Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will describe what cantaloupe looks like under a magnifying glass. Children will also share if they like how a cantaloupe feels, smells, and tastes.

Words to Use

☐ feel ☐ taste
☐ seeds ☐ cantaloupe
☐ smell ☐ melon
☐ orange and ☐ rough
    yellow

Introduction

This activity will work well as a circle time activity and at tables, in small groups, for tasting.

Today we are going to be detectives. Does anybody know what a detective does? A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are all going to be food detectives today. We are going to use a magnifying glass, something all good detectives carry, to look closely at a food that many of us have not tried before. After we all take a turn looking at the new food, we get to smell and taste the new food.
**Activity Description**

1. Gather the children in a circle and explain that everybody is going to be a food detective. Remind children that a good food detective uses his or her eyes, ears, hands, and mouth to collect clues.

2. Pass the cantaloupe around the circle and encourage each child to touch the cantaloupe and look at the cantaloupe with his or her own magnifying glass.

3. Ask the children what cantaloupe looks like and if they like the way cantaloupe feels.

4. Ask the children to wash their hands and go to their tables.

5. At the tables, provide each child with a sample of cantaloupe. Encourage children to smell the cantaloupe before tasting it.

6. Explain to the children that a cantaloupe is a type of melon and that there are many types of melon.

**Summary**

> Today you were a food detective and used your eyes, hands, nose, and mouth to describe a new food. Who liked the way cantaloupe felt on your hands? What did the cantaloupe look like with a magnifying glass? Who liked the way cantaloupe smelled? Who liked the way the cantaloupe tasted?

**Enrichment**

Expand the vocabulary of the children in your classroom by showing pictures or providing examples of different types of melon.
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer Options</th>
<th>Comments</th>
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<tbody>
<tr>
<td>What comments or reactions did the children in your classroom have about their tasting experience?</td>
<td>yes/no</td>
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<tr>
<td>Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.</td>
<td>yes/no</td>
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<tr>
<td>Did you experience any difficulties in completing this lesson?</td>
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<td>Do you have any additional comments?</td>
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**PLEASE TELL US ABOUT YOU!**

List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:____________________________________________________

How many other adults (volunteers) helped lead this lesson?   

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**Children completed the first of four melon tasting experiences.**

- [ ] yes
- [x] no

Comments: ____________________________________________________________

**Children examined a melon under a magnifying glass.**

- [ ] yes
- [x] no

Comments: ____________________________________________________________

**Teacher modeled healthy eating behavior (tasting a melon) for children.**

- [ ] yes
- [x] no

Comments: ____________________________________________________________

**Did your classroom complete the enrichment activity?**

- [ ] yes
- [x] no

Comments: ____________________________________________________________

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**How many...**

- [ ] children in your classroom tasted a melon?
- [ ] total children in your classroom?

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**Date lesson completed:**

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*Curr_Nutr_Mod_1_FD_Eval_Fruit_2010*
Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will taste test cantaloupe and another type of melon.

Words to Use

- □ melon
- □ watermelon
- □ pink
- □ yellow and orange
- □ cantaloupe

Introduction

This activity will work well at tables in small groups. Each table should have two plates: one plate with samples of cantaloupe and one plate with samples of watermelon.

“Today we are going to be taste testers. What does a taste tester do? Taste testers try new foods and describe how they look, smell and taste.”
Activity Description

1. Gather the children in small groups at their tables after they have washed their hands.
2. Ask the children what food is in the middle of the table. Remind the children of when they were food detectives. Explain to the children that both foods on the table are types of melon. Ask the children to describe similarities and differences between the two types of fruit.
3. Instruct each child to take a sample of cantaloupe.
4. After every child has a sample, ask the children to smell the cantaloupe. Ask the children how the cantaloupe smells.
5. Encourage each child to take at least one bite of cantaloupe.
6. After everyone has smelled and tasted the sample, ask the class if they liked it.
7. Repeat this process for the watermelon.
8. Ask the children if the two melons looked the same or looked different, smelled the same or smelled different, tasted the same or tasted different.

Summary

«Today we were taste testers. What did we taste today? Which melon tasted the best to you?»

Enrichment

Count and clap the syllables in words such as wa-ter-mel-on, can-ta-loupe, etc.

Learning Objectives

1. CHILDREN WILL complete the second of four melon tasting experiences.
2. CHILDREN WILL describe if cantaloupe and another melon are similar or different with regard to appearance, smell and taste.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Some children may not want to try even small samples of cantaloupe and/or watermelon. Encourage each child in your classroom to try one bite of both melons.
■ The more times children are exposed to new foods the more likely they are to like the new food.
■ Children are more likely to try a new food if you model the behavior!

