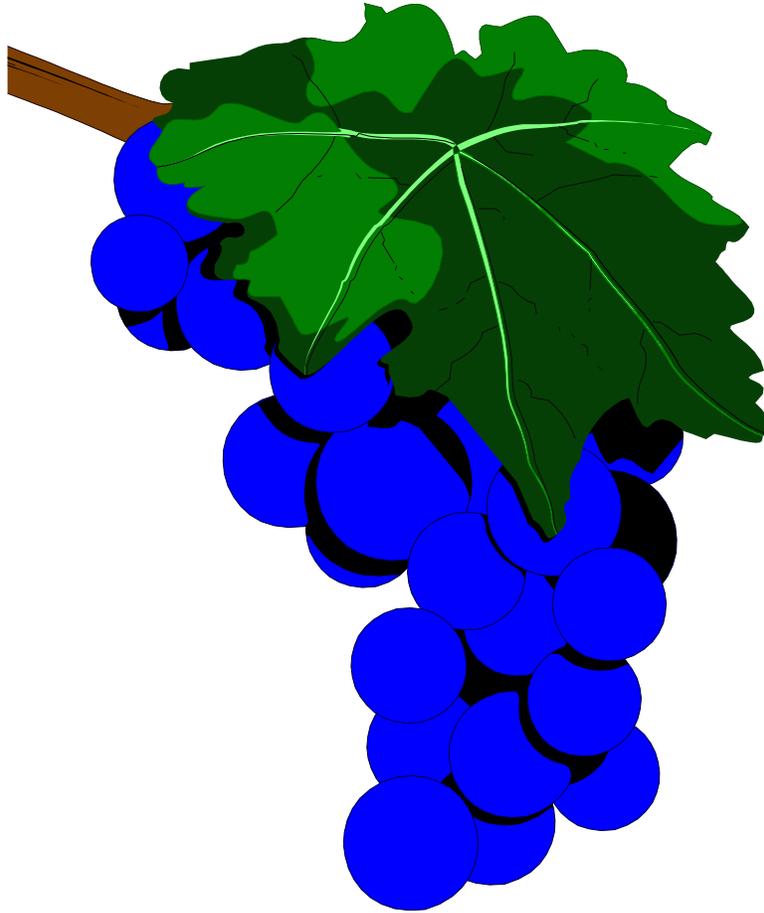
Laminate or use clear contact paper, cut out, and put Velcro on back.

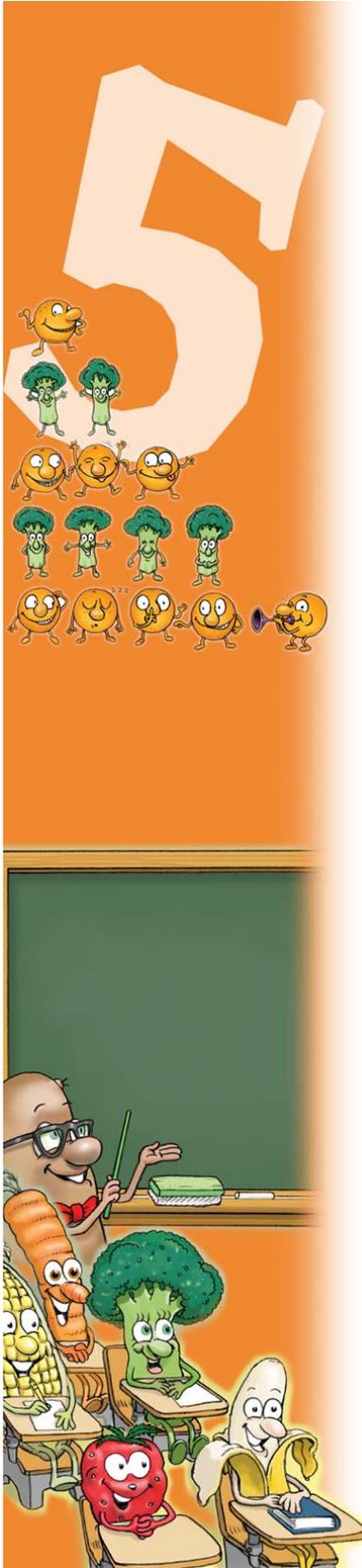












Nutrition Tips for Parents

Give Me 5 A Day!

But my child doesn't like vegetables!

- Let your child help choose and fix them.
- Sprinkle vegetables with a little grated WIC cheese.
- Mix vegetables into casseroles, meat loaf, or spaghetti sauce.
- Serve raw vegetables and dips to your child who is four years of age or older.
- Stir-fry vegetables in vegetable oil with herbs or spices.
- Offer your child vegetable juice.

But fruits and vegetables cost too much!

