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

Words to Use

- feel
- head
- smell
- spear
- taste
- asparagus
- green and purple

Introduction

This activity will work well as a circle time activity and at tables, in small groups, for tasting.

Asparagus can be difficult to chew for young children if the asparagus is not cooked long enough. If the spears are thick, cut in half lengthwise and into pieces no larger than ½ inch to prevent choking.

An easy way to steam fresh asparagus:

1. Remove one spear from the asparagus bundle and snap.
2. Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
3. Rinse and drain spears and place in colander over a pot of boiling water.
4. Steam until spears are very tender.
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 an asparagus spear around the circle and encourage each child to touch the asparagus and look at the asparagus with his or her own magnifying glass.

3. Share with the children that asparagus is made up of two pieces. Compare a piece of asparagus to a flower. The head is the flower-like bud on top of the long spear.

4. Ask the children what asparagus looks like and if they like the way asparagus feels on their hands.

5. Ask the children to wash their hands and go to their tables.

6. At the tables, provide each child with a sample of asparagus. Encourage children to smell the asparagus 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 asparagus felt on your hands? What did asparagus look like with a magnifying glass? Who liked the way asparagus smelled? Who liked the way that asparagus tasted?

Enrichment

Using an asparagus spear as the unit of measure, determine the length of a table in the classroom. Encourage children to work together in order to measure the length of every table in the classroom.

Learning Objectives

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

2. CHILDREN WILL describe what asparagus looks like under a magnifying glass.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Please do not add fat or cheese to the asparagus.
- 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? 

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Children completed the first of four asparagus tasting experiences.

Children examined asparagus under a magnifying glass.

Teacher modeled healthy eating behavior (tasting asparagus) for children.

Did your classroom complete the enrichment activity?

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

- [ ] yes
- [ ] no

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

- [ ] yes
- [ ] no

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

- [ ] yes
- [ ] no

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

- [ ] yes
- [ ] no

Comments: __________________________
______________________________
______________________________
Following this activity, please fill out the teacher’s evaluation form for this lesson.

An easy way to steam fresh asparagus:

1. Remove one spear from the asparagus bundle and snap.
2. Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
3. Place spears in a colander over a pot of boiling water.
4. Steam until very tender.

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 steamed asparagus.

Words to Use

- asparagus
- spear
- green
- heads

Introduction

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

Asparagus can be difficult to chew for young children if the asparagus is not cooked long enough. If the spears are thick, cut in half lengthwise 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.

An easy way to steam fresh asparagus:

1. Remove one spear from the asparagus bundle and snap.
2. Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
3. Place spears in a colander over a pot of boiling water.
4. Steam until very tender.
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 your students that there are two parts to an asparagus: the spear and the head. Compare the spear and head to a stem and flower. Ask the children what looks the same and what looks different about the two parts of the asparagus.

3. Instruct one child at each table to take a sample of asparagus and pass the plate to the rest of the children at the table.

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

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

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

Summary

“Today we were taste testers. What did we taste today?”

Enrichment

Cut and paste pictures of items that begin with the letter a on a piece of paper with the letter a.

Learning Objectives

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

2. CHILDREN WILL describe how asparagus looks and if they like the way asparagus smells and tastes.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Encourage each child in your classroom to try at least one bite of asparagus.
- 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?**

**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
☐ asparagus  ☐ spear
☐ steamed  ☐ chef

Introduction
Making the steamed asparagus 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.

Asparagus can be difficult to chew for young children if the asparagus is not cooked long enough. If the spears are thick, cut in half lengthwise and cut into pieces no larger than ½ inch to prevent choking.
Activity Description

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

1. Wash the asparagus well.
2. Provide each child with one asparagus spear.
3. Demonstrate to the children how to snap a spear. The stalk will naturally snap into two pieces.
4. Instruct children to save the end with the head. The remaining portion of the stalk is inedible and can be discarded. (You may wish to discard these stalks at a later time and steam the asparagus that you cut and prepared yourself)
5. Place asparagus previously cut by you into a colander and place over a pot of boiling water.
6. The asparagus is steamed when the stalks turn a vibrant green color (about 4–5 minutes) and are soft. If stalks are thick, cut in half lengthwise.
7. (optional) “Shock” the asparagus by submerging the steamed asparagus in ice water. “Shocking” asparagus will prevent the asparagus from continuing to cook and children may enjoy “shocking” their vegetables.
8. Cut asparagus spears into small pieces and provide each child with a sample to taste.
9. Encourage all children to take at least one bite of steamed asparagus.

Summary

«Today we were chefs. What did we make today? Who liked making steamed asparagus?»

Enrichment

Count and clap the syllables in the word *a-spar-a-gus*.

Learning Objectives

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

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Do not add butter or cheese to the asparagus.
- To prevent food-borne illness, steam a batch of asparagus that you cut and prepared yourself.
- Encourage each child to take one bite of asparagus.
- 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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<thead>
<tr>
<th>Question</th>
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<td>1. What comments or reactions did the children in your classroom have about their tasting experience?</td>
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<td>2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.</td>
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<td>3. Did you experience any difficulties in completing this lesson?</td>
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Please indicate if the following learning and teaching objectives were met:

- **A** Children completed the third of four asparagus tasting experiences.
  - Yes [ ]  No [ ]
  - Comments: ______________________________
  - ______________________________
  - ______________________________

- **B** How many... children in your classroom tasted asparagus? [ ]
  - Total children in your classroom? [ ]

- **C** Children helped prepare a healthy snack.
  - Yes [ ]  No [ ]
  - Comments: ______________________________
  - ______________________________

- **D** Teacher modeled healthy eating behavior (tasting asparagus) for children.
  - Yes [ ]  No [ ]
  - Comments: ______________________________
  - ______________________________

- **E** Did your classroom complete the enrichment activity?
  - Yes [ ]  No [ ]
  - 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?
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

- asparagus
- chef
- flower

Introduction

Making the asparagus 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.

An easy way to steam fresh asparagus:

1. Remove one spear from the asparagus bundle and snap.
2. Line up bundle with snapped spear and cut rest of spears at approximately the same location, saving the ends with a head.
3. Place spears in a colander over a pot of boiling water. Steam until very tender.
Activity Description
Prepare the following recipe with the children in your classroom.

1. Demonstrate to the children how to make an asparagus flower.
   - Create the stalk of a flower out of pieces of asparagus and place in the middle of your plate.
   - Place quartered tomatoes and other (optional) colorful vegetables on the top of the spear. These vegetables represent the petals.
   - Place a few spinach leaves around the base of the asparagus stalk to represent the leaves.

2. Instruct each child to create his/her own asparagus flower.

3. Ask each child to taste his/her asparagus flower. Encourage children to take at least one bite of asparagus.

Summary

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

Enrichment
Ask children what colors the different petals are on their own asparagus flowers.

Learning Objectives

1. CHILDREN WILL complete the fourth of four asparagus 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 asparagus.
- 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.
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?