

Fit WIC Arizona, Volume 2

Lesson Plan for “I Will Never Not Ever Eat A Tomato”

Learning Objectives:

- The child will be able to identify and name one food from the book.
- The child and parent will recognize that children need 60 minutes of physical activity a day and adults need 30 minutes a day.
- The child will name at least one new food they will taste.

Supplies Needed:

- Copy of Children’s Rules
- “I Will Never Not Ever Eat A Tomato” book (English or Spanish)
- A room with carpeting or tile that has enough free area for the physical activity portion of the lesson
- Plastic tomatoes for relay race
- Vegetables: cooked peas, cooked carrots, tomatoes for cooking time
- Brown paper bags (lunch bag size)
- Paper plates
- Bon Appétit CD – A Little Taste of This, A Little Taste of That (track 9)
- CD player
- Parent handout “Nutrition Tips for Parents”

Preparation for Lesson:

- Set the date, arrange for the room and post announcements of the session.
- Order any items from the warehouse as needed, one month in advance.
- Read “I Will Never Not Ever Eat a Tomato” to familiarize yourself with content and practice reading aloud.
- Preparation for cooking time – after estimating the number of attendees, shop for and prepare the items above. Place peas, cooked carrots and tomatoes in the shape of a smiley face on a paper plate. Cover each plate with another paper plate. Make sure the tomatoes are cut into small slices, and the carrots are no bigger than ½.
- Make copies of parent’s handout located at end of the lesson.
- Take out Children’s Rules in Section 2 of Fit WIC Arizona notebook for use in this session. Return rules to Section 2 of the notebook after session is completed.
- Gather supplies needed.
- Set up the tomato relay game before the session starts.

Welcome:

Greet each child and parent. Tell the children and parents your name. Have puzzles, toys, etc. for children to play with while they are waiting for everyone to join the group.

Group Time:

“Today we are going to read a book about trying new foods and play a fun game. Before we start, let’s review some rules for this time together.” Read the Children’s Rules while holding the paper up.

Physical Activity:

Encourage parents to ask questions and join in the activity.

Step 1

“Who is ready to stand up and exercise? Remember, you need to play for at least 60 minutes per day, and adults need to be active for 30 minutes each day, to stay healthy. You are going to team up with your parent/caregiver and form relay teams.”

Step 2

Line everyone up in pairs on one side of the room and then explain the game. “The goal of the game is to get four tomatoes in your bag as fast as you can.”

Step 3

“You’ll start by walking to the other side of the room to get the first tomato and then you’ll bring it back and put it in your bag.”

Step 4

“The adults will repeat this process and get the second tomato.”

Step 5

“The children will go again and get the third tomato and bring it back and put it in the bag.”

Step 6

“The adults will repeat this process and get the last tomato.”

Step 7

“Now we are going to sit down and read a book. The name of the book is I Will Never Not Ever Eat a Tomato. You’ll discover how much fun it can be to taste new foods. You can’t always tell how something will taste just by looking at it. It is important to try it first and then decide if you like it. You may be surprised by what you find! Can anyone tell me the name of a food they thought they wouldn’t like when they first looked at it, but liked it when they tasted it? (Allow time for children and parents to respond).

Read the book to the children and parents. “That was sure a fun book to read! Now, let’s review the new foods that Lola tasted and enjoyed. I’m going to hold up a picture of each new food and we’ll go around the circle and each name one (use the big pictures in the book – on the carrot page you’ll have to cover the word “carrot” when you hold it up). So, never be afraid to try new foods. Think of it as an exciting adventure!”

Cooking Time:

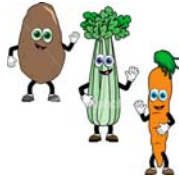
Have peas, cooked carrots and tomatoes in the shape of a smiley face on a paper plate. Cover each plate with another paper plate. Make sure the tomatoes are cut into small slices, and the carrots are no bigger than ½ inch. “Now we’re going to have a taste of some of the foods that Lola liked. Under each plate is a surprise. On a count of three, let’s lift up the plate....1....2....3.” Have them take a bite of each item, one at a time. “Which one did you like the best?”

