

## **Fit WIC Arizona, Volume 2**

### **Lesson Plan for “Eating the Alphabet”**

#### **Learning Objectives:**

- The child and parent will identify the name and color of one fruit or one vegetable.
- The child will name their favorite fruit or vegetable.

#### **Supplies Needed:**

- Copy of Children’s Rules
- “Eating the Alphabet” book by Lois Ehlert
- A room with carpeting or tile that has enough free area for the physical activity portion of the lesson
- Creative Pockets® Apron (optional)
- Black and white cut-outs of a tomato, carrot, broccoli, grapes, and banana that have been colored or copied on colored paper and laminated or covered with clear contact paper (see Attachment 1), or  
Plastic fruits and vegetables, or  
Fruit and vegetable plush toys: “Fruit Seedies and Veggie Friend Seedies” by Gazelle ~\$2.30 each from Neat Solutions 1.888.577.6328  
[www.neatsolutions.com](http://www.neatsolutions.com).
- Basket or container for fruits and vegetable teaching aids
- Cut up fruit and vegetables (enough for every parent and child to taste)
- Wipes for hand washing
- Small paper plates
- Napkins
- “Banana” song on Bon Appétit CD
- CD player
- Parent handout “Help Your Child Eat More Fruits and Vegetables”

#### **Preparation for Lesson:**

- Set the date, arrange for the room and post announcements of the session.
- Order any items from the warehouse as needed one month in advance.
- Read “Eating the Alphabet” to familiarize yourself with content and practice reading aloud.
- Listen to the song “Banana” and make up some moves such as Calypso type dancing; hopping on left foot; then hopping on right foot; or hopping on both feet, etc.
- Make fruit and vegetable cutouts from colored paper or color them. Laminating the cutouts or covering them with clear contact paper will help them last longer.
- Preparation for cooking time – after estimating the number of attendees, shop for and prepare the items above. Cut up fruits and vegetables for Cooking Time.
- Make copies of parent’s handout located at end of the lesson.

- Take out Children’s Rules in Section 2 of Fit WIC Arizona notebook for use in this session. Return rules to Section 2 of the notebook after session is completed.
- Gather supplies needed.

**Welcome:**

Greet each child and parent. Tell the children and parents your name. Have puzzles, toys, etc. for children to play with while they are waiting for everyone to join the group.

**Group Time:**

“Today we are going to read a book, Eating the Alphabet. Then we are going to have a lot of fun moving around to some music. To be healthy, it’s important to have 60 minutes of active play time a day. Before we start, let’s review some rules for this time together.” Read the Children’s Rules while holding the paper up.

**Physical Activity:**

Encourage parents to ask questions and join in the activity.

Step 1 “Let’s have some fun. We’re going to play a song called “Banana” and move around while the music is playing. Just follow my lead.” Use the moves you developed for the length of the song. The children might have some movements of their own.

Step 2 Wear your Creative Pockets® apron, if you have one and put the laminated pictures or plastic fruits and vegetables in the pockets. Pass out one laminated picture of a fruit or vegetable or a plastic fruit or vegetable to each child. Invite children to sit in a circle holding them. Tell them after the story is read that the fruits and vegetables will be tired and will need to go back in the basket (container) for a nap.

Step 3 Go around the circle and ask each child to name the fruit or vegetable he or she is holding. “Watch while I am reading and see if you can find your fruit or vegetable in the story.” Show the children the cover of the book. “Today we are going to talk about fruits and vegetables. Did you know that there are fruits and vegetables for each letter of the alphabet? We are going to say the alphabet and name fruits and vegetables at the same time. We will also look at the color of the fruit and vegetable. Fruits and vegetables keep us healthy. We feel better when we eat fruits and vegetables. They give us energy to run and play.”

Step 4 Read the first page and then on the second page say: “A is for apricot, asparagus and apple.” Point to each of these as you name them. “Who is holding the apple? Hold it up. A is for apple. What does an apple taste like? Is it crunchy? What does it smell like? What does it feel like?” Point to the apple in the book and ask the children the color of the apple?

Step 5 Repeat this process for each letter in the book. Continue on with the alphabet but gauge how the children are doing. If the children are beginning to get restless, end the story. The most important thing to do is to make sure each child gets to hold up his fruit

or vegetable. Note: Children this age will not know if you read the whole alphabet or in the correct order.

Step 6 “What are the names of some of the fruits and vegetables that we just read about?” After a child names one, ask them the letter it begins with and the color it is. Ask them to name their favorite fruit or vegetable. Collect the fruit and vegetable pictures. Remind the children the fruits and vegetables are tired and need to go into the basket to take a nap.

### **Cooking Time:**

Have paper plates with cut up soft fruits and vegetables on them ready for children and parents to taste. Be sure to give children a hand wipe before they eat. “Let’s taste some of the fruits and vegetables we read about today. How does the fruit or vegetable taste? Is it sweet? Is it crunchy? Is it juicy?”