- Buy them in season.
- Try shopping at a Farmer's Market or a fruit stand.
- Canned and frozen varieties often cost less.
- Buy fruits and vegetables instead of expensive snack foods like chips and sodas.
- Grow them in a home garden and let the kids help.

I don't know how to use fruits and vegetables!

- Eat them raw.
- Add lettuce and tomato to a sandwich.
- Freeze WIC juice for healthy frozen fruit juice bars.
- Add fruit to cereal or yogurt.
- Add raw broccoli or cauliflower to a salad.
- Shred carrots, zucchini, or cabbage and mix in with your favorite meatball or soup recipe.
- Bake quick breads with added fruits or vegetables.

But others in the house won't eat them. They just go to waste!

The best way to teach your child healthy eating habits is for YOU to set the example. Get ideas or recipes from WIC staff, your friends, and family to help you add more fruits and vegetables to your family's diet. **BE A ROLE MODEL!**



WIC is an equal opportunity provider.

Adapted from the Pennsylvania WIC Program.

Ideas de Nutrición para Padres

¡Dame 5 por Día!

¡Pero a mi niño no le gustan los vegetales!

- Permita que su niño ayude en su selección y preparación.
- Polvoree un poco de queso de WIC rallado sobre los vegetales.
- Esconda los vegetales en comidas combinadas (casseroles), en rollo de carne o salsa de spaghetti.
- Sirva los vegetales crudos con "dips" a su niño que tiene cuatro años o más.
- Saltee los vegetales en aceite vegetal con hierbas o especias.
- Ofrezca a su niño jugo de vegetales.

¡Pero las frutas y vegetales cuestan demasiado!

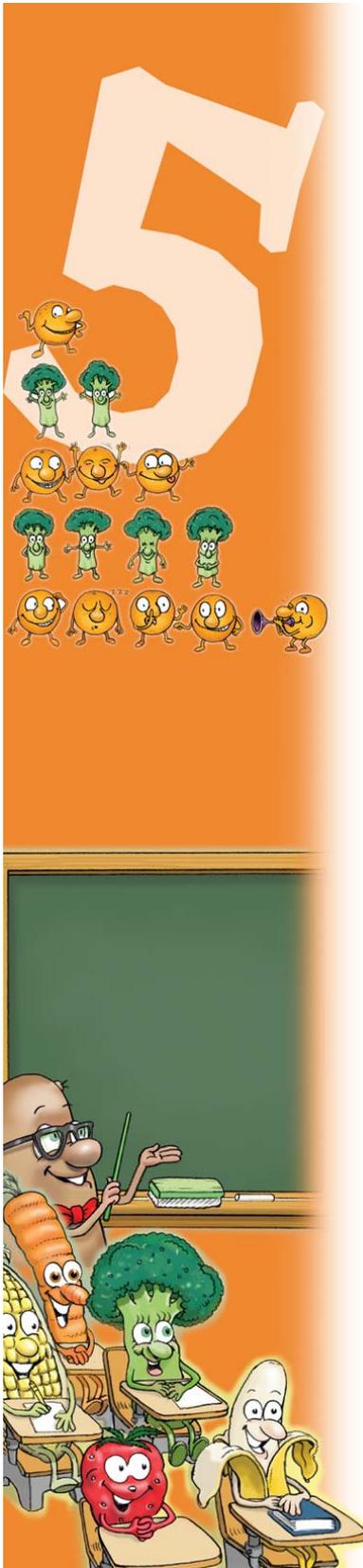
- Compre los que están en temporada.
- Trate de comprar en el mercado de los agricultores o en los estantes de frutas y vegetales.
- Las variedades enlatadas y congeladas a veces cuestan menos.
- Compre frutas y vegetales en lugar de papitas fritas y sodas.
- Siémbrelos en el patio de su casa y permita que los niños le ayuden.

¡Yo no sé como usar las frutas y vegetales!

- Cómalos crudos.
- Añada lechuga y tomate a su emparedado.
- Congele el jugo de WIC para hacer barras de jugo congelado.
- Añada fruta al cereal o yogur.
- Añada brécol o coliflor crudos a la ensalada.
- Ralle zanahorias, zucchini o repollo y añádalas a su receta para albóndigas o sopa favorita.
- Hornee panes ligeros añadiéndoles frutas o vegetales.

¡Pero otras personas en la casa no los comen. Se echarán a perder!

La mejor forma de enseñar a su niño hábitos de alimentación saludables, es con el ejemplo SUYO. Obtenga ideas o recetas del personal de WIC, sus amigos y familia para ayudarle a incluir más frutas y vegetales en la dieta de su familia. **¡Sea un buen ejemplo!**



WIC provee oportunidades iguales a todos.

Adapted from the Pennsylvania WIC Program.