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

Words to Use

- feel
- orange
- smell
- peel
- taste
- seeds

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 whole orange around the circle and encourage each child to touch the orange and look at the orange with his or her own magnifying glass.
3. Ask the children what the orange looks like and if they like the way the orange 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 orange. Encourage children to smell the orange 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 an orange felt on your hands? What did the orange look like with a magnifying glass? Who liked the way the orange smelled? Who liked the way that the orange tasted?”

Enrichment
Describe the size of other objects (larger, smaller, taller, shorter, etc) in comparison to an orange.

Learning Objectives
1. CHILDREN WILL complete the first of four orange tasting experiences.
2. CHILDREN WILL describe what an orange 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.
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?

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 an orange and a tangerine.

Words to Use
- orange
- seeds
- tangerine

Introduction
This activity will work well at tables in small groups. Each table should have two plates: one plate with samples of orange and one plate with samples of tangerines.

“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 tangerines are similar in shape and color to an orange. Ask the children to describe how the orange and tangerine look the same and how they look different.

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

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

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

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

7. Repeat this process for the tangerine.

8. Ask the children if the orange and tangerine 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 fruit tasted the best to you?

Enrichment

Write out the word orange. Ask children to copy one of the letters in the word orange and to say the letter aloud.

Learning Objectives

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

2. CHILDREN WILL describe if an orange and another fruit 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 orange and/or tangerine. Encourage each child in your classroom to try at least one bite of both fruits.

■ 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.

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

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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 help prepare a healthy snack.

Words to Use

- orange
- chef
- kabob

Introduction

Making the orange kabobs will work well 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 recipe with the children in your classroom.

1. Peel and cut bananas into chunks.
2. Demonstrate to the children how to assemble an orange kabob.
3. Stick one grapefruit section on the straw.
4. Alternate orange sections with bananas, grapefruit, and any other optional tropical fruit.
5. Ask each child to assemble his/her own orange kabob.
6. Encourage each child to taste his/her orange kabob.

Summary

"Today we were chefs. What did we make today? Who liked making the orange kabob?"

Enrichment

Ask the children what shape an orange is and what color an orange is. Ask the children how they think the orange got its name.

Learning Objectives

1. CHILDREN WILL complete the third of four orange 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 the orange kabob.
- 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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<th>Question</th>
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<td>What comments or reactions did the children in your classroom have about their tasting experience?</td>
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<td>How many children in your classroom tasted an orange?</td>
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Please indicate if the following learning and teaching objectives were met:

**A.** Children completed the third of four orange tasting experiences.

- [ ] Yes
- [ ] No

**B.** How many...

- Children in your classroom tasted an orange?
- Total children in your classroom?

**C.** Children helped prepare a healthy snack.

- [ ] Yes
- [ ] No

**D.** Teacher modeled healthy eating behavior (tasting an orange) for children.

- [ ] Yes
- [ ] No

**E.** Did your classroom complete the enrichment activity?

- [ ] Yes
- [ ] No

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

- orange
- chef

Before the Lesson

 Peel and section oranges. Immediately before the lesson, ask the children to put on their chef aprons, chef hats, and wash their hands.

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 with the children in your classroom.

1. Demonstrate how to make an orange dipper.
2. Dip one orange slice into yogurt and taste.
3. Ask each child to make his/her own orange dipper and to taste it.

Summary

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

Enrichment

Place orange peels on a sensory table or on trays on tables. Encourage children to touch and tear orange peels.

Learning Objectives

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

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Please do not substitute frozen yogurt for regular yogurt. Any flavor will work well for dipping.
- Encourage each child to take at least one bite of the orange.
- 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.
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   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

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

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