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

Words to Use
- feel
- stem
- smell
- taste
- core
- green, yellow, brown and red

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 pear around the circle and encourage each child to touch the pear and look at the pear with their own magnifying glass.

3. Ask the children what a pear looks like and if they like the way the pear 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 pear. Encourage children to smell the pear 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 the pear felt on your hands? What did the pear look like with a magnifying glass? Who liked the way the pear smelled? Who liked the way that the pear tasted?”

Enrichment

Use a fresh pear to measure each child’s arm length or height. Ask children to measure their classmates.

Learning Objectives

1. CHILDREN WILL complete the first of four pear tasting experiences.

2. CHILDREN WILL describe what a pear 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 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.

Please indicate if the following learning and teaching objectives were met:

<table>
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<tr>
<th>A</th>
<th>Children completed the first of four pear tasting experiences.</th>
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<td>children in your classroom tasted a pear? □ no □</td>
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<td>total children in your classroom? □ □</td>
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<th>C</th>
<th>Children examined a pear under a magnifying glass.</th>
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<th>Teacher modeled healthy eating behavior (tasting a pear) for children.</th>
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<th>E</th>
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1. What comments or reactions did the children in your classroom have about their tasting experience?

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?

5. **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? □
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 pears.

Words to Use
- pear
- core
- stem
- flesh

Introduction
This activity will work well at tables in small groups. Each table should have one plate with samples of pear.

“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. Ask the children to describe how pears look.
3. Instruct each child to take a sample of pear.
4. After every child has a sample, ask the children to smell the pear. Ask the children how the pear smells.
5. Encourage each child to take at least one bite of pear.
6. After everyone has smelled and tasted the sample, ask the class if they liked it.

Summary

“Today we were taste testers. What did we taste today? Who liked the pear?”

Enrichment

Promote new vocabulary by discussing the parts of a pear: skin, flesh, stem, leaf, and core.

Learning Objectives

1. CHILDREN WILL complete the second of four pear tasting experiences.
2. CHILDREN WILL describe how a pear looks and if they like the way pear smells and tastes.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Some children may not want to try even small samples of pear. Encourage each child in your classroom to try at least one bite.
■ 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.
Taste Testers
TEACHER EVALUATION

Please indicate if the following learning and teaching objectives were met:

**A** Children completed the second of four pear tasting experiences.
- [ ] yes
- [ ] no

**B** How many...
- children in your classroom tasted a pear?
- total children in your classroom?

**C** Children described how a pear looks, and if they like the way a pear smells and tastes.
- [ ] yes
- [ ] no

**D** Teacher modeled healthy eating behavior (tasting a pear) for children.
- [ ] yes
- [ ] no

**E** Did your classroom complete the enrichment activity?
- [ ] yes
- [ ] no

**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? [ ]

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.

- 
- 
- 

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

- 
- 
- 

**4.** Do you have any additional comments?

- 
- 
- 

**date lesson completed:** 

Curr_Nutr_Mod_2_TT_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 help prepare a healthy snack.

Words to Use
- pears
- apples
- chef

Introduction
This activity 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 following recipe with the children in your classroom.

1. Ask the children to pour the chopped pears and apples into a large pot.
2. Ask each child to add water to the pot. Ensure that all fruit is covered with water. Explain to the children that cooking the apples and pears will make them soft.
3. At a later time and without the assistance of your class, cook on medium heat for 20–30 minutes.
4. Remove from heat when all fruit is soft. Drain off excess water and let cool.
5. After the fruit has cooled, pour contents into a blender and blend until creamy.
   CAUTION: Please ensure that fruit has cooled before serving children.
6. Provide each child with a sample of the pear applesauce. Encourage children to add a dash of cinnamon to the pear applesauce and try at least one bite.

Summary

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

Enrichment

Using a food scale, weigh the chopped pears and the chopped apples.

Learning Objectives

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

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Do not add sugar.
■ Encourage each child to take one bite of pear applesauce.
■ 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!
Please indicate if the following learning and teaching objectives were met:

A. Children completed the third of four pear tasting experiences.
   - [ ] yes
   - [ ] no
   comments: ______________________
   ______________________
   ______________________

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

C. Children helped prepare a healthy snack.
   - [ ] yes
   - [ ] no
   comments: ______________________
   ______________________
   ______________________

D. Teacher modeled healthy eating behavior (tasting a pear) 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? [ ]

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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
- pear
- chef

Introduction
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 pear snack with children in your classroom. Ask the children to assist when possible.

1. Place the pear halves, cut-side down, in a microwave safe dish. Without the assistance of your class, cover and microwave on high for 5 minutes.

2. Ask children to turn pears over and sprinkle cinnamon in the center of each pear.

3. Without the assistance of your class, cover and heat for an additional 3–4 minutes or until pears are tender.
   
   CAUTION: Let cool.

4. Encourage each child to take at least one bite of the pear snack.

Summary

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

Enrichment

Encourage further dramatic play. Ask one child at each table to be waiter and serve the pear snack to each customer at the table.

Learning Objectives

1. CHILDREN WILL complete the fourth of four pear 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 his/her pear 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!

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?

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?