

**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:**

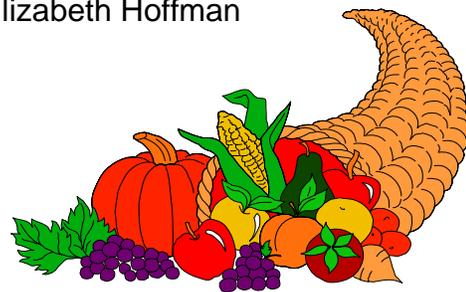
***Eating the Alphabet***, Lois Ehlert

***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).



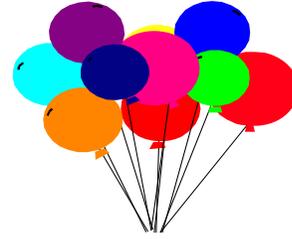
## PLAY HARD Activities

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

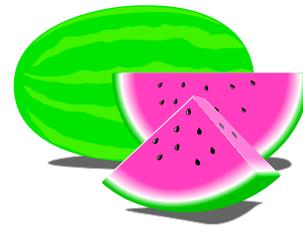
#### Materials needed:

Large bowl for each fruit

Serving spoons

Bowls – 1/child

Spoons – 1/child



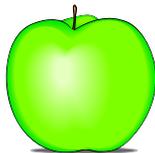
Select from the list of foods by shape for the salad. Encourage children to choose at least three shapes to put in their salad. Eat as part of a CACFP snack.

### 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

