

Lab Four; “Nutrition Education Food Preparation Activity”, Part One

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TECA 1318.S01

**OBJECTIVES:** describe specific learning objective in 5-7 words

1. The child will be able to determine when it's a healthy choice.
2. The child will be able to understand healthy eating by working with food rather than just hearing about it.
3. The child will be able to have fun preparing healthy food

**MATERIALS NEEDED:**

- 14 clear plastic cups
- 14 plastic spoons
- Vanilla yogurt
- Different kinds of fruit...pre-chopped

**Time Needed:**

- 15 to 20 minutes

**Steps for the activity:**

1. Ask four children at a time to volunteer for the activity
2. Instructor will layer in yogurt at the bottom of the plastic cups
3. Children will be asked to layer some chopped fruit on top of the yogurt in the cup
4. Instructor will ask four new volunteers to step up
5. Instructor demonstrates how to put in one more layer of yogurt
6. Children will be asked to again put some chopped fruit on top of the top layer of yogurt
7. Instructor layers in the final yogurt topping
8. Instructor hands out the 14 cups and spoons for the children to eat
9. While the children are eating, instructor explains that this is a healthy snack that tastes good and is good for you

**Transition Method**

- Instructor leads the children in the “fruit song” to get them excited about the upcoming activity

**3 Children’s books related to the activity:**

1. Frost, Helen (2000) The Fruit Group

This book is about the food pyramid and the part that fruit plays in the way to eat healthy.

2. McClure, Nikki (2012) Apple

This cute picture goes through the life cycle of an apple.

3. McClure, Nikki (2011) To Market, To Market

This book follows a Mother and Son as they go to the grocery store and get things on their shopping list.

**Follow up activities:**

- Instructor will ask the children which fruit you like the best
- Instructor will ask each children to think about fruit, and how it grows