

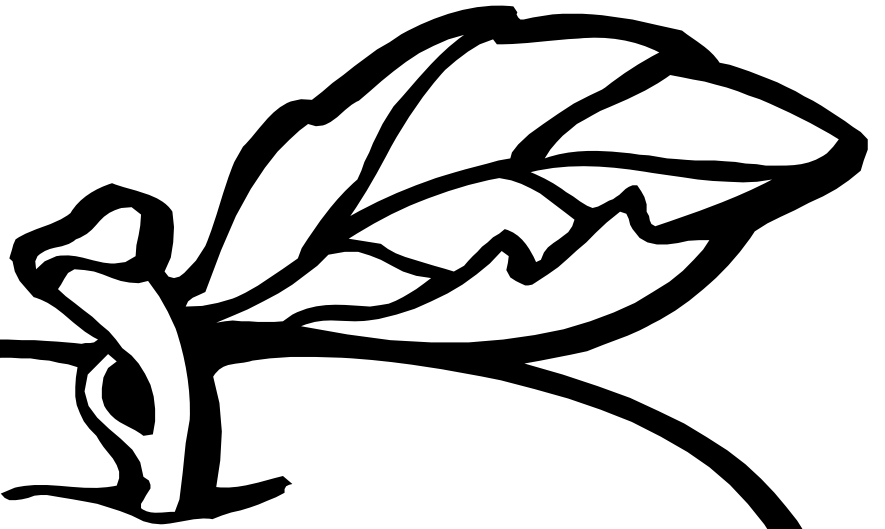


# Food, Fun & Games: Teaching Young Children About Food

## FOCUS on 'Fruit'



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Public Health Nutrition Program  
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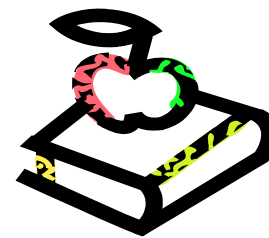
Produced by the  
Public Health Nutrition Program  
Fraser Health Authority  
March 2004  
*(Revised June 2007)*

# 'Focus on Fruit' Nutrition Kit

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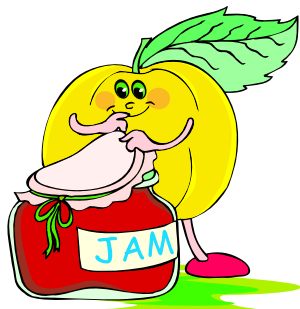
## Backgrounder: Kids in the Kitchen



This unit is all about apples. With many of the games and activities, you can modify the words and introduce just about any new fruit into a child's life. Imagine painting with a banana peel, making a 'peek-a-boo' kiwi, taste testing different types of melon and comparing their seeds. The possibilities are endless. We chose apples because they are available all year around, they are BC grown, there is a huge variety of them and, it shows you how you can introduce variety even with something as common as an apple!



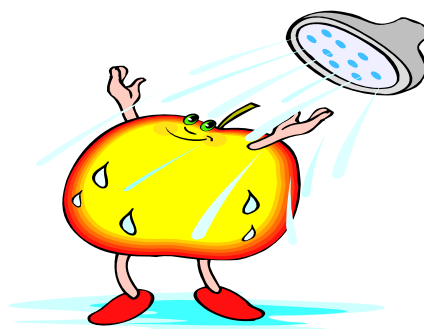
We all want children to eat well. Nutrition education activities can help but they need to be the right kinds of activities. It is tempting to teach children this age about which foods fit in which food groups and what nutrients they contain. With minds like sponges kids readily soak up information. The problem is that knowing this information does not get children to eat better!



Research shows that while young children can readily classify many foods into food groups, the knowledge doesn't help them with their food choices at meal times. Few children will sit down at a meal and say, "I'd like a piece of fruit please", or "could I have another vegetable now?" Rather, it is the EXPERIENCES kids have with food that guide which foods they choose.

The results of the recent BC Nutrition Survey indicate that we can all do better when it comes to food choices. Teaching our children now to enjoy a variety of fruits and vegetables every day will help ensure they continue to make healthy choices as adults.

The easiest and best way to help children to make good food choices is to introduce them to a wide variety of foods without pressuring them to try or even eat them. Becoming familiar with a wide variety of foods leads to eating a wide variety of foods. A child who has had a chance to help wash the apples for a fruit bowl, or who has helped mash cooked apples might sit down to the table and say, "May I try a piece of that apple?" or, "Could I try that applesauce that I helped make?"



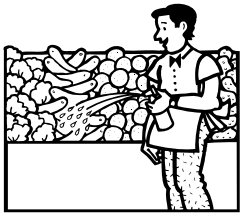
## Backgrounder: Kids in the Kitchen

Here are some ways you can help young children become familiar with a wide variety of fruit (and any other foods for that matter):

- Make sure *YOU* choose a variety of fruit when preparing meals and snacks for children.
- Involve the children in the preparation of those meals and snacks, taking into account their age and their individual abilities.



Read age appropriate books about fruit, or where fruit comes from and how it is grown.

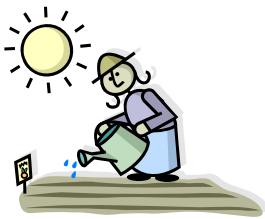


- Go on a field trip to a local market or a grocery store.

- Visit a friend who has a fruit tree e.g., apples, cherries, pears can be found locally.



- Visit the berry patch in the summer time.
- Try planting a variety of fruit seeds and watch what happens.



As you expose kids to new fruit, remember to allow them to choose whether to eat the food. It may take a dozen times seeing a new food on his plate before a child will try it. Pressuring a child to taste something before he is ready is a tactic that often backfires. While he might take one bite, he won't be as willing to eat the fruit in the future as the child who isn't pressured to eat.



- Reading stories about food is nutrition education.

- Allowing children to help with making snacks and a meal is nutrition education.



- Giving children the chance to try new foods is nutrition education.

Don't underestimate the value of these simple activities. They make a big difference in the variety of foods that children will eat. Increasing the variety of foods is the simplest, yet most profound way to make a big improvement in anyone's diet.

Article adapted from Teaching Young Children about Nutrition, FoodFlair for Child Care Newsletter, Fall 1998.

# Apples - Gross Motor Skill Games

## The Apple Tree

Have children stand in a circle.

Away up high in an apple tree,  
(*raise arms high*)

Two red apples smiled at me  
(*smile and hold up two fingers*)

I shook that tree as hard as I  
could; (*shake hands*)

Down came those apples,  
(*bring hands down*)

And mmmmmm, were they good.  
(*rub tummy*)



## Fishing for Apples

Make fishing poles with magnets connected to the ends. Cut apple shapes from red, yellow, and green construction paper. Attach a metal paper clip to each apple shape. Place apples on a large piece of blue cloth or poster paper, which has been cut into the shape of a pond. Lay the items on the floor and ask children to fish for different coloured apples or to pick up a certain number of apples.

Apple shapes can be laminated or covered with clear contact paper first so they will last longer. Shapes or dots can be written on the apples and used for shape recognition or counting activities.

