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

Words to Use
- feel
- fuzzy
- smell
- taste
- pit
- stem
- peach
- peach

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

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

Enrichment

Encourage further dramatic play. Set-up a peach stand in your classroom and encourage children to take turns purchasing and selling the fruit.

Learning Objectives

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

2. CHILDREN WILL describe what a peach 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.

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 test a peach.

Words to Use
- peach
- pit
- fuzzy
- yellow and orange

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

“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.”

Cut peaches into pieces no larger than ½ inch to prevent choking. If using canned, ensure that pieces are smaller than ½ inch.
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 a peach looks.
3. Instruct each child to take a sample of peach.
4. After every child has a sample, ask the children to smell the peach. Ask the children how the peach smells.
5. Encourage each child to take at least one bite of peach.
6. After everyone has smelled and tasted the peach, ask the class if they liked it.

Summary

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

Enrichment

Inquire if any children in your classroom have a peach tree (or similar fruit tree) in their back yard. Take a field trip and show your class where peaches come from.

Learning Objectives

1. CHILDREN WILL complete the second of four peach tasting experiences.
2. CHILDREN WILL describe how a peach looks and if they like the way a peach 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 peach. 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!
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>
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<tr>
<td>A. Children completed the second of four peach tasting experiences.</td>
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<td>B. How many...</td>
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<tr>
<td>children in your classroom tasted a peach?</td>
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<td>total children in your classroom?</td>
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<td>C. Children described how peaches look and if they like the way peaches smell and taste.</td>
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<td>D. Teacher modeled healthy eating behavior (tasting a peach) for children.</td>
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<td>E. Did your classroom complete the enrichment activity?</td>
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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?
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

- peach
- smoothie
- blueberry
- chef

Introduction

Making the peach smoothie 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. Pour the yogurt into the blender.
2. Add peach slices.
3. Add frozen blueberries and ice cubes.
4. Blend until smooth.
5. Encourage each child to try the peach smoothie.

Summary
“Today we were chefs. What did we make today? Who liked making the peach smoothies?”

Enrichment
With the children in your classroom, count aloud the number of peach slices and blueberries that you add to the blender.

Learning Objectives
1. CHILDREN WILL complete the third of four peach 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 sip of peach smoothie.
■ 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.

| A | Children completed the third of four peach tasting experiences. |
|   | □ yes □ no |
|   | comments: __________________________ |
|   | __________________________ |
|   | __________________________ |

| B | How many… |
|   | children in your classroom tasted a peach? |
|   | □ no |
|   | total children in your classroom? |
|   | □ no |

| C | Children helped prepare a healthy snack. |
|   | □ yes □ no |
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| D | Teacher modeled healthy eating behavior (tasting peach) for children. |
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Overview
In this lesson, children will help prepare a healthy snack.

Words to Use
☐ peach
☐ 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.

Equipment Required
☐ knife
☐ cutting board
☐ baking pan
☐ oven

Materials/Supplies
☐ aprons
☐ chef hats
☐ 8 whole peaches (fresh or frozen)
☐ 1 bag of frozen blueberries, thawed and drained
☐ 100% apple juice
☐ ½ cup rolled oats
☐ ½ tsp cinnamon

Prior to the lesson, wash the peaches and cut into small pieces.
Immediately before the lesson, ask the children to put on their chef aprons, chef hats, and wash their hands.

Cut peaches into pieces no larger than ½ inch to prevent choking. If using canned, ensure that pieces are smaller than ½ inch.
Activity Description

Prepare the peach crisp with children in your classroom. Ask the children to assist when possible.

1. Place blueberries in bottom of baking sheet. Place peaches on top of blueberries.
2. Drizzle ¼ cup of apple juice over the peaches.
3. In a separate bowl, mix the rolled oats and cinnamon. Add 2 TBSP of apple juice to dry mixture.
4. Spread mixture evenly over blueberry peach mixture.
5. Bake uncovered for 45 minutes in a 350 degree oven.

Summary

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

Enrichment

Make a giant peach piñata. Use peach or orange colored paint for the skin and brown pipe cleaner for the stem. Please do not fill the piñata with candy or sweets.

Learning Objectives

1. CHILDREN WILL complete the fourth of four peach 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 the peach crisp.
- 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!

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