

Salad For One, Please

The process of making an individual portion of fruit salad creates interest in the salad's contents. This lesson incorporates math and physical movement in addition to nutrition.

CODE:

Mix-A-Salad game: High activity level



Preparation of a real salad: Low activity level



PROPS:

For Mix-A-Salad game



Fruit or vegetable pictures for children (pages 15-18)



Active verb list for adult (page 5)

For preparation of individual fruit salads



Picture cards of the recipe steps (pages 6-8)



Bowls of prepared ingredients as designated in the recipe



Serving utensils for group bowls, such as tongs, spoons, etc.



Individual cups or small bowl for each child



Spoon for each child

ACTION:

For Mix-A-Salad Game

1. Children stand in a large circle to form a pretend "bowl."
2. Each child is given a picture of a fruit or vegetable. The pictures may be from the kit or fruit/vegetable stickers. It's okay if several children receive a picture of the same fruit.
3. The leader says "I'm going to make a fruit salad and in my fruit salad I am going to have _____ (name a fruit) that is _____ (say an action). For example, "bananas that are jumping!" or "cantaloupe that is clapping!" All those with that picture enter the center of the circle and perform that action. Play continues with more fruits and actions called to enter the center of the bowl to be the "salad."
4. After 3 or 4 fruits are called, the leader says, "Let's stir up the fruit salad!" Then, all those in the center scramble around, and all those forming the bowl make stirring motions until leader says, "Stop! Let's eat."

5. All the children fall down, rub their tummies, and say “Yum, that was a good salad!” Play it again with other fruits called on to be in the salad “bowl.”

Suggested action verbs to use with the Mix-A-Salad game:

- ◆ twirling
- ◆ jumping
- ◆ running
- ◆ hopping
- ◆ waving
- ◆ flying
- ◆ dancing
- ◆ clapping
- ◆ kicking
- ◆ rolling their arms
- ◆ walking on tip-toes
- ◆ splashing

For Making Fruit Salad

1. Prepare ingredients that are to go into the salad prior to doing this activity. Canned, frozen, or fresh fruits may be used. For example, the orange segments could be fresh peeled sections or canned mandarin orange sections.
2. Tell the children that they will each make their own snack today!
3. Review and discuss the ingredients in the recipe. You may draw your own card(s) if substitutions are to be used.
4. On a table or counter, set out pictorial recipe steps in the order you prefer. Lay the cards next to the ingredient or set the cards upright using a prop.
5. Have children wash their hands.
6. Instruct the children to assemble their individual salad by following the directions at each step of the process. It would be a good idea to demonstrate each step, especially the stirring.
7. Taking turns, have each child assemble their salad. Then celebrate their accomplishment!

To credit for a CACFP snack: a total of at least ½ cup fruit is required for a fruit serving.

VARIATIONS:

Mini Taco Salad

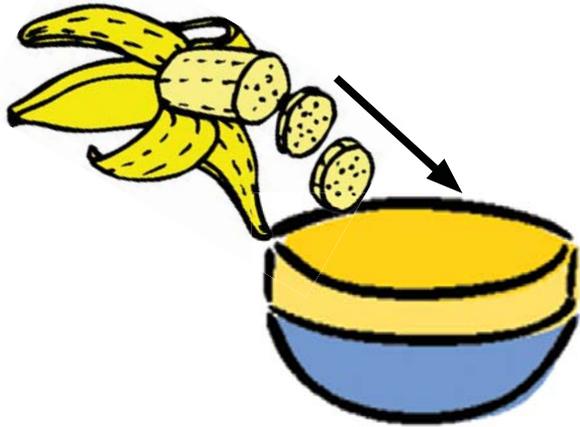
Follow similar actions using the mini taco salad recipe cards on page 8. The dressing may be plain ranch dressing or ranch dressing mixed with a smooth taco sauce.

Fruit Pizza

Follow similar actions using the fruit pizza recipe cards on page 7. The spread may be yogurt, whipped topping, or whipped cream cheese (consider using low-fat versions of these dairy products).

Fruit Salad

2 Banana Slices

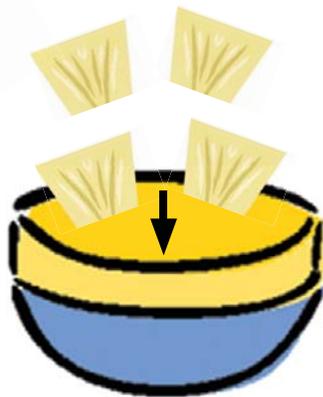


3 Orange Slices

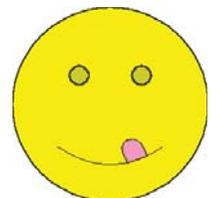


Cut

4 Pineapple Chunks



Stir



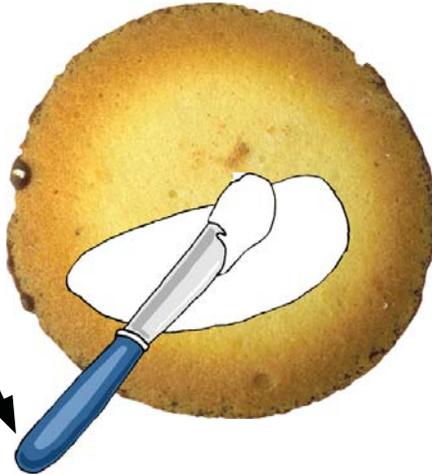
YUM!

