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 a bell pepper looks like under a magnifying glass. Children will also share if they like how a bell pepper feels, smells and tastes.

Words to Use

- feel
- bell pepper
- smell
- taste
- smooth
- seeds
- red, yellow, green, orange

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 bell pepper around the circle and encourage each child to touch the bell pepper and look at the bell pepper with his or her own magnifying glass.

3. Ask the children what bell pepper looks like and if they liked the way bell pepper feels on their hands.

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

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

**Summary**

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

**Enrichment**

Cut a bell pepper in half and, with the children in your classroom, count aloud the number of seeds.

**Learning Objectives**

1. **CHILDREN WILL complete the first of four bell pepper tasting experiences.**

2. **CHILDREN WILL describe what a bell pepper looks like under a magnifying glass.**

**Teaching Objectives**

1. **TEACHERS WILL model healthy eating behavior for children.**

**Teaching Tips**

- Young children are more likely to try a new food if the behavior is modeled by an adult. Children are more likely to eat a yellow bell pepper if their teacher is eating a yellow bell pepper!

- Children may not want to try a new food. Encourage each child to take one bite.

**ATTENTION: TEACHERS!**

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

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<th>Learning Objective</th>
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<tbody>
<tr>
<td>A. Children completed the first of four bell pepper tasting experiences.</td>
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<td>B. How many... children in your classroom tasted a bell pepper?</td>
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<td>C. Children examined a bell pepper under a magnifying glass.</td>
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<td>D. Teacher modeled healthy eating behavior (tasting a bell pepper) for children.</td>
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List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

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

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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 different colored bell peppers.

Words to Use
- bell pepper
- red
- green
- yellow

Introduction
This activity will work well at tables in small groups. Each table should have three plates: one plate with samples of red bell pepper, one plate with samples of green bell pepper, and one plate with samples of yellow bell pepper.

“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
Gather the children in small groups at their tables after they have washed their hands.

1. Ask the children what food is in the middle of the table. Remind the children of when they were food detectives. Ask the children how the bell peppers look the same and how they look different.
2. Instruct each child to take a sample of red bell pepper.
3. After every child has a sample, ask the children to smell the red bell pepper. Ask the children how the bell pepper smells.
4. Encourage each child to take at least one bite of red bell pepper.
5. After everyone has smelled and tasted the sample, ask the children if they liked it.
6. Repeat this process for the green bell pepper and the yellow bell pepper.
7. Ask the children if the different colored bell peppers 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 color of bell pepper tasted the best?

Enrichment
Make a chart that compares the children’s favorite colored bell pepper.

Learning Objectives
1. CHILDREN WILL complete the second of four bell pepper tasting experiences.
2. CHILDREN WILL describe if different colored bell peppers 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 bell pepper. Encourage each child in your classroom to try at least one bite of any colored bell pepper.
PLEASE TELL US ABOUT YOU!

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

________________________________________________________________________

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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.

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

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

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

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4. Do you have any additional comments?

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A. Children completed the second of four bell pepper tasting experiences.

☐ yes  ☐ no

comments: __________________________

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B. How many...

children in your classroom tasted a bell pepper?  

☐

total children in your classroom?  

☐

C. Children described if different colored bell peppers are similar or different in appearance, smell and taste.

☐ yes  ☐ no

comments: __________________________

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D. Teacher modeled healthy eating behavior (tasting a bell pepper) for children.

☐ yes  ☐ no

comments: __________________________

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E. Did your classroom complete the enrichment activity?

☐ yes  ☐ no

comments: __________________________

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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

☐ bell pepper  ☐ chef

Introduction

Preparing the bell peppers and dip will work well in one 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.
**Activity Description**

Prepare the bell pepper snack with the children in your classroom. Ask the children to assist when possible.

1. Wash the bell peppers well.
2. With a knife, cut off the stem and bottom end of each bell pepper.
3. Set each bell pepper on one end, and make one vertical slice through each bell pepper.
4. Remove the rib and seeds from the inside of each bell pepper.
5. Cut each bell pepper into thin strips and chop into pieces no larger than ½ inch for dipping.
6. Combine the fat free yogurt, cucumber, light sour cream, and optional mint or dill. Blend well.
7. Season with pepper as needed.
8. Encourage each child to take at least one bite of bell pepper. Provide the dip that the children helped to make.

**Summary**

«Today we were chefs. What did we make today? Who liked dipping the bell peppers?»

**Enrichment**

Encourage children to expand their vocabulary by talking about and showing pictures of different types of peppers.

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**Learning Objectives**

1. **CHILDREN WILL** complete the third of four bell pepper tasting experiences.
2. **CHILDREN WILL** 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 bell pepper.
- 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?

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

Did you experience any difficulties in completing this lesson?

Do you have any additional comments?

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?
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

- bell pepper
- quesadilla
- chef
- green, red, yellow

Introduction

Making the quesadillas will work in one 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.
Activity Description

Prepare the following recipe with the children in your classroom. Ask the children to assist when possible.

1. Place three whole wheat tortillas in a baking pan.
2. Spoon a thin layer of sautéed bell pepper on the tortillas.
3. Add a thin layer of cheese.
4. Cover with remaining tortillas.
5. At a later time and without the assistance of your classroom, bake at 375 degrees for 10 minutes or until cheese melts.
6. Slice each quesadilla into eight pieces.
7. Encourage each child to take one bite of the bell pepper quesadilla.

Summary

«Today we were chefs. What did we make today? Who liked making the bell pepper quesadillas?»

Enrichment

Discuss pedestrian and traffic safety with the children in your classroom. Use a red bell pepper, yellow bell pepper, and green bell pepper to represent the three colors on a traffic light.

Learning Objectives

1. CHILDREN WILL complete the fourth of four bell pepper tasting experiences.
2. CHILDREN WILL 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 a bell pepper quesadilla.
- 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!

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 fourth of four bell pepper tasting experiences.
   - yes
   - no
   comments: __________________________
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B. How many...
   children in your classroom tasted a bell pepper?  
   total children in your classroom?
   - yes
   - no

C. Children helped prepare a healthy snack.
   - yes
   - no
   comments: __________________________
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D. Teacher modeled healthy eating behavior (tasting a bell pepper) for children.
   - yes
   - no
   comments: __________________________
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E. Did your classroom complete the enrichment activity?
   - yes
   - no
   comments: __________________________
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**PLEASE TELL US ABOUT YOU!**
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