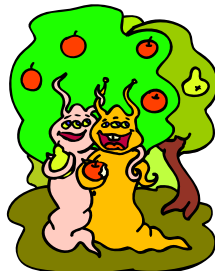
## All Around the Apple Tree

(Tune: All Around the Mulberry Bush)

Here we go round the apple tree, the apple tree, the apple tree  
Here we go around the apple tree  
On a frosty morning.

This is the way we climb the ladder

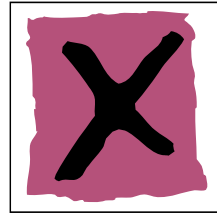
- pick the apples
- wash the apples
- peel the apples
- cook the apples
- eat the apples
- on a frosty morning!



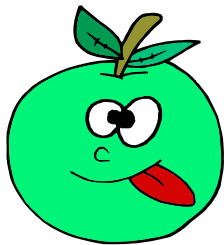
## Apples - Gross Motor Skill Games

### Criss-Cross Applesauce

This is done in pairs with one child behind the other. The one in back does the work, and then they can reverse directions, and repeat with the other child doing the "work".



- Criss-cross applesauce  
(*make an X on the child's back*)
- Spiders crawling up your spine  
(*finger walk up child's spine*)
- Cool breeze (*blow on child's neck*)
- Tight squeeze  
(*gently squeeze the child's shoulders*)
- Now you've got the chilies!  
(*You get a funny feeling like goose bumps*)



### Pass the Apple!

Have children stand in a large circle.

Play 'Pass the Apple' (*like hot potato*): when the music stops the child holding the apple goes into the 'applepot' (*center of the circle*). When all the 'apples' are in the pot, make apple-sauce. Stir, add sugar, add cinnamon, taste, etc. Kids giggle a lot when they have to start jiggling and boiling and when the leader (you) pretends to stir the pot!

### Peek-A-Boo Apple!

- Have the children colour the bottoms of 2 paper plates red.
- Put the plates facing each other so the red is showing.
- Punch two holes in one side and tie together with yarn.
- Open 'apple' up.
- Glue apple seeds into the middle of the plate.
- Have children cut out a brown stem and some green leaves.
- Glue them to the 'peek-a-boo' apples.



# Apples - Things to Do and Make

## Planting Apple Seeds

Need: small paper drinking cups, apple seeds, potting soil or dirt, and water.

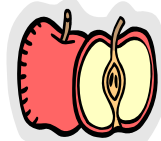


Save seeds from the apples used for the "Apple Tasting Party". Give each child a cup and have the children fill their cups with soil. Place finger in soil to make a small hole and drop in the seed. Dampen the soil with a small amount of water. Place cups in a well-lit place and water occasionally. Watch closely!

## Printing with Apples

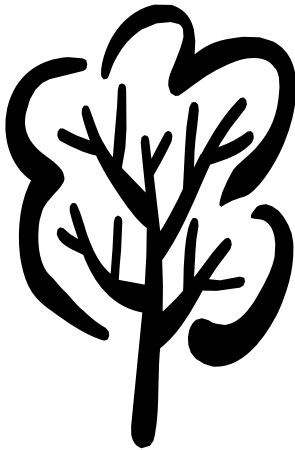
Make apple print nametags, apple nameplates or apple place mats.

Cut the apples the day before you will use them for printing, this helps them come out looking like apples and not just circles. Also, it is helpful to put the paint on a piece of paper towel in a tray. It becomes more like a stamp pad and the apples print better. You can use red, green and yellow paint.



## Make an Apple Tree

Use a large piece of brown paper. Draw a tree with branches.



- Children can use an apple shaped sponge or, paint and a brush to put apples on the tree. When paint is dry write the children's names on their apples.
- Cut large apple shapes out of white construction paper. Give each child an apple shape and a small amount of paint. Let the children paint the apple shapes. Attach precut green leaves (*with child's name on the leaf*) to the top of each apple and attach to the 'Apple Tree'. Hang apple tree art in the classroom or on a bulletin board.

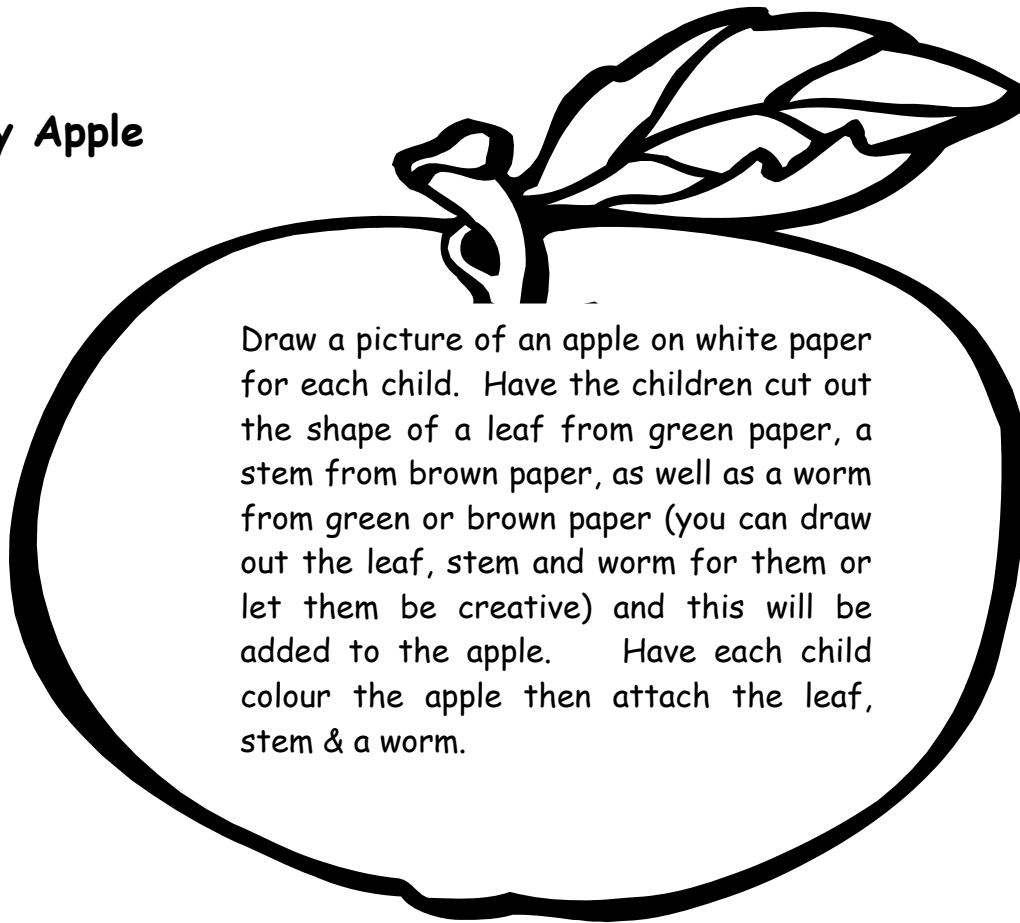
## "A" is for Apple!



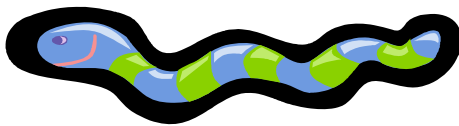
Cut out an "A" shape from green poster paper. Have the children glue red circles to the shape or dip their finger in red paint and put red prints on the letter "A".

## Apples - Things To Do And Make

### My Apple



Draw a picture of an apple on white paper for each child. Have the children cut out the shape of a leaf from green paper, a stem from brown paper, as well as a worm from green or brown paper (you can draw out the leaf, stem and worm for them or let them be creative) and this will be added to the apple. Have each child colour the apple then attach the leaf, stem & a worm.



**Making paper plate apples:** Give children a 9" paper plate. Have them cut out the shape of a leaf from green paper, stem and worm from brown paper and this will be added to the apple last. They can make the apple red by coloring the whole plate red, painting the whole plate red, sponge painting the plate red for a textured look, or by tearing up pieces of red construction paper and gluing them on the plate for a unique textured 3-D type of look. Then have them add the leaf, stem and worm. Punch a hole at the top of the apple, add a string to hang it and put it on your "Apple Tree" with each child's name under their 'apple'.



## Apples - Songs, Rhymes and Finger Plays

### 5 Red Apples - Poem

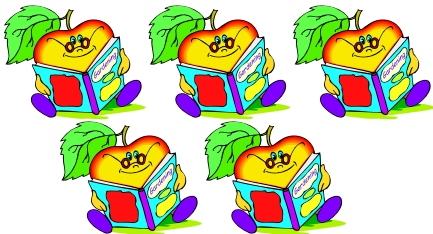
Five red apples in a grocery store.  
Bobby bought one and then there were 4.

Four red apples on an apple tree.  
Susie ate one and then there were 3.

Three red apples - what did Alice do?  
Why she ate one and then there were 2.

Two red apples ripening in the sun.  
Tommy ate one, and now there was 1.

One red apple and now we are done.  
I ate the last one and now there are none!

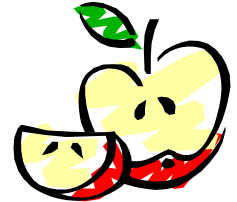


### Eat an Apple

Eat an apple; (*bring hand to mouth*)  
Save the core (*close right hand in a fist*)  
Plant the seeds (*bend down touch hand to ground*)  
And grow some more (*extend both arms out*)

### A Little Apple Seed

(Tune: Eensy, Weensy Spider)  
Have children sit in a circle.



- Once a little apple seed was planted in the ground (*children pretend to plant seeds*)
- Down came the raindrops, falling all around.  
(*children make raindrop motions with their fingers over the garden*)
- Out came the big sun, bright as bright could be (*children form a circle with their arms over their head to be the sun*)
- And that little apple seed grew to be an apple tree! (*children jump up and stretch and wave their arms around like tree*)

### Picking Apples

(Tune: Frère Jacques)

Picking apples  
Picking apples  
One by one  
One by one  
Put them in a basket  
Put them in a basket  
Oh, what fun!  
Oh, what fun!



## Apples - Songs, Rhymes and Finger Plays

### Apples on the Apple Tree

Five red apples hanging in a tree  
*(hold up five fingers)*

The juiciest apples you ever did see.

The wind came by and gave an angry frown  
*(fingers flutter downward)*

And one little apple came tumbling down  
*(one finger falls)*

Four red apples hanging in a tree, etc.



You could use a gardening glove with 5 red pom poms attached with Velcro to the fingertips. Every time an apple falls, take a pom-pom off the glove!



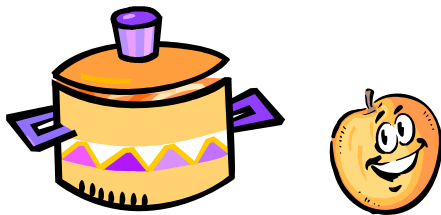
# Hands On In The Kitchen!

## Apple Sauce

6 apples  
3 tbsp sugar  
 $\frac{1}{2}$  cup water  
1 tsp cinnamon  
1 tbsp lemon juice

Wash and peel apples. Cut into quarters and remove the cores. In a saucepan, combine apples, water and lemon juice. Bring to a boil; reduce heat and simmer gently, uncovered, until apples are tender, about 20 minutes; stir often.

When apples are cool, let the children take turns mashing the apples with a potato masher or mixer. Add sugar and cinnamon to applesauce; stir to dissolve sugar.



## Crock-Pot Applesauce

(Could be made in the classroom.)

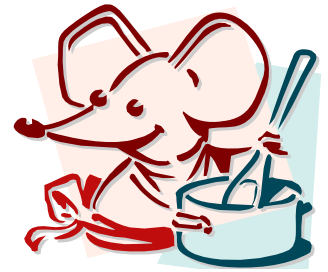
8-10 medium apples  
(peel, core & thinly slice)  
 $\frac{1}{2}$  cup water  
1 cup sugar  
 $\frac{1}{2}$  tsp cinnamon  
1 tsp lemon juice

Combine apples, lemon juice and water in crock-pot. Cover and cook on low for 4 hours until apples are very soft. Add sugar and cook on low for another 30 minutes. Sprinkle with cinnamon.

Note: If applesauce is not as smooth as you prefer, puree in a blender or mash.

## Apple Crisp

5-7 large tart apples  
 $\frac{1}{2}$  cup raisins (optional)  
 $\frac{1}{4}$  cup firmly packed bro  
1 tsp ground cinnamon  
 $\frac{1}{4}$  tsp ground nutmeg  
1 tbsp lemon juice



Peel, core and thinly slice apples. Mix with raisins, brown sugar, cinnamon, nutmeg and lemon juice. Turn into shallow two-quart casserole.

### Topping:

$\frac{1}{2}$  cup whole-wheat flour  
 $\frac{2}{3}$  cup quick-cooking oats  
 $\frac{1}{2}$  cup firmly packed brown sugar  
 $\frac{3}{4}$  tsp ground cinnamon  
 $\frac{1}{2}$  cup soft margarine

Stir together flour, oats, brown sugar and cinnamon. Work in butter until well blended. Press handfuls of the mixture together, then break into chunks and distribute evenly over apples.

Bake, uncovered, in a 375°F oven until apples are tender and top is browned, about 40 to 45 minutes. Serve warm or cool.



**Apple Tool tips:** Find an apple corer, apple slicer and/or apple peeler at a local flea market! Children love to watch those at work. You'll get many hours of fun and learning out of these tools of the trade

## Hands On In The Kitchen

### Apple Muffins

1	egg	1½ cups	all purpose flour
½ cup	milk	½ tsp	cinnamon
¼ cup	vegetable oil	½ cup	sugar
1 cup	apple, grated	2 tsp	baking powder
		½ tsp	salt

#### Topping:

1/3 cup	brown sugar
½ tsp	cinnamon
1/3 cup	nuts, chopped (optional)



1. Grease muffin tins.
2. Beat egg in a bowl. Stir in milk, oil and apple.
3. Mix in rest of ingredients until flour is just moistened. Batter should be lumpy.
4. Fill muffin tins 2/3 full. Sprinkle with topping. Bake in 400°F oven until golden brown, about 20 minutes.

### Apple Pizza

**Ingredients:** Pizza dough, apples, flour, sugar, cinnamon, shredded cheddar cheese (optional).

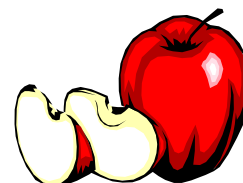
1. Roll pizza dough out onto a tray.
2. Sprinkle cheese on dough (optional).
3. Put cut apples (presliced thin) on dough
4. Mix equal amounts of flour, sugar, cinnamon in a bowl (enough to cover pizza)
5. Sprinkle mixture on pizza.
6. Bake at 350° for 20 minutes.



### Apple Smiles

- Core and cut thin wedges of apple with the skins on
- Spread peanut butter or soft cream cheese on one side of each apple wedge
- Place mini-marshmallows on top of the peanut butter
- Cover with another apple wedge and gently squeeze together

Kid's love making and eating this snack!





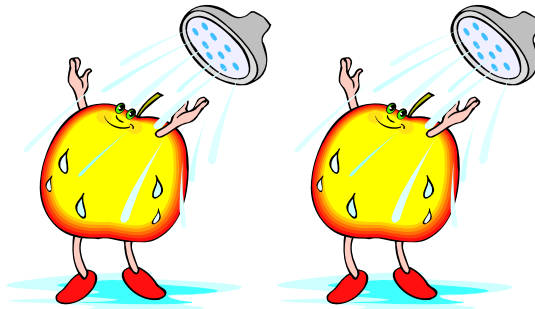
## Buying & Storing Apples

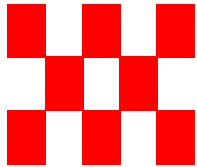
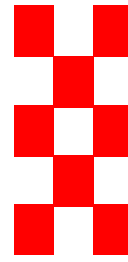
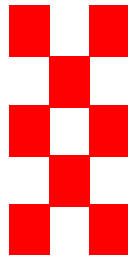
Look for apples without bruises. To keep store-bought apples fresh, keep them in a plastic bag with air holes and put them in the crisper section of the fridge. If you have a basket of apples, cover them with a perforated plastic sheet and keep them in a cool, airy, dark place. When you store apples make sure you don't put them near celery, cabbage, lettuce, carrots, rutabagas, potatoes, fresh paint, fertilizer, dirty hay or straw. Apples will absorb all of these odours and flavours. Yuck!



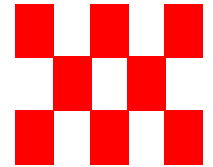
## Washing Apples

Don't wash fruit prior to storing it. Washing will strip away some of the natural protections in the skins which allow the fruit to store longer. Once you are ready to eat the fruit, wash it under clean, running tap water - even if you won't be eating the fruit's skin.

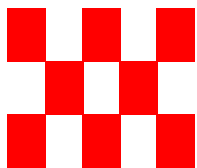




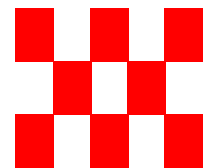
## Apple Tasting Party!



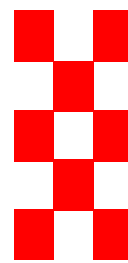
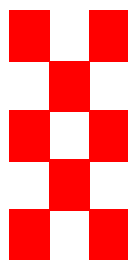
- Make a large apple shaped chart. Have pictures of red, green and yellow apples for the children to put on the chart.
- Taste different types of apples. Have fresh apples - red, green and yellow. Cut each apple in half - explain that they grow from seeds. Point out the various parts - invite them to count the seeds (save the seeds) - cut the apple into bite sized pieces and let the children eat a piece. Have the children put up pictures of apples on the chart to graph their favourite colour and taste of apple.

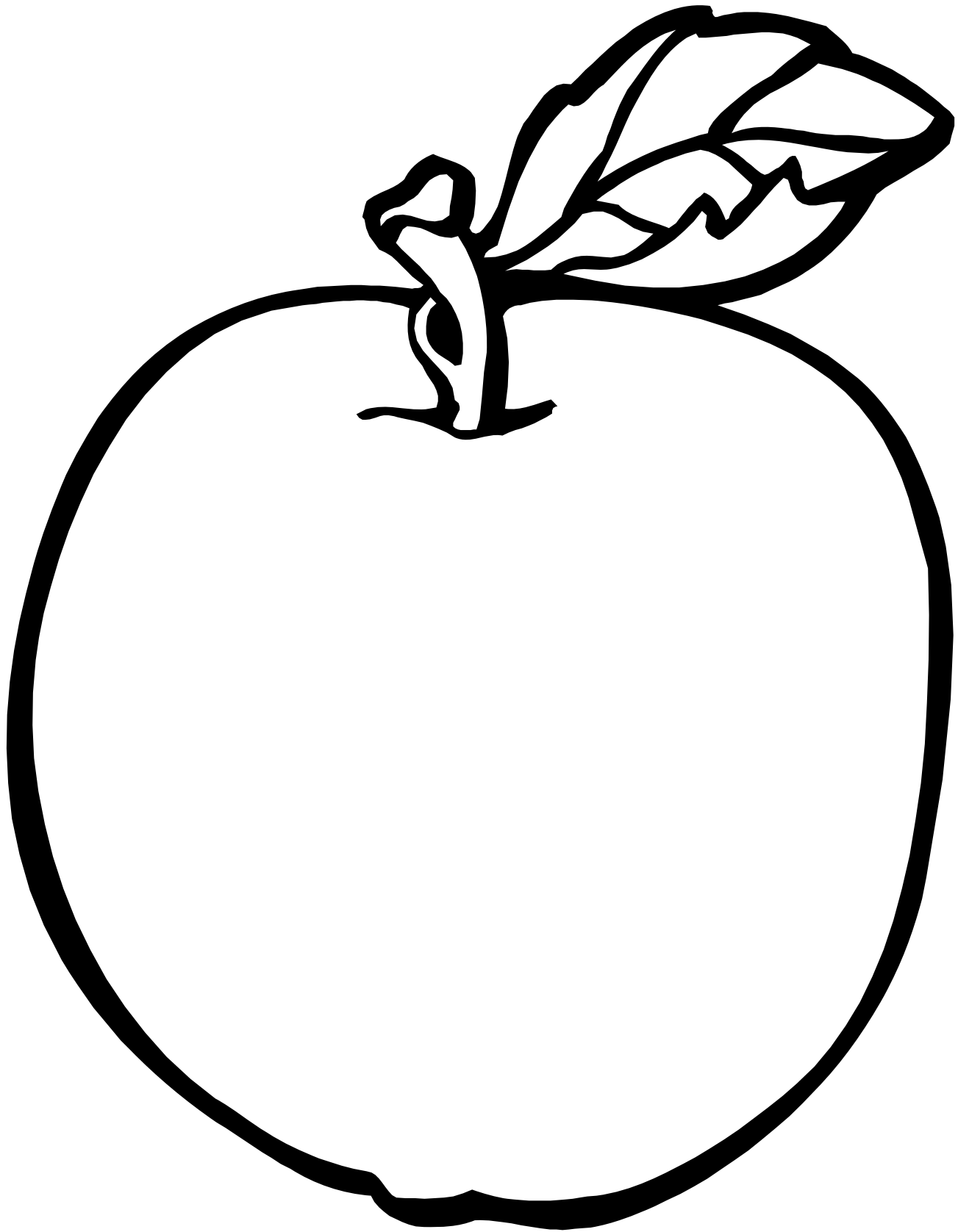


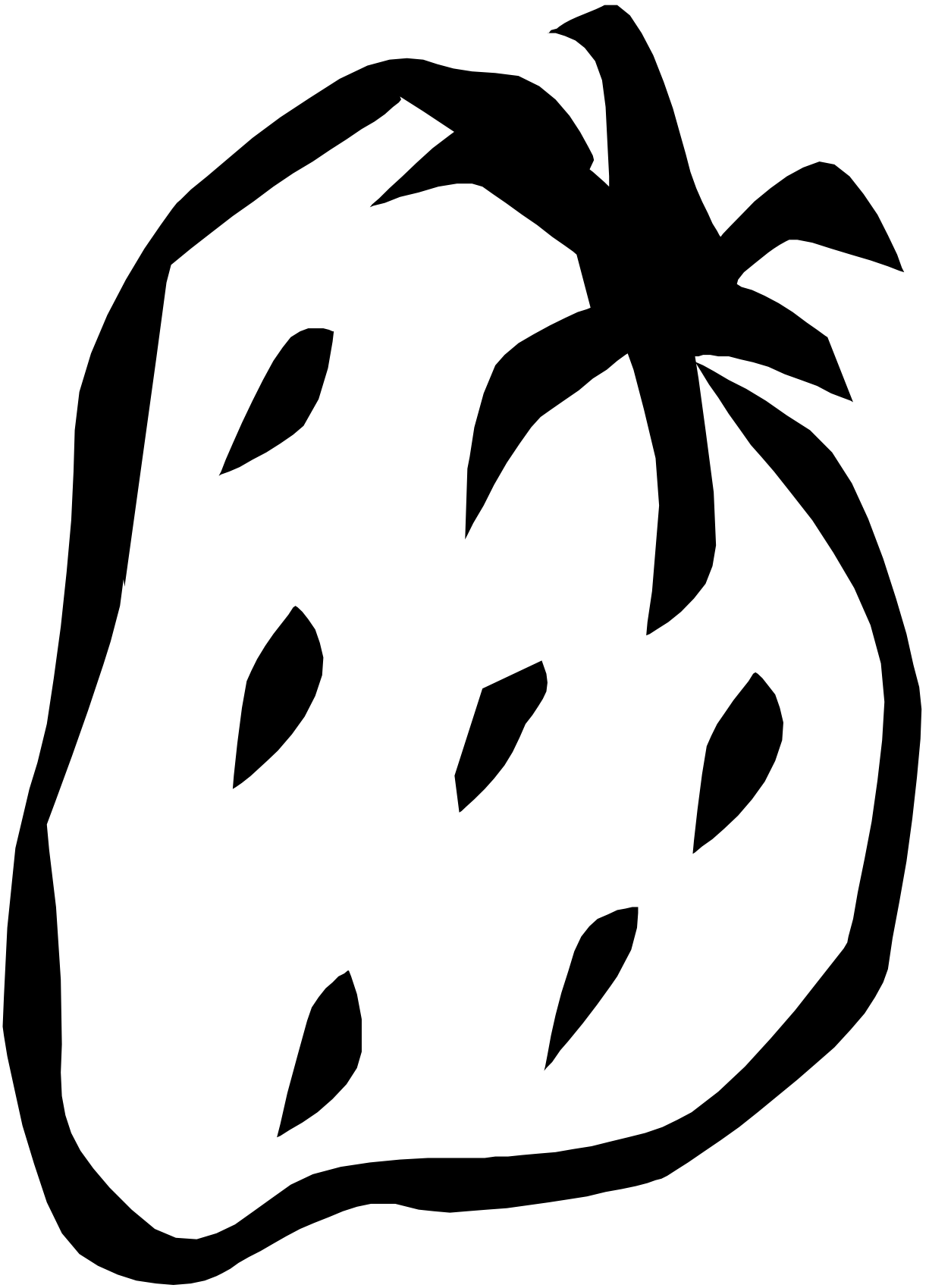
- Have the children tell you words to describe apples and write them all around the big apple shaped chart.

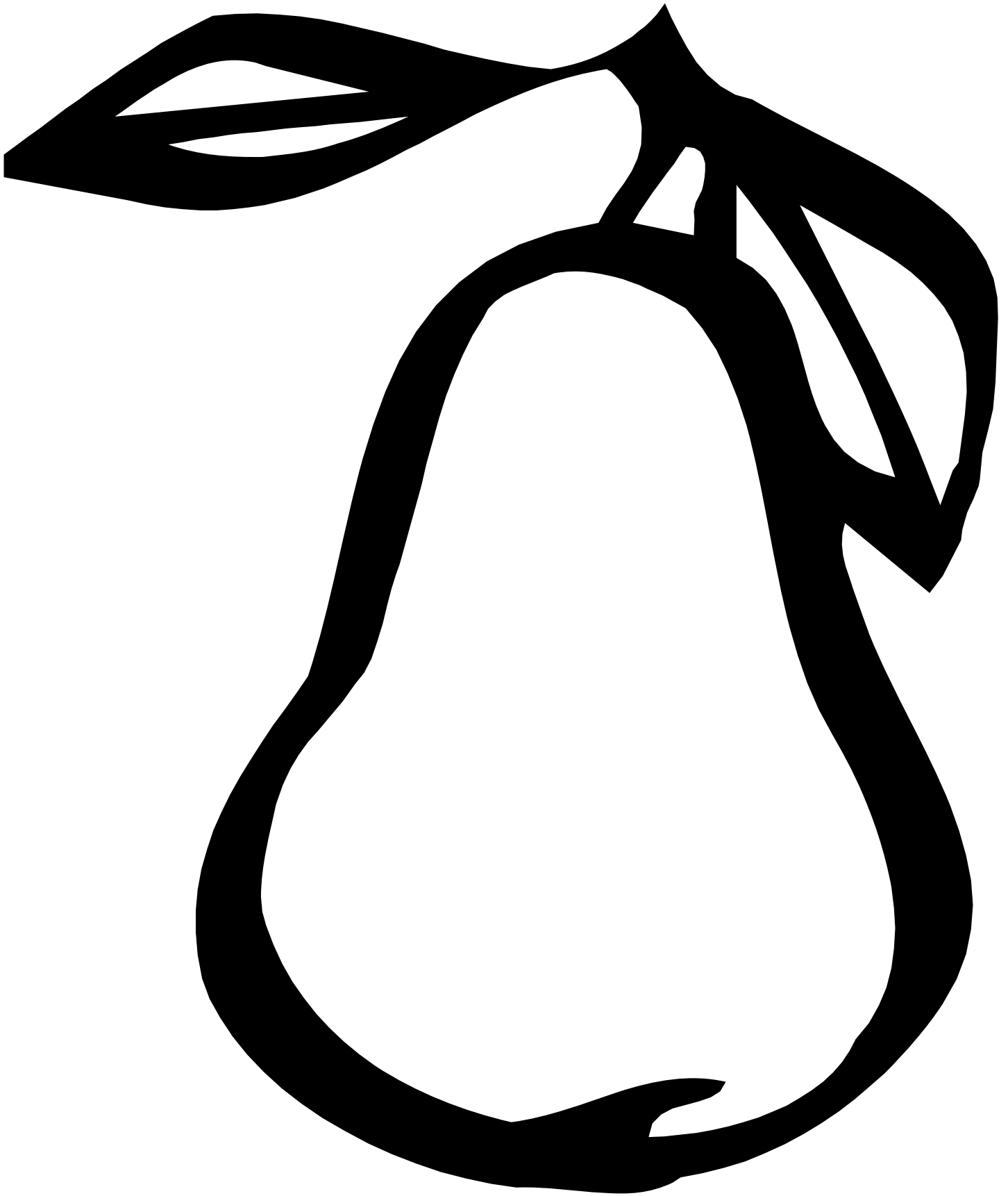


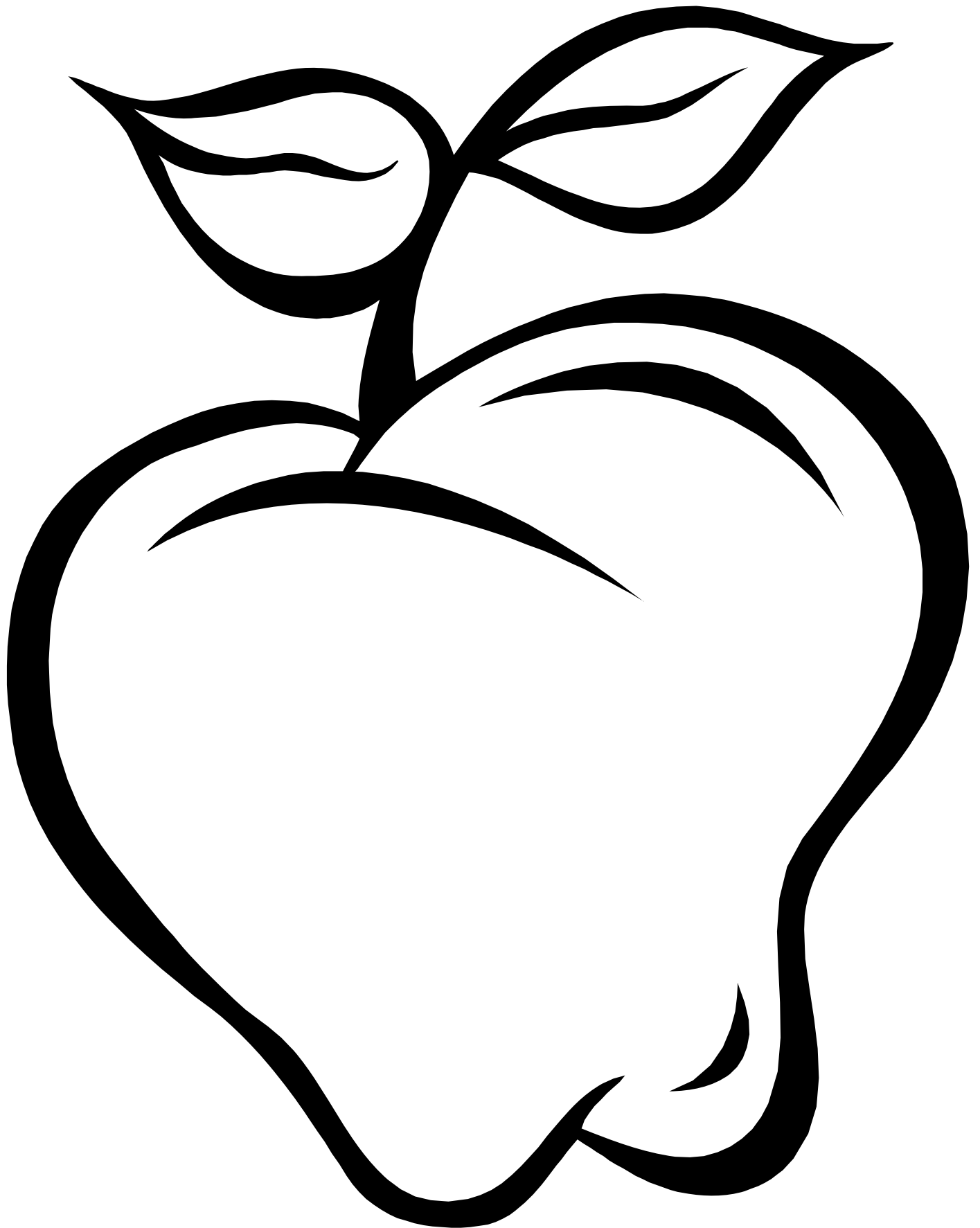
- Also offer to taste: dried apples, applesauce, apple juice, apple muffins. Which do they like the best?? You could graph those results on a poster too!

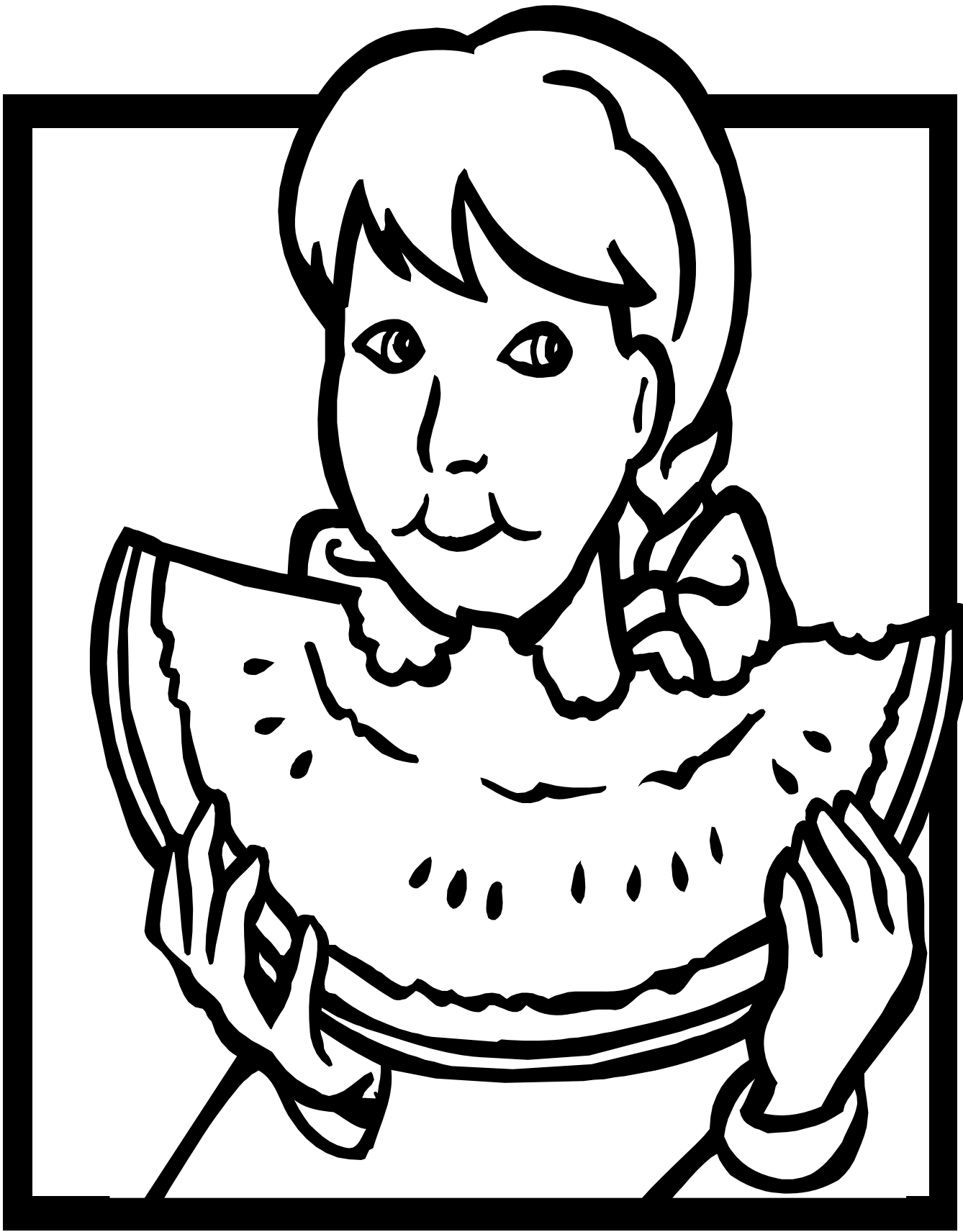


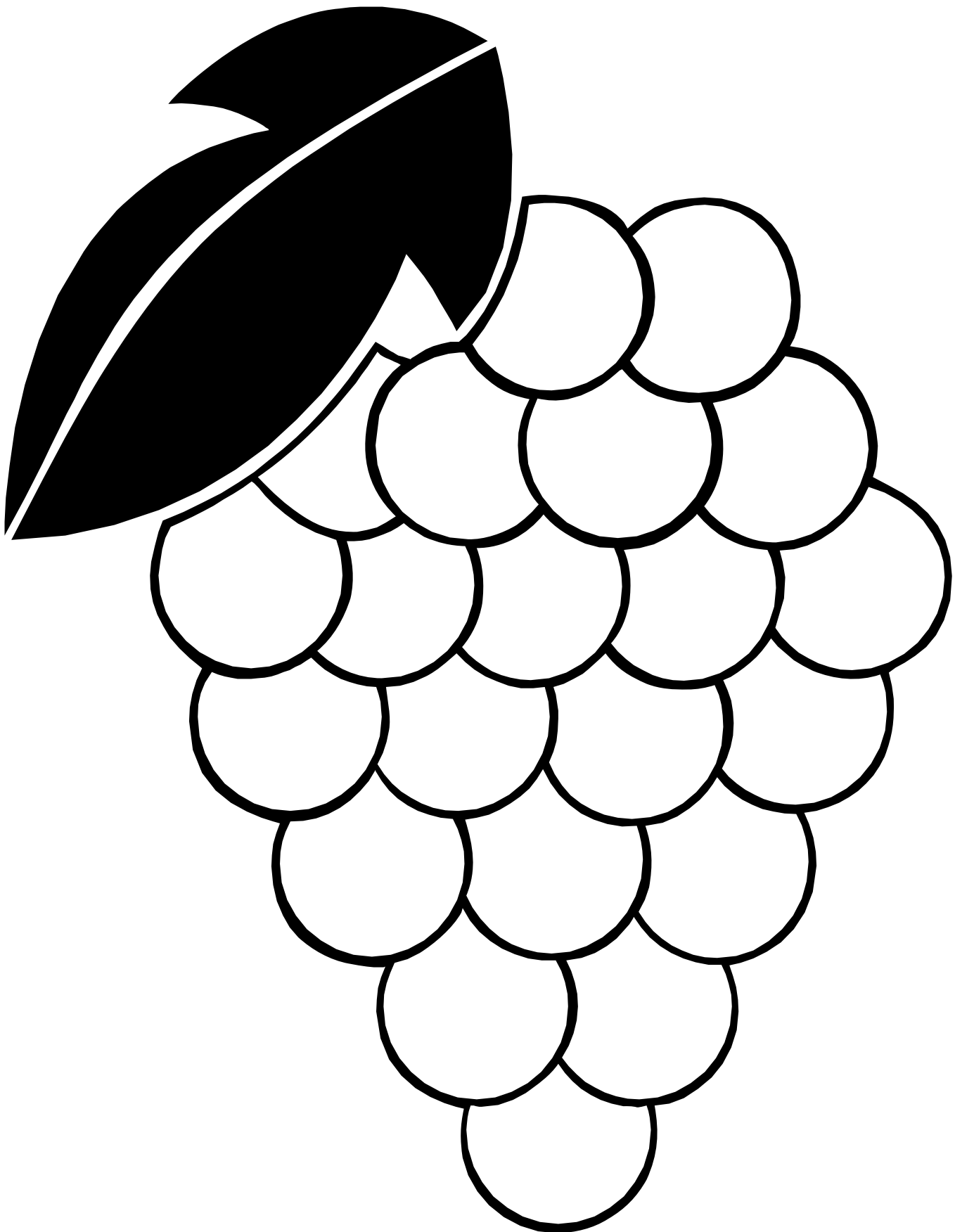


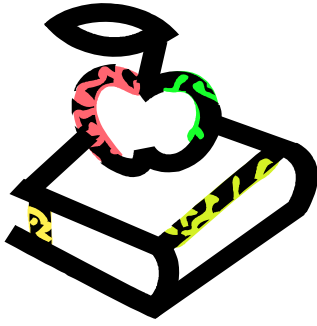












## Books for Children: About Fruit and Vegetables

Aliki. The Story of Johnny Appleseed. Upper Saddle River, NJ: Prentice Hall, 1987.  
*Johnny Appleseed plants seeds that grow into trees.*

Carle, Eric. What's for Lunch? Scholastic Canada, Ltd, 1998.  
*The pages, ten fruits, one monkey in search of the perfect lunch make this a charming read-aloud tale that helps children learn the numbers from one to ten. (Ages 1-4).*

Creasy, Rosalind. Blue Potatoes Orange Tomatoes. Sierra Club Books, 1997.  
*Describes how to plant and grow a variety of colourful vegetables, including red corn, yellow watermelons, and multi-coloured radishes.*

Ehlert, Lois. Eating the Alphabet: Fruits and Vegetables from A to Z. Orlando, FL: Harcourt Brace Jovanovich, 1989.  
*An alphabet of common and uncommon fruits and vegetables, from apple to zucchini, including huckleberry, jicama, radicchio, and xigua, is beautifully illustrated.*

Ehlert, Lois. Growing Vegetable Soup. Harcourt Brace Children's Books, 1990.  
*In brightly-coloured collage illustrations, a father and child share the simple joys of planting, watering, and watching seeds grow in their garden. Then they cook them all up into a delicious vegetable soup, the recipe for which is included. (Ages 4-8).*

Ginsburg, Mirra. Mushrooms in the Rain. New York: Macmillan, 1990.  
*A mushroom grows bigger and bigger to provide shelter for animals in the rain.*

Kimmelman, Leslie. Frannie's Fruits. New York: HarperCollins, 1989.  
*The author describes a day in the life of Frannie's fruit stand, which sells fruits, vegetables, and flowers on Highway 57.*

Krauss, Ruth. The Carrot Seed. New York: Festival (HarperCollins Children's Books), 1993.  
*A tiny seed grows into a huge carrot.*

## Books for Children: About Fruit and Vegetables Cont.

- Lionni, Leo. The Biggest House in the World. New York: Pantheon, 1968; paperback, New York: Knopf Books for Young Children, 1987.  
*A snail lives on and eats a cabbage while growing too large to move when the cabbage is gone.*
- McCloskey, Robert. Blueberries for Sal. New York: Viking Children's Books, 1948; paperback, New York: Puffin Books, 1993.  
*People and bears both enjoy a blueberry harvest.*
- Potter, Beatrix. The Tale of Peter Rabbit. New York: Puffin Books, 1992.  
*Peter raids a farmer's garden and almost gets caught.*
- Ryland, Cynthia. Mr. Putter & Tabby Pick the Pears. Harcourt Brace Children's Books, 1995.  
*When he gets too old to climb up the ladder, Mr. Putter and his cat Tabby figure out an ingenious way to pick pears for pear jelly. (Ages 4-8).*
- Tresselt, Alvin. Autumn Harvest. New York: Lothrop, Lee & Shepard, 1951; paperback, New York: Mulberry (Morrow), 1990.  
*Apples, pears, pumpkins, corn, and grains are harvested.*
- Zolotow, Charlotte. Mr. Rabbit and the Lovely Present. New York: Trophy (HarperCollins Children's Books), 1977; paperback and cassette, Pine Plains, NY: Live Oak Media, 1987.  
*Apples, pears, and grapes make a wonderful gift for mothers.*

# How To Wash Your Hands



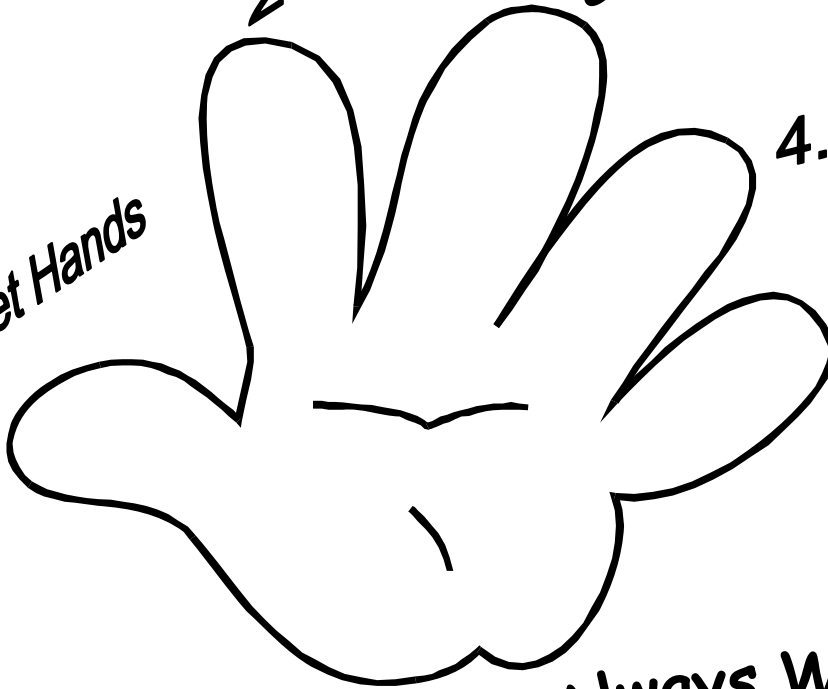
1. Wet Hands

2. Soap

3. Rub

4. Rinse

5. Towel Dry



## Always Wash Hands:

- Before handling food
- Before mealtimes
- Before giving medicine
- Before applying ointment
- After toileting
- After changing diapers
- After cleaning up body fluids
- After caring for a sick child
- After playing with or petting animals





## Resource Order Form

**Available from the Public Health Nutrition Program**  
(No Charge)

Resource Name	Number Ordered
Smart Snacking Tips (English)	
Smart Snacking Tips (Punjabi)	
Creating a Healthy Eater	
Canada's Food Guide	
BC Dairy Foundation Order Form	
Canada's Physical Activity Guide for Children	

**Fax your order form to:**

- **Public Health Nutrition Program: 604-591-7382**

**Or mail to: Public Health Nutrition Program**  
**3<sup>rd</sup> Floor, 11245 - 84<sup>th</sup> Avenue**  
**Delta BC V4C 2L9**

**Include your name, full mailing address & phone number**

**NAME:**

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**ADDRESS:**

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**CITY:**

**POSTAL CODE:**

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**PHONE NO.:** ( )

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## Companion Kit 'Focus on Vegetables' - Order Form

- I would like to receive the 'Focus on Vegetables' Nutrition Kit
- Send order to:           Public Health Nutrition Program  
                                  3<sup>rd</sup> Floor, 11245 - 84<sup>th</sup> Avenue  
                                  Delta BC V4C 2L9

Include your name, full mailing address & phone number

NAME:

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ADDRESS:

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CITY:

POSTAL CODE:

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PHONE NO.: (    ) \_\_\_\_\_



## 'Focus on Fruit' Nutrition Kit Evaluation Form

Name of Evaluator: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Organization: \_\_\_\_\_

Please take a minute to tell us impressions of this teaching kit.

- Overall, did you find the kit:

Very Helpful       Helpful       Not at all helpful

- Do you have any suggestions to improve the kit?

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- What was particularly helpful in the kit?

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Thank you,

- Please fax this evaluation to:  
Public Health Nutrition Program  
604-591-7382

- Or mail to:  
3<sup>rd</sup> Fl, 11245 84<sup>th</sup> Avenue  
Delta, BC V4C 2L9