Fruit Pizza

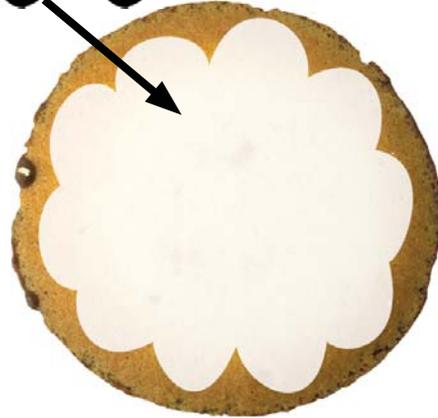
Spread



Sugar Cookie

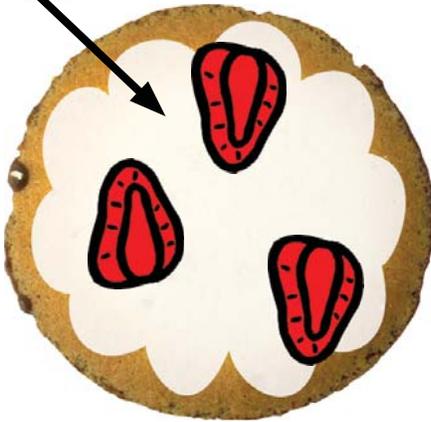


3 Strawberry Slices

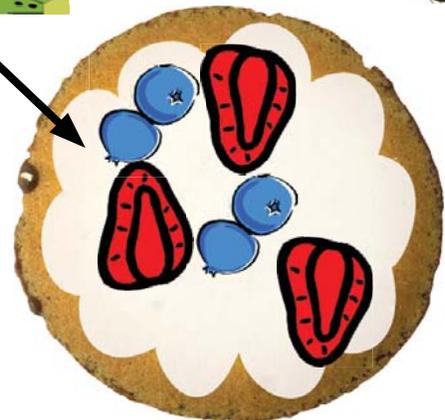


Cut

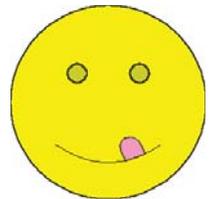
4 Blueberries



2 Kiwi Chunks



Finished Product



YUM!

Taco Salad

1 Pinch Lettuce

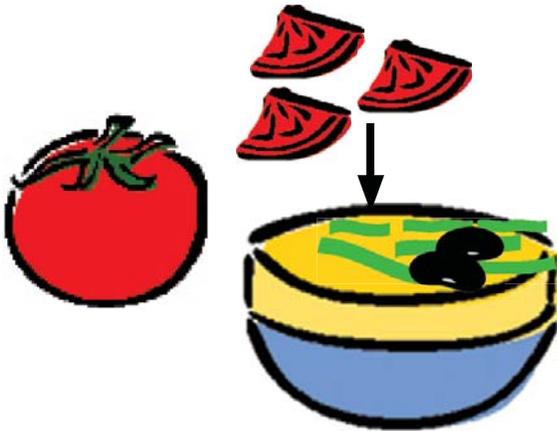


1 Spoonful Black Beans

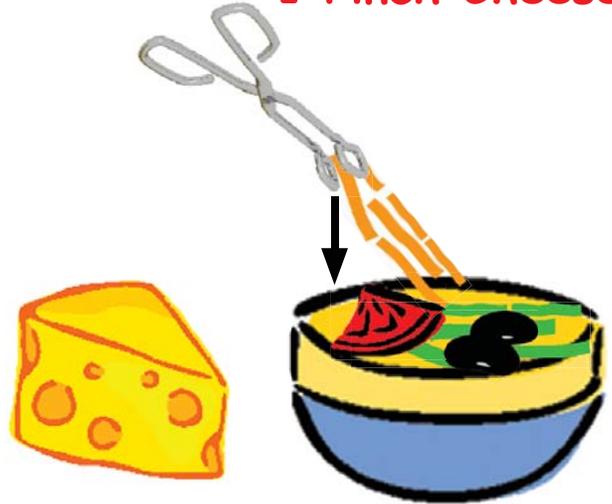


Cut

3 Tomato Pieces



1 Pinch Cheese

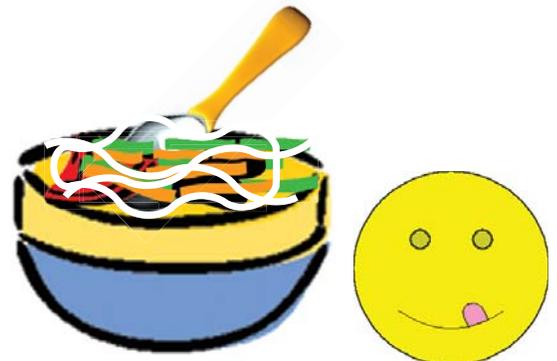


Cut

1 Squirt Salad Dressing



Stir



YUM!