

Zoo/Owl/Patterns

Song

(Sung to the tune of I'm a little teapot)

I'm a little owl

I live in a zoo

All I can say is

Who, who, who

Story time

Barney's Zoo Animals

Small-group

-Make an owl with graham crackers, cream cheese, lettuce, and raisins

-Sort and graph animal crackers

Literacy

Recognition of "o"

Recognition of owl

Learning areas

Nutrition—eat the owl

Discovery—feathers

Blocks—zoo animals

Computers—create an animal

Dramatic—finger puppets (zoo animals)

The Very Hungry Caterpillar

- Step 1:** Discuss how healthy food helps a caterpillar grow like healthy foods help us grow.
- Step 2: What Activity?** Read *The Very Hungry Caterpillar*. Discuss how his tummy hurt when he ate too much junk food. Talk about how he ate a nice green leaf to make him feel better and how eating vegetables make us feel well.
- Step 3:** Make the “caterpillar” for snack.
1. mini Ritz crackers
 2. cream cheese
 3. raisins
 4. lettuce
 5. chow mein noodles
 6. recipe cards
- Step 4:** Ask the children who liked the caterpillar. Discuss the story again. Have children act out the story.

Butterfly Life Cycle

Step 1: Discuss how things change

Step 2: Caterpillar to butterfly song
(*sung to the tune of Wheels on the Bus*)

Step 3: Food Experience

1. flour tortilla
2. cream cheese
3. celery stick

Teacher or assistant will prepare tortilla, cream cheese, and celery stick on a plate. A plastic knife or ice cream stick will be given to spread the cream cheese. Each child will spread the cream cheese on the tortilla. Place a celery stick on the tortilla and roll it up to make a cocoon.

Step 4: Snack time

Step 5: Ask the children Where do caterpillars come from?
How do caterpillars become butterflies?

Step 6: Question: What will happen when the cocoon opens?
What color butterfly will come out of the cocoon?
(*Possibly use flavored cream cheese to add color*)

Textures

Fine motor

Pop bubble wrap
Cotton balls
Feely Bag (guess the item in bag)

Gross motor

Walk on different textures barefoot
Ride tricycles on different textures

Block Area

Take cars outdoors and play on different surfaces such as grass, asphalt, gravel, dirt, & concrete

Art

Play-Doh, Shaving Cream, collage box, and fruit stamps

Dramatic Play

Use different fabrics—wool, cotton, satin, lace, leather, corduroy, and terricloth

Nutrition

Taste different textures—broccoli, banana, pudding, pretzels, & jello

Dental Health

Story Time

The Alligator goes to the Dentist

Have children brush teeth, use mouth wash that reveals what is left behind after brushing. Have children brush again.

Small Group

Create Snack

Ingredients:

2 apple wedges

Strawberry cream cheese

Marshmallows

Raisins

Dental floss

Directions:

Spread strawberry cream cheese on apple wedges for gums. Add marshmallows for teeth. Add raisins for cavities. Practice flossing between teeth.

Eat the snack.

*Take a field trip to the dentist's office.

Climbing the Healthy Food Ladder

- Step 1:** Introduce different insects, healthy foods, different textures
- Step 2:** Have poster board ladder with different foods at each letter. Have children draw insects they have seen. Let the kids dress up in play costumes (insects). Make firefighter's ladder and caterpillar to climb ladder. Read *The Very Hungry Caterpillar*.
- Step 3:** For the food experience, have graham crackers, cream cheese, and pretzels on hand for the Firefighter's ladder. Have lettuce, Ritz crackers, cream cheese, raisins, and chow mein noodles for the caterpillars.
Children will help build the poster board ladder. Teacher will introduce new foods on each level, and the caterpillar will climb the ladder.
- Step 4:** This activity will happen after lunch.
- Step 5:** Ask children if they have ever seen a caterpillar
Ask children if parent/guardian has ever used a ladder
Ask children why parents need to use a ladder
Count the steps on the ladder
- Step 6:** Pass a stuffed caterpillar around and ask the children to name a food they like or a food the caterpillar would like to eat.

(sung to the tune of Itsy Bitsy Spider)

The long & hungry caterpillar went up to ladder steps
Down came the foods and filled the caterpillar up.

Beach

Step 1: Pre-Plan—the day before the activity, tell children they may wear beach clothes & send note home for parents.

Introduce a place that children can go on vacation; make them aware of the beach environment.

Step 2: Beach Party, Beach Music (Beach Boys), and Beach Balls
Literacy—the letter B
Book—*Grandma & Me*
Wear beach clothes to school, have a beach setting, set up umbrellas on carpet, have buckets and shovels

Step 3: Food experience will be orange sunshine/tropical drink
(Dixie cups with little umbrellas)

Step 4: All day event

Step 5: Ask questions about orange juice.
Where do oranges come from?
How do you make orange juice?

Step 6: Song “Old MacDonald went to the Beach”
(*sung to the tune of Old MacDonald had a Farm*)

Old MacDonald went to the beach, E I E I O
On that beach he found a tree, E I E I O
And on that tree, he found an orange, E I E I O

With a squeeze, squeeze here
And a squeeze, squeeze there
Here a squeeze, there a squeeze
Everywhere a squeeze, squeeze

Old Mac Donald had a cup of juice, E I E I O

Friendship

Step 1: Introduce different foods/use cooperation to help in the development of friendship.

Step 2: Friendship Fruit Salad

Introduce new foods (kiwi, ugly fruit, etc.)

