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

Words to Use

- feel
- smooth
- round
- tomato
- smell
- taste
- 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 tomato around the circle and encourage each child to touch the tomato and look at the tomato with his or her own magnifying glass.

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

Enrichment

Ask children to make the shape of the letters that spell tomato with their bodies.

Learning Objectives

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

2. CHILDREN WILL describe what a tomato 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.

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<th>Question</th>
<th>Yes</th>
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<td><strong>E.</strong> Did your classroom complete the enrichment activity?</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:

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 two varieties of tomato.

Words to Use
- tomato
- red
- small and large
- cherry

Introduction
This activity will work well at tables in small groups. Each table should have two plates: one plate with samples of regular tomato and one plate with samples of quartered cherry tomatoes.

Before the Lesson
Prepare samples of both varieties of tomato for each child.

Whole cherry tomatoes are a choking hazard for young children. Cut cherry tomatoes into quarters. Cut regular tomatoes into pieces no larger than ½ inch.

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. Inform the children that there are many types of tomatoes. Tomatoes come in all shapes and sizes. Tell the children that they will be tasting a cherry tomato and a regular tomato.

3. Instruct each child to take a sample of tomato.

4. After every child has a sample, ask the children to smell the tomato. Ask the children how the tomato smells.

5. Encourage each child to take at least one bite of sliced tomato.

6. After everyone has smelled and tasted the sample, ask the class if they liked it.

7. Repeat this process for quartered cherry tomatoes.

8. Ask the children if the different types of tomatoes 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 type of tomato tasted the best?

Enrichment

Ask children how many pieces of tomato you have when you cut it in half, in quarters, and in eighths.

Learning Objectives

1. CHILDREN WILL complete the second of four tomato tasting experiences.

2. CHILDREN WILL describe if two varieties of tomato are similar or different in 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 tomato. Encourage each child in your classroom to try at least one bite of both tomatoes.

■ 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.
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 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?  

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Children completed the second of four tomato tasting experiences.

☐ yes ☐ no

Comments: ______________________________________________________________
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How many...

children in your classroom tasted a tomato? ☐ ☐

Total children in your classroom? ☐ ☐

Children described if two varieties of tomato are similar or different in appearance, smell and taste.

☐ yes ☐ no

Comments: ______________________________________________________________
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Teacher modeled healthy eating behavior (tasting a tomato) for children.

☐ yes ☐ no

Comments: ______________________________________________________________
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Did your classroom complete the enrichment activity?

☐ yes ☐ no

Comments: ______________________________________________________________
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date lesson completed: 

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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
- tomato
- chef
- pretzel kabobs

Introduction
Making the tomato kabobs will work well at tables in small groups.

"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 tomato kabobs with the children in your classroom.

1. Demonstrate to the children how to make a tomato kabob with pretzel sticks. Please include quartered tomatoes on your pretzel stick.
2. Ask children to assemble their own tomato vegetable kabob.
3. Encourage children to taste their own tomato kabob.

Summary
«Today we were chefs. What did we make today? Who liked making the tomato kabobs?»

Enrichment
Ask children what other objects are the same shape as a tomato.

Learning Objectives
1. CHILDREN WILL complete the third of four tomato 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 tomato.
■ 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.

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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 help prepare a healthy snack.

Words to Use
- tomato
- chef

Introduction
Making tomato pizzas will work well if prepared in an assembly line.

> 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.

Before the Lesson
Earlier in the day, wash and chop the tomatoes into small pieces. Cut English muffins in half if needed. Prepare other (optional) vegetables as needed.

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

Prepare the following recipe with the children in your classroom.

1. Demonstrate to the children how to make a mini tomato pizza.
   - Take one-half of an English muffin and add tomato/pizza sauce. Spread sauce with a spoon.
   - Place 1–2 spoonfuls of tomato on top of English muffin. Add other (optional) vegetables.
   - Lightly sprinkle with part-skim mozzarella cheese.

2. Instruct each child to make his/her own mini tomato pizza. After each child has made his/her own mini pizza, ask them to place his/her pizza on a baking sheet.

3. Bake at a low temperature until the cheese is melted and the English muffin is crispy.

4. Encourage each child to try his/her own mini pizza.

Summary

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

Enrichment

Ask children to count the number of tomato pieces on their mini pizzas.

Learning Objectives

1. CHILDREN WILL complete the fourth of four tomato 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 tomato pizza.
- 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!
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