Evaluation:

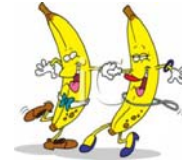
“What are some of the foods we saw in the book today?” Allow time for parents and children to answer. “Should you ever be afraid to taste something new?” Again, allow time for them to answer. “How many minutes should children play each day? That’s right, 60. “How many minutes do adults need to be active every day?” Again, allow time for them to answer. “That’s right 30 minutes.”

Conclusion:

Give each parent a handout about trying new foods. Invite them back for the next class. Play the Bon Appétit CD – A Little Taste of This, A Little Taste of That (track 9) as the children leave. Have them march or dance their way out.



Nutrition Tips For Parents Trying New Foods

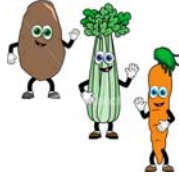


Children often want to explore food rather than eat it. It is okay if your child does not like every food offered. It may take up to twelve tries for a child to accept food. Keep offering a variety of foods but do not force your child to eat everything offered. Let your child know it is okay to eat only as much as he or she wants at that time.

- Offer small portions and only one new food at a time.
- Serve something that you know your child likes along with the new food.
- Serve foods that appeal to kids. Include a variety of colors, textures and forms.
- Offer new foods at the beginning of a meal, when your child is the most hungry.
- Serve food plain. Some children prefer to eat foods separately instead of all together in a dish.
- Encourage children to practice serving themselves. They can try pouring water or milk into a cup or spooning food from a serving bowl to their plate.
- Give your child enough time to eat.
- Make eating and family time the focus of mealtime. Make mealtime pleasant.
- Let your kids be "produce pickers." Let them help pick out fruits and veggies at the store.
- Have your child help you in the kitchen. Kids feel good about doing something "grown-up," and are much less likely to reject foods that they helped make.

This institution is an equal opportunity provider and employer. The material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.





Consejos de Nutrición para Padres Probando Nuevas Comidas



A veces los niños prefieren explorar la comida en vez de comérsela. Está bien si a su hijo no le gustan todas las comidas que le ofrece. Quizá le tome hasta doce intentos para que el niño acepte una comida. Siga ofreciéndole una variedad de alimentos pero no fuerce a su niño para que se coma todo lo que le ofrece. Dígale a su hijo que está bien que coma sólo un poco a la vez.

- Ofrézcales porciones pequeñas y sólo un alimento nuevo a la vez.
- Sirva a algo que sabe que le gusta a su niño, junto con el alimento nuevo.
- Sirva alimentos que les atraigan a los niños. Incluya una variedad de colores, texturas y formas.
- Ofrezca primero los nuevos alimentos, al principio de la comida, cuando su niño tiene más apetito.
- Sirva la comida sola. Algunos niños prefieren comer comidas separadas en vez de todas en un plato.
- Anime a los niños para que practiquen y se sirvan solos. Pueden tratar de poner el agua o leche en una taza o usar una cuchara para servirse de un tazón a su plato.
- Déle tiempo a su niño para que coma.
- Haga del comer y la convivencia familiar el enfoque de la hora de la comida. Haga agradable su comida.
- Deje que sus hijos "Escojan las frutas y verduras". Déjelos frutas y verduras en la tienda.
- Pídale a su niño que le ayude en la cocina. Los niños se sienten bien cuando hacen algo para "grandes" y hay menos posibilidades de que rechacen algo que ellos ayudaron a preparar.



Esta institución ofrece igualdad de oportunidades en servicios y empleo. El material fue pagado Por el programa de Ayuda Suplementaria de Nutrición de USDA. El programa de Ayuda Suplementaria de Nutrición ofrece ayuda de nutrición para personas de escasos recursos