Following this activity, please fill out the teacher's evaluation form for 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 describe what an apple looks like under a magnifying glass. Children will also share if they like how apples feel, smell, and taste.

**Words to Use**

- feel
- apple
- smell
- taste
- seeds
- stem
- core

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

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

Enrichment

Sing “Apples and Bananas” with the children in your classroom. See the CHILE Physical Activity Curriculum for more instructions if needed.
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?

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?

**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 different colored apples.

Words to Use
- apple
- green (or yellow)
- red

Introduction
This activity will work well at tables in small groups. Each table should have two plates: one plate with samples of red apples and one plate with samples of green (or yellow) apples.

*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 apples can be different colors. Ask the children to describe how the two apples look the same and how they look different.

3. Instruct each child to take a sample of red apple.

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

5. Encourage each child to take at least one bite of red apple.

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

7. Repeat this process for the green (or yellow) apple.

8. Ask the children if the apples 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? Did the different colored apples taste the same or taste different?"

Enrichment

Encourage children to participate in dramatic play by pretending to pick apples. Instruct children to reach really high and fill their baskets full.

Learning Objectives

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

2. CHILDREN WILL describe if different colored apples 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 apple. Encourage each child in your classroom to try at least one bite of both colored apples.

■ 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 apple tasting experiences.
   - [ ] yes  [ ] no
   - comments: ____________________________
   - ____________________________

B. How many…
   - children in your classroom tasted an apple?  [ ]
   - total children in your classroom?  [ ]

C. Children described if different colored apples are similar or different in appearance, smell and taste.
   - [ ] yes  [ ] no
   - comments: ____________________________
   - ____________________________

D. Teacher modeled healthy eating behavior (tasting an apple) for children.
   - [ ] yes  [ ] no
   - comments: ____________________________
   - ____________________________

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

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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?
   - ____________________________
   - ____________________________
   - ____________________________

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?
   - ____________________________
   - ____________________________
   - ____________________________

*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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Curr_Nutr_Mod_4_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
- Apple
- Yogurt
- Banana

Introduction
Making the apple and banana dippers 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 following snack with the children in your classroom.

1. Demonstrate to the children how to make an apple and banana dipper.
   - Dip one apple piece into the yogurt and taste.
   - Dip one banana piece into the yogurt and taste.
2. Instruct each child to make and taste his/her own apple and banana dippers.

Summary

"Today we were chefs. What did we make today? Who liked making the apple and banana dippers?"

Enrichment
Expand the vocabulary of the children in your classroom by describing the different parts of an apple: core, peel, flesh, seeds, stem, and leaf.

Learning Objectives
1. CHILDREN WILL complete the third of four apple 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 taste at least one apple slice and one banana slice.
- 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.

<table>
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<th>Date Lesson Completed:</th>
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Please indicate if the following learning and teaching objectives were met:

A. Children completed the third of four apple tasting experiences.

<table>
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<th>Yes</th>
<th>No</th>
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Comments: ____________________________
                        ____________________________
                        ____________________________

B. How many... children in your classroom tasted an apple? total children in your classroom?

<table>
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<th>Yes</th>
<th>No</th>
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Comments: ____________________________

C. Children helped prepare a healthy snack.

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<th>Yes</th>
<th>No</th>
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Comments: ____________________________
                        ____________________________
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D. Teacher modeled healthy eating behavior (tasting an apple) for children.

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<th>Yes</th>
<th>No</th>
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Comments: ____________________________
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E. Did your classroom complete the enrichment activity?

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<th>Yes</th>
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Comments: ____________________________
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1. What comments or reactions did the children in your classroom have about their tasting experience?

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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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*Please tell us about you!

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

<table>
<thead>
<tr>
<th>Name</th>
</tr>
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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
- applesauce
- chef
- cinnamon

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.

Before the Lesson
Early in the day, wash, core, and peel the apples. Chop fruit into small pieces no larger than ½ inch. Coat pieces of fruit with lemon or pineapple juice, cover, and refrigerate to prevent fruit from browning.

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

Prepare the homemade applesauce with the children in your classroom.

1. Ask the children to pour the chopped apples into a large pot.
2. Ask each child to add water to the saucepan. Ensure that all fruit is covered with water.
3. Cook on medium heat for 20–30 minutes. Explain to the children that the cooking the apples will make them soft.
4. Remove from heat when all fruit is soft. Drain water and let cool.
5. After the fruit has cooled, pour contents into a blender and blend until creamy and smooth.
   CAUTION: Please ensure that fruit has cooled before serving children.
6. Provide each child with a sample of the applesauce. Encourage children to add a dash of cinnamon to the applesauce and try at least one bite.

Summary

Today we were chefs. What did we make today? Who liked making the homemade applesauce?

Enrichment

Encourage dramatic play by suggesting that children make applesauce at a cooking station during free play.

Learning Objectives

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

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Leaving the skin on will result in a light pink applesauce.
- Please do not add sugar to the applesauce.
- Encourage each child to take one bite of 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!

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?

________________________________________________________
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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?

[ ] no  [ ] yes

Please tell us about you!

[ ] yes  [ ] no

Comments: ____________________________________________
________________________________________________________
________________________________________________________