ATTENTION: TEACHERS!

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Please indicate if the following learning and teaching objectives were met:

A. Children completed the second of four melon tasting experiences.
   - [ ] yes  [ ] no
   - comments: ____________________________________________
   - ____________________________________________

B. How many...
   - children in your classroom tasted a melon? [ ]
   - total children in your classroom? [ ]

C. Children described if a cantaloupe and another fruit are similar or different in appearance, smell and taste.
   - [ ] yes  [ ] no
   - comments: ____________________________________________
   - ____________________________________________

D. Teacher modeled healthy eating behavior (tasting a melon) for children.
   - [ ] yes  [ ] no
   - comments: ____________________________________________
   - ____________________________________________

E. Did your classroom complete the enrichment activity?
   - [ ] yes  [ ] no
   - comments: ____________________________________________
   - ____________________________________________

Please tell us about you!
List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

How many other adults (volunteers) helped lead this lesson? [ ]

Date lesson completed: ____________________________

Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.
Let's Get Cooking!

**Purpose**
The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

**Overview**
In this lesson, children will help prepare a healthy snack.

**Words to Use**
- watermelon
- chef

**Introduction**
Making the watermelon slurps will work well in a large group.

"Today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?"

Remind children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.

**Equipment Required**
- knife
- cutting board
- zip top plastic bags (1 per child)
- straws (1 per child) with rounded ends

**Materials/Supplies**
- aprons
- chef hats
- whole seedless watermelon
- provided by CHILE

**Before the Lesson**
Refrigerate the watermelon after cutting into small pieces. Immediately before the lesson, ask the children to put on their chef aprons, chef hats, and wash their hands.

Remove the rind and any seeds and cut the watermelon into small pieces to prevent choking.
Activity Description

Prepare the following recipe with the children in your classroom.

1. Provide each child with one straw and a zip top plastic bag.
2. Ask each child to take two spoonfuls of watermelon and place in his/her plastic bag.
3. Demonstrate to the children how to “lock” the bag with a small opening for their straw.
4. Encourage children to squish the watermelon and drink the watermelon slurp through their straw.

Summary

“Today we were chefs. What did we make today? Who liked making the watermelon slurps?”

Enrichment

Create prop boxes with the theme of a fruit stand. Encourage children to play the role of the person selling the fruit and the person buying the fruit.

Learning Objectives

1. CHILDREN WILL complete the third of four melon tasting experiences.
2. CHILDREN WILL help prepare a healthy snack.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Encourage each child to take one “slurp” of his/her watermelon snack.
- Remember that the more times children are exposed to a new food the more likely they are to develop a taste preference for that food.
- Children are more likely to try a new food if an adult models the behavior!
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

### What comments or reactions did the children in your classroom have about their tasting experience?

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### Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

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### Did you experience any difficulties in completing this lesson?

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### Do you have any additional comments?

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### How many other adults (volunteers) helped lead this lesson?

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Purpose
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Overview
In this lesson, children will help prepare a healthy snack.

Words to Use
- cantaloupe
- cottage cheese
- chef
- chef

Introduction
This activity will work well if the cantaloupe salad is offered in an assembly line.

Prior to the lesson, wash lettuce and cut into 1–2 inch squares. Remove rind and cut fresh cantaloupe. Place lettuce in one bowl, cantaloupe in another bowl, and cottage cheese in a third.

Immediately before the lesson, ask the children to put on their chef aprons, chef hats, and wash their hands.

Remind children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.
Activity Description
Prepare the cantaloupe salad with children in your classroom.

1. Demonstrate to the children how to make cantaloupe salad.
   - Place one lettuce leaf on a plate.
   - Pour 1–2 spoonfuls of cantaloupe pieces on the lettuce.
   - Add 1 spoonful of cottage cheese.

2. Ask each child to make his/her own cantaloupe salad.

3. Encourage each child to take at least one bite of cantaloupe.

Summary

«Today we were chefs. What did we make today? Who liked making the cantaloupe salad?»

Enrichment
Invite a local farmer or rancher to come into the class and talk to the children about his or her job.

Learning Objectives

1. CHILDREN WILL complete the fourth of four melon tasting experiences.

2. CHILDREN WILL help prepare a healthy snack.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Encourage each child to take one bite of cantaloupe.
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ATTENTION: TEACHERS!
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<tr>
<td>A  Children completed the fourth of four melon tasting experiences.</td>
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<td>B  How many…</td>
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<td>children in your classroom tasted a melon?</td>
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<td>C  Children helped prepare a healthy snack.</td>
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2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

3. Did you experience any difficulties in completing this lesson?

4. Do you have any additional comments?

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