

Grow It, Try It, Like It!

Preschool Fun with Fruits and Vegetables

Grow It, Try It, Like It! Nutrition Education Kit, featuring MyPlate, is a garden-themed nutrition education kit for child care homes and centers that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm. It also has a CD-ROM with supplemental information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate. Providers can use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

KidCare Nutrition Sponsor

Grow It, Try it, Like It Self-Study

1-hour Healthy and Safe Environment (Nutrition)

1-hr Social Emotional Development

Booklet 1 - The Basics: Introduction and Resource Materials

Why is it important to provide a variety of positive food experiences to preschool children?

How can well-planned nutrition education activities enhance a child's growth and development?

The process of discovering new foods, learning about where food comes from, and preparing food with others provides many valuable learning experiences. Refer to page 10 in Booklet 1 to match the skills listed below to the learning experiences on the right. (Draw a line connecting the two.)

Skill	Learn Experience/Developmental Milestone
Pour, stir, and shake	Learn simple math skills
Having the child talk about their food preferences	Learn food safety and cleanliness
Observing how a seedling develops	Develop small motor skills
Teach child to wash hands for 20 seconds	Learn science concepts
Following steps and sequence activities required in planting seeds	Develop self-esteem and independence

Booklet 1, Page 13 discusses what to expect of preschool children emotionally. It states that preschool children are very self-focused and that once they are able to accomplish tasks on their own, they find it hard to allow others to assist them. As a child care provider structuring learning activities, what can you do to help the preschool child gain self-confidence?

True or False The most important thing about young children’s capacity to learn is that they learn by doing; they must have concrete, hands-on experience to learn.

What types of concrete/hands-on experiences involving real food would you offer children for each one of these senses?
Taste
Touch
Smell

Booklets 2 through 6

You will find that each booklet is full of lessons, materials, activities, and recipes that pertain to the featured fruit or vegetable, and the booklets are all structured in the same format. For credit, choose one booklet and complete several of the activities and crafts provided. Also, prepare at least one of the recipe.

After completing these tasks, use the front and back of this sheet to write a summary explaining the outcomes you achieved. In order to receive full credit, your summary must adequately address the *Grow It, Try It, Like It!* curriculum.

Booklet _____

Recipe Name _____