Sing the song *Fruit Salad* from the Wiggles

Pair children up to do an arts & crafts activity (Use Play-Doh to make a fruit)

Step 3: Bowls, plates, plastic knives, and assorted fruits are needed.

During small groups, each child will cut up fruit and put it in their own individual bowls. Each child will mix their own fruit salad.

They will have a friendship feast and share if they like or dislike the different fruits.

Step 4: Do during small group activity time

Step 5: Throughout the day, talk about the colors, shapes, and names of the fruit.

All about Me

Step 1: Help children learn about differences and similarities.

Step 2: *Activities*

Art—Draw a picture of themselves, family, or friends.

Craft—Make a puppet on a stick by using yarn, card board paper, or paper plate.

Game— Blind fold a child and let him feel another child's hair and allow them to guess who they are feeling of. Tell whether their hair is curly or straight.

Song—Make up a song such as the following:

My hair long
My hair straight
My hair short
My hair curly

My hair red
My hair blond
My hair black
My hair brown

Cooking—Rice cakes, peanut butter or cream cheese, raisins, noodles. Allow children to make their own hair.

Role Play—in dress-up, place wigs, hair bows, rollers, braids, hats, etc.

Step 3: Introduce food experience activity during circle time. Create picture cards ahead of time. Make sure all materials are labeled.

Step 4: Implement food experience before lunch, and call it a mid-morning snack.

All about Me continued.....

Step 5: Talk with children about how people are different.

Step 6: Sing a song that staff and children make up. Ask questions.

Dinosaurs

Snack

Dinosaur eggs

Biscuit & raisins, Boiled eggs with food coloring

Science

Dinosaur trees

Celery, peanut butter, and lettuce

Compare what they ate to what we eat

Art

Dinosaur paw print with paint and potato

Math

Small and large eggs, compare the two

Story time

All about Dinosaur

Writing Center

The letter "D"

Circle Time

Talk about different dinosaurs and fossils

Music

Search for dinosaur songs

D-I-N-G-O the Dinosaur Song

There was a dinosaur that lived a long time ago, His name was DINGO,

D-I-N-G-O

Sand Area

Have a fossil dig. Make fossils out of Play-Doh

Transportation

Materials

1 Graham Cracker
4 Mini Ritz Crackers
3 drops yellow food coloring
¼ cup cool whip
8 Pretzel sticks

Make

Glue the mini crackers to the graham cracker using some of the cool whip (wheels). Mix the yellow food coloring with the remaining cool whip. Cover the graham cracker with the yellow cool whip (bus). Add the pretzels to make windows.

Sing

The Wheels on the Bus

*This teaches the students about transportation, colors, shapes, counting, and sequencing.

Insects

Bugs in a Bed

¼ cup Raisins
1 Tbsp peanut butter
2 slices bread

Have each child put the peanut butter on 1 slice of the bread. Then let them put the raisins (bugs) to bed. Next, give them the other slice of bread for the bug's cover.

Spiders

1 round cracker
2 tsp spray cheese
8 pretzel sticks
2 raisins

Have each child spread the cheese on the cracker. Add the pretzel sticks and 2 raisins.

Purpose

Children will learn types of insects. They will study the number of legs, whether they fly or run, etc.

Science

Find insects hidden in rice

Art

Potato insect stencils

Music

Sing 1, 2, 3 Little Insects

Farm

Step 1: Why?

Children will learn where butter comes from

Step 2: What?

Milking the cow/making butter

Book: *It Looked like Spilled Milk*

Book: *Click-Clack Moo*

Step 3: How?

Making butter

2 Tbsp of whipping cream (add dash of salt)

Sanitized Baby food jars with lids

Shake! Shake! Shake!

Spread on crackers

Step 4: When?

Transition just before snack

Step 5: Do the activity

Ask questions

What is cream?

What does it look like?

Ask about measuring, count how many tablespoons.

Ask about texture.

How does it taste?

Finny, Feathery, Furry Friends

Activity

Bird's nest

Ingredients

Peanut Butter

Mini Wheats

Raisins or mini marshmallows

Step 1: Why?

Children will learn about different types of birds, their habitats, and the distinction between other animals that may have fins and fur.

Step 2:

Cooking/Nutrition Activity of the week.

Step 3:

Put a dollop of peanut butter in a bowl or plate. Crumble up a mini wheat onto the peanut butter. Take a spoon, make a hole in the center, and place three raisins or marshmallows in the hole.

Step 4:

Snack time

Step 5:

Ask open-ended questions.

Step 6:

Ask knowledge-based questions.

Johnny Appleseed

Purpose of the activity

Children will learn the following:

Positional concepts of math

Parts of the body

Parts of the apple

Following directions

Activity

Read *Johnny Appleseed*

Finger play 5 little apples

Food Experience

Need

Paper plates

Plastic knives

Cream cheese

Apple

Raisins

Coconut

*Ask children to create Johnny Appleseed

Traffic Lights-Safety

Objective

Children will learn what each color on the traffic light represents as they learn the colors red, yellow, and green. They will learn shapes and safety through discussion as they complete this simple nutrition activity.

Materials

Honey Graham Cracker
Cream cheese
Green grapes
Chunk pineapples
Cherries or strawberries

*Vegetable alternative to the colors include green & yellow peppers and tomato

What to do

Discuss traffic and safety issues with the children. This can be done beginning on the first trip to school. Make parents aware of lesson plans by sending note home before the day of the activity. Invite parent volunteers. Have six children at a table with an adult assisting. The stop sign can be used in other activities in the classroom, also. Explain that we stop on red, proceed slowly and safely on yellow, and go on green.

*Large Motor
Red Light, Green Light