



Chapter 2

Classroom Activities

Implementing the Activities

Power Panther Preschool activities are designed to be flexible. Lessons may be taught in any order. Activities may be implemented by closely following the outline for each lesson or adapting the ideas in the lesson and tailoring the activities to your children and your unique situations. If children like a particular lesson, take the opportunity to expand that lesson and have fun while emphasizing the important concepts. Enhance the lessons provided by using your own creativity and imagination!

Each lesson may be presented in a different way. For example, start one lesson by reading a book and another lesson with an activity or a song. Consider the individual needs and interests of the children in care. If the children are particularly engaged with the lesson being taught, you may want to incorporate a field trip that relates to the lesson. When teaching the lessons, it's important to be flexible, respond to the children's needs and adapt as necessary. It is highly recommended that you make the "paw prints" used in many lessons before you begin (see page 11). Consider serving one of the CACFP reimbursable snacks that is suggested in each lesson. Also remember to be a good role model by demonstrating and participating with the children.

Start by deciding how many lessons and which activities you will include in your lesson plans. Remember that when you accepted the Power Panther Preschool kit **you agreed to implement a minimum of one EAT SMART and one PLAY HARD activity from EACH of five (5) Power Panther Preschool lessons.** An overview of the lessons is on page 10.



Before you begin each lesson, take a few minutes to prepare for the lesson you plan to teach. Planning will result in smooth implementation of the activities. To implement each lesson do this:

- Review the activities in the lesson. Choose one or more **EAT SMART** and **PLAY HARD** activities to implement.
- Decide if you will implement enhancement activities or other additional activities.
- Gather all supplies needed for the **EAT SMART** and **PLAY HARD** activities.
- Choose a children's book that you will use as part of the lesson.
- Present the information described in the lesson to the children. Choose CACFP snacks that include the featured food(s).
- Copy and send home the appropriate issue of the newsletter, *Power Panther Preschool At Home*.
- Use the Power Panther promotional materials in the tote bag as desired.

As you work to implement Power Panther Preschool activities, keep in mind what children can successfully do at various ages.

Two and three year olds can:

- Wipe the table
- Wash or scrub fruits and vegetables
- Peel bananas if the top is cut
- Clear their place setting
- Put things in the trash

Three and four year olds can:

- Pour and measure
- Mix ingredients
- Knead and shape dough
- Pat refrigerator biscuits into a crust
- Spread jelly on bread
- Beat with a whisk or fork

Five year olds can:

- Use a blender with close supervision
- Use a potato peeler
- Cut soft foods with a table knife
- Make a sandwich
- Set and clear the table
- Wash own table surface



Expanding Your Project

Your Power Panther lessons can be quick and concise or can encompass a variety of activities over an extended period of time. Here are a few ideas to help you expand the Power Panther Preschool experience:

- 🐾 Invite the cook to participate in classroom activities.
- 🐾 Invite parents, grandparents or others to the classroom to share as children learn about fruits and vegetables. Do a **PLAY HARD** activity and invite guests to join in the fun!
- 🐾 Invite the news media to observe activities while the children are having fun or submit a summary of your activities with photos to your local newspaper.
- 🐾 Do some of the enhancement activities that are included on the last page of each lesson. These activities will reinforce your project's effectiveness.
- 🐾 **Share the Power Panther Preschool information with parents and family:**
 - Send home the newsletter
 - Post the pictures of food that are at the end of each lesson, and
 - Invite parents to talk to their children about the **EAT SMART** and **PLAY HARD** activities

But most of all...

Have fun implementing Power Panther Preschool!



The Power Panther Lessons

Ten lessons are detailed in this chapter. Each lesson has an **EAT SMART** (healthy eating) component and a **PLAY HARD** (movement) component. The lessons are:

Lesson 1: Power Panther eats colorful fruits and vegetables.

EAT SMART: I am learning it is fun to eat many different fruits and vegetables.

PLAY HARD: I am learning ways I can move and identify different body parts.

Lesson 2: Power Panther eats tomatoes.

EAT SMART: I am learning tomatoes are tasty.

PLAY HARD: I am learning how to make my body move at different speeds and rhythms.

Lesson 3: Power Panther eats peaches, plums and apricots.

EAT SMART: I am learning peaches, plums and apricots are awesome.

PLAY HARD: I am learning how to move a ball or object.

Lesson 4: Power Panther grows a garden.

EAT SMART: I am learning that gardening is great.

PLAY HARD: I am learning how to move within the same space as my friends.

Lesson 5: Power Panther eats beans.

EAT SMART: I am learning that beans are bountiful.

PLAY HARD: I am learning that my body can move in different directions.

Lesson 6: Power Panther eats pumpkin.

EAT SMART: I am learning that pumpkins are a popular pick.

PLAY HARD: I am learning how to move my body while standing in one place and I am learning how to stay balanced while moving.

Lesson 7: Power Panther eats berries.

EAT SMART: I am learning that berries are berry good.

PLAY HARD: I am learning my body needs space to move.

Lesson 8: Power Panther eats pears.

EAT SMART: I am learning that pears are perfect.

PLAY HARD: I am learning how my body can create different shapes.

Lesson 9: Power Panther eats tropical fruits.

EAT SMART: I am learning that tropical fruits are terrific.

PLAY HARD: I am learning how my body can move from one place to another.

Lesson 10: Power Panther eats pizza with fruits and vegetables.

EAT SMART: I am learning to put my favorite fruits and vegetables on pizza.

PLAY HARD: I am learning how to move with hard, medium and soft force.



Helpful Hints for Power Panther Preschool

To ensure that Power Panther Preschool is a positive experience for both children and teachers, keep these helpful hints in mind:

-  Read and think through the activity ahead of time so you will have time to gather needed equipment and supplies.
-  Be clean! Wash hands and foods ahead of time. Sanitize tables and areas that will be utilized for the activity.
-  Be ready to take advantage of unexpected learning opportunities and teachable moments.
-  Be aware of safety concerns. Use plastic knives and provide close supervision when children are working with knives and small objects.
-  Modify activities to fit the skills and needs of the children with whom you work.

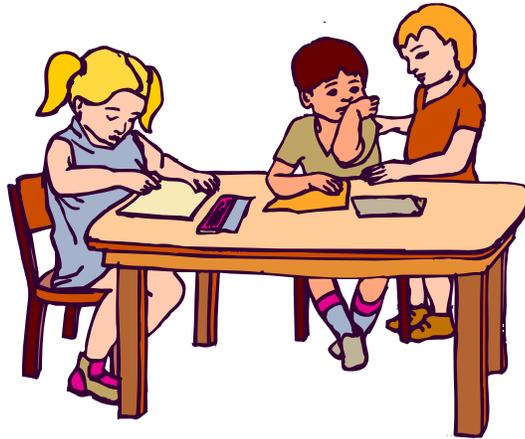
Using Fruit and Vegetable Pictures

At the end of each lesson, you will find a page of pictures of the featured food item for that lesson. Show the pictures to the children to familiarize them with the food you are discussing or use them as patterns to make cutouts of the food if cutouts are required in an activity. Post these pictures to inform parents about their child's learning experiences.

Making "Paw Prints" for the Lessons

Many lessons list "paw prints" as one of the supplies needed for implementing one or more of the activities. While you could substitute carpet squares for the prints, it is more effective and more fun for the children if you take time to make the paw prints before beginning any of the lessons. **Plan to have one paw print for each child who will participate.**

Make paw prints using the pattern on page 13. The paw prints may be traced onto sheet foam or copied on the copier and laminated.





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Lesson 1



Power Panther Eats Colorful Fruits and Vegetables

Key Messages:

EAT SMART: I am learning it is fun to eat many different fruits and vegetables.

PLAY HARD: I am learning ways I can move and identify different body parts.

Suggested book for this lesson:

Give me 5 a day!*

Kathy Reeves, Brenda Crosby, Jennifer Hemphill, Elizabeth Hoffman

Other suggested books:

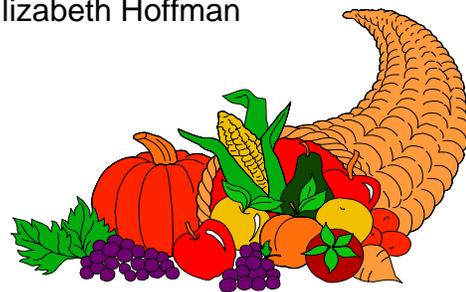
Eating the Alphabet, Lois Ehlert

All Our Fruits and Vegetables, Roberta Duyff
and Patricia McKissack

Oliver's Vegetables, Vivian French

Oliver's Fruit Salad, Vivian French

Apple Fractions, Jerry Pallotta



*book included in tote bag

CACFP snack ideas:



Tossed salad, string cheese



Full of Shapes Fruit Salad (recipe on page 18), club crackers



Baked potato topped with cheese



EAT SMART Activities

I am learning it is fun to eat many different fruits and vegetables.

Introducing Colorful Fruits and Vegetables at Circle Time

Getting ready:

The day before: have children help create a large rainbow to post on the wall. You may want to create the rainbow with handprint art. Include red, orange, yellow, green, and purple. Gather pictures of fruits and vegetables and a fresh fruit or vegetable of each color.

Procedure:

Talk to children about fruits and vegetables being different colors, like the colors of the rainbow. Compare to the rainbow they created the day before. Make a colorful fruit and vegetable rainbow by adding pictures to the rainbow. Show examples of different fruits and vegetables and talk about where to place them on the rainbow. Different colors of fruits and vegetables are good for our bodies. Talk about the importance of eating different colors of vegetables and fruits. Read the book, *Give Me 5 a Day!*

EAT SMART Stretcher Activities

- Hide pictures of different vegetables around the room. When each picture is found, have child help add that food to a vegetable salad. Eat the salad as part of a CACFP snack.
- Choose a red (or any color) fruit to show the children. Count the number of other red items in the room.
- Have children draw a rainbow on the newsletter and a picture of their favorite fruit or vegetable (see page 93).
- Count the number of fruits and vegetables that are included in the child care meals this week. Are all of the rainbow colors represented?
- Use all five senses to learn more about colorful fruits and vegetables (see page 6).
- Talk about the shapes of fruits. Make Full of Shapes Fruit Salad and serve as part of a CACFP snack (see page 18).



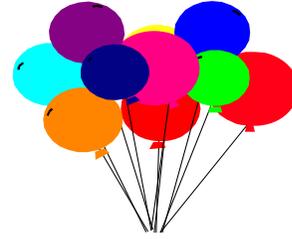
PLAY HARD Activities

I am learning ways I can move and identify different body parts.

PLAY HARD - Fruit Salad Game

Materials needed:

Latex balloons of all colors-1/child
Paw prints (see page 11)



Getting Ready:

Blow up the balloons.

Procedure:

Place the paw prints in a circle on the floor. Instruct each child to pick a balloon and think of a fruit that is the color of the balloon. For example blue for blueberries or green for grapes. Instruct each child to keep the fruit (the balloon) in the air (and inside the paw print circle) using different parts of the body such as elbows, hands, knees or feet.

PLAY HARD - Power Panther Says

Materials needed:

Pictures of fruit (you will need multiple pictures of the same kinds of fruit)

Getting Ready:

Cut pictures of fruit from magazines, grocery inserts or seed catalogs. Laminate pictures or put each in a plastic sheet protector.

Procedure:

Place the pictures of fruit on the floor. Play Simon Says with actions that involve fruit, but substitute the words "Power Panther Says". For example "Power Panther says stand on a strawberry." or "Power Panther says place your elbow on the plum."