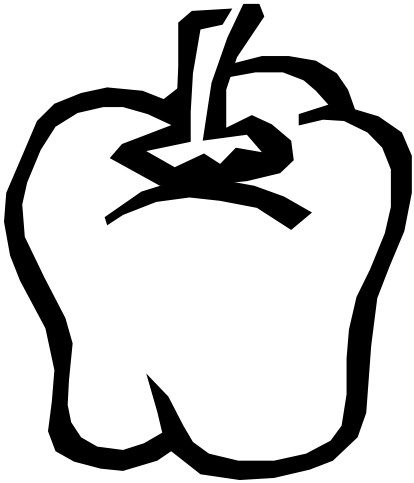
### **Evaluation:**

“What were some of the reasons it’s important to eat fruits and vegetables?” Allow time for children and parents to answer. “That’s right, fruits and vegetables keep us healthy. We feel better when we eat fruits and vegetables. They give us energy to run and play. How many minutes should children run and play each day? That’s right 60.”

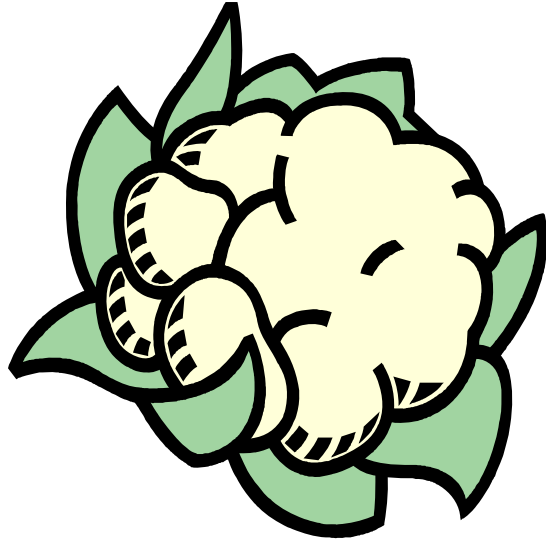
### **Conclusion:**

Give each parent a handout. Explain that children need plenty of fruits and vegetables every day and that this handout helps with ideas to get their children to eat more of them. Invite them back for the next class.

