Fall Lessons
An Apple a Day Keeps the Doctor Away
FALL LESSON 1

Opportunities for Learning: Children will use all five senses to learn about different foods.

Learn About Apples Using the Five Senses

Things You’ll Need
✓ cutting board
✓ plastic serrated knives
✓ several varieties of apples

Things You’ll Do
✓ Sight: Give everyone a chance to look at the apple.
  • Take a good look at an apple.
  • What does the apple look like?
  • What fruit is bigger than an apple?
  • Name a fruit that is smaller than an apple.
  • What color is it?
  • Are all apples red?
✓ Touch: Give everyone a chance to hold the apple.
  • What does it feel like?
  • Is the apple heavy or light, rough or smooth?
  • Is the apple cool?
✓ Smell: Give everyone a chance to smell the apple.
  • What does it smell like?
✓ Hearing: Give everyone a chance to hear the apple.
  • Does the apple make noise when you shake it?
  • Is there a sound when you eat it?
✓ Taste: Give everyone a chance to taste the apple.
  • What does the apple taste like—sweet, sour, bitter, salty?

Look at several different varieties of apples.
  • Is the apple shiny or dull?
  • What shape is the apple?

Guess what the apple looks like inside.
  • How many seeds does the apple have?

Compare other fruits with apples, such as grapes, peaches, pears, bananas, or oranges. Discuss the different textures, colors, and shapes. Are there any pits or seeds?
Make Baked Apple

Things You'll Need
✓ plastic serrated knife or apple corer
✓ small microwave or ovenproof pan or electric skillet
✓ measuring spoons
✓ spoon for basting
✓ cutting board

INGREDIENTS
(for each child)
1 Apple
1/2 tsp Brown sugar
1/8 tsp Cinnamon
1 tsp Butter (optional)
Pinch of nutmeg (optional)

Things You'll Do
✓ Wash apple.
✓ Cut (slice) off bottom of apple so it rests flat on cut surface.
✓ Remove core with apple corer leaving bottom of apple closed. (Teacher should help.)
✓ Place apple in pan.
✓ Fill core with brown sugar.
✓ Place 1 tsp butter (optional) on top of brown sugar.
✓ Sprinkle with cinnamon and nutmeg.
✓ Baking options:
• Add 1 cup of water to the pan and bake in 350 °F oven about 40 minutes until the apple is tender or
• Add 1 Tbsp of water to pan and microwave on high for 10-12 minutes or
• Cook in an electric skillet with 1 cup water at 350 °F for 50 minutes.

Baste juices over apple while cooking. (Teacher or food service personnel should do this.)

✓ Talk about: What cooking does to the apple, which ingredient sweetens the taste, where nutmeg and cinnamon come from (nutmeg is a seed of a tropical evergreen tree found in the Spice Islands; cinnamon is bark from a tree, which food group apples belong to (fruit group), which vitamin the apple supplies (vitamin C, which helps prevent illnesses and promotes the healing of wounds).

More About Apples

Things You'll Do
✓ Discuss where apples come from.
✓ Visit an apple orchard. If you are unable to visit an orchard, find a picture of an apple tree or draw one.
✓ Apple trees come from seeds. Cut an apple and count the seeds.
✓ Ask: How many apple trees could we start from the seeds of this one apple?
✓ Talk about different foods made from apples: apple juice, cider, canned sliced apples, and applesauce.
Apple Poem

Things You'll Need
✓ Poem, *Away Up High*

**AWAY UP HIGH**

Away up high in an apple tree;
(Point up.)
Two red apples smile at me.
(Form two circles with fingers.)
I shook the tree as hard as I could. (Pretend to shake tree.)
Down came those apples;
And m-m-m they were good!
(Rub tummy.)

From *Folk Songs USA* by John Lomax and Alan Lomax

**Things You'll Do**
✓ Teach children the poem about apples.

**Books to Read**

*Ten Apples Up On Top* by Dr. Seuss

**Songs to Sing**

*Apples and Bananas*
Food Identification

**Things You'll Need**
- Samples or pictures of familiar and unfamiliar foods, such as cheese, string beans, peas, lettuce, mustard greens, yogurt, sweet potatoes, tortillas, and other foods

**Things You'll Do**
- Show samples of 10 different foods to the children.
- If you are using real foods, let the children feel, smell, and taste the foods.
- Ask the children to name the foods. What food group does each food belong to?
- Set aside those foods that children have difficulty identifying and review at a later time.

Mystery Foods

**Things You'll Need**
- Three paper lunch bags
- Three familiar foods
- A fruit, a vegetable, and pasta

**Things You'll Do**
- Put familiar foods in three paper lunch bags.
- Tell the child to reach inside the bag, feel the food, and guess what it is.
- After all children have guessed, take each food out and ask the children which food group it belongs to.

Opportunities for Learning: Children will learn to identify and name new foods. Children will identify mystery foods by touch. Children will shape and color a play dough food.

Identifying New Foods

FALL LESSON 2
Play Dough Food Centerpieces

Things You’ll Need
✓ waxed paper
✓ large bowl
✓ liquid measuring cups
✓ dry measuring cups
✓ measuring spoons
✓ mixing spoon

INGREDIENTS
1 cup Salt
1/2 cup Water
1 1/2 cups Flour
2 Tbsp Oil
Food coloring

Things You’ll Do
✓ Make play dough, mixing all ingredients except food coloring.
✓ Give each child enough play dough to shape into a favorite food. Add a few drops of food coloring to the dough. Have children work on a piece of waxed paper, mixing in the color and shaping their play dough food.
✓ Tape the children’s names to their “foods” and display in a bowl as a centerpiece.

Books to Read
Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert

Songs to Sing
Peas Porridge Hot

What Families Can Do
Tell families you are teaching the children about new foods. Encourage families to serve a variety of foods at home including new foods and old favorites. Send A Family’s Guide to Mealtime With Children home to the family.
A Family’s Guide to Mealtime with Children

Family Handout for Fall Lesson 2

1. Eat with your child and set a good example. Children eat what they see others eating and enjoying.

2. Have regularly scheduled meals and snacks. Children usually need to eat every 2-3 hours during the day.


4. Offer new foods regularly. It’s normal for children to be hesitant to try new foods. Children often need to see a new food 6-12 times before they want to try it.

5. Introduce new foods with old favorites. Children are more likely to try a new food when they feel they have choices.

6. Encourage your child to serve his/her own plate.

7. Avoid using games or bribes to get your child to eat, and avoid forcing your child to eat.

8. When your child refuses to eat, offer other foods that are part of the meal. For example: “Would you like some bread or peaches?” If the child refuses, additional food will be offered at the next snack or meal time.

9. Create a mealtime environment that focuses on positive family conversation.

10. Let your child help plan and prepare family meals. Setting the table can be a proud accomplishment for a child.

11. Use books and activities to increase children’s interest in food and eating. Take a trip to the library and look for children’s books that tell a positive story about eating.

12. Plant and tend a garden with your child. Children enjoy eating vegetables they help grow. (Hint: choose some fast-growing vegetables such as lettuce or radishes.)
Make Mealtime Memorable

A dozen fun things to discuss at a family meal

1. What is your favorite food?

2. What is the best thing we have ever done as a family?

3. What is the most beautiful thing you have ever seen?

4. If you could have an unusual pet, what would it be?

5. If you could live anywhere, where would you like to live?

6. What is your favorite book?

7. What makes a person really nice?

8. What superpower would you most like to have?

9. What is your favorite movie and why?

10. How long could you go without watching TV? What would you do instead?

11. What would you like to learn to do someday?

12. What are the most fun things to do on a rainy day?
Shopping Spree
FALL LESSON 3

Opportunities for Learning: Children will play “Food Shopping.”

Food Shopping

Things You’ll Need
- empty food cartons and cans (Be sure all containers are clean and free of any sharp edges.)
- large cardboard boxes stacked to resemble store shelves
- paper bags
- shopping list with pictures of foods to purchase

Things You’ll Do
- Set up special sections in the play store: dairy case, meat counter, fruit and vegetable area, bakery, grocery, and deli.
- Have children put food cartons and cans in the correct sections (milk cartons in the dairy case).
- Give each child a paper bag.
- Provide a picture list of groceries for each child or ask children to shop for a meal that would provide food choices from each food group.

✓ The grocery store can become a permanent part of the center’s play equipment. Older children can use play money and write prices on the containers for number practice.
**Books to Read**
*What We Eat*
by Sara Lynn and Diane James

**Songs to Sing**
*This Little Pig Went to the Market*

**What Families Can Do**
Ask families to bring clean empty food cartons and cans with labels on them such as orange juice cartons, soup cans, cereal boxes, milk cartons, egg cartons, and paper shopping bags for the children’s store. Give the families a copy of *A Family’s Guide to Buying Better Nutrition.*
A Family’s Guide to Buying Better Nutrition

Family Handout for Fall Lesson 3

**Before You Shop**

1. Avoid shopping when you are hungry.
2. Shop once a week. It saves time and money.
   - Use coupons.
   - Study grocery store ads.
   - Divide food budget into 4 weeks so you will not run out before the end of the month.
   - Use unit pricing for cost comparisons.
   - Buy store brands. They are usually cheaper than name brands. The nutrition is the same.
3. Plan meals a week in advance.
   - Choose snacks wisely: fresh fruit, raw vegetables, peanut butter.
   - Check your staples: flour, oatmeal, peanut butter.
   - Keep supplies organized.
4. Make a grocery list from your meal plan and stick to it!