Enhancement Activities

EAT SMART- Full of Shapes Fruit Salad

Ingredients:

Triangle: apple pieces

Oval: seedless grapes, raisins or dried cranberries

Circle: cherries, banana slices, kiwi slices, or apricots

Square: canned pineapple chunks, diced pears or peaches

Rectangle: watermelon, cantaloupe or honeydew chunks

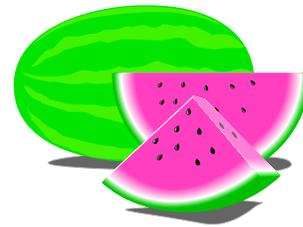
Materials needed:

Large bowl for each fruit

Serving spoons

Bowls – 1/child

Spoons – 1/child



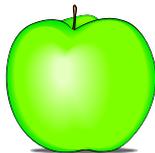
Select from the list of foods by shape for the salad. Encourage children to choose at least three shapes to put in their salad. Eat as part of a CACFP snack.

Math or Science Activity - Learning About Fractions

Learn about fractions by using fruit. Read the book *Apple Fractions* by Jerry Pallotta. Select an apple and demonstrate cutting into several equal parts (2 friends share the apple if they each have $\frac{1}{2}$).

You may also demonstrate fractions using juice. Pour 1 cup of juice into a glass measuring cup. Pour $\frac{1}{2}$ of the juice into each of 2 glasses. Each glass now contains $\frac{1}{2}$ cup. Talk with the children about the 2 glasses of juice when put together equal 1 cup of juice. Pour the two $\frac{1}{2}$ cups back together to visually demonstrate that they equal one cup. Invite the children to drink a half cup of juice as part of a CACFP snack.

Taste different varieties of apples. Peel, core and cook apples to make applesauce. Eat as part of a CACFP snack.



Enhancement Activities

Additional Activity - I Wonder

Getting Ready:

Gather pictures of each item underlined in the poem. As you read the poem, put the pictures on a flannel board to tell a story. To further enhance the experience, make macaroons and taste.

I wonder if an antelope
Would ever taste a cantaloupe,
Or if a small raccoon
Would ever munch upon a prune.
I wonder if a feathered goose
Would try a bit of carrot juice,
Or if a little cockatoo
Would nibble on a small cashew.
Would they choose something new?
I would. Would you?
I would try cantaloupe,
Cashews, or prunes.
I would try carrot juice,
Or even macaroons.
I wonder...
Would a kangaroo ever
Choose a food that's new?
I would. Wouldn't you?



Singing and Dancing

Smart Fruit and Veggie Songs CD

Track #2 - I Lost My Basket

Track #9 - Can You Find a Fruit?

Give me 5 a day! CD

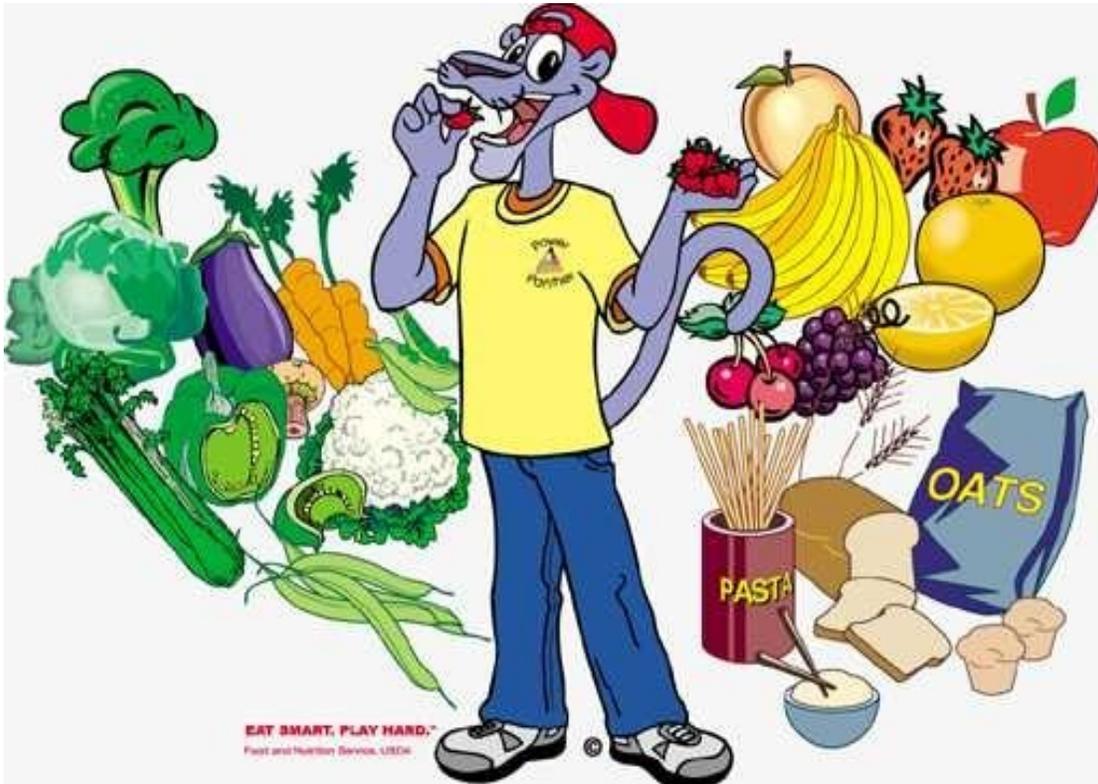
Track #2 - Give me 5 A Day!



Teacher Notes



Colorful Fruits and Vegetables





Lesson 2



Power Panther Eats Tomatoes

Key Messages:

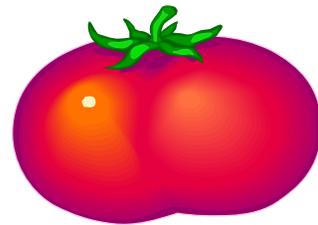
EAT SMART: I am learning tomatoes are tasty.

PLAY HARD: I am learning how to make my body move at different speeds and rhythms.

Suggested book for this lesson:

*I Will Never NOT EVER Eat a Tomato**

Lauren Child



Other suggested books:

Blue Potatoes, Orange Tomatoes, Rosalind Creasy

Tomatoes to Ketchup, Inez Snyder

Clifford the Big Red Dog, Norman Birdwell

*book included in tote bag

CACFP snack ideas:

-  Cherry, grape or pear tomatoes, cucumber slices, green pepper strips, cottage cheese dip
-  Bread stick dipped in Tasty Tomato Sauce (recipe on page 26), string cheese
-  Spaghetti with meaty tomato sauce



EAT SMART Activities

I am learning tomatoes are tasty.

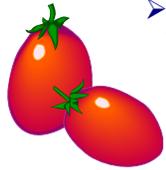
Introducing Tomatoes at Circle Time

Getting Ready:

Purchase a container of cherry, grape, or pear tomatoes. Cut pictures of foods that include tomatoes and tomato products from magazines, grocery inserts or seed catalogs (spaghetti sauce, catsup, sandwich with tomato slice, pizza, fresh salad). "Hide" pictures around the room to be used for activity after circle time.

Procedure:

Read the book *I Will Never NOT EVER Eat a Tomato!* to the children. Ask these questions:



- Why do you think that Lola wouldn't eat a tomato?
- Has everyone here tasted a tomato?
- Have you tasted a food that is made from tomatoes?

Show children the tomato pictures on page 27 and discuss foods that contain tomatoes. Tell children that they are going to look for the tomato treasure.

Instruct them to look around the room for pictures of foods that have tomatoes in them. When a child finds a picture containing tomatoes, the child says "tomatoes are tasty" and takes the picture to the group.

EAT SMART Stretcher Activities

- Invite the children to taste a cherry or grape tomato using all their senses:
 - Eyes---Colors? Where are the seeds?
 - Ears---Shake. Do they make noise? Do they make noise when you bite into them?
 - Hands--Are they smooth or rough?
 - Nose---Can you smell them? Do they smell like spaghetti or catsup?
 - Mouth---Do they taste sweet or sour? Eat some as part of a CACFP snack.
- Purchase a large can of tomatoes. Using a blender, make tomato juice so each child may have a taste.
- Open a can of pizza sauce so the children can see it. Talk about what you would dip in pizza sauce and then provide several fresh vegetables, bread sticks and cheese cubes for dipping.
- Purchase a patio tomato plant (preferably with blooms on it) and watch the tomatoes grow.

PLAY HARD Activities

I am learning how to make my body move at different speeds and rhythms.

PLAY HARD - Bushel Game

Materials needed:

Paw prints (see page 11)

Two pictures of each fruit and vegetable found in the book *I Will Never NOT EVER Eat a Tomato* (tomatoes, bananas, oranges, potatoes, carrots, peas, etc.).

Small paper sacks – 1 for each different fruit or vegetable

Large paper sack

Getting Ready:

Cut pictures of fruits and vegetables from magazines, grocery inserts or seed catalogs. Tape a picture of a different fruit or vegetable to each small paper sack. Using pictures of the same fruits and vegetables, place pictures in the large paper sack – a minimum of 1 per child.

Procedure:

On one side of the room place the small sacks. On the other side of the room, tape four paw prints to the floor. Instruct four children to stand on the paw prints, reach into the larger sack and pull out one picture. Have the children move (fast, slow, medium) from one end of the room to the other, and drop their pictures in the sacks that have the matching picture on them. The children should then move back to the starting place.

PLAY HARD - Rolling Tomatoes Relay Race

Materials needed:

2 plastic tomatoes (may substitute tennis or ping pong balls)

Paw prints (see page 11)

Power Panther Puppet made from a paper sack and a Power Panther sticker



Procedure:

Place two tomatoes on one end of a sidewalk or a fairly flat smooth surface. Place paw print several yards away. Divide the class into two or more groups. Each group should line up behind one tomato. Each child will take a turn moving the tomato from the starting line to the paw print, and then will move it back. Use the Power Panther puppet to instruct each group of children how to move or ask the children to suggest different ways to move. Options for moving the tomato include: move it without using your hands, move it fast as you can, move it slowly, balance the tomato on a spoon while walking with it, etc.

Enhancement Activities



EAT SMART - Tasty Tomato Sauce

Ingredients:

- 1 14 oz can chopped tomatoes
- 1 6 oz can tomato paste
- 1/3 cup water
- 1/2 cup chopped onion
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

Materials needed:

- Measuring cup
- Measuring spoons
- Can opener
- Large spoon
- Crock pot or slow cooker
- Small cups 1/child

Have children help add all ingredients to slow cooker. Stir. Cook on high until bubbly. Reduce heat and simmer for 30 minutes. Pour into small cups for each child. Enjoy with bread sticks. Makes about 2 1/2 cups of tomato sauce.

Math or Science Activity - What is Round Like a Tomato?

What is round like a tomato? Assemble a container of items of different shapes. If you have play food, you may use that. Otherwise, select a variety of blocks, balls, musical instruments or other items familiar to the children. Have children choose the round shapes from the collection of assembled items. Count the number of round shapes. Find other round shapes in the room.