# Attachment 1



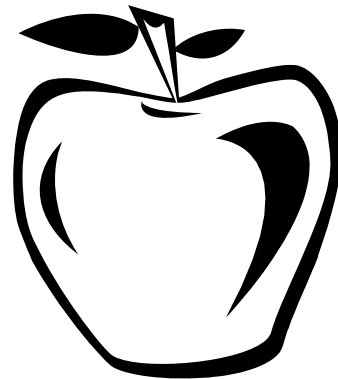
PEPPER



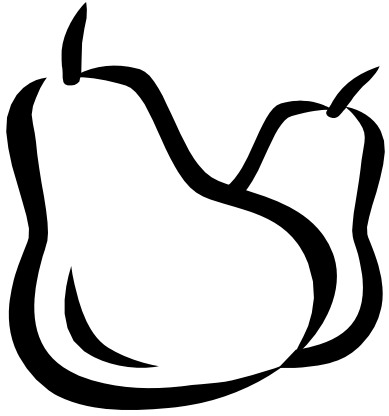
CAULIFLOWER



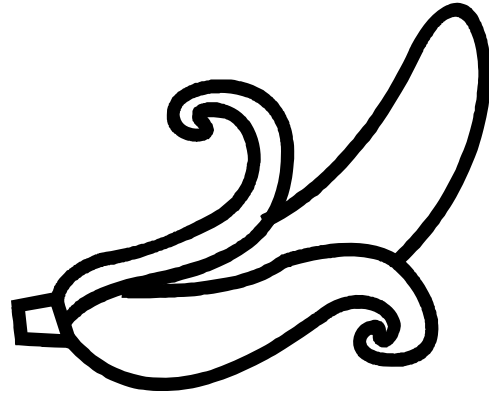
CABBAGE



APPLE



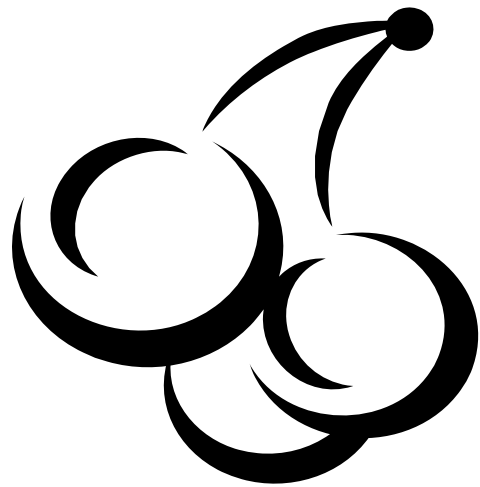
**PEARS**



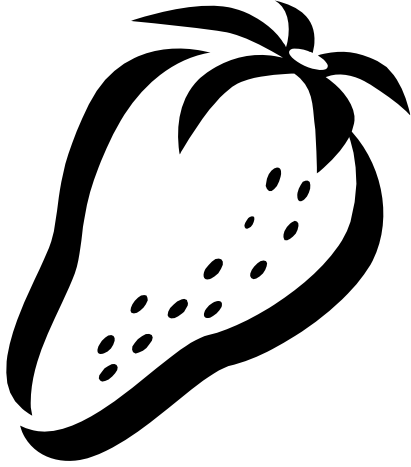
**BANANA**



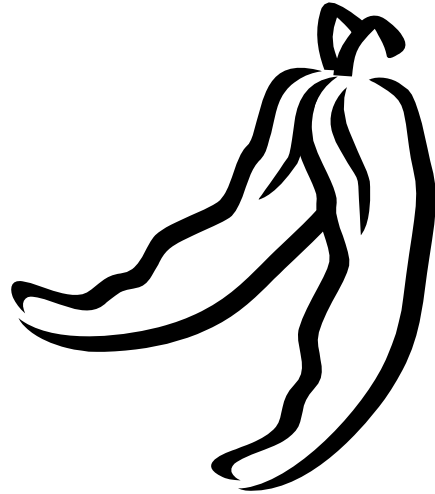
**TOMATOES**



**CHERRIES**



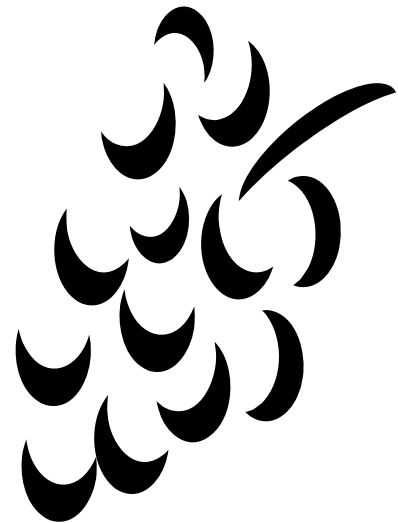
**STRAWBERRY**



**CHILI PEPPERS**



**CARROTS**



**GRAPES**

# Help Your Child Eat More Fruits and Vegetables



Be a role model. Eat a variety of fruits and vegetables.

Children love finger foods. Offer soft fruits and vegetables that are cut into small pieces.

Raw vegetables such as carrots can cause children under 4 years to choke.

Give your child a choice. "Do you want broccoli or green beans with your dinner?"

Top breakfast cereal with fruit.

Add shredded vegetables to meat loaf, spaghetti sauce or soup.

When you are shopping, pick out a fruit or vegetable and ask your child what the name and color is.

Use the same fruit or vegetable and ask your child how it will taste and feel—sweet, sour, crunchy, or juicy. Take it home and taste it.

Let your child help you prepare the fruits or vegetables. Children can wash the fruits and vegetables or put them into the serving bowl.

Let them tear the lettuce for salads and sandwiches

Try some of the recipes at [www.eatwellbewell.org](http://www.eatwellbewell.org).



This institution is an equal opportunity provider and employer. The material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

# Ayude a su Hijo a Comer Más Frutas y Verduras



Sea un modelo a seguir. Coma una variedad de frutas y verduras.

A los niños les encantan las comidas que pueden comer con los dedos. Ofrézcales frutas y verduras blandas, cortadas en pedazos pequeños.

Las verduras crudas como las zanahorias pueden hacer que se atraganten los niños menores de 4 años.

Déle opciones a su niño. "¿Quieres brócoli o ejotes para la cena?"

Añada fruta al cereal del desayuno.

Agregue verduras ralladas al pastel de carne, salsa de espagueti o a la sopa.

Cuando vayan de compras, levante una fruta o verdura y pregúntele al niño como se llama y de qué color es.

Use la misma fruta o verdura y pregúntele a su hijo a qué sabe y cómo se siente: dulce, agria, crujiente o jugosa. Llévela a casa y pruébenla.

Deje que su niño ayude a preparar las frutas o verduras. Los niños pueden lavar las frutas y verduras o ponerlas en el tazón de servir.

Déjelos romper la lechuga para ensaladas y sándwiches

Pruebe algunas de las recetas en [www.comesanovivemejor.org](http://www.comesanovivemejor.org).



Esta institución ofrece igualdad de oportunidades en servicios y empleo. El material fue pagado por el programa de Ayuda Suplementaria de Nutrición de USDA. El programa de Ayuda Suplementaria de Nutrición ofrece ayuda de nutrición para personas de escasos recursos.