**When You Shop**

**Save Money on the Meat Group:**
Two to three servings from the meat, poultry, fish, dry beans, and nut group are recommended.

1. Chicken and turkey are usually good buys.
2. Beef chuck cuts are money savers. Chuck can be used in soup, stews, casseroles, or chili.
3. Eggs make good main dishes. Check that eggs are not broken before buying.
4. Lean ground beef or ground turkey is tasty in meatloaf, spaghetti, and other mixed dishes.

5. Consider one or two meatless meals each week that include lowfat cheese, dry beans or dry peas such as red beans and rice as a main dish.

6. Light tuna is the least expensive kind of canned fish. Limit tuna in children’s diets to two times a week.

Save Money on the Milk, Yogurt, and Cheese Group: Children need at least three servings of milk, yogurt, or cheese a day; teenagers need four; and adults need two to three.

1. Buy instant nonfat dry milk or evaporated milk for cooking.

2. Buy cheese in bulk form. Slice or grate it yourself. Use cheese as a meat substitute in main dishes.


4. Use unit pricing to compare brands. For example: look for price per ounce.

5. You should never buy dented cans. NEVER buy leaking or swollen cans—foods may be unsafe to eat.

Save Money on the Vegetable Group: Three to five or more servings daily, including dark green or yellow vegetables, are recommended.

1. Buy fresh produce in season for best prices.

2. Buy only the amount you will use while the produce is still fresh.

3. Take time to compare prices of fresh vegetables to fresh.

4. Compare prices of whole fruits to pre-cut, prepackaged fruits.

3. Buy only the amount you can use while the produce is still fresh.

4. Compare prices of frozen and canned fruits to fresh.
5. Look for best buys on higher or lower shelves in the grocery store.

6. Use unit pricing to compare costs.

7. Think of fruits and vegetables for snacks instead of snacks high in fat or sugar.

8. Buy juice in larger containers instead of individual servings.

Save Money on the Bread, Cereal, Rice, and Pasta Group: Six to eleven servings of pasta, cereal, rice, or bread each day are recommended. Half of the grain servings each day should be whole grains.

1. Buy unsweetened cereals. Most are cheaper than pre-sweetened cereals and are better for you.

2. Check unit pricing. Usually the heaviest size cereal will cost less per ounce. The size of the box may fool you.

3. Buy regular uncooked cereals such as oatmeal. Instant or quick cereals cost more than regular and save only a few minutes in preparation time.

4. Buy generic brand cereals.


Note: Sweets can be expensive. It is best to limit them since most are low in nutrients. Eating too many sweets may lead to tooth decay and cause your children and family to be overweight.

After You Shop

Store Your Groceries Wisely:

1. Go straight home from the grocery store and quickly refrigerate foods that might spoil.

2. Keep canned and dry foods in a cool dry place.

3. Store foods in handy packages. Divide large packages such as ground beef into sizes you can freeze and use later.

4. Store fruits and vegetables without washing to prolong freshness. Handling and excess surface moisture causes faster spoilage. Wash produce properly before serving.
Use Your Groceries Wisely:
1. If you plan to use leftovers, make sure they are properly handled and stored. Follow state or local guidelines for safe use of leftover foods.

Saving Resources:
*Penny Pinching*
by Lee and Barbara Simmons

*1,001 Bright Ideas To Stretch Your Dollars*
by Cynthia Yates

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Your Ideas to Buying Better Nutrition

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**Things to Do Before the Lesson**

✓ Make seed pouches ahead of time (cloth sewed together on three sides with an opening that can be tied shut) or use small paper bags with colorful yarn.

**Seed Pouches**

**Things You'll Need**

✓ seed pouch (cloth or paper bags)
✓ colorful yarn
✓ dried ear of corn or picture of an ear of corn, individual dry corn kernels or popcorn, or other edible seeds or nuts

**Things You'll Do**

✓ Early Americans would save the dry seeds in their pouches for planting the next year. Children can save seeds for future lessons.
✓ If no dried corn on the cob is available, show children a picture of an ear of corn and then give them unpopped popcorn for their pouches.

**Cornmeal Crisps**

**Things You'll Need**

✓ large bowl
✓ mixing spoon
✓ measuring spoons
✓ dry measuring cups
✓ sifter
✓ rolling pin
✓ baking sheets

**Opportunities for Learning:** Children will make seed pouches and cornmeal crisps.
INGREDIENTS
1/2 cup Cornmeal
1/4 cup Enriched all-purpose flour
1/4 tsp Salt
2 Tbsp Butter, melted
4 Tbsp Milk
Precooked meat topping (optional)
Grated cheese topping
Shredded lettuce topping
Chopped tomato topping
Drained black bean topping

Things You'll Do
✓ Measure cornmeal, flour, and salt into sifter.
✓ Sift above ingredients into bowl. Add butter and milk. Stir.
✓ Knead dough for 2 minutes.
✓ Divide into 12 balls.
✓ On a lightly floured surface, roll each ball into 4” circle.
✓ Lift corn crisp and put on ungreased baking sheet.
✓ Bake in 375 °F oven for 12-15 minutes until lightly brown around edges.
✓ Serve cornmeal crisps topped with meat, cheese, lettuce, tomato, or beans as part of a snack or lunch.

Think about the Early Americans
The early Americans first discovered and generously shared many of the foods we eat today. Ask the children which of these foods they like. Plan to serve these foods at meals or snacks the day the lesson is taught.

Beans
Corn
Fish
Potatoes
Pumpkins
Sunflower seeds
Turkey
Wild rice

What Community Resources Are Available for Sharing Early American Culture or History?

Books to Read
The Foods We Eat by Many Hands Media
Breads and Grains
FALL LESSON 5

Opportunities for Learning: Children will make bread from ground wheat berries.

Things to Do Before the Lesson
✓ Try to get a sample of a stalk of wheat.
Contact the State Wheat Commission or a wheat farmer.
✓ Familiarize yourself with the reasons that whole wheat flour is more nutritious than white refined wheat flour.

Field Trip
Things You’ll Do
✓ Show children pictures of wheat fields or visit a wheat field at harvest time.
✓ Explain how a tractor is used to dig and turn the soil, plant seeds, and harvest the wheat.

Make Whole Wheat Flour
Things You’ll Need
✓ blender
✓ spoon
✓ bowl

INGREDIENTS
3/4 lb wheat berries (whole wheat kernels) from the grocery or health food store

✓ Grind wheat berries at top speed in blender for 8-10 minutes.
✓ Stop blender occasionally and stir flour.
✓ Explain that wheat berries come from a stalk of wheat.
Make Whole Wheat Biscuits from Scratch

Things You'll Need
✔ large bowl
✔ measuring spoons
✔ large spoon
✔ fork
✔ cookie sheet
✔ rolling pins or smooth jars
✔ cookie-cutters or small orange juice cans
✔ dry measuring cups
✔ liquid measuring cups

INGREDIENTS
2 cups Whole wheat flour
3 tsp Baking powder
1 tsp Salt
1/3 cup Oil
1 cup Milk

Things You'll Do
✔ Measure dry ingredients into large bowl.
✔ Stir oil into dry ingredients with a fork.
✔ Add milk and stir until blended.
✔ Let dough set for 5 minutes.
✔ Give each child a ball of dough.
✔ Roll out and cut biscuits.
✔ Place biscuits on ungreased cookie sheet.
✔ Bake at 450 °F for 10-12 minutes.
✔ Serve whole wheat biscuits with cheese or meat slice and juice for snack.

Books to Read
The Little Red Hen
by Paul Galdone
Bread and Jam for Frances
by Russell Hoban

Songs to Sing
Do You Know the Muffin Man?

Did You Know That…?
● Many breads and cereals are made from wheat flour.
● Whole wheat and other whole-grain products are higher in fiber and other nutrients than white flour and other grain products made without the bran and germ layers of the grain.
● Enriched breads and cereals are made from flour and grains that have the nutrients riboflavin, niacin, thiamin, folic acid, and iron added. The term “fortified” can be used to mean the same thing.
● Strong scientific evidence suggests that a diet adequate in folic acid helps prevent birth defects.
● Bulgur is cracked wheat that has been boiled and dried. Bulgur is a staple ingredient in many Mediterranean dishes. Use it like rice or potatoes in menu planning.
● Wild rice is used like rice but is really the seed of a marsh grass that is native to North America. Use in combination with white rice for a great side dish.
● Couscous is a really tiny pasta. This may be the original instant food. Couscous is delicious and easy to prepare. It is generally found in the ethnic foods section of the grocery store.
Whole grains are a central part of healthful family meals. Nutrition experts recommend 3-4 servings of breads and grains daily. More than half of those servings should be whole grains.

Children love bread. Making the transition to more whole grains can be an adventure in good eating.

If children are used to mostly white bread, begin the transition by making sandwiches with white bread on one side and whole-grain bread on the other. Cut the sandwiches into 1” strips and flip every other strip over to make a tan and white design on the serving plate.

When making biscuits and homemade muffins, substitute 1/4-1/3 of the white flour with whole-grain flour.

Try new bread and grain products.
- Whole-grain tortillas with melted cheese, thinly sliced turkey, or egg salad make great wraps.
- Whole-grain English muffins make a great breakfast or snack.
- Whole wheat bagels are a great breakfast, snack, or alternative to bread for sandwiches. Mini bagels are fun for children and offer just the right size for small appetites.
- Whole-grain baked crackers are a nice change from the high fat white variety.
- Rye bread makes a great taste change.
- Brown and long grain rice are great in soups and stews or as a side dish at dinner.
- Add barley to soups and stews or cook in chicken broth for a new alternative to potatoes.
- Whole-grain pasta adds texture and a nutty flavor.

Keep it simple and keep it fresh.
- Whole-grain bread can dry out quickly. Keep it fresh by storing it tightly wrapped in plastic, or freezing it until the day it is needed.
- Make brown rice ahead and freeze it. It thaws in the microwave and heats in minutes.
My Body
FALL LESSON 6

Opportunities for Learning: Children will match a particular food with the part of the body that the food helps.

Make Self-Image Collage

Things You’ll Need
- glue
- crayons
- colored yarn
- food pictures
- large piece of butcher paper or brown wrapping paper for each child

Things You’ll Do
- Child or teacher traces the body of someone else onto the paper.
- Color in the traced outlines.
- Glue pictures of food next to parts of the body the food helps (milk next to teeth, broccoli next to eyes and skin.)
- Connect each food to the body with colored yarn.
- While working on the project, discuss different foods and how they help the body. Use A Family’s Healthy Food Guide to help with the discussion.
- Hang completed collages in classroom.

Books to Read
My First Body Book by Christopher Rice and Melanie Rice
Me and My Amazing Body by Joan Sweeney

Songs to Sing
Head, Shoulders, Knees, and Toes

What Families Can Do
Send A Family’s Healthy Food Guide home with the children and tell families that the children are learning how foods help the body stay healthy.
Diagram showing the relationship between food and body functions:

- Water
- Bones
- Healing
- Digestion
- Strong Bones
- Energy and Growth
- Appetite
- Stomach
- Teeth
- Hair
- Eyes
- Skin
- Brain

The diagram illustrates how different foods support various body functions.
Nutrients are found in the foods we eat. They work together to give us energy, help us grow, heal, and protect us from infection and diseases. There are five basic food groups and each contains a different mix of the nutrients we need every day. The food groups are listed below. If children are encouraged to eat a variety of foods from each of the food groups, without added fat or sugar, they will be eating a nutritious diet. Feed your child more of the foods that provide vitamin A, vitamin C, calcium, and iron.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Recommended Servings</th>
<th>Nutrients</th>
<th>Messages from the Dietary Guidelines</th>
</tr>
</thead>
</table>
| Fruits     | 3-4 servings a day   | Vitamins A and C, and dietary fiber | Fruits and vegetables may:  
• Reduce the risk of diseases, such as heart disease and some cancers  
• Help maintain a healthy weight  
Choose a variety of brightly colored fruits and vegetables to get a healthy mix of nutrients. |
|            | (A child-size serving is 1/4-1/2 cup.) |           |                                     |
| Vegetables | 3-5 servings a day   | Vitamins A and C, iron, and dietary fiber | Fruits, vegetables, and grains are the basis of a healthful diet for children and adults.  
Serve at least one fruit or vegetable at each meal and snack to get the ideal number of servings. |
|            | (A child-size serving is 1/4-1/2 cup.) |           |                                     |
Limit the fat and sugar from fried and processed foods since they contribute to weight and health concerns in children and adults.

