

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

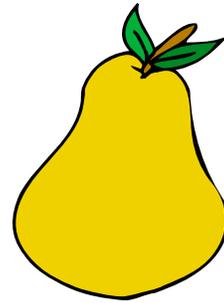
Other suggested books:

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.

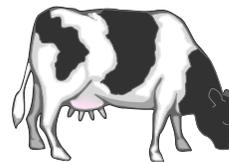
Use a gallon milk jug to create Pamela the cow. Cut the bottom off the jug. Place the jug on its side with the neck of the jug as the nose. Draw features and spots with a black marker. You may make paper ears to tape on the top. Cut out a section of the jug to create a “mouth” so the children may feed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

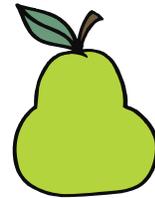
PLAY HARD Activities

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

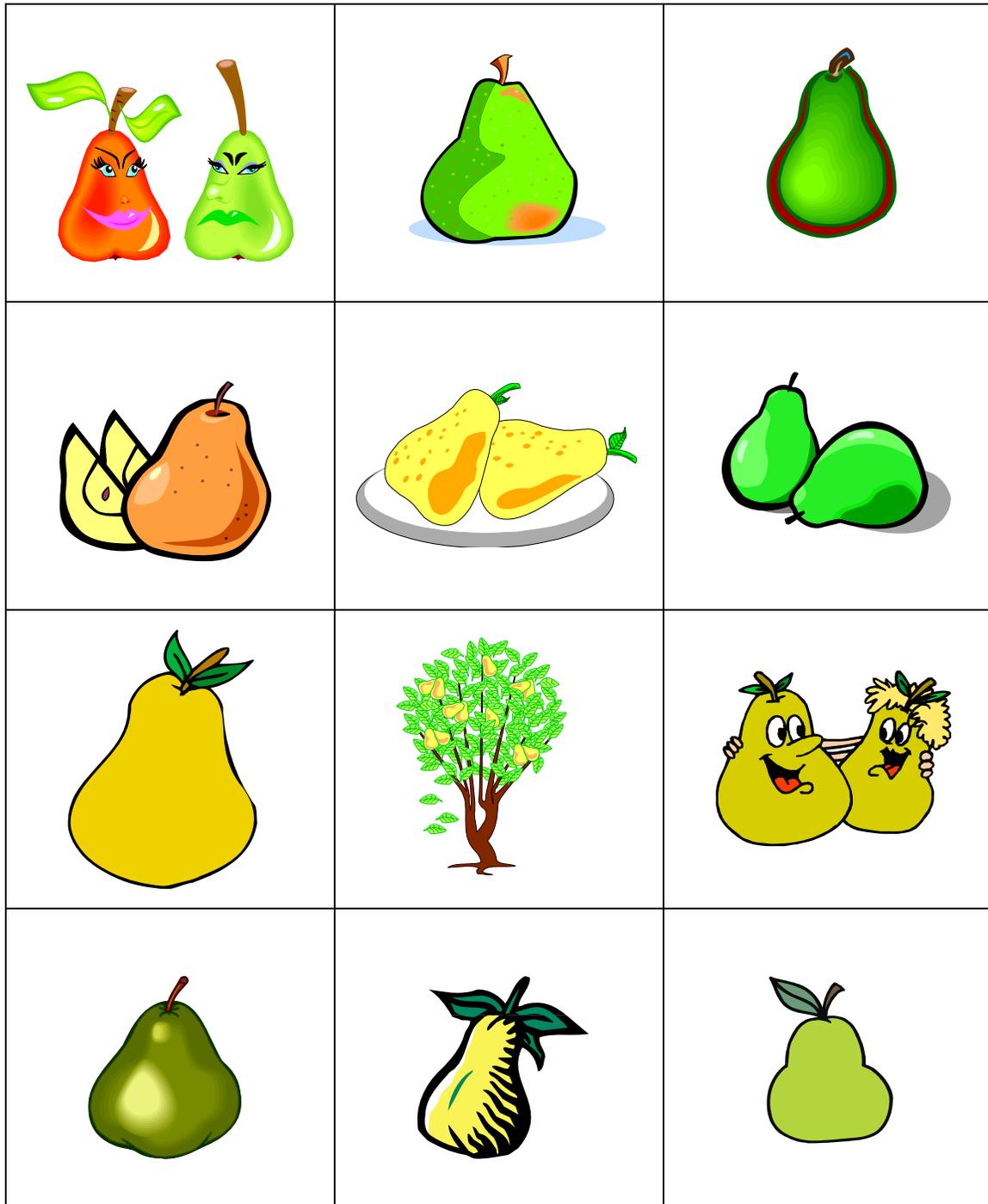
Smart Fruit and Veggie Songs CD

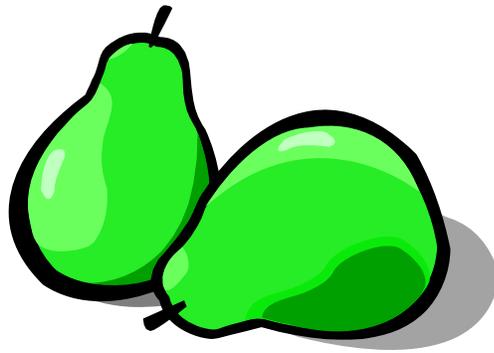
Track #16 Instrumental tune of "The Ants Go Marching 2 x 2"

- 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

