Food Detectives

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

Words to Use

- feel
- fuzzy
- smell
- taste
- kiwi
- seeds
- green and brown

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.”

Equipment Required

- knife
- cutting board

Materials/Supplies

- 1 whole kiwi fruit
- taste testing samples of kiwi
- magnifying glasses
- taste-testing cups

Before the Lesson

Select one whole kiwi for children to closely examine with magnifying glasses. Prepare samples of kiwi for children to taste.

Cut kiwi into pieces no larger than ½ inch to prevent choking.

Provided by CHILE

Curr_Nutr_Mod_8_Fruit_2010
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 kiwi around the circle and encourage each child to touch the kiwi and look at the kiwi with his or her own magnifying glass.

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

Enrichment

Using a food scale, weigh one kiwi. Encourage children to select other objects in the classroom that weigh less, more, and the same as a kiwi.

Learning Objectives

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

2. CHILDREN WILL describe what a kiwi 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.
Please indicate if the following learning and teaching objectives were met:

A. Children completed the first of four kiwi tasting experiences.
   - [ ] yes
   - [ ] no
   comments: _______________________
             _______________________
             _______________________

B. How many...
   - children in your classroom tasted a kiwi?
     - [ ] yes
     - [ ] no
   - total children in your classroom?
     - [ ] yes
     - [ ] no
   comments: _______________________
             _______________________
             _______________________

C. Children examined a kiwi under a magnifying glass.
   - [ ] yes
   - [ ] no
   comments: _______________________
             _______________________
             _______________________

D. Teacher modeled healthy eating behavior (tasting a kiwi) for children.
   - [ ] yes
   - [ ] no
   comments: _______________________
             _______________________
             _______________________

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

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 kiwi.

Words to Use
- kiwi
- green
- seeds
- round
- fuzzy

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

Prepare samples of kiwi for each child.

Peel the skin off the kiwi and cut into pieces no larger than ½ inch to prevent choking.

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 the kiwi looks.

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

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

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

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

**Summary**

«Today we were taste testers. What did we taste today? Who liked the kiwi?»

**Enrichment**

Write out the word *kiwi* and ask children to practice writing the letter *k*.

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**Learning Objectives**

1. **CHILDREN WILL** complete the second of four kiwi tasting experiences.

2. **CHILDREN WILL** describe how kiwi looks and if they like how kiwi 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 kiwi. Encourage each child in your classroom to try 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!

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**ATTENTION: TEACHERS!**

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Taste Testers
TEACHER EVALUATION

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

A  Children completed the second of four kiwi tasting experiences.
   □ yes  □ no
   comments:
   ______________________________
   ______________________________
   ______________________________

B  How many…
   children in your classroom tasted a kiwi?
   □ yes  □ no
   total children in your classroom?
   □ yes  □ no
   comments:
   ______________________________
   ______________________________
   ______________________________

C  Children described how a kiwi looks and if they like the way a kiwi smells and tastes.
   □ yes  □ no
   comments:
   ______________________________
   ______________________________
   ______________________________

D  Teacher modeled healthy eating behavior (tasting a kiwi) for children.
   □ yes  □ no
   comments:
   ______________________________
   ______________________________
   ______________________________

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

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? □

Curr_Nutr_Mod_8_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

- kiwi
- chef
- strawberry

Introduction

Making the kiwi and strawberry skewers will work 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. Demonstrate to the children in your classroom how to make a kiwi skewer and a strawberry skewer.
2. Put one piece of kiwi on a pretzel stick and taste.
3. Place one piece of strawberry on a pretzel stick and taste.
4. Ask each child to make his/her own kiwi skewer and strawberry skewers.
5. Encourage each child try at least one bite of his/her kiwi and strawberry skewers.

Summary

«Today we were chefs. What did we make today? Who liked making the kiwi and strawberry skewers?»

Enrichment

Discuss with the children in your classroom the difference between salty and sweet. Ask the children which food(s) tasted salty and which food(s) tasted sweet in their snacks.

Learning Objectives

1. CHILDREN WILL complete the third of four kiwi 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 a kiwi skewer and a strawberry skewer.
■ 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 kiwi tasting experiences.

- **Yes** [ ]
- **No** [ ]

Comments: ______________________________
_______________________________________
_______________________________________

### B. How many...

- Children in your classroom tasted a kiwi? [ ]
- Total children in your classroom? [ ]

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

- **Yes** [ ]
- **No** [ ]

Comments: ______________________________
_______________________________________
_______________________________________

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

- **Yes** [ ]
- **No** [ ]

Comments: ______________________________
_______________________________________
_______________________________________

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

- **Yes** [ ]
- **No** [ ]

Comments: ______________________________
_______________________________________
_______________________________________

### 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

- kiwi
- stop light
- banana
- strawberry
- chef

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.
Activity Description

Prepare the fruit stop lights with the children in your classroom.

1. Explain to children that they are going to make a stoplight out of fruit. Ask the children if they know what a stoplight is. Explain that a stoplight tells people who are driving and walking across a street when to go and when to stop.

2. Share with your class that stop lights are made up of three colors: red, orange/yellow, and green. Ask the children what the different colors mean.

3. Demonstrate to the children how to make a stoplight out of fruit.
   - Place strawberry pieces on the top of a plate and form into a circle to represent a red light.
   - Place small pieces of banana below the strawberries to represent a yellow light.
   - Finally, add pieces of kiwi below the banana pieces to represent a green light.

4. Ask children to make their own fruit stoplights.

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

Summary

"Today we were chefs. What did we make today? Who liked making the fruit stop lights?"

Enrichment

Practice crossing a pretend street outside. Call out different colors or name the different colored fruit in substitution of a real traffic light.

Learning Objectives

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

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?