<table>
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<th>Recommended Servings</th>
<th>Nutrients</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>3-4 servings a day (A child-size serving is 1/2 a slice of bread or 1/4-1/2 cup of cereal or grains.)</td>
<td>Thiamine, riboflavin, niacin, and iron</td>
<td>Half or more of the grains eaten should be whole grains.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Whole grains can reduce the risk of heart disease and diabetes, and help maintain a healthy weight.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fruits, vegetables, and grains are the basis of a healthy diet for children and adults.</td>
</tr>
<tr>
<td>Dairy–including yogurt and cheese</td>
<td>3-4 servings a day (fluid milk) (A child-size serving is 1/2-3/4 cup.)</td>
<td>Protein and calcium</td>
<td>Serve fat-free or low fat milk to children over the age of two years.</td>
</tr>
<tr>
<td></td>
<td>2-3 servings a day (other dairy foods)</td>
<td></td>
<td>Serve milk at mealtimes to ensure children get the number of servings they need.</td>
</tr>
<tr>
<td>Protein Foods—including beef, chicken, fish, eggs, and beans</td>
<td>2-3 servings a day (A child-size serving is 2-3 ounces.)</td>
<td>Protein and iron</td>
<td>Choose lean meats.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lean meats decrease the risk of heart disease and cancer.</td>
</tr>
</tbody>
</table>
Give special attention to these nutrients most often low in children’s diets.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Function</th>
<th>Important Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Helps vision, builds body cells</td>
<td>All dark green and yellow vegetables such as spinach, carrots, yams, sweet potatoes, and apricots, liver, fortified milk and whole milk products</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Helps wounds heal faster, prevents many infections</td>
<td>Fresh fruits such as strawberries and mango, raw vegetables such as broccoli and peppers</td>
</tr>
<tr>
<td>Iron</td>
<td>Builds red blood cells</td>
<td>Beef, dried beans and peas, whole grains, dark leafy greens, dried fruits</td>
</tr>
</tbody>
</table>
Where Foods Come From
FALL LESSON 7

Opportunities for Learning: Children will learn where foods are grown.

Field Trips
Things You’ll Do
✓ Visit a farm, ranch, dairy farm, and/or an orchard so that children can see where food comes from. Or visit a farmers market or local gardener who would be willing to talk about gardening.

Play Farm
Things You’ll Need
✓ boxes for fencing
✓ strong cardboard for animals
✓ pictures of different animals and foods from garden and farm
✓ green crepe paper
✓ scissors
✓ glue
✓ paints and brushes

Things You’ll Do
✓ Set up two imaginary centers in the classroom. One will be a barnyard and the other a garden.

To make the barnyard:
✓ Help children make stand-up farm animals to put in the barnyard by gluing or taping pictures of the animals on strong cardboard.

✓ Put pictures of the food each animal provides next to the various animals (milk comes from cows).

To make the garden:
✓ Lay down strips of green crepe paper. Have the children plant rows of vegetables and fruits by placing pictures on rows.
Talk about the differences between plant and animal foods and the connection between the two. (Animals need plants for food.)

**Books to Read**
*Carlos and the Squash Plant*  
by Jan Romero Stevens

*The Ugly Vegetables*  
by Grace Lin

**Songs to Sing**
*Old MacDonald*  
*The Farmer in the Dell*

**What Families Can Do**
Ask a county extension agent or 4-H member or leader to talk to families about raising animals and gardening. 4-H offices often have posters, pins, and balloons to hand out. Check in your phone book under your county to locate the extension office.
**Things To Do Before The Lesson**

- Visit a nearby farm, produce center, or grocery store and bring pumpkins and other fall vegetables back to the center. These could include pumpkins, corn, squash, and turnips.

**Make Stew in Mini Pumpkins**

**Things You'll Need**
- Sharp knife (for adult use)
- Small microwave or ovenproof pan or electric skillet
- Teaspoons
- Saucepan
- Spoons and plates

**INGREDIENTS**
- Golden nugget mini pumpkins (one for each child)
- Cooking oil
- Canned or homemade stew or chili
- Additional vegetables children can add: Canned corn (optional)
Canned kidney or black beans (optional)
Canned green beans (optional)

Things You'll Do

✔ Have children wash their hands before food preparation.
✔ Remind children of safety rules when cooking.
✔ Preheat oven to 200 °F.
✔ Adult will slice tops off pumpkins.
✔ Using a teaspoon, let children remove seeds and pulp from each pumpkin.
✔ Brush insides with oil.
✔ Adult will place pumpkins into a shallow baking dish.

✔ Place pumpkin lids into another baking dish.
✔ Roast lids and pumpkins for 30 minutes. Remove lids and set aside. Turn pumpkins over. Roast for an additional 30 minutes. Alternatively, mini pumpkins can be cooked in the microwave on high for 10-12 minutes or cooked in an electric skillet with 1 cup water at 350 °F for 50 minutes turning halfway through the cooking time.
✔ Place stew in saucepan.
✔ Allow children to add other vegetables one at a time.
✔ Discuss what the vegetables are and how they grow.
✔ Allow children to stir to mix.
✔ Heat stew and place in cooked pumpkins. Serve to children when cool enough to eat.
Pizza Party
FALL LESSON 9

Opportunities for Learning: Children will make pizzas from a recipe.

Make Mini Pizzas

Things You'll Need
✓large poster board illustrating recipe
✓pictures in front of ingredients illustrating how much of the ingredient for the pizza each child should take

INGREDIENTS
(for each child)
1/2 Whole-grain English muffin
2 tsp Tomato sauce
2 tsp Grated Parmesan cheese
1 Slice of cheddar or mozzarella cheese
Mushroom slices
Green pepper, diced

Things You'll Do
✓Each child takes 1/2 of an English muffin and puts ingredients of their choice on top of muffin.

3 mushroom slices
5 pieces of diced green pepper
2 tsp tomato sauce
2 tsp grated Parmesan cheese
1 slice of cheddar or mozzarella cheese

✓Each child puts his/her pizza on the cookie sheet.
✓Bake in oven 15-20 minutes at 250 ºF or 10 minutes at 400 ºF.
Talk about what happens to cheese and other foods when heated. Ask children what other kinds of pizza they could make (fruits, meats).

**Books to Read**
*Little Nino's Pizzeria*
by Karen Barbour

**Songs to Sing**
*Pat-a-Cake*
Food Games
FALL LESSON 10

Opportunities for Learning: Children will learn more about different kinds of foods by playing food games.

Things To Do Before The Lesson
✓Make food picture cards. Take 5” x 7” index cards and with the children’s help, mount food pictures (include ethnic foods and unfamiliar foods) that have been cut out of magazines and newspapers on the cards. Clip art of foods can be found in the back of this book. Food cards are necessary for all the food games.
✓For the “Food Tree” activity draw a large tree (4’-5’ tall) on a piece of brown wrapping paper.
✓For the “Food Bingo” activity make bingo cards for each child.

Play “Grab Bag”

Things You’ll Need
✓food cards
✓paper bag

Things You’ll Do
✓Place the food cards face down on the table or in a paper bag.
✓Have the children take turns picking a card and identifying the food.
**Play “Food Tree”**

**Things You’ll Need**
- ✔️ large tree picture
- ✔️ tape
- ✔️ food cards

**Things You’ll Do**
- ✔️ Have children pick out all the round foods and put them on the tree. Try this again with foods of one color, soft or hard foods, or favorite foods.

**Play “Food Bingo”**

**Things You’ll Need**
- ✔️ food cards
- ✔️ dry pasta shells for markers
- ✔️ bingo card for each child with food picture in the squares (each card should be different)

**Things You’ll Do**
- ✔️ Pass out bingo cards to each child.
- ✔️ Call out the names of foods.
- ✔️ If the child has that food picture on the card, a pasta shell is put in that square.
- ✔️ Three pasta shells in a row is bingo.

**Play “Who Am I?”**

**Things You’ll Need**
- ✔️ food cards
- ✔️ clothes pin

**Things You’ll Do**
- ✔️ Clip a food card on the back of one child with the clothes pin.
- ✔️ Have the child ask the other children questions to try to guess what food he/she is.

**Books to Read**
- *Mr. Rabbit and the Lovely Present* by Charlotte Zolotow
- *Blueberries for Sal* by Robert McCloskey

**Songs to Sing**
- *One Potato, Two Potato*
**Make Noodles and Chicken Noodle Soup**

**Things You’ll Need**
- large bowl
- fork
- rolling pins, sturdy glasses, or unopened cans
- plastic serrated knives
- large kettle
- ladle
- cup for each child
- spoon for each child
- measuring spoons

**INGREDIENTS**
- 2 Eggs
- 3 Tbsp Cold water
- 1/2 tsp Salt
- 2 cups Whole wheat or half whole wheat and half enriched white flour
- 12 cups Low sodium chicken broth

**Yield:** approximately 12 cups
✓ Roll dough as thin as possible. Cut noodles from dough. Heat chicken broth to a simmer.
✓ Add noodles.
✓ Cook until noodles are tender, 10-20 minutes.
✓ Review how flour is made from the wheat berries. Talk about other foods made from flour and show pictures and food packages, such as pretzels, bread, breadsticks, cereals, crackers, and spinach noodles. Remind the children that breads and cereals give us energy to work and play and help us grow. Whole-grain breads and pasta are delicious and healthy.

