

Lesson Planning Sheet

Topic of Study: Nutrition

Date: 02/21/17

Learning Objectives: Eating healthy and making healthy choices, have fun with food.

Read the book: “ I will never ever eat tomatoes”

<p>Expanding children’s involvement: What would you like to know about the vegetables/ fruits?</p> <p>Integration: What kind of vegetables did you buy at the grocery store?</p> <p>What are some of the things we do at home to stay healthy?</p>	<p>Dramatic Play</p> <p>Pretend to cook a healthy meal.</p> <p>What can I make for dinner?</p>	<p>Science/Discovery</p> <p>Children can touch/smell vegetables, fruits such as : potato, oranges, lemon, tomatoes, onion, rosemary, oregano.</p> <p>Engage children in a discussion: how they grow? Where did you eat it? What is it a fruit/ vegetable?</p>
<p>Story Time/ Language & Literacy</p> <p>Read the book : “I will never ever eat tomatoes”</p> <p>Give the children opportunity to discuss the book, express themselves by speaking in group/front of the class</p>	<p>Art</p> <p>Draw my favorite fruit/ vegetable from the book</p> <p>What will I name it?</p>	<p>Small Groups</p> <p>Pick silly names for the fruits/ vegetables and then sample them</p>
<p>Opportunities for Analysis & Reasoning</p> <p>Why do you think is important to eat healthy?</p> <p>What do you do at home to stay healthy? What do you think will happen if we eat fast food every day?</p>		
<p>Opportunities for Creating</p> <p>Make a book /draw all the new fruits and vegetables that you sample.</p>		