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

Words to Use
- feel
- green
- smell
- 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 cucumber around the circle and encourage each child to touch the cucumber and look at the cucumber with his or her own magnifying glass.

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

Enrichment

Use a cucumber to measure a child’s arm or height. Encourage children to measure each other using a cucumber.

Learning Objectives

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

2. CHILDREN WILL describe what a cucumber 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.
Date lesson completed: 

Please indicate if the following learning and teaching objectives were met:

<table>
<thead>
<tr>
<th>A</th>
<th>Children completed the first of four cucumber tasting experiences.</th>
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<tbody>
<tr>
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<th>B</th>
<th>How many...</th>
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<tbody>
<tr>
<td>children in your classroom</td>
<td>tasted a cucumber?</td>
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<td>□ no</td>
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<tr>
<td>total children in your classroom?</td>
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<th>Teacher modeled healthy eating behavior (tasting a cucumber) for children.</th>
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<th>E</th>
<th>Did your classroom complete the enrichment activity?</th>
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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? □
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 cucumbers.

Words to Use
- cucumber
- green

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

“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.”

Before the Lesson
Prepare samples of sliced cucumber for each child.

Equipment Required
- knife
- cutting board

Materials/Supplies
- taste testing samples of cucumber
- taste-testing cups
  provided by CHILE

To prevent choking, cut cucumber into pieces no larger 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 the cucumber looks.
3. Instruct each child to take a sample of cucumber.
4. After every child has a sample, ask the children to smell the cucumber. Ask the children how the cucumber smells.
5. Encourage each child to take at least one bite of cucumber.
6. After everyone has smelled and tasted the sample, ask the class if they liked it.

Summary

„Today we were taste testers. What did we taste today? Who liked the cucumber?“

Enrichment

Count and clap the syllables in the word cu-cum-ber.

Learning Objectives

1. CHILDREN WILL complete the second of four cucumber tasting experiences.
2. CHILDREN WILL describe how cucumber looks and if they like the way cucumber 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 cucumber. Encourage each child in your classroom to try at least one.
■ 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?

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?

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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Date lesson completed:

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Please indicate if the following learning and teaching objectives were met:

A. Children completed the second of four cucumber tasting experiences.

B. How many...
   - children in your classroom tasted a cucumber?  
   - total children in your classroom?

C. Children described how a cucumber looks and if they like the way a cucumber smells and tastes.

D. Teacher modeled healthy eating behavior (tasting a cucumber) for children.

E. Did your classroom complete the enrichment activity?
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

- cucumber
- chef
- tomato

Introduction

Making the cucumber 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 cucumber dip with the children in your classroom.

1. Combine the fat free yogurt, finely chopped cucumber, light sour cream, and optional mint. Blend well.
2. Season with optional pepper if you’re using it.
3. Provide each table with a small bowl of dip, pieces of cucumber, tomato and, other optional vegetables.
4. Demonstrate to the children how to make a cucumber and tomato dipper.
5. Dip one cucumber piece into the dip and taste.
6. Dip one tomato piece into the dip and taste.
7. Encourage each child to make and taste his/her own tomato and cucumber dippers.

Summary

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

Enrichment

Ask children to help you measure out the ingredients for the dip. Ask the children to name a food in the dip (or ingredient) that was more (in quantity) than the pepper.

Learning Objectives

1. CHILDREN WILL complete the third of four cucumber 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 cucumber.
- 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.
Please indicate if the following learning and teaching objectives were met:

**A. Children completed the third of four cucumber tasting experiences.**
- yes
- no

   comments: ______________________
   ______________________
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**B. How many...**
- children in your classroom tasted a cucumber?
- total children in your classroom?

**C. Children helped prepare a healthy snack.**
- yes
- no

   comments: ______________________
   ______________________
   ______________________

**D. Teacher modeled healthy eating behavior (tasting cucumber) for children.**
- yes
- no

   comments: ______________________
   ______________________
   ______________________

**E. Did your classroom complete the enrichment activity?**
- yes
- no

   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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   ______________________

2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

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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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   ______________________
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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 help prepare a healthy snack.

**Words to Use**
- cucumber
- chef
- bell pepper

**Introduction**
Making the cucumber flowers 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 cucumber flowers with the children in your classroom.

1. Demonstrate to the children how to make a cucumber flower.
   - Using a cucumber piece as the center of the flower, arrange bell pepper pieces and other optional fruits and vegetables as the petals. Taste your cucumber flower.

2. Encourage each child to create his/her own cucumber flower.

3. Encourage each child to taste the cucumber and other fruits and vegetables that make up his/her edible art.

Summary

"Today we were chefs. What did we make today? Who liked making the cucumber flowers?"

Enrichment

Ask children what colors the different petals are on their cucumber flowers.

Learning Objectives

1. CHILDREN WILL complete the fourth of four cucumber 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 cucumber.
- 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.
Let's Get Cooking!

TEACHER EVALUATION

Please indicate if the following learning and teaching objectives were met:

A. Children completed the fourth of four cucumber tasting experiences.
   
   □ yes □ no
   
   comments: ________________________
   ________________________
   ________________________

B. How many...
   children in your classroom tasted a cucumber? □
   total children in your classroom? □

C. Children helped prepare a healthy snack.
   
   □ yes □ no
   
   comments: ________________________
   ________________________
   ________________________

D. Teacher modeled healthy eating behavior (tasting cucumber) for children.
   
   □ yes □ no
   
   comments: ________________________
   ________________________
   ________________________

E. Did your classroom complete the enrichment activity?
   
   □ yes □ no
   
   comments: ________________________
   ________________________
   ________________________

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   ________________________
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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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