Books to Read
Chicken Soup With Rice by Maurice Sendak

Songs to Sing
Polly Put the Kettle On
Harvest Feast
FALL LESSON 12

**Opportunities for Learning:** Children will make a seasonal dish and grow a sweet potato vine.

**Things To Do Before The Lesson**
✓ Bake, cool, and peel one sweet potato for every two children.

**Make Sweet Potato Pie**

**Things You’ll Need**
✓ orange squeezer
✓ wet paper towels to anchor squeezer
✓ spoon for stirring
✓ grater (for teacher’s use)
✓ plastic serrated knife to cut orange
✓ measuring cups
✓ measuring spoons
✓ bowls for each child
✓ large bowl

**INGREDIENTS**
Sweet potatoes, cooked and peeled
Oranges (1/2 per child)
Small marshmallows
Cinnamon
Nutmeg

**Things You’ll Do**
✓ Mash sweet potatoes in large bowl.
✓ Grate small amount of orange peel and shake into each child’s bowl (teacher helps).
✓ Cut orange in half.
✓ Squeeze orange half. Remove any pulp and save shell.
Pour juice into bowl with grated peel.
Add 1/4 cup mashed potato.
Sprinkle with cinnamon and nutmeg.
Stir.
Spoon sweet potato mixture into orange shell and top with one marshmallow for each year of child’s age.
Heat in a 400 °F oven.
Serve.
Talk about why the marshmallows melted, why the orange peel smells good, which part of the sweet potato plant we eat (the root), other roots we eat (potatoes, carrots, radishes).

**Grow a Sweet Potato Vine**

**Things You’ll Need**
- 1/2 raw sweet potato per child
- glass
- toothpicks
- water

**Things You’ll Do**
- Stick toothpicks around the middle of a sweet potato. Suspend the sweet potato half in glass of water using the toothpicks. Put cut side down in the water. Place the glass holding the potato near a window to get light. The vine grows quickly. Be sure to add water as needed to keep the cup full of water.

**Books to Read**
Look for books on gardening at harvest time or harvest feasts.

**My Favorite Foods for a Special Feast Are:**

Children can draw pictures or a special adult can write in it for them.
Make Comparisons

Things You’ll Need
✓ five glasses filled with water at different levels of fullness

Things You’ll Do
Ask the children:
✓ If you were very thirsty after playing outside, which glass of water would you want?
✓ Which glass has the most?
✓ Which glass has the least?
✓ Which ones have a lot?
✓ Which ones have just a little?

Different Quantities of Food

Things You’ll Need
✓ paper plates

FOOD LIST
2 Peanut butter sandwiches
  1 Pea
2 Apples or oranges
  1 cup Milk
3 Crackers
Whole head of lettuce
3 Carrot sticks
  1 Grape

Opportunities for Learning: Children will compare serving sizes of different foods.
Things You’ll Do
✓ Put each food on a different plate.
✓ Ask children to identify which plates have the amount of food they would want at lunch.
✓ Talk about what it feels like to be hungry and ready for a meal or snack. How do you know when you have had enough food?

Books to Read
*The Hungry Thing*
by Jan Slepian and Ann G. Seidler

Songs to Sing
*Jack Sprat*

What Families Can Do
Send home A Family’s Guide to Child-Size Portions, which discusses serving sizes for preschool children.

Note: Peanuts and peanut butter can be a choking and allergy concern in young children.
A Family’s Guide to Child-Size Portions

Family Handout for Fall Lesson 13

Your preschooler can eat the same foods as the rest of the family, but in different amounts. Let your child’s appetite be your guide. Children’s appetites vary from day to day. It is better to offer small servings of foods so that your child can ask for second helpings. Use these suggested quantities in the table to estimate how much to prepare.

Examples of Child-Size Servings

<table>
<thead>
<tr>
<th></th>
<th>1 through 2 Years of Age</th>
<th>3 through 5 Years of Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>4 oz cup or glass</td>
<td>6 oz cup or glass</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz</td>
<td>1 1/2 oz</td>
</tr>
<tr>
<td>Meat</td>
<td>1 oz cooked meat, fish,</td>
<td>1 1/2 oz cooked meat, fish,</td>
</tr>
<tr>
<td></td>
<td>or poultry</td>
<td>or poultry</td>
</tr>
<tr>
<td>Egg</td>
<td>1 medium</td>
<td>1 medium</td>
</tr>
<tr>
<td>Fruits and vegetables</td>
<td>1/4 to 1/2 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Cereal</td>
<td>1/4 cup cooked or</td>
<td>1/4 cup cooked or 1/3</td>
</tr>
<tr>
<td></td>
<td>ready-to-eat</td>
<td>cup ready-to-eat</td>
</tr>
<tr>
<td>Bread</td>
<td>1/2 slice whole grain</td>
<td>1/2 slice whole grain</td>
</tr>
<tr>
<td>Crackers, saltines</td>
<td>4 crackers</td>
<td>4 crackers</td>
</tr>
<tr>
<td>Crackers, graham</td>
<td>2 crackers</td>
<td>2 crackers</td>
</tr>
</tbody>
</table>

Adapted From: The USDA Child and Adult Care Food Program Meal Pattern Portion Sizes.