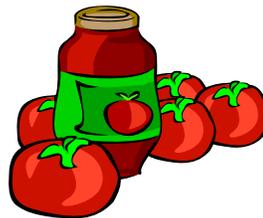
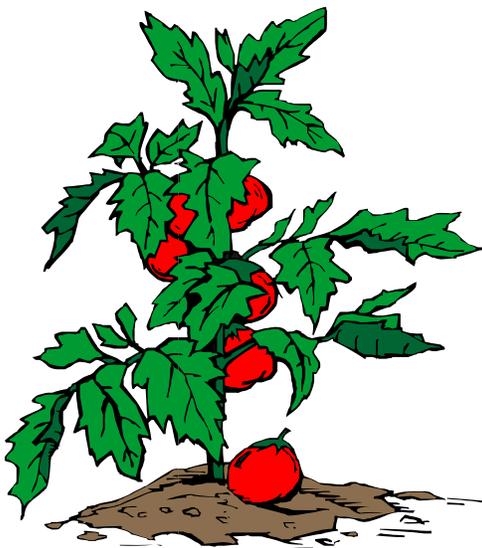
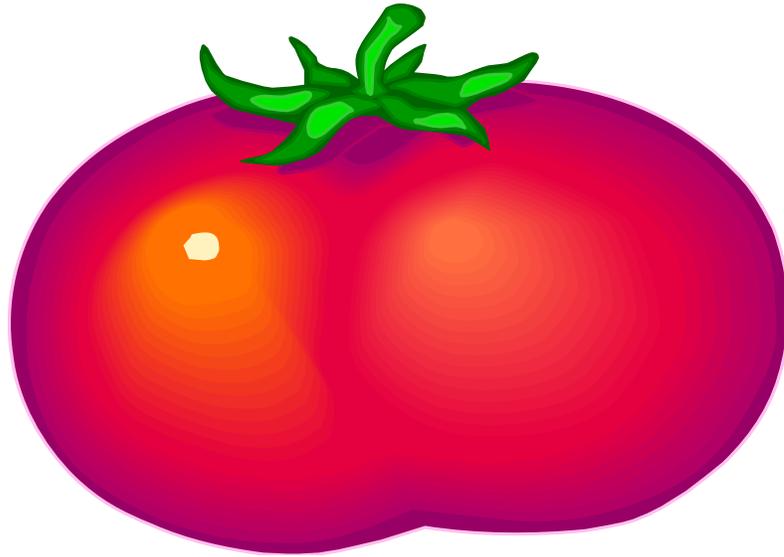
Singing and Dancing

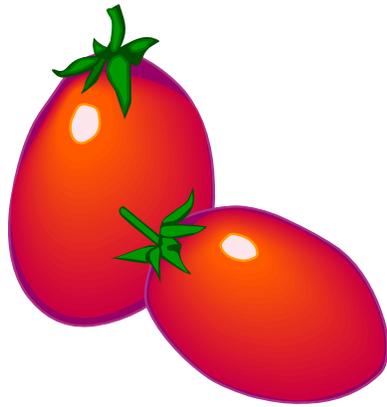
Smart Fruit and Veggie Songs CD

Track #3 - Hot Potato Hot Tomato



Tomato





Lesson 3



Power Panther Eats Peaches, Plums and Apricots

Key Messages:

EAT SMART: I am learning peaches, plums and apricots are awesome.

PLAY HARD: I am learning how to move a ball or object.

Suggested book for this lesson:

Each Peach Pear Plum

Janet Ahlberg



Other suggested books:

Making Plum Jam, John Warren Stewig

Apricot ABC, Miska Miles

The Very Hungry Caterpillar, Eric Carle

Pick, Pull, Snap!: Where Once a Flower Bloomed, Lola M. Schaefer

Peach Heaven, Yangsook Choi

CACFP snack ideas:

-  Pudding Fruit Mix Up (recipe on page 32), whole grain crackers
-  Measure a Mix (recipe on page 32), milk
-  Diced peaches, cottage cheese



EAT SMART Activities

I am learning peaches, plums and apricots are awesome.

Introducing Peaches, Plums and Apricots at Circle Time

Getting Ready:

Purchase a fresh peach, plum, and apricot (these fresh fruits are best when in season (July – September) **OR** purchase canned peach halves, plums with pits, and apricot halves. You will also need a knife and cutting board, small cup and a napkin for each child. If you are using canned fruit, show children the pictures of the whole fruit on page 33.



Procedure:

Show children the fruit. Ask these questions:

- Do you think these fruits are the same?
- Are they the same color?
- How do they smell?
- How do they feel?



Even though these fruits aren't all the same color, and they don't smell or taste the same, they are alike in one way. They belong to the same fruit family that has only one seed. Cut each fruit in half so you can see the seed. In these fruits, the seed is called a stone. It is hard like a rock or stone. Allow children to feel the stone. Taste a small piece of each fruit. Read a book about peaches, plums or apricots.

EAT SMART Stretcher Activities

- Examine other fresh fruits with seeds such as pears and seeded grapes. Compare to peaches, plums, or apricots. Talk about the different seeds.
- Purchase dehydrated peaches, plums, and apricots. Taste each. Do they taste sweet or sour? Add some to a trail mix snack.
- Purchase 1 pound of fresh peaches. Weigh on a kitchen scale. Wash, remove stones, and slice to prepare to dehydrate. Dehydrate according to directions and weigh again. Talk about how much water was removed from the fruit.
- Visit an orchard.
- Make a fruit smoothie by blending canned peaches, vanilla yogurt and milk.

PLAY HARD Activities

I am learning how to move a ball or object.

PLAY HARD - Let's Move the Ball!

Materials needed:

Medium sized rubber ball
Paw prints (see page 11)

Procedure:

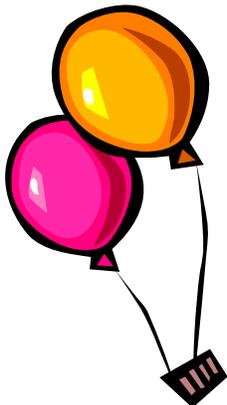
Have the children sit in a large circle with feet out in front of them. Position two or three children in the center of the circle with the ball. As the children push the ball out of the circle using their feet, the other children try to keep the ball in the circle using only hands or feet. If the ball escapes, a new child comes to the center.



PLAY HARD - Fruit Volley

Materials needed:

Some kind of divider (can use a line of chairs or tape on the floor)
Latex balloons (yellow or orange)
Clean fly swatters (optional)



Procedure:

Position the divider with space on both sides of it. Have several children on each side. Take turns volleying the "fruit" (balloon) back and forth. To make it a little more difficult, have several fruits going at the same time.

Variation:

Have the children try to hit the fruit over the divider with a fly swatter. This is best done with only one child on each side of the divider.

Enhancement Activities

EAT SMART - Pudding Fruit Mix-Up

Ingredients:

- 1 29 oz can of peach slices, with juice
- 1 15 oz can of apricot halves, drained
- 1 17 oz can of fruit cocktail, drained
- 1 small box instant lemon or vanilla pudding, dry

Materials needed:

- Can opener
- Large bowl for each fruit
- Large spoon to stir and serve
- 6 oz cup – 1/child
- Spoons – 1/child

Procedure:

Drain juice from peaches and stir in dry pudding mix. Set aside. Have children help pour drained fruit into a large bowl. Talk about the different kinds of fruits added. Stir fruits together. Add pudding mixture to fruits and mix well. Refrigerate and taste at snack time. Makes 13 half-cup servings.

Math or Science Activity - Measure a Mix

Ingredients:

- 1 pound dried diced mixed fruit
- Granola cereal – 1/3 cup/child

Materials needed:

- Small plastic zipper bags – 1/child
- Large bowl for granola
- Bowl for dried fruit
- 1/3 cup measurer
- Teaspoon

Procedure:

Pour granola cereal into large bowl. Have children measure 1/3 cup cereal and pour into plastic bag. Add 1 teaspoon of dried fruit pieces and stir. Serve as part of a CACFP snack. Discuss the fact that dried fruit is good to take on a hike. Talk about how fruit is dried and how dried fruit looks different from fresh fruit.

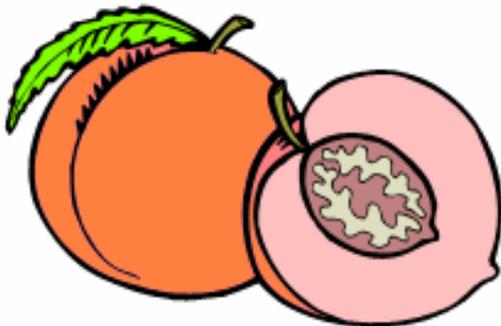
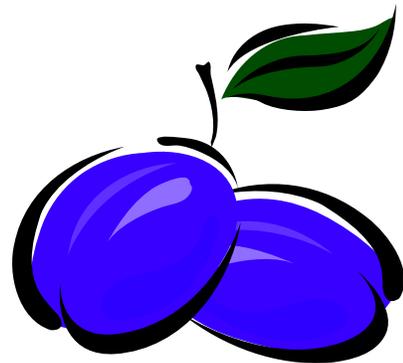
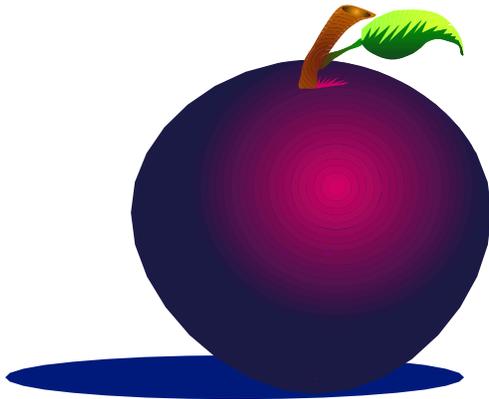
Singing and Dancing

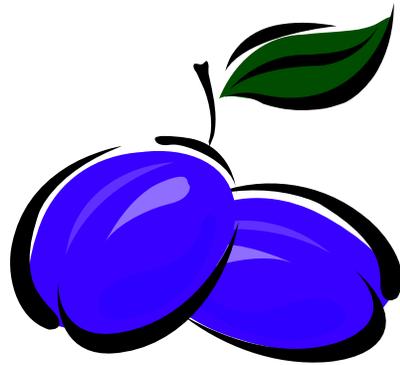
Smart Fruit and Veggie Songs CD

Track # 7 – Listen to the song We Pass the Apples, then play Track #16 (an instrumental) and sing We Pass the Peaches...



Peaches, Plums and Apricots





Lesson 4



Power Panther Grows a Garden

Key Messages:

EAT SMART: I am learning that gardening is great.

PLAY HARD: I am learning how to move within the same space as my friends.

Suggested book for this lesson:

Surprise Garden*

Zoe Hall



Other suggested books:

The Ugly Vegetables, Grace Lin

Molly and Emmett's Surprise Garden, Marilyn Hafner

Growing Vegetable Soup, Lois Ehlert

Our Silly Garden, Karen Berman Nagel

All About Seeds, Susan Kuchalla

This Year's Garden, Cynthia Rylant

Blue Bug's Vegetable Garden, Virginia Paulet

*book included in tote bag

CACFP snack ideas:



Shake a Salad (recipe on page 39), whole wheat crackers



Fresh vegetables (carrots, broccoli, cauliflower, cucumbers, cherry or grape tomatoes), salad dressing dip, and cheese cubes.



Vegetable soup, baby carrots, crackers



EAT SMART Activities
I am learning gardening is great.

Introducing Gardening at Circle Time

Getting Ready:

Gather a variety of vegetable seed packets including spinach, radishes, tomatoes, carrots, pumpkin, peas, beans and lettuce. Tape a few seeds from each seed package to an index card. Use a different card for each type of seed.



Procedure:

Read *The Surprise Garden*. Discuss the fact that when the tiny seeds grew up they became vegetables that the children could eat for their garden party. Tell the children that you have seeds just like the ones in the book and that if these seeds were planted they would grow into vegetables. Show the seeds and the pictures on the seed packets one at a time to the children. Talk about the size of the seeds and the plants they become. Have children match the seed cards with the seed packet pictures.

EAT SMART Stretcher Activities

- Have children help choose several fresh vegetables and plan a garden party for snack.
- Make Alphabet Soup using your favorite recipe. Add at least five different vegetables and alphabet pasta.
- Have children help make “dirt cake” and serve as an extra at snack. Using a 3 oz paper cup, have each child add chocolate pudding and top with a teaspoon of crushed chocolate cookies or crackers. Add a gummy worm if desired. Serve as an “extra” with bananas and milk.
- Plant seeds in individual cups, a dishpan in the classroom, or a garden space outside. Have the children help nurture the garden.
- Have children help wash fresh vegetables to put in a salad.
- Take a trip to a grocery store or farmer’s market. Have the children help select one new fresh vegetable to taste.

PLAY HARD Activities

I am learning how to move within the same space as my friends.

PLAY HARD - Snakes in the Vegetable Garden*

Materials needed:

Large pictures of fruits or vegetables - 1/child
Power Panther stickers
Scarves or crepe paper streamers
Tape

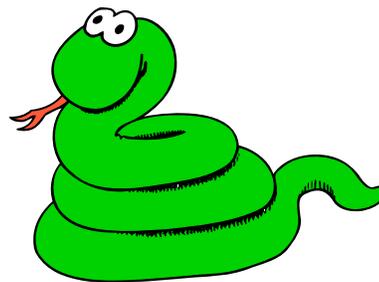
Getting Ready:

Cut large pictures of fruits and vegetables from magazines, grocery inserts or seed catalogs.

Procedure:

Designate two children to be Power Panther gardeners. Stick Power Panther stickers on the gardeners. Tape a picture on the front of the remaining children. **Tape** a scarf or streamer to each child's ankle except for the gardeners. Make sure everyone knows the names of the fruits and vegetables used in the activity. Line up in two lines facing each other with the gardeners in the middle. The children are the snakes, trying to eat the vegetables in Power Panther's garden. Call out "GO"! The children try to pass the gardeners, while the gardeners try to step on the scarves/streamers. If a child's streamer gets stepped on, have him pretend to be the vegetable on his shirt. Continue to play the game until the garden is full of beautiful vegetables, then appoint new gardeners.

**This activity was a favorite of the children during the field test of the lessons.*



PLAY HARD Activities

I am learning how to move within the same space as my friends.

PLAY HARD - Vegetable Soup

Materials needed:

None

Procedure:

Have the children stand in a circle. Teach them the chant for Vegetable Soup:

*Chop Chop Chipity Chop,
Cut off the bottom, cut off the top,
What you have left you throw in the pot,
Chop chop chipity chop.*

While standing in a circle, have 2 or 3 children name vegetables they would like to throw into the soup and a motion they would like to make for their vegetables. For example if the child chooses broccoli, he might stretch his hands high like a tree, or if he chooses a pea, he might crouch low to the ground. After two or three children have had a chance to mention a vegetable, say the chant. Repeat after as frequently as you would like.

End with this chant, "*Chop chop chipity chop, cut off the bottom, cut off the top, finally you stir the big pot, chop chop chipity chop.*" Ask the children to help "stir" making big stirring motions to mix up the whole stew. Finish by letting the children "taste" the soup. Children enjoy sliding to the middle of the circle and pretending to eat (count to 10, letting them be in the middle until 10, and then slide back to their spot in the circle). To emphasize sharing a space with others, have pairs of children "taste" the soup together, experimenting how small the outer circle can get around them.

Talk about other foods that can be added to soup such as meat or noodles.



Enhancement Activities

EAT SMART - Shake a Salad

Ingredients:

Leaf lettuce (bunch or package) washed and drained – 4 leaves/child
Baby Spinach (fresh bunch or package) washed and drained – 5 leaves/child
Grape or cherry tomatoes (cut in ½) washed – 4 halves/child
Grated carrots – 2 tablespoons/child
Salad Dressing – 1 teaspoon/child

Materials needed:

Large bowl for each salad ingredient
Serving spoon or tongs for each salad ingredient
Tablespoon
Plastic zipper food bag – 1/child
Fork - 1/child
Bowl - 1/child

**Procedure:**

Place each ingredient in a bowl. Give each child a plastic zipper bag. Have children place 4 tomato halves in the bag. Add spinach leaves, lettuce leaves, and grated carrots. Add salad dressing. Seal bag securely and shake well. Pour the salad in a bowl and enjoy!

Math or Science Activity - Let's Make Compost

Materials needed:

4 cups vegetable and fruit peelings (carrots, potatoes, apples work best)
1 gallon plastic bag
½ cup potting soil
1 charcoal briquette

Procedure:

Mix peelings together with soil and charcoal in the plastic bag. Zip or twist tie the bag shut. Every few days, open the bag and stir it around. In about 3 weeks, the bag of yucky garbage has become sweet smelling compost. Sprinkle compost around growing plants.

Enhancement Activities

Singing and Dancing

Song: Old McGregor Had a Garden (tune: Old McDonald Had a Farm)
Insert the names of various vegetables.

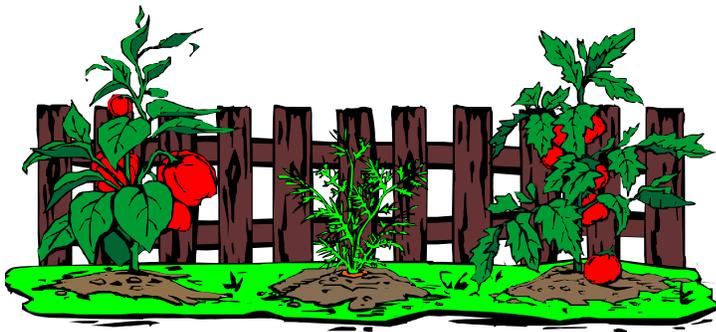
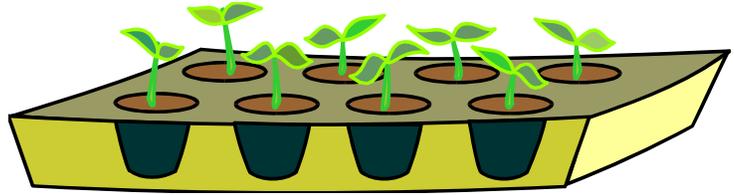
Song: This is the Way We Plant the Seeds
(tune: Here We Go Round the Mulberry Bush)

This is the way we plant the seeds.
Plant the seeds,
Plant the seeds.
This is the way we plant the seeds,
Early in the morning.

This is the way we water the seeds...
...Pull the weeds
...Pick the veggies
...Eat the food



Gardening







Lesson 5

Power Panther Eats Beans

Key Messages:

EAT SMART: I am learning beans are bountiful.

PLAY HARD: I am learning that my body can move in different directions.

Suggested book for this lesson:

Jack and the Giant

Jim Harris

Other suggested books:

One Bean, Anne Rockwell

Beans, Gail Saunders-Smith

Stone Soup, Marcia Brown



CACFP snack ideas:

-  Black bean and cheese quesadilla, milk
-  Speckled Bean Soup (recipe on page 46), crackers
-  Beanie weenies, milk



EAT SMART Activities

I am learning beans are bountiful.

Introducing Beans at Circle Time

Getting Ready:

Purchase one bag of dry bean soup mix. Glue one of each kind of bean found in the mix to a 3 x 5 index card. Use a different card for each bean.

Procedure:

Read a book about beans. Place about a tablespoon of the dry bean mix on the table for each child. Show children one bean at a time. Ask them to raise their hands if they have that kind of bean in their mix. Have the children help count the number of different beans in the mix. Ask these questions:

- Do you know that a bean is a vegetable seed?
- Pick up one of the beans. Is it hard or soft?
- How do you think we can make it soft? (*soaking it in water*) We have to make the beans soft before we can eat them.
- What foods have beans in them? (*soup, ham & beans, bean dip, refried beans*)

EAT SMART Stretcher Activities

- Place 3-4 dry beans on a damp paper towel in a small zipper bag. Close the bag and hang in a window. Several days later the beans should begin to sprout. Keep moist, but not wet and watch the beans grow.
- Make Smashed Bean Dip using a 16 oz can refried beans and a 10 oz can of diced tomatoes and green chilies. Serve as part of a CACFP snack.
- Have children put 2 tablespoons of refried beans on a small flour tortilla. Top with 2 tablespoons of grated cheese. Heat and eat as part of a CACFP snack.
- Add canned beans to your favorite vegetable soup to add fiber and protein.
- Purchase fresh green beans and have the children help “snap” the ends off. Steam and eat for lunch.
- Serve Cowboy Beans at lunch or snack. Mix a variety of drained canned beans together. Add small sausages if desired. Season with catsup and barbeque sauce. Bake and serve hot.



PLAY HARD Activities

I am learning that my body can move in different directions.

PLAY HARD - Jack and the Beanstalk

Materials needed:

Lunch size paper bags or an old sheet
Leaves (paper or real)
Masking tape
Stapler, optional

Procedure:

Have the children help twist the paper bags (or the sheet) and tape them together to form a beanstalk. Staple or tape leaves to the stalk. Hang it from a high place so it nearly touches the floor. Create a “magic line” by placing some masking tape a few feet in front of the stalk. Instruct children to sit down on the line while one child hides behind the stalk. Allow pairs of children to pretend they are Jack and tiptoe close to the stalk. When they reach the bottom of the stalk, encourage them to pretend to climb up it--- lifting their knees and using their arms to climb. When the child has “climbed” a short distance, instruct other children to warn Jack, “The Giant is coming”! The child behind the beanstalk appears from behind the beanstalk and marches with heavy steps toward Jack. Jack pretends to climb down the stalk toward the magic line. Children may also form a circle around the stalk and practice hopping, jumping, or sliding either direction around the stalk. Have everyone take turns being both Jack and the Giant.

PLAY HARD - Norma Jean the Jumping Bean

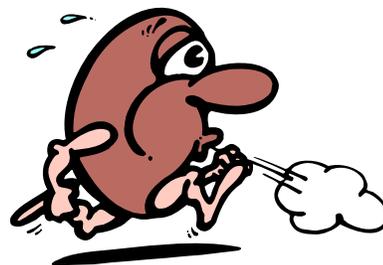
Materials needed:

Paw prints (see page 11)

Procedure:

Give each child a paw print. Learn the chant:

*Norma Jean the jumping bean,
She could jump forever it seems.
She jumped so high she touched the sky.
And didn't come down until the fourth of July!*



As the children are jumping, encourage them to move their bodies in different directions: to the right, to the back, over the paw print, from side to side, etc.

Enhancement Activities

EAT SMART - Speckled Bean Soup

Ingredients:

1½ cups dry bean mix
4 cups water or soup stock
2 stalks celery, chopped
2 carrots, chopped or grated
1 onion, chopped
1 tablespoon dried basil
1 can green beans with liquid
2 tablespoons lemon juice
¾ teaspoon onion or garlic salt
1/8 teaspoon pepper

Materials needed:

Container for soaking beans
Can opener
Cutting board
Knife
Vegetable peeler
Grater
1 cup measurer
Tablespoon
Teaspoon
Soup pot or slow cooker

Getting Ready: (day before activity)

Place dry beans in container and add water so beans are covered by 2" of liquid. Soak overnight. Drain in the morning. You may also want to chop the onion in advance.

Procedure:

1. Wash, peel, and grate the carrots.
2. Wash and cut the celery into small pieces.
3. Have children help add soaked beans, 4 cups of water or stock, carrots, celery and onion to the pot.
4. Simmer until the beans are tender, approximately 1 hour on the stove or according to directions if using a slow cooker.
5. Add the basil, green beans with liquid, lemon juice, salt and pepper and simmer approximately 30 more minutes.
6. Enjoy Speckled Soup and crackers for afternoon snack.

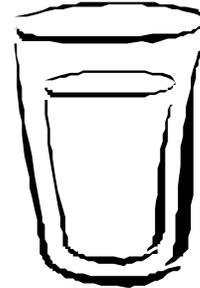


Enhancement Activities

Math or Science Activity - Soupy Suspension

Materials needed:

- Clear glass of water
- Clear glass bowl for bean soup
- 1 dry bean
- 1 whole baby carrot
- 1 tablespoon grated carrot



Procedure:

Talk to the children about how some things sink to the bottom when we put them in water while some things stay on top of the water. When we put something in a liquid and it stays on top of the liquid, we say it is suspended or it floats on the top.

Using a clear glass of water, add a dry bean. Does it sink or float? Now add a baby carrot. Does it sink or float? Add a grated carrot. Does it sink or float? Ladle some of the bean soup into a clear glass bowl. Look at the vegetables in the soup. Are there vegetables in the soup that sink? What is suspended in the soup?

Additional Activity - Absorption

Put a small amount of water in a bowl. Have children add a cracker and watch the water being absorbed. Now the cracker is soft and not crisp. Talk about absorption. Now add several dry beans to a bowl half full of water. Check throughout the day to see if the water is absorbed. At the end of the day, feel the beans to see if they are soft or hard.

Singing and Dancing

Song: Stir the Soup (tune: Row, Row, Row Your Boat)

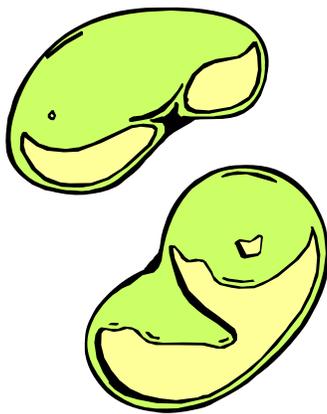
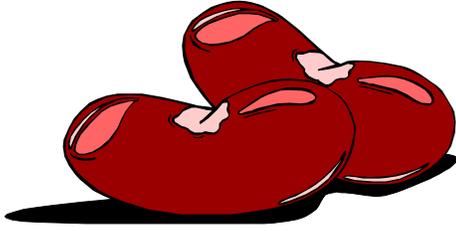
Stir, stir, stir the soup, stir it all day long
Add some _____ to the soup.
(have children name ingredients as added)
Soup will make us strong.



Teacher Notes



Beans







Lesson 6

Power Panther Eats Pumpkin

Key Messages:

EAT SMART: I am learning that pumpkins are a popular pick.

PLAY HARD: I am learning how to move my body while standing in one place and I am learning how to balance while moving.

Suggested book for this lesson:

Pumpkin Pumpkin*

Jeanne Titherington

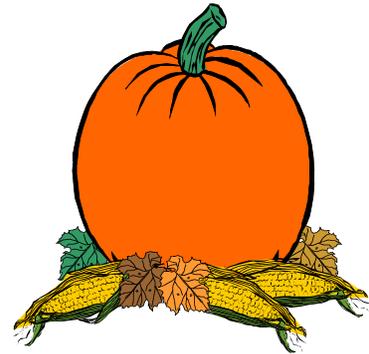
Other suggested books:

I Like Pumpkins, Jerry Smath

Picking Apples & Pumpkins,

Amy and Richard Hutchings

It's Pumpkin Time, Zoe Hall



*book included in tote bag

CACFP snack ideas:



Pumpkin muffin, milk



Perfect Pumpkin Pancakes (recipe on page 54), warm applesauce



Pumpkin seeds, apple juice



EAT SMART Activities

I am learning that pumpkins are a popular pick.

Introducing Pumpkin at Circle Time

Getting ready:

Purchase a fresh pumpkin, a can of pumpkin and a package of pumpkin seeds.

Procedure:

Tell the children you brought something today that is bright orange, big and round. Ask them to guess what it is. Tell them that pumpkins can help us see better. When we eat pumpkin, our body gets vitamin A, and that helps keep our eyes healthy. Read the book, *Pumpkin Pumpkin*. We can eat two parts of the pumpkin---the inside flesh and the seeds. After the inside of the pumpkin is cooked, it looks like the canned pumpkin. Show and taste the pumpkin seeds. What part of the pumpkin don't we eat? (*outside called the shell and the stringy part around the seeds.*)

EAT SMART Stretcher Activities

- Make orange thumbprint "pumpkin" pictures.
- Visit a pumpkin patch or farmer's market.
- Finger paint pumpkin shapes and cut out for a pumpkin patch bulletin board.
- Toast pumpkin seeds and eat as part of a CACFP snack.
- Cut pictures of pumpkins from magazines, grocery inserts or seed catalogs and make a collage.
- Make pumpkin pudding by mixing 1 cup canned pumpkin ($\frac{1}{2}$ of a 15 oz can) and $\frac{1}{2}$ teaspoon pumpkin pie spice. Slowly stir in $1\frac{1}{2}$ cup milk. Add a 3.5 oz package of instant vanilla pudding and stir slowly for about a minute or until it thickens. Chill before serving.



PLAY HARD Activities

I am learning how to move my body while standing in one place and I am learning how to balance while moving.

PLAY HARD - Pumpkin Seeds

Materials needed:

Paw prints (see page 11)
Book - *Pumpkin Pumpkin*



Procedure:

Place paw prints in a large circle on the floor. Prints should be far enough apart for each child to have his own space to move (swing arms, etc.). Instruct children to sit or stand on a print. Read the book *Pumpkin Pumpkin* to the children. Read the book a second time instructing the children to act out the book. Examples: while standing, bend down to pick up the seed, pretend to shovel a hole, twist down from standing to squatting, like a seed going into the ground, jump up like a plant sprout, stretch high like a flower, sway like a flower in the wind, spread legs and arms wider and wider as the pumpkin grows. Finally have the children roll to the middle of the circle like a pumpkin.

PLAY HARD - Pumpkin Walk

Materials needed:

Large pumpkin with Power Panther stickers on it

Procedure:

Do various activities with the pumpkin:

- Discuss with the children how they think this pumpkin might get from one place to another (being carried, rolled, etc).
- Experiment, to find out how many children it takes to lift the pumpkin.
- Ask a child to gently roll the pumpkin so the class can see it.
- Invite the children to pretend to be giant pumpkins by rolling side to side or somersaulting from the pretend pumpkin patch.
- Think of other ways to walk in a pumpkin patch. For example, the child could walk heel-to-toe as if on a tight rope, and pretend he is walking on a pumpkin vine. The child could walk and jump, pretending to jump over pumpkins as he goes through the patch.
- To further emphasize stability skills the teacher could model standing on one leg, hopping on one foot or running in place. Ask children to practice these skills.

Enhancement Activities

EAT SMART - Perfect Pumpkin Pancakes

Ingredients:

2 cups flour
2 tablespoons brown sugar
1 tablespoon baking powder
1 ¼ teaspoons pumpkin pie spice
1 teaspoon salt
1 egg
½ cup canned pumpkin
1 ¾ cups milk
2 tablespoons vegetable oil

Materials needed:

Measuring cups
Measuring spoons
Large mixing bowl
Medium mixing bowl
Large spoon
Griddle or electric skillet
Metal spatula



Procedure:

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil and mix well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy.
4. Lightly coat the griddle or skillet with cooking spray and heat on medium. Pour small amount of batter on the griddle for each pancake. Cook until bubbles begin to burst, then flip pancake and cook until golden brown. Top with warm applesauce.

Math or Science Activity- Measuring the Pumpkin

Use a string to measure around the middle of the pumpkin. Measure other objects or parts of the body with string. Is the pumpkin bigger or smaller than each of them? For an added challenge, measure the length of the string with a ruler or yardstick.

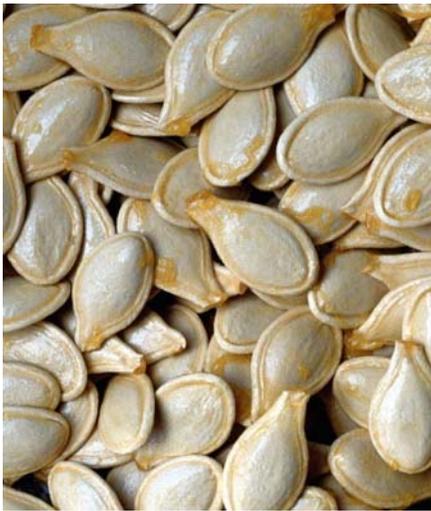
Singing and Dancing

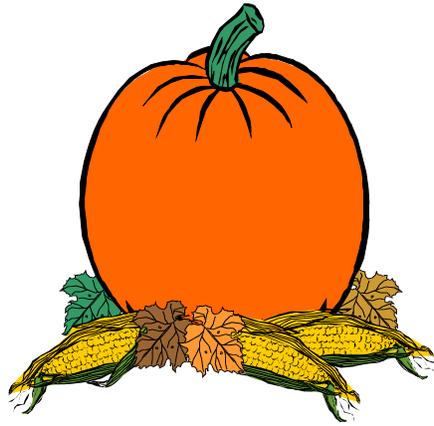
Song: Pumpkin Pumpkin on the Ground (tune: Twinkle, Twinkle, Little Star)

Pumpkin, pumpkin on the ground,
How'd you get so big and round?
You started as a seed so small,
Now you are a great round ball.
Pumpkin, pumpkin on the ground,
How'd you get so big and round?



Pumpkin







Lesson 7

Power Panther Eats Berries

Key Messages:

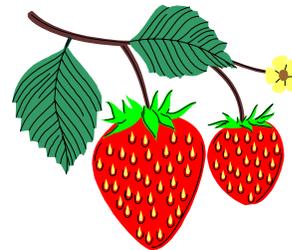
EAT SMART: I am learning that berries are berry good.
PLAY HARD: I am learning my body needs space to move.

Suggested book for this lesson:

The Little Mouse, The Red Ripe Strawberry, and the Very Hungry Bear
Don and Audry Wood

Other suggested books:

Blueberries for Sal, Robert McCloskey
Pancakes, Pancakes, Eric Carle
Strawberries are Red, Pete Horacek
Jamberry, Bruce Degen



CACFP snack ideas:

-  Red, White and Blue Fruit Salad (recipe on page 61), graham crackers
-  Blueberry pancakes, milk
-  Strawberries and bananas, snack crackers



EAT SMART Activities

I am learning that berries are berry good.

Introducing Berries at Circle Time

Getting Ready:

Purchase a strawberry plant with berries attached if a plant is available. If no plant is available, purchase a basket of fresh strawberries or use a picture of a strawberry plant.

Procedure:

Show the children the plant and ask them what kind of berries are hanging on the plant. Talk about the color of the berries.

Ask these questions:

- How do we know when strawberries are ready to eat? (*they turn from green to red*)
- How do the strawberries taste? (*sweet, juicy*)
- Do we ever eat the seeds in berries? (*yes, in all berries we eat the seeds*)
- Have you ever eaten blueberries?
- What are some other kinds of berries? (see page 63)

Read a book about berries.

EAT SMART Stretcher Activities

- Add fresh or thawed berries to fruit cocktail for interesting color. Discuss the berries when you eat the fruit.
- Make red or blue play dough using your favorite recipe. Have children shape “berries” from the play dough to use for a math activity.
- Use your favorite pancake recipe and add berries to the batter.
- Mix strawberries or blueberries with bananas for a fruit topping for waffles or pancakes.
- Visit a berry farm when the plants are blooming and producing berries.
- Invite the produce manager from the grocery store to show and tell about different kinds of berries.



PLAY HARD Activities

I am learning my body needs space to move.

PLAY HARD - Berry Maze

Materials needed:

Tunnels (use foldable tunnels, folding tables covered in blankets, boxes, or chairs placed with backs facing each other and covered in blankets)

10 plastic beads (too large to swallow) to simulate blueberries

Music from one of the CD's provided

Small basket or paper sack

**Getting Ready:**

Set up the tunnels to create a maze. Along the inside of the maze place the blueberries or large beads.

Procedure:

Read the book, *Blueberries for Sal* (optional). Play music as the children explore the maze. Allow each child to take a turn going through the maze and collecting blueberries. Have each child try to find all ten blueberries, put them in the basket and bring them back to the beginning. Then have the same child go back through the tunnel and hide the blueberries for the next friend. As the children crawl through the tunnels, they can pretend to be bears like Sal.

PLAY HARD - Hoops of Fun

Materials Needed:

Hula hoops

Procedure:

Place hula hoops on the floor. Have 2 or 3 children on the outside of each hula hoop. Start by having one child sit or stand inside the hoop. Have additional children join the first child in the circle. Can they lie down in it? Sit in it? Is it easier to stand or to lie sideways in the hoop? Can they jump in it? Or bend while standing in it? Discuss with children that their bodies need space to move.

PLAY HARD Activities
I am learning my body needs space to move.

PLAY HARD - Going on a Panther Hunt

Materials needed:

Paper plate with a Power Panther sticker

Procedure:

Take turns letting a child hide the panther plate in the classroom or on the play ground. Then let the child lead the class on a panther hunt. (This works best in small groups when the teacher participates.)

Teach children this chant and act the part by walking around the room:

We're going on a panther hunt, we're going to catch a big one,

But we're not scared. Oh no!

Some tall grass...

We can't go over it, we can't go under it, we've got to go through it!

Swishy swashy swishy swashy.

Replace the "tall grass" with tall tree, wide river and deep cave (or other obstacles you have in the classroom). Finally, once children have arrived at the cave, have them peek in and find the panther, saying, "*Oh no! I see two dark eyes, one furry purple nose, and two pointy ears. It's a panther! Run away!*" Reverse the sequence and allow the children to run back on the same path.

Variation:

As the children are going through the chant, set up various obstacles for the children to move over, around, under and through (tunnels, rocks, stairs, blankets, chairs, tables or trees). A sample path might go around a chair, under a table, jump over a pillow and crawl under a blanket.



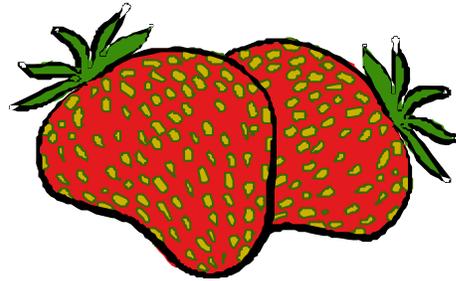
Eat Smart. Play Hard.™
Food and Nutrition Service, USDA

Enhancement Activities

EAT SMART - Red, White and Blue Fruit Salad

Ingredients needed:

Washed fresh strawberries—stems and leaves removed or slightly thawed frozen strawberries – 1 tablespoon/child
Washed fresh blueberries—stems removed or slightly thawed frozen blueberries – 1 tablespoon/child
Bananas—cut in fourths – 1 piece/child
Vanilla yogurt – ¼ cup/child

**Materials needed:**

Container for each fruit
Tablespoons
Bowl or cup – 1/child
Spoons – 1/child
Plastic knives – 1/child
Napkin – 1/child

Procedure:

Place each ingredient in a large container. Have each child peel and cut ¼ banana into pieces and add to his bowl or cup. Add strawberries, blueberries and yogurt. Stir before eating.

Math or Science Activity - How Many Berries Are In a Basket?



Save washed plastic berry containers for this math activity. Place a piece of paper with a number in the bottom of each berry basket. Use picture cards of berries, play dough “berries”, or colored beads as berries. Instruct the children to place the designated number of berries in the basket. Simple addition and subtraction activities may be included, depending upon the level of the children.

Enhancement Activities



Additional Activity - Making Berry Bubbles

Plastic berry baskets produce hundreds of “berry bubbles” when dipped in diluted dishwashing soap or commercial bubble soap. Pour the bubble solution in a flat pan. Hold the top of the basket and place the bottom flat into the solution. Have children swing their arms or run while holding the basket and hundreds of bubbles will appear.

Singing and Dancing

Smart Fruit and Veggie Songs CD

Track #4 - Annie Picked Some Blueberries



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Berries

Raspberries



Blueberries



Blackberries



Strawberries

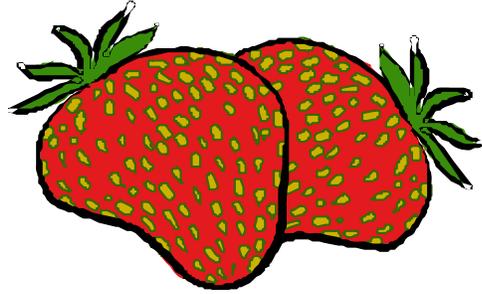


Cranberries



Gooseberries





Lesson 8



Power Panther Eats Pears

Key Messages:

EAT SMART: I am learning that pears are perfect.

PLAY HARD: I am learning how my body can create different shapes.

Suggested book for this lesson:

Too many pears!*

Jackie French

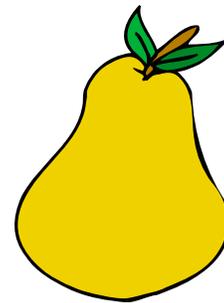
Other suggested books:

Mr. Rabbit and the Lovely Present, Charlotte Zolotow

Valerie and the Silver Pear, Benjamin Darling

Each Peach Pear Plum, Allan Ahlberg

Mr. Putter and Tabby Pick the Pears, Cynthia Rylant



*book included in tote bag

CACFP snack ideas:



Fresh or canned pears with oatmeal cookie



Canned pears with cottage cheese---top with grated cheese for extra color and calcium



Pear Pizza (recipe on page 68), milk



EAT SMART Activities

I am learning that pears are perfect.

Introducing Pears at Circle Time

Getting ready:

Locate the pear pictures in the notebook pocket. Make 24 “pear cards” by cutting and gluing pears to 24 3 x 5 index cards. A **COPY** of the pear picture page is on page 69.

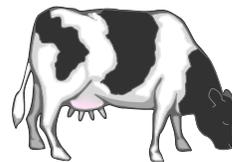
Use a gallon milk jug to create Pamela the cow. Cut the bottom off the jug. Place the jug on its side with the neck of the jug as the nose. Draw features and spots with a black marker. You may make paper ears to tape on the top. Cut out a section of the jug to create a “mouth” so the children may feed Pamela pears. Remove cards from the open bottom to re-use.

Purchase fresh or canned pear halves for tasting.

Procedure:

Read the book *Too Many Pears*. Instruct children to “feed” Pamela the pear cards through the mouth opening. Ask these questions:

- How do we feel when we eat too much?
- Do our tummies hurt?
- Do we want to eat until our tummies hurt?
- Do you think Pamela felt the same way we do?
- Taste pears.



EAT SMART Stretcher Activities

- Purchase several different colors of fresh pears. Show the children a picture of pears. Talk about the different colors of pears and invite children to taste.
- Invite the produce manager from the grocery store to visit and tell you about the different kinds of pears. Invite him to have a pear snack with you.
- Purchase a fresh pear and a can of pear halves. Examine the fresh pear and talk about the location of the seeds. Cut the pear in half and remove the core with seeds. Now look at the canned pear half and locate where the seeds had been. Taste both.
- Visit an orchard to pick pears.

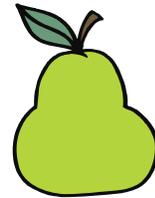
PLAY HARD Activities

I am learning ways I can move and identify different body parts.

PLAY HARD - Make a Shape

Materials needed:

Picture of a fresh whole pear



Procedure:

Look at the picture of a pear. Talk about the shape of a pear. Instruct children to form various shapes using their bodies. Start by having four children demonstrate how to make a square in the middle of the group. Have each of the four children put his head at someone else's feet. Then have children make other simple shapes (a rectangle with six children, a triangle with three, etc.). Have children determine how to make a pear shape. Look at the picture again to see what it should look like. One child can make the top and two children curve to make the bottom.

PLAY HARD - Picking Pears

Materials needed:

Paw prints (see page 11)

Procedure:

Have each child stand on a paw print. Tell the following story and instruct children to act out the motions with you. *There once was a pear tree. One spring day, there were tiny little buds on the tree* (crunch very small). *Everyday they would grow a little bigger and a little bigger* (slowly get bigger and bigger). *Slowly the buds grew into flowers, then pears* (spread arms and legs to look "big"). *A little boy came walking by and said, "Yum, those pears look very tasty."* (pretend to be the boy walking by). *"I wonder how I could get those pears down? I'd better go home and get my ladder."* (March in place to get the ladder). *The boy climbed the ladder, and reached as high up as he could* (climb the ladder and reach), *but the pears were out of reach! He twisted and turned* (twist back and forth, stretch up on tiptoes, etc.), *but he just couldn't reach them. He climbed down the ladder* (climb down ladder). *Just as the little boy was starting to cry,* (crunch down small again like the boy is sad) *the wind began to blow* (stand up and stretch legs out wide and stretch hands out wide above your head; bend and twist so one hand touches the opposite foot). *The wind blew for a while, and all of a sudden, the pears started tumbling down,* (curl up like a pear again, and roll to the middle). *The little boy was so happy he picked up some pears* (pick up pears) *and took them home to eat.* (walk home). *Yummmmmm.....*

Enhancement Activities

EAT SMART - Pear Pizza

Note: Quantities are for individual portions

Ingredients:

1 refrigerator biscuit
1 teaspoon softened butter or margarine
Cinnamon sugar in shaker
1 pear half
1 tablespoon cheddar cheese

Materials needed:

Square of waxed paper – 1/child
Shaker with cinnamon sugar
Plastic knife – 1/child
Tablespoon
Baking sheet
Pancake turner

Procedure:

Place one refrigerator biscuit on a square of waxed paper. Have each child pat the dough into a larger circle. Spread 1 teaspoon butter or margarine on the dough. Place 1 pear half, cut side down, on the dough. Sprinkle with cinnamon sugar from the shaker. Top with 1 tablespoon cheddar cheese. Move pizza to the baking sheet using the pancake turner. Bake at the recommended time and temperature for the biscuits.

Math or Science Activity - Math Match

Getting Ready:

Gather the 24 pear cards used for the Introducing Pears at Circle Time activity on page 66.

Procedure:

To play the game, shuffle one set of 12 cards and turn face down. Spread out the second set of cards face up. Let each child draw a card that is face down and find the matching card that is face up.

Singing and Dancing

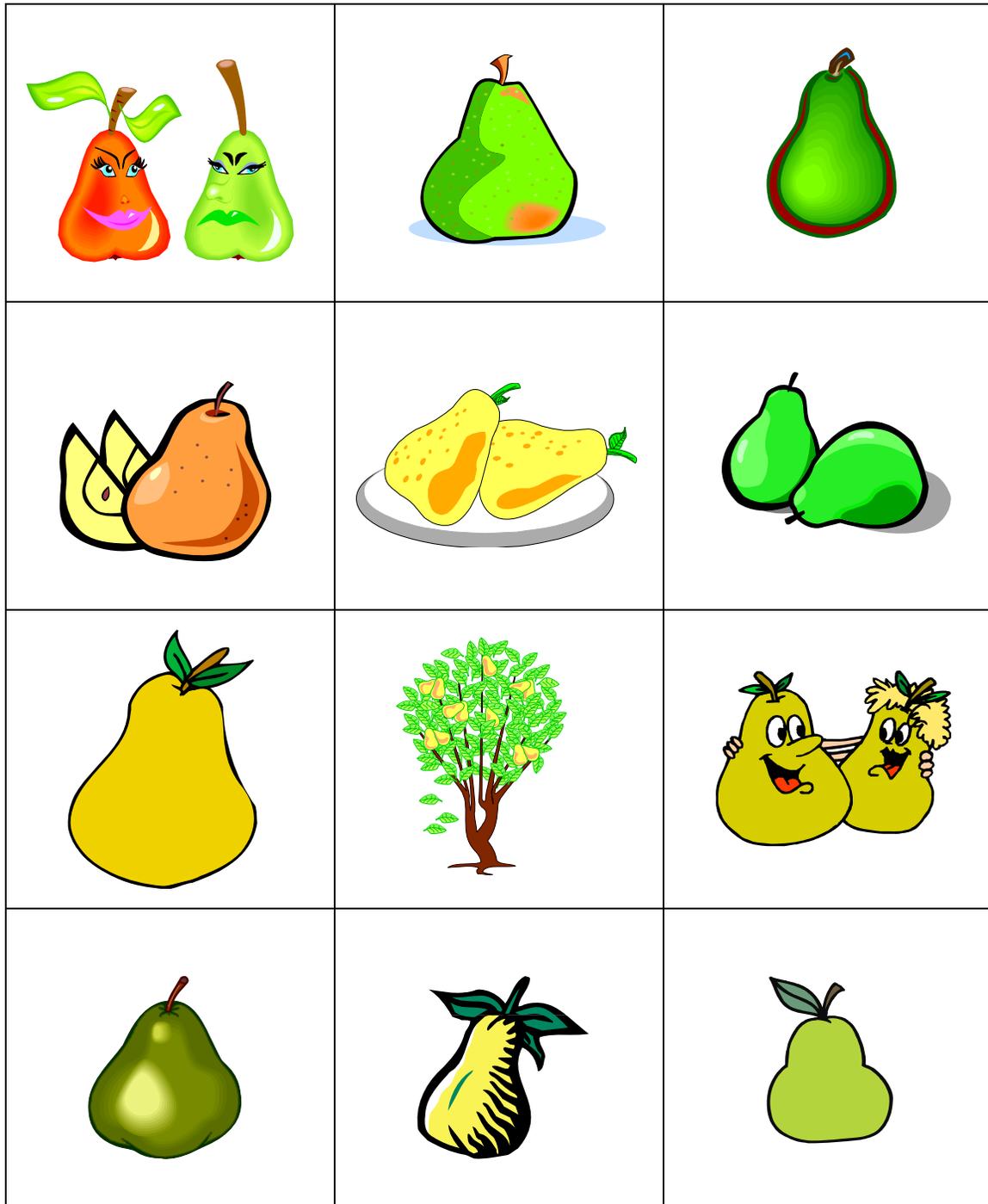
Smart Fruit and Veggie Songs CD

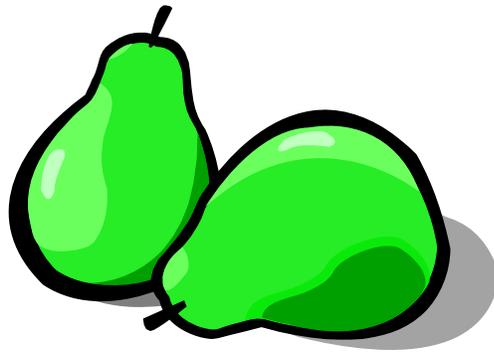
Track #16 Instrumental tune of "The Ants Go Marching 2 x 2"

- March in pairs
- Clap in pairs
- Walk in pairs
- Skip in pairs

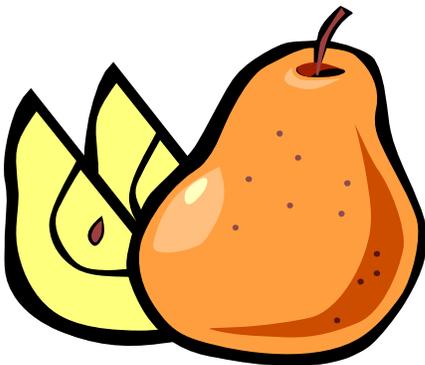
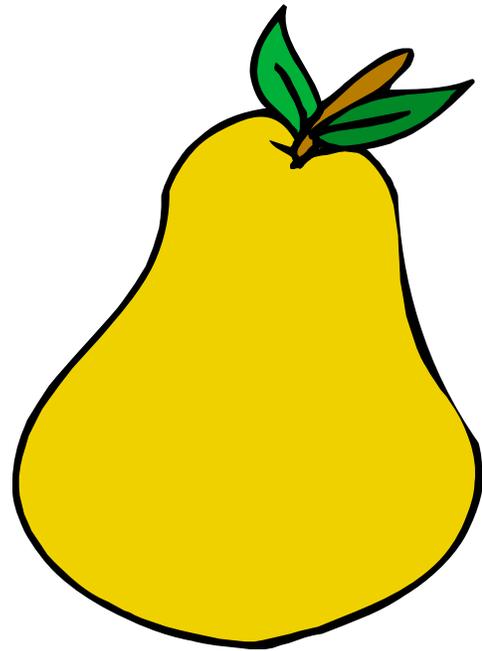
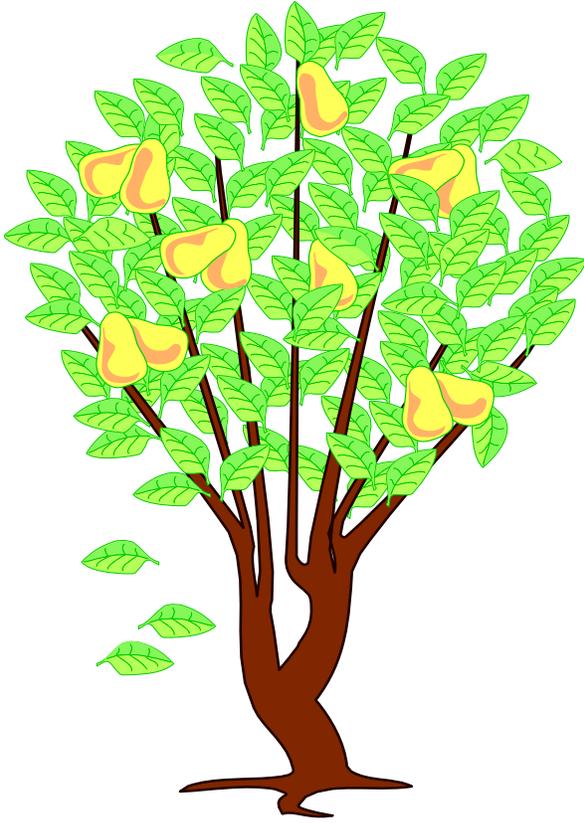


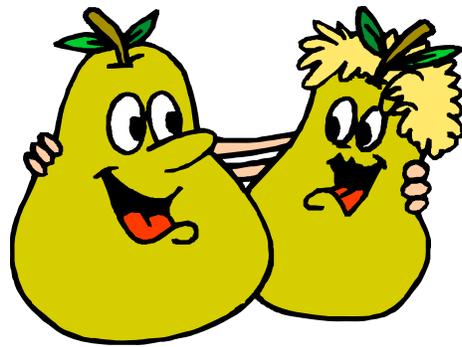
Pears for: Circle Time activity (page 66) and
Math Match (page 68)





Pears





Lesson 9



Power Panther Eats Tropical Fruits

Key Messages:

EAT SMART: I am learning that tropical fruits are terrific.

PLAY HARD: I am learning how my body can move from one place to another.

Suggested book for this lesson:

Floating Bananas

Richard Scarry

Other suggested books:

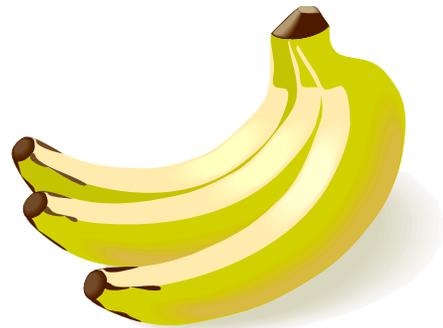
Beautiful Bananas, Elizabeth Laird

Tingo Tango Mango Tree, Marcia K. Vaughn

A Walk in the Rainforest, Kristin Joy Pratt

Rainforest Colors, Susan Canizares

The Barefoot Book of Tropical Tales, Raouf Mama



CACFP snack ideas:



Banana Dippers (recipe on page 74), graham crackers



Tropical fruit parfait (layer drained canned pineapple with vanilla yogurt, top with granola cereal)



King Kong Chips (recipe on page 74), milk



EAT SMART Activities

I am learning that tropical fruits are terrific.

Introducing Tropical Fruits at Circle Time

Getting ready:

Purchase a banana. Gather supplies needed for King Kong Chips.

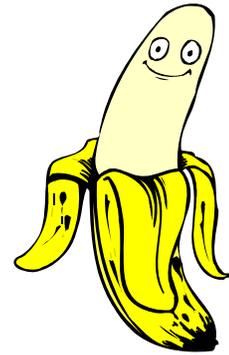
Procedure:

Read a book about bananas or the tropics.

Tropical fruits are grown where the weather is very warm.

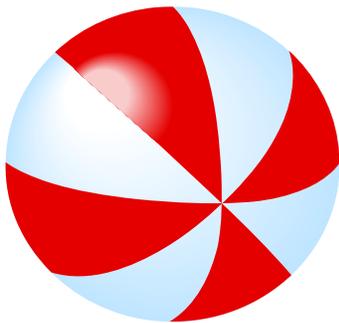
Ask these questions:

- Do you know that a banana is a tropical fruit?
- Has everyone eaten a banana?
- Do you think there are animals that like to eat bananas?
- Have children help make **King Kong Chips** by slicing a banana and dipping each slice in orange juice and then into wheat germ. Put in a single layer on a waxed paper lined pan. Cover and freeze before snack time.



EAT SMART Stretcher Activities

- Make **Banana Dippers** as a nutrition activity. Each child will need a small cup of vanilla yogurt or peanut butter and yogurt mixed together and a small cup of graham crackers crumbs. Instruct the children to peel the banana and dip in the yogurt, then in the graham crackers. Eat a bite and repeat.
 - Pretend you are at the beach. Have each child sit on a beach towel during circle time. Plan a beach party and serve tropical fruit or juice as part of a CACFP snack.
 - Make a sand painting of your favorite tropical fruit.
 - Have children make their own tropical fruit mix using mango, pineapple chunks, and banana slices.
 - Purchase canned mixed tropical fruit. Name the fruits that are included.
 - Mix pineapple or bananas with other fruits for lunch.



EAT SMART Activities

I am learning that tropical fruits are terrific.

EAT SMART - Pineapple Pick

Materials needed:

Fresh pineapple
Canned pineapple rings
Canned crushed pineapple or tidbits
Knife
Cutting board
Can opener
Bowl – 1/child
Plastic forks – 1/child



Procedure:

Show the fresh pineapple to the children. Pineapple is also a tropical fruit. It does not grow on a tree---it grows on a large plant. One pineapple grows in the middle of each plant. Allow children to touch the pineapple and talk about how it feels. Ask these questions:

- Can you smell it?
- Did you know that the middle (core) of the pineapple was once the stalk where the pineapple flowers bloomed?

Cut top from pineapple approximately ½ inch below the leaves so children may see the fruit. Save the top for the Let's Grow Tropical! activity on page 78. Open cans of pineapple. Talk about the different shapes of canned pineapple. Cut the outer layer from the fresh pineapple and remove the brown "eyes" that remain. Slice the pineapple into rings and compare with the canned pineapple rings. Cut one ring of fresh pineapple into smaller pieces so it resembles the crushed pineapple or pineapple tidbits. Taste the different kinds of pineapple.

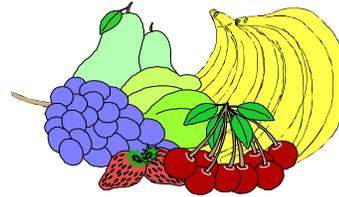
PLAY HARD Activities

I am learning how my body can move from one place to another.

PLAY HARD - Tropical Obstacle

Materials needed:

Paw prints (see page 11)
Plastic tropical fruits – bananas, pineapple, or mangos
(can substitute colored bean bags)
Basket or hula hoop
Masking tape (optional)



Getting Ready:

Place paw prints to lead the way to an outdoor obstacle course. You may mark the route with a piece of masking tape. Designate “stations” along your course. Place several fruits at each “station.” Use any available structures, equipment or trees (pretend they’re palm trees!).

Procedure:

Designate an activity to be done at each station. Examples: put on sunscreen, run around a beach umbrella, lay on a beach towel, make a swimming motion while lying on the ground, etc. Also designate a way to move from one station to the next (hop, jump, skip, run, etc.) As the child completes each station, he picks up a fruit and goes to the next station. At the end of the course, he tosses all of his fruit into a basket or into a hula hoop placed on the ground.

PLAY HARD - Mango Hop



Materials needed:

Paw prints – 1/child (see page 11)
Plastic mangos (may use bean bags)

Procedure:

Line the paw prints up on the ground. Place a mango in front of each one. Have the children stand on one paw print, and pick up the mango. Instruct the child to throw his fruit as far as he can and observe where it lands. When all of the mangos have been thrown, have each child hop to the mango that he threw.

Variation:

Have children gallop, skip or crawl to the mango.

Enhancement Activities

EAT SMART - Mango Mystery

Materials needed:

- Fresh mango
- Knife
- Cutting Board
- Bowl – 1/child
- Plastic forks – 1/child

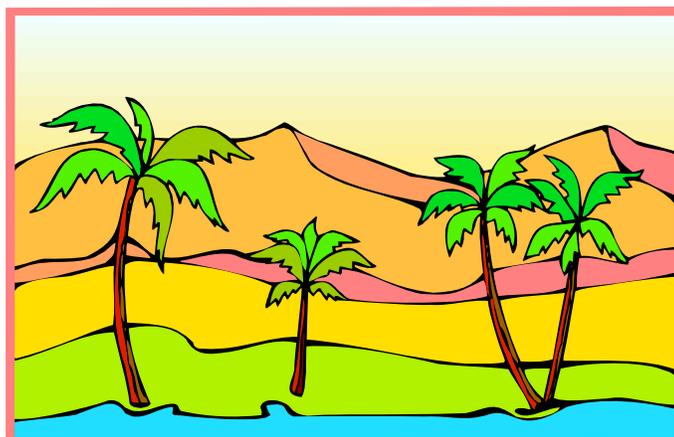


Procedure:

Allow children to feel the outside of the fruit. Tell them mangos grow on a tree. Ask these questions:

- Do you think mangos have a big or a small seed? (*big*)
- What color do you think they are inside? (*yellow*)
- Does the outside of a mango feel smooth or bumpy? (*smooth*)

Cut open and remove as much of the pulp from the seed as possible. Talk about how big the seed is. Save the seed for the Let's Grow Tropical! activity on page 78. Cut the mango into small pieces and taste.



Enhancement Activities

Math or Science Activity - Let's Grow Tropical!

Materials needed:

Potting soil
Top of a pineapple
Cleaned mango seed
2 flower pots

Getting Ready:

Save the pineapple top from the Pineapple Pick activity (see page 75) and the seed from the Mango Mystery activity (see page 77).

Procedure:

Help the children place potting soil in two 6-inch flower pots. Place the top of the pineapple plant in one pot and add $\frac{1}{2}$ inch of dirt to cover the "fruit" part of the top. Keep moist. Set in a sunny place to grow.

In the second pot, place the cleaned mango seed horizontally with about $\frac{1}{4}$ of the seed in the soil. Do not over water. In about a month you will have a mango plant underway.

Singing and Dancing

Song: Bananas (tune: Here We Go Round the Mulberry Bush)

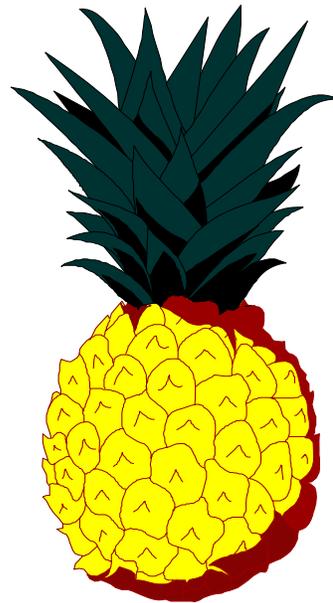
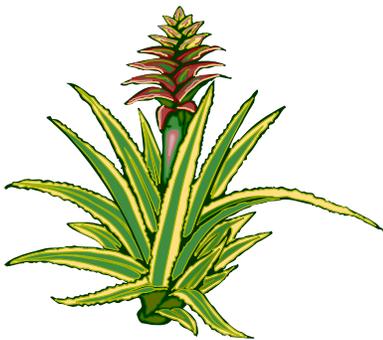
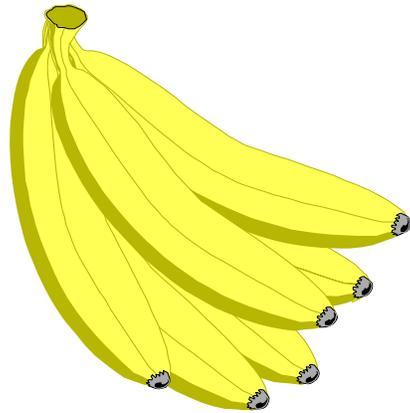
This is the way we peel a banana
Peel a banana
Peel a banana
This is the way we peel a banana
Each time we eat it.

This is the way we slice a banana...
This is the way we eat a banana....

You may add additional verses using mangos and pineapple.



Tropical Fruits





Lesson 10



Power Panther Eats Pizza with Fruits and Vegetables

Key Messages:

EAT SMART: I am learning to put my favorite fruits and vegetables on pizza.

PLAY HARD: I am learning how to move with hard, medium and soft force.

Suggested book for this lesson:

Pizza Pat*

Rita Golden Gelman

Other suggested books:

Little Nino's Pizzeria, Karen Barbour

Pancakes, Crackers, and Pizza: A Book About Shapes,

Marjorie Eberts and Margaret Gisler

The Little Red Hen Makes a Pizza,

Phileman Sturges and Amy Walrod

Pizza Party, Grace Maccarone



*book included in tote bag

CACFP snack ideas:

 Fresh Veggie Pizza (recipe on page 84), milk

 Mini Fruit Pizza (recipe on page 82), orange juice

 Breakfast pizza



EAT SMART Activities

I am learning to put my favorite fruits and vegetables on pizza.

Introducing Pizza at Circle Time

Getting Ready:

Purchase refrigerator biscuits (1/child), jar or can of pizza sauce, shredded cheese, and several vegetables for topping pizza. Wash and finely chop vegetables.

Procedure:

Read *Pizza Pat*. Discuss the book with the children. Pizza Pat showed us how to make a pizza that is good for people to eat. Ask these questions:

- What do you like to eat on your pizza? Talk about each group of foods on a pizza---bread, meat, fruits and vegetables, milk (cheese in the milk group or drink milk with pizza). Discuss the pictures of pizza toppings on page 87.
- Do you think animals eat pizza? If they did eat pizza, what foods would they like on the pizza? Let's think about what different animals would eat on their pizzas--birds, rabbits, monkeys, frogs, dinosaurs.

Have children make individual pizzas using refrigerator biscuits and their favorite toppings. Bake and eat as part of a CACFP snack.



EAT SMART Stretcher Activities

- Visit a pizza restaurant to learn how pizzas are made.
- Have children make **Mini Fruit Pizzas** on vanilla wafers spread with flavored cream cheese and topped with their favorite fresh fruits.
- Make Bubble Pizza from refrigerator biscuits cut in fourths and placed in a greased 9 x 13 inch baking pan. Top with pizza sauce, vegetable toppings, and shredded mozzarella cheese. Bake at 350 approximately 20 minutes.
- Pizza and Pat start with the letter "P". Ask if anyone's name starts with "P". Look around the room and name objects that start with "P".

PLAY HARD Activities

I am learning how to move with hard, medium and soft force.

PLAY HARD - Pizza on the Floor

Materials needed:

Tape
Pictures of fruits and vegetables
Small paper sack
Power Panther sticker
Bean bags



Getting Ready:

Place a Power Panther sticker on the paper bag to create the puppet. Outline a large pizza wedge on the floor using tape.

Procedure:

Have the children help place their favorite fruit or vegetable on top of the piece of pizza. Tape the pieces down to make them more secure. Have one child use the Power Panther puppet to call out a vegetable or fruit, and a degree of force (hard, soft, medium). Have the other children try to get their bean bag to land on that vegetable or fruit by throwing, tossing or dropping their bean bag according to directions. Take turns being Power Panther and tossing the bean bags.

PLAY HARD - Pizza Delivery*

Materials needed:

Paper plate
Markers or pictures of pizza

Getting Ready:

Make a pretend pizza by gluing pizza pictures or drawing toppings on a paper plate.



Procedure:

Instruct children to sit in a circle. One child is "it" and walks (runs, hops, skips, marches) around the outside of the circle carrying the pizza. The "it" places the pizza behind someone and touches them on the back, saying, "Ding Dong". The rest of the children say, "pizza delivery". The person with the pizza behind him stands, picks up the pizza and walks (runs, hops, skips, marches) around the circle. The previous "it" takes a place in the circle. The game continues until everyone has delivered the pizza.

***This activity was a favorite from Berry Berry Good.**

Enhancement Activities

EAT SMART - Fresh Veggie Pizza

Note: Quantities are for individual portions

Ingredients:

- 2 tablespoons low fat sour cream or plain yogurt
- 1 teaspoon dry ranch dressing mix
- 1 (7 inch) flour tortilla
- 2 tablespoons shredded cheddar cheese

Fresh vegetable toppings may include: chopped broccoli, shredded carrots, diced cauliflower, green or red pepper strips, sliced zucchini, grape tomato halves.



Materials needed:

- Bowl or container for each vegetable, sour cream mixture, and grated cheese
- Utensil for each bowl/container
- Measuring spoons
- Paper plate – 1/child
- Plastic knives or tongue depressors for spreading

Getting Ready:

Wash and finely chop all vegetables in advance and have available in bowls for the children to select. Mix together sour cream or yogurt with dry ranch dressing mix.

Procedure:

Have children spread the sour cream mixture on the tortilla. Have the children choose at least 3 different colors of toppings. Top with the cheese and slightly press the toppings into the sour cream. You may suggest that they fold the “pizza” in half to eat.

Math or Science Activity - Pizza Counting

Pizza counting is a fun activity for the math or science area. Using small paper plates create a number pizza by drawing a different number of “toppings” like green triangles, red circles and orange squares on each. Have the children count the number of each type of “topping”.

Variation:

Using numbers from one to ten, write a different number on small paper plates. Have children add small pieces of colored paper to correspond to the number on the plate.

Enhancement Activities

Singing and Dancing

Song: Pizza Pat Made a Pizza (tune: Old McDonald Had a Farm)

Pizza Pat made a pizza
Ei-I-Ei-I-O
And on his pizza he put some _____
Ei-I-Ei-I-O
With a little _____ here
And a little _____ there
Here's the _____, there's the _____,
Everywhere cheese and _____,
Pizza Pat made a pizza
Ei-I-Ei-I-O.



Give me 5 a day! CD

Track #3 - Snack Smart Move More



Teacher Notes



Pizza

