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 strawberries look like under a magnifying glass. Children will also share if they like how a strawberry feels, smells, and tastes.

Words to Use

- feel
- stem
- smell
- taste
- strawberry
- red and pink

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

3. Ask the children what strawberries look like and if they like the way strawberries feel 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 strawberries. Encourage children to smell the strawberries before tasting them.

Summary

“Today you were a food detective and used your eyes, hands, nose, and mouth to describe a new food. Who liked the way strawberries felt on your hands? What did a strawberry look like with a magnifying glass? Who liked the way strawberries smelled? Who liked the way that a strawberry tasted?”

Enrichment

Ask children how many strawberries will fit in a glass. After every child has stated their estimate, fill the glass with strawberries. Count each strawberry as it is added to the glass.

Learning Objectives

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

2. CHILDREN WILL describe what a strawberry 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.

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?
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 taste test strawberries.

**Words to Use**
- strawberry
- red and pink
- stem

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

"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 a strawberry looks.
3. Instruct each child to take a sample of strawberry.
4. After every child has a sample, ask the children to smell the strawberry. Ask the children how the strawberry smells.
5. Encourage each child to take at least one bite of strawberry.
6. After everyone has smelled and tasted the sample, ask the class if they liked the strawberries.

Summary

Today we were taste testers. What did we taste today? Who liked the strawberries?

Enrichment
Ask the children to name other berries. Provide examples or pictures of a blueberry, raspberry, blackberry, etc.

Learning Objectives
1. CHILDREN WILL complete the second of four strawberry tasting experiences.
2. CHILDREN WILL describe how a strawberry looks and if they like how a strawberry 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 strawberry. 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.
PLEASE TELL US ABOUT YOU!

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

Comments:

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
- strawberry
- chef
- smoothie

Introduction
Making a strawberry smoothie will work well as 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 the strawberry pieces, banana pieces, and blueberries.
3. Add ice cubes.
4. Blend until smooth.
5. Encourage each child to try the strawberry smoothie.

Summary
«Today we were chefs. What did we make today? »

Enrichment
Play music and encourage children to move while the class “blends” their smoothie.

Learning Objectives
1. CHILDREN WILL complete the third of four strawberry 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 try one sip of his/her strawberry 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!
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 help prepare a healthy snack.

Words to Use

- strawberry
- chef
- water

Introduction

This activity will work well in one large group.

Prior to the lesson, wash the strawberries and remove stems. 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 recipe with the children in your classroom.

1. Demonstrate to the children how to make a strawberry straw. Add a few strawberry pieces to a straw.
2. Provide each child with his/her own straw and ask him/her to assemble a strawberry straw.
3. Place all straws on a baking sheet and freeze.
4. Later in the day, provide each child with one glass of water. Encourage children to place their straws in their water. The fruit will sweeten the water.
5. Ask each child to taste a strawberry after he/she has sipped the water.

Summary

“This is a strawberry straw. What did we make today? Who liked making the strawberry straws?”

Enrichment

Read a book about another type of berry to your class: Blueberries for Sal by Robert McCloskey.

Learning Objectives

1. CHILDREN WILL complete the fourth of four strawberry 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 strawberry.
- 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.

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